



Connecticut Guardian

VOL. 4 NO. 1

HARTFORD, CT

JANUARY 2003

Anthrax: Shots begin

**SGT. 1ST CLASS DEBBI NEWTON
STATE SENIOR PA NCO**

Connecticut soldiers have begun getting their anthrax vaccinations. Twenty members of the 1109th Aviation Classification, Repair Activity Depot (AVCRAD) were among the first Connecticut Guardsmen to receive the first round of the vaccination under the recently reinstated Anthrax Vaccine Immunization Program. The AVCRAD soldiers were vaccinated during a MODRE preparing them for mobilization in support of Operation Enduring Freedom during a weekend in December.

The Anthrax Vaccine Immunization Program (AVIP) requires a series of six doses over an 18-month period. Doses are given according to the following schedule (the first dose is given at "week 0") zero, two and four weeks, and six, 12 and 18 months. Yearly boosters are required after that to maintain immunity. According to studies, this schedule is the only regimen shown to protect humans against naturally occurring anthrax. Under the new policy, any soldier who had previous begun the regimen, but not completed it, will continue from where the series left off. For example, if a soldier received the first four doses, only the last



Staff Sgt. Erwin Madison, an avionics repairman with the 1109th AVCRAD, receives the first of his anthrax vaccines from Staff Sgt. Tom A. Dickinson, a medic with Detachment 5, STARC. The immunizations were being given as part of a MODRE in preparation for deployment. (Photo by Spec. Joseph Waller, 65th PCH)

two will now be given, followed by the annual boosters. Anthrax is an infectious disease caused by spore-forming bacterium, most commonly occurring in wild and domestic animals such as cows, sheep and goats. It is normally very rare in humans and cannot be transmitted from person to person. Anthrax can occur in three forms:

respiratory (inhalation), cutaneous (skin) and intestinal. Symptoms vary depending on the exposure, but can include a cold or flu-like illness with breathing problems, a raised, itchy bump, or nausea, vomiting and fever. A victim would have to inhale 2,500 to 55,000 spores to cause the inhalation form of the disease.

See ANTHRAX Page 4

New Chief, NGB nominated

**SGT. 1ST CLASS DEBBI NEWTON
STATE SENIOR PA NCO**

Maj. Gen. H. Steven Blum has been nominated to succeed Lt. Gen. Russell C. Davis as the next Chief of the National Guard Bureau.

President George W. Bush made the announcement on Jan. 6 that he was nominating Blum who is currently serving as the Chief of Staff in the new United States Northern Command (NORTHCOM), as well as Chief of Staff for Headquarters North American Aerospace Defense Command (NORAD). Blum is the highest ranking National Guardsman in that command which assumed military responsibility for homeland defense on Oct. 1, 2002.



Blum also serves as the Army National Guard member of the Reserve Forces Policy Board. He previously served as the assistant adjutant general for the Maryland National Guard and as the commander of the 29th Infantry Division (Light) with divisional elements in Connecticut, Maryland, Virginia, Massachusetts and New Jersey.

Two-hundred-fifty of Connecticut's soldiers from the 143rd Forward Support Battalion and Company B, 1st Battalion, 102nd Infantry served under Blum in Bosnia as part of Stabilization Force 10.

While in Bosnia, Blum served as the commanding general for Multinational Division (North) SFOR 10 in Operation Joint Forge.

In his current position, Blum is responsible for coordinating and directing a Joint NORTHCOM staff in order to deter, prevent and defeat threats and aggression aimed at the United States and its territories and interests within NORTHCOM's assigned areas of responsibility. Blum first enlisted in the Maryland Army National Guard in August of 1971 and has remained a Guardsman his entire career.

AVCRAD mobilizes in support of Operation Enduring Freedom

**MAJ. JOHN WHITFORD
STATE PAO**

Twenty members of Det. 1, 1109th Aviation Classification Repair Activity Depot (AVCRAD) have mobilized in support of "Operation Enduring Freedom."

The unit was ordered to mobilize under Title 10, United States Code 12302 (Partial Mobilization) and Executive Order 13223. The unit will be on active duty for up to one year.

The 1109th AVCRAD provides depot level aviation maintenance and logistics support to the 14 Northeast states and the District of Columbia, and recently began support of Connecticut's new

See AVCRAD DEPLOYS Page 14



Staff Sgt. Steven Barrett of the 1109th AVCRAD shares a final hug with his wife before boarding the bus that will take him to Fort Drum for further training. Barrett and several of his fellow soldiers have been mobilized in support of Operation Enduring Freedom. (Photo by Capt. Lou Matinez, 65th PCH)

Up Front with the Adjutant General

Common tasks, basic soldier skills, core to survival on the modern battlefield, are a leadership responsibility...



"The gravest danger our Nation faces lies at the crossroads of radicalism and technology. Our enemies have openly declared that they are seeking weapons of mass destruction, and evidence indicates that they are doing so with determination.

The United States will not allow these efforts to succeed. ...History will judge harshly those who saw this coming danger but failed to act. In the new world we have entered, the only path to peace and security is the path of action."

President Bush

The National Security Strategy of the United States of America
September 17, 2002

MAJ. GEN. WILLIAM A. CUGNO
ADJUTANT GENERAL

The President's remarks are the prelude to our National Strategy to Combat Weapons of Mass Destruction and now our battle focus as we embark on the 21st century.

"Weapons of mass destruction (WMD)—nuclear, biological, and chemical—in the possession of hostile states and terrorists represent one of the greatest security challenges facing the United States...." That is why it is imperative that we all maintain a high level of proficiency and prepare our soldiers for a variety of different missions.

Our National Strategy outlines three principle pillars to Combat Weapons of Mass Destruction: Counterproliferation to Combat Weapons of Mass Destruction use, Strengthened Nonproliferation to Combat WMD Proliferation, and Consequence Management to Respond to WMD use.

The first pillar focuses on our country's ability to deter and defend against the full range of possible WMD employment scenarios. The second on the United States, and its allies, influence to prevent states and terrorists from acquiring WMD instruments. The third pillar emphasizes the importance of our capabilities to respond to a WMD event.

At a minimum I expect leaders, at all levels of command, to be familiar with our

National Strategy to Combat Weapons of Mass Destruction and understand what their role is in maintaining an appropriate level of readiness. I can't over emphasize the importance of leaders prioritizing training at the "soldier level" — especially those common soldier skills that focus on Nuclear, Biological, and Chemical (NBC) tasks.

STP 21-1 SMCT outlines common tasks that our soldiers must master. It is prudent, especially with the anticipated deployments, for all to prioritize resources to permit our soldiers time to master those tasks that pertain to operating in a NBC environment. Tasks, such as the following, are the core to survival on the modern battlefield:

TASK: Protect yourself from chemical and biological injury/contamination using your M40-series protective mask with hood 031-503-1025.

TASK: Replace canister on your M40-series protective mask 031-503-1024.

TASK: Protect yourself from NBC injury/contamination when changing Mission-Oriented Protective Posture (MOPP) gear 031-503-1023

TASK: Protect yourself from NBC injury/contamination with Mission-Oriented Protective Posture (MOPP) Gear 031-503-1015.

TASK: Identify chemical agents using M8 detector paper 031-503-1014.

TASK: Decontaminate yourself and equipment using an M258A1 decontamination kit 031-503-1007.

These are just an example of the myriad of soldier tasks that require our undivided attention as deployments are imminent. I also have provided leaders of the Connecticut National Guard an exam to complete, which includes many common NBC tasks, so that I — through my staff — can

evaluate readiness indicators that pertain to NBC. As the custodian of the Combatant Commander's forces, and loved ones at home, I will ensure that all airmen and soldiers deployed are confident in those tasks that may save their lives while serving our country.

Units targeted for mobilization, as in most cases, will have their soldiers or airmen immunized...depending on where they are being deployed. Many, if not all, will be immunized against Anthrax and potentially Small Pox. Leaders will insure that all soldiers and airmen within their command are briefed on command policy and are fully informed on the details of the immunization given. Education is essential so that our servicemen and women comprehend the protection being provided them. I encourage all soldiers and airmen to familiarize themselves with recent policy letters that address immunizations.

It is imperative that all leaders maintain a high level of professionalism by setting the example — especially during these times of uncertainty. I want all leaders to be aware of current events and the readiness posture of the organization. It is no secret that our country is currently fighting a "War on Terrorism" and preparing for a war in the Middle East. Let's ensure our soldiers and airmen are ready to meet any challenge faced by them this year.

Connecticut Guardian

360 Broad Street
Hartford, CT 06105-3795
Phone: (860) 524-4857
DSN: 636-7857
FAX: (860) 548-3207

E-Mail:
debby.newton@ct.ngb.army.mil
john.whitford@ct.ngb.army.mil

Captain-General
Gov. John G. Rowland

The Adjutant General
Maj. Gen. William A. Cugno

Commanding General, CTARNG
Brig. Gen. I. J. Zembrzinski

State Command Sergeant Major
Command Sgt. Maj. Raymond P. Zastaury

State Command Chief Master Sergeant
Chief Master Sgt. Wanda Wawruck

State Public Affairs Officer
Connecticut Guardian Managing Editor
Maj. John Whitford

State Senior Public Affairs NCO
Connecticut Guardian Editor
Sgt. 1st Class Debbi Newton

Connecticut Guardian Layout Editor
Sgt. 1st Class Debbi Newton

Contributors

Det. 1, 65th Press Camp HQ, CTARNG

Capt. George Worrall, III
103rd FW PAO, CTANG

103rd Communications Flight, CTANG

First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

The Connecticut Guardian is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. The Connecticut Guardian is published in accordance with AR 360-1 on the first Friday of every month and is printed by The Day Printing Co., New London, Connecticut, a private firm in no way connected with the Department of the Army.

Deadline for submissions is the 15th of the month preceding the month of publication.

Circulation: 8,500

Perspectives

How do you protect yourself from identity theft?



STAFF SGT. JOSEPH CRINITI
103RD AIRCRAFT GENERATION SQUADRON
What do you do to protect yourself from identity theft? "I have a personal shredder at home for mail and documents."

SENIOR AIRMAN STEVE PEPIN
103RD CIVIL ENGINEERING SQUADRON.
"I don't use a credit card or other personal information over the phone or internet. I don't trust it."



STAFF SGT. ROBERT BERTOLINI
DOIM
I limit my internet purchases to select sites that I trust and know well. I only use one or two credit cards, and if a place still uses carbon copy receipts, I make sure I request them. I also take a look around and make sure it is safe before I use any ATM.

SGT. ANTHONY HODGES
SUPPLY SERGEANT, HHD STARC
I try to keep my SSN private, and I make sure documents and mail I receive don't just get thrown in the trash. I also don't use my credit cards online.



Deployment advice from those who have survived it

CAPT GEORGE H. WORRALL III
103RD FIGHTER WING PUBLIC AFFAIRS OFFICER

Following 9-11 and the resulting increase in worldwide military operations, many Connecticut Air National Guard members found themselves activated and serving on extended deployments.

As the world situation continues to make extended deployments likely, those spouses and members who have returned offer some lessons learned on how to prepare.

"Maintain communications with the other spouses ...that is very important," said Sandy Comarella, whose firefighter husband, Master Sgt. Joseph Comarella, 103rd Civil Engineering Squadron, had one week to prepare for a year long deployment. "In our case we have been married over 20 years, so it is difficult to face that you are apart by yourself."

When a member will be away for some time, it is important to identify what new responsibilities a spouse may have.

"After you're gone it does not take very long to figure out what you did do and what is not being done anymore," said Comarella. "If you [deploying member] are the one who usually does all the bills, make sure your spouse understands and can take that over. Any of the regular household duties, like plowing snow, must have a plan."

Realizing what the limits of an individual are leads to Sandy Comarella's next recommendation.

"Be willing to accept support from your community and realize you can't do it all yourself," said Mrs. Comarella. "My husband's volunteer fire department, West Stafford, was absolutely wonderful to us, they split my firewood, and one Sunday they



Preparation is key as these guard members and families demonstrate by listening intently at a Benefits Town Meeting, at the Bradley ANG base dining hall November 17. (Photo by Staff Sgt. Carolyn Aseilton, 103 FW/PA)

came by and cleaned my chimney. I was very fortunate we live in a small town where we had that kind of support."

Single people need to plan for many of the same issues, but the list of people who can fill-in may look different.

"Have someone you trust implicitly with a power of attorney," said Staff Sgt. Matthew W. Atwood, firefighter, 103rd Civil Engineering Squadron, who deployed for a year with two days notice. "Although most of the companies I dealt with were happy to work with my girlfriend's parents, you can simplify your life in a hundred ways by filling out that power of attorney. I did not and it made things a lot more difficult than it had to be."

Another firefighter who split a year in the deserts of Nevada and Southwest Asia

used technology to simplify some issues.

"I have electronic deposit of my pay, so I set up automatic payment for my mortgage and car payment," said Tech. Sgt. Stephen W. Bilow, firefighter, 103rd Civil Engineering Squadron, who also mentioned presenting his mortgage holder a copy of orders to reduce his mortgage interest rate. "Make sure your travel and (military) pay are going to the same account, since I had my travel (pay) going to savings it was not available to me through my checkbook to pay bills."

Some things are much more personal and will require an individual approach.

"I emailed a lot and tried to keep him informed; but, not to burden (him with) stuff that would stress him out," said Doreen Munsell, whose husband, Master Sgt. Eric B. Munsell, led the deployed firefighters from

Connecticut. "I had some medical tests that scared the heck out me thinking there was something terribly wrong. I did not tell him for the three weeks to a month it took to find out it was not what they thought."

Planning for the stress may not reduce it, but may make it more manageable.

"We had a codename on our emails, 'hot dogs again,' for when I was really stressed out ... he could read, wait or delete it," said Mrs. Comarella. "I think one of the things that kept us strong through the year was communication. You don't want to add more stress to their life, but it is ok to call and scream at them because when you are apart you need somebody to listen to the stress."

If something goes very bad at home it is important to remember there is help.

"The emergency leave process really works because the Red Cross is right there for you," said Master Sgt. Mike Fennessy, NCOIC video production, 103rd Communications Flight, who experienced the process from Southwest Asia when his father suffered a traumatic injury, from which he has recovered. "There are things always in the back of your mind, bad things that could happen while you are away ... it was really good I got home for my Dad."

Preparing for change is never easy, but the more preparation done to prepare can pay big dividends when the time comes.

"It was a learning curve ... everyone takes their present life for granted," said Master Sgt. Eric B. Munsell, assistant chief of operations and readiness, 103rd Civil Engineering Squadron. "The changes happen faster than you can react sometimes."

Deployment Quick Reference Guide

Following are some deployment tips for either married or single members from some of your fellow Guard Members who have deployed.

Plan Ahead - plan now in case you are on the next short notice deployment

Communications - by whatever means available, phone, e-mail, letters between the Guard member and family

Talk to others - Introduce spouses and family to other guard member's families now, so they are comfortable calling them when the Guard member deploys

What to Send

Home baked goods - many areas take 7-12 days to receive packages and a fresh slice of bread will help keep cookies soft and fresh.

Favorite toiletries - selection limited at deployed locations

Photos - of events the Guard member may miss

How to Prepare

Prepare your family by attending information meetings, bringing home list of

important unit phone numbers, putting all the bills in place, organizing warranties and service plans

Dependent ID cards - the ID is the key to most military services, don't wait for a deployment to get one

Plan for the care of your pets, practice the arrangement to see if it will work for the pet and care provider.

Keep **dependent care plan** current for singles and military couples

Power of Attorney - Gives someone authority to act on your behalf. Common uses are, to endorse tax forms, endorse checks, close most legal issues, apply for loans, file mortgage rate reduction forms, etc. Use care in selecting a person since they can act as YOU in all matters where the POA applies.

Repairs - make a list of preferred repair providers or warranty claim information, for cars, appliances, structure, roof, furnace, pool, well, plumber, etc.

Household Task - Shoveling snow, cutting grass, smoke detector batteries, etc., plan how these can be done if the Guard member

is deployed

Bills - Many bills can be paid with automatic deductions from bank accounts or credit cards.

Wills - provide instructions in the event of death (see article this issue)

Mail - plan for who will check mail or where will it be forwarded

During a deployment

Military Orders - Make certain family has a copy as proof a member is activated or deployed, and it is an easy reference for the exact unit name and members Social Security number

Get Help - You can't do it all yourself, ask for help from the unit, friends, family and co-workers, CTNG Family Support 1-800-858-2677

Don't Spread Rumors - Confirm information before repeating to prevent undue stress

Get together with other family members in the same situation - Family members often feel like they are left alone, so go through it with someone else.

Expect something to go wrong - you cannot plan for everything so be flexible and expect some stress

Security - Understand that security may mean members may not be able to tell you their return dates or even the deployed location.

Learn Benefits

Registration and drivers license savings see www.dmv.ct.org

Insurance - Tricare

Shopping - Expanded commissary, military exchange privileges

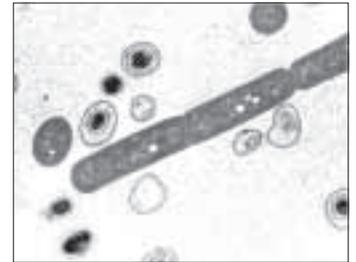
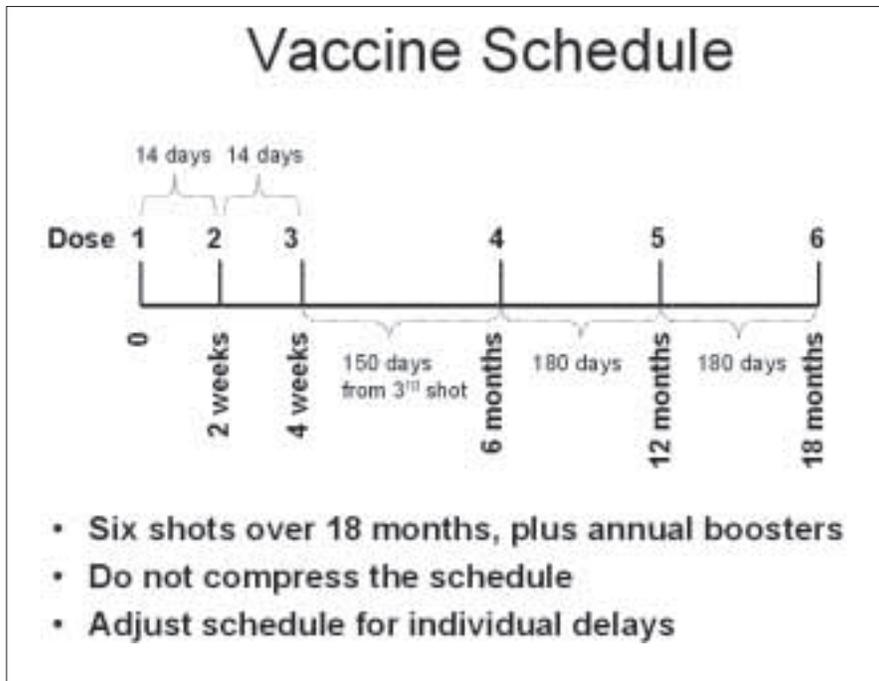
Military Pay - special duty pay and housing allowances can cushion budget issues

Civilian Pay - some employers offer pay and benefits to deployed members, find out before you go

USERRA - the law that protects activated member, see www.esgr.org

Taxes - tax exclusions can add to take home pay, filing extension for income tax, check carefully since they can vary by deployed location.

ANTHRAX



Two types of spores that carry anthrax. The top photo shows spores that cause inhalation anthrax, while the bottom photo is of the type that carries cutaneous anthrax. (Photos from the Centers for Disease Control website)



Anthrax Answers – Still Confused About Anthrax?

2nd LT. CELINE MARINI
ASST. STATE PIO

Information compiled from the www.anthrax.mil website

What Is Anthrax?

Anthrax is an acute infectious disease caused by powerful spore-forming bacterium (*Bacillus anthracis*) that can be stored for years, loaded into a variety of weapons, and produced in large quantities without sophisticated equipment. Anthrax spores are tasteless, odorless, and invisible. Inhaled anthrax is 99 percent lethal in an unprotected, unvaccinated population, left untreated.

Is Anthrax A Biological Warfare Threat?

Anthrax has been called the perfect germ for bioterrorism. This is because it isn't contagious – only those exposed to a release of spores get sick – so there's no chance that a release of the germs will boomerang and kill unintended victims.

Anthrax spores are relatively easy to produce, remain dangerous for decades, and can be spread easily.

Because of its deadliness, inhalation anthrax is the type of anthrax potential enemies have the capability to use against our troops according to U.S. intelligence sources.

Admissions in the post-Cold War era of

the former Soviet Union's immense biological warfare capability confirmed their anthrax and smallpox programs were highly developed.

Why Not A Voluntary Program For Servicemembers?

It is important that Department of Defense personnel whose duties are essential to mission critical capabilities are vaccinated against anthrax, both for their personal protection and for success of the military mission. Vaccination will be mandatory, except as provided under applicable medical and administrative exemption policies, similar to those DoD always had in place. Vaccination offers an extra layer of protection in addition to antibiotics and other measures that are needed for certain members of the Armed Forces.

The Connecticut National Guard provides many different vaccines and medical procedures on a mandatory basis, when it is known that the vaccine or medical measure is safe and effective, and exposure or possible exposure to an agent poses a real risk. Also, we fight and win as teams—if one or several team members in areas of higher risk are not vaccinated and fall victim to anthrax, they could jeopardize the lives of other team members and mission success.

There is a long history of compulsory vaccination within the U.S. Armed Forces—

tetanus, typhoid, and yellow fever vaccines were required of World War II soldiers with the following results:

- 0 cases of yellow fever
- 12 cases of tetanus—despite 2.7 million hospital admissions for wounds and injuries
- 5 cases per 100,000 of typhoid fever—compared to 42 cases per 100,000 in World War I.

Some persons say just use antibiotics instead of anthrax vaccine, but there is no better continuous protection against anthrax infection than the anthrax vaccine. Antibiotics are effective when started immediately after exposure. However, not all exposures can be predicted or determined, particularly in certain military situations. In such situations, the consequences for military personnel and their mission could be dire. This is not a risk we can afford to take. DoD will therefore vaccinate ahead of time for the best protection.

Is Disciplinary Action Taken Against Servicemembers Who Refuse?

It is anticipated that few, if any, servicemembers will refuse to be vaccinated given the more recent knowledge about the threat of anthrax and also about the validated safety and effectiveness of the vaccine. However, we begin with the assumption that any servicemember covered by this new mandatory policy that refuses

vaccination may be uninformed about the facts related to the deadly effects of the anthrax agent and the safe protection afforded by the vaccine. Our first action with those who might refuse the vaccine will be to determine their concern and provide information.

This is a force health protection issue. If a servicemember continues to refuse the vaccine, then a commander will manage the situation as he or she would for any failure to obey a lawful order, including educating the members about the AVIP as appropriate.

We expect servicemembers to comply with administration of this vaccine as for any other mandatory vaccination. It is comparable to an order to wear body armor during armed engagement, or to don a protective mask in a suspected chemically or biologically contaminated environment. Any servicemember who does not comply with these measures endangers his/her own health, and places both their unit and mission accomplishment at risk.

Military and civilian judges uniformly have found orders for members to be vaccinated to be lawful orders.

Is the Anthrax vaccine effective?

The vaccine is effective. Anthrax vaccine protects people from anthrax infection.

Anthrax vaccine protected animals from inhalational anthrax in multiple studies.

ANTHRAX

More information on anthrax can be found at the following locations:

Army Vaccine Immunization Program Execution Memo, 24 Sept. 2002

Army Anthrax Vaccine Immunization Program Plan

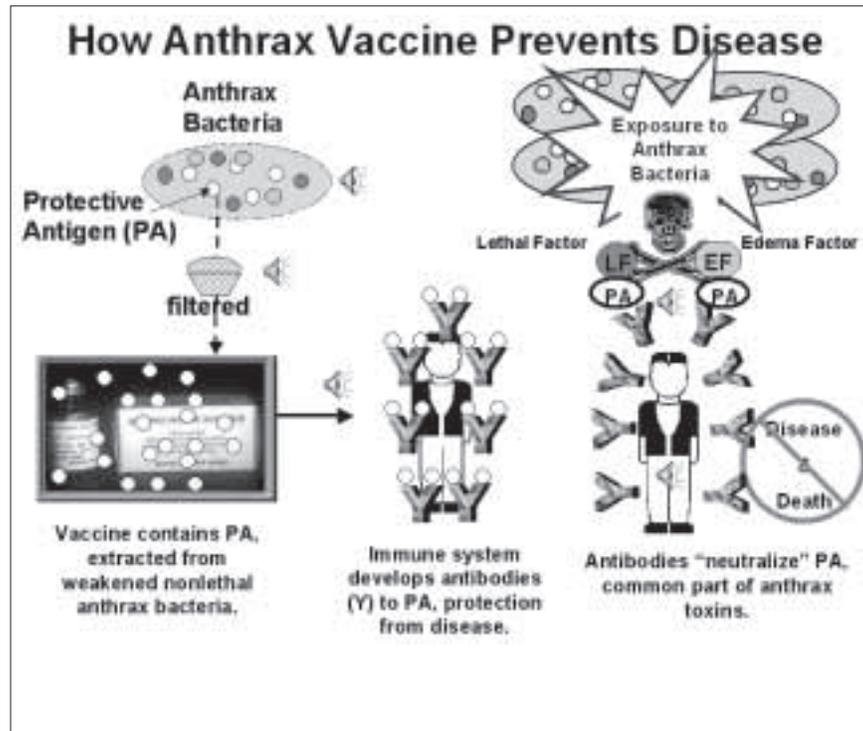
The Centers for Disease Control website: www.cdc.gov

The Army Anthrax website: www.anthrax.mil

The World Health Organization website: www.who.org

The White House website: www.whitehouse.gov

Army Medical Command website: www.armymedicine.army.mil



Anthrax Answers – Still Confused About Anthrax?

Anthrax vaccine works basically the same way other vaccines do. Anthrax vaccine is not 100 percent effective but it is the best continuous protection available.

Antibodies protect you by circulating in the blood stream and hunting down anthrax germs. These antibodies act like fire and forget missiles. They stay on patrol to attack anthrax germs long after the vaccination.

Vaccines prepare the body, like studying prepares a student or how practice helps an athlete. The vaccine helps your body train to defend itself, by making antibodies ahead of time. To make these antibodies, vaccines have to contain parts of the bacteria (germ). These vaccine parts are proteins from the anthrax bacteria. These proteins are called "protective antigen"

There are thousands of families (or strains) of anthrax bacteria. But these strains don't differ very from protective antigen protein is the same in every strain.

Anthrax vaccine makes your body produce antibodies to the protective antigen, so the bacteria can't produce the anthrax disease.

Anthrax vaccine protects against the protein common to all harmful strains of anthrax bacteria.

The Food and Drug Administration licensed anthrax vaccine as a safe and effective prevention against *Bacillus anthracis*—the bacterium causing anthrax. The Food and Drug

Administration reaffirmed this position in numerous testimonies to congressional committees over the past three years. Based on human and animal data, the National Academy of Sciences' Institute of Medicine concluded in March 2002 that anthrax vaccine is "an effective vaccine for the protection of humans against anthrax, including inhalation anthrax, caused by all known or plausible engineered strains of *Bacillus anthracis*."

Is Anthrax Vaccine Safe?

Mild local reactions occur in 30 percent of recipients and consist of slight tenderness and redness at the injection site. Severe local reactions are infrequent and consist of extensive swelling of the forearm in addition to the local reaction. Systemic reactions occur in less than 0.2 percent of recipients.

The rate of side effects away from the injection site—like fatigue, headache, muscle or joint pain—occur in 5 to 35 percent of vaccine recipients; again, they typically resolve within 24 to 48 hours. As the National Academy of Sciences noted in their March 2002 report, these rates are similar to other vaccines.

Medical experts agree: no death and only rare serious side effects have been caused by anthrax vaccine. The Department of Defense, Food and Drug Administration,

Centers for Disease Control and Prevention, and an independent panel of civilian physicians review every report of serious illness or death that might possibly be associated with anthrax vaccination. These groups all agree that anthrax vaccine is not associated with any unexpected patterns of adverse events. The National Academy of Sciences' Institute of Medicine reported in March 2002, "There is no evidence that life-threatening or permanently disabling immediate-onset adverse events occur at higher rates in individuals who have received AVA [U.S. anthrax vaccine] than in the general population." In rare cases, patients experience serious adverse effects; these are treated and followed appropriately.

If a servicemember has a serious reaction to anthrax vaccine, he/she will be exempted from further doses and will receive full medical care. This policy is the same policy as for any vaccination or any service-connected event.

As of May 2002, the Department of Defense administered more than 2.1 million doses of anthrax vaccine to more than 525,000 servicemembers, with very few serious adverse events. The anthrax vaccine was invented using mid-century technology that also led to highly successful vaccines against tetanus, diphtheria, and other infectious diseases. Today's manufacturing of anthrax

vaccine by BioPort meets all current Food and Drug Administration standards of production.

The Food and Drug Administration approved the renovations to BioPort's anthrax vaccine manufacturing facilities and processes. The license to manufacture anthrax vaccine has been valid without interruption since 1970. BioPort's license was amended and approved by the FDA to reflect the renovated facilities and processes.

If Personnel Already Started the Vaccine Series Do They Have To Start The 6-Shot Series Over Again?

No. Based on experience with anthrax vaccine and other vaccines, there is no need to restart a multi-dose vaccine series. Civilian medical experts advising the Centers for Disease Control and Prevention recommend this practice. Each dose is like learning to walk toward full immunity. DoD will continue to study the protection conferred with fewer than six doses.

In conclusion, your health & safety is the Connecticut National Guard's #1 concern. The Anthrax vaccine is safe and effective. The threat of anthrax is deadly and real. Vaccination offers a layer of protection, in addition to antibiotics and other measures, needed for certain members of the Armed Forces to complete their mission.

SMALLPOX – Separating fact from fiction

2nd LT. CELINE MARINI
ASST. STATE PIO

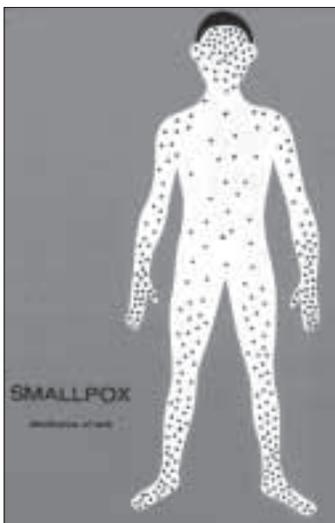
The Department of Defense is establishing a smallpox vaccination program to protect the health and safety of military personnel. The DoD Smallpox Vaccination Program will prepare the military for smallpox attacks.

The DoD's Smallpox Vaccination Program is consistent with FDA guidelines and supports the national smallpox preparedness plans while being adapted to the requirements of the Armed Forces. The DoD program will ensure readiness by immunizing personnel based on their mission requirements.

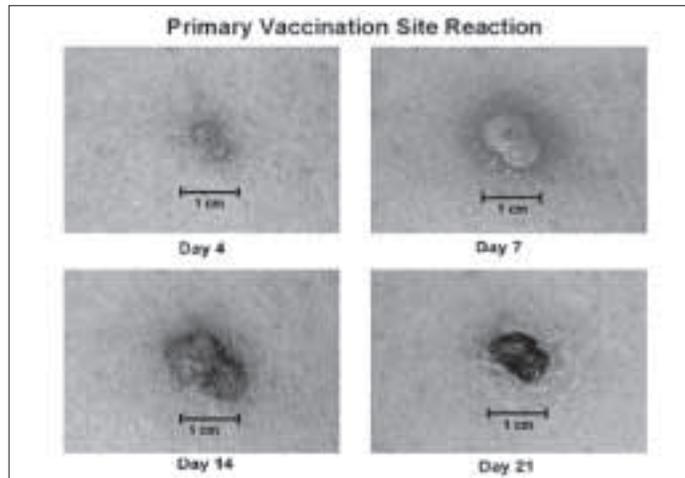
There has been extreme media hype regarding the concern of the smallpox vaccination. The following information is provided to ensure that our soldiers are well informed with respect to the smallpox vaccine.

The term "vaccine" is derived from "vacca," the Latin word for cow. This is because the first vaccine was developed from the cowpox virus (a disease affecting the udders of cows). It was used to protect people against smallpox. This practice dates back to Britain in 1796. Vaccines today protect us from many diseases, such as polio, diphtheria, and tetanus. Children in the United States typically receive 21 vaccines before their first birthday.

Smallpox is a contagious disease caused by the virus variola. Symptoms of smallpox are high fever, malaise, and prostration with headache and backache. Sometimes infected individuals suffer from delirium and abdominal pain. Once smallpox has taken hold of the infected individual, a severe rash develops starting on the face and in the



Locations where the small pox rash may begin developing. The rash usually begins on the face and in the mucous membranes of the mouth before spreading to the limbs. (From the Centers for Disease Control website)



What to look for after having the smallpox vaccination. (From the Centers for Disease Control website)

mucous membranes of the mouth and then spreading to the body and limbs. Thirty percent of smallpox cases are fatal.

Smallpox is the only major human disease to have been eradicated. Epidemics of smallpox had inflicted mankind throughout history, and as recently as 1967, some 10-15 million cases were still occurring annually in more than 30 countries (Fenner et al 1988).

The smallpox eradication program was initiated by the WHO (World Health Organization) in 1959, and finally came to a close 21 years later, in May 1980. That same year, the Soviet government embarked on a program to grow smallpox in large quantities and adapt it for use in biological weapons. That initiative succeeded.

The smallpox vaccination used today is made with the vaccinia virus. There is very little danger in receiving the smallpox vaccination and no danger whatsoever in contracting smallpox itself, because variola is not used in the vaccination. Below is a list of all possible complications from smallpox immunization. Please note how infrequently these complications occur.

Complications of Vaccination

Progressive vaccinia (vaccinia necrosum)- Progressive vaccinia is a severe, potentially fatal illness characterized by progressive necrosis at the site of vaccination. This occurred only in immunocompromised individuals with deficiencies in their cell-mediated immune system. There were only about 1.6 cases of progressive vaccinia per million (0.00016 percent) vaccinations reported.

Eczema vaccinatum- This occurred only in persons who suffered from eczema. Unvaccinated contact with a vaccinated individual was the usual mode of transmission.

In a national survey in the United States conducted after smallpox had been eliminated, there were 66 cases, with no deaths, among 14.5 million (0.00046 percent) vaccinations.

Generalized vaccinia- Generalized vaccinia was characterized by a vesicular rash that sometimes covered the entire body. This usually occurred 6 to 9 days after vaccination. The lesions usually resembled the initial lesion found at the inoculation site, but they sometimes varied in size. Generalized vaccinia was not associated with immunodeficiency. The rash was usually self-limiting and thus, little or no therapy was administered. There were about 23.4 cases per million (0.00234 percent) vaccinations.

Postvaccinal encephalitis - Neurological complications were the most serious ones that occurred from vaccination with vaccinia virus. Postvaccinal encephalitis usually occurred in patients over the age of two. The case fatality rate was about 35% within a week of onset. In the United States, there were 12 cases, of which one resulted in death, among the 13 million (0.00009 percent) vaccinations.

(White, David O and Fenner, Frank J. *Medical Virology*. Academic Press: San Diego, CA 1994. Pps. 348-357)

As you can see there is virtually no danger whatsoever in receiving smallpox immunization. Another statistic that you may be interested to know is that only one or two people out of 1,000,000 recipients of the vaccine actually die. What's more, these complications are even more rare for revaccination.

Individuals who have any of the following conditions, or live with someone who does, should NOT get the smallpox vaccine unless they have been exposed to

the smallpox virus:

Eczema or atopic dermatitis. (This is true even if the condition is not currently active, mild or experienced as a child.)

Skin conditions such as burns, chickenpox, shingles, impetigo, herpes, severe acne, or psoriasis. (People with any of these conditions should not get the vaccine until they have completely healed.)

Weakened immune system.

Pregnancy or plans to become pregnant within one month of vaccination.

In addition, individuals should not get the smallpox vaccine if they:

Are currently breastfeeding.

Are allergic to the vaccine or any of its ingredients. Are younger than 12 months of age.

Have a moderate or severe short-term illness.

After being immunized, you must care for the vaccination site. The site contains active vaccinia virus for approximately 14-21 days following vaccination (until the scab falls off). You can spread the virus to others by physical contact to the blister or by touching the area and then touching another person.

Do not touch the vaccination site. If you touch it by mistake you must wash your hands immediately. And do not allow others to touch the vaccination site or materials that touched it.

Keep the site dry. After normal bathing dry the site last and wash the towel before using it again. Do not swim or use public hot tubs.

For additional information you may visit www.vaccines.army.mil



The arm of a small child shows the rash that characterizes small pox. Vaccination protects a person from this disease. (From the Centers for Disease Control website)

103 ACS begins construction on new facility

LT. COL. CHARLES MCKELLAR
HQ CTANG PA

The 103rd Air Control Squadron started construction on its new facility on Nov.

4 at its current location in Orange, Conn. and is scheduled to finish on April 27, 2004.

"The new facility is being financed through federal funding at an approximate cost of \$11.5 million and will contain approximately 53,000 square feet," said Lt. Col. Michael F. Lilya, Connecticut Air National Guard Base Engineer. The new facility will have an operations briefing room built for classified briefing, five classrooms, a dining hall, a gymnasium, a medical support area and maintenance shops.

The construction is being completed in two phases with the first phase being the facility and radar tower.

"The radar tower is currently under construction and when completed will support the radar and motor generator," said Carl Sunwall, project engineer. When completed the radar tower will be approximately three-stories tall, which will enable the radar to have an excellent view of its coverage area.

The 103 ACS is an outstanding unit with members who are looking forward to the new facility, which will continue a tradition of excellence in meeting mission readiness. The construction provides many challenges in maintaining mission readiness while adjusting to the various stages of construction as they maintain operational readiness and training.

"The challenges will continue as the construction proceeds, but we will meet each challenge as an opportunity to prove that we continue to be the best at what we do," said Lt. Col. Richard D. Erdmann, commander of the 103 ACS.



The new radar tower being constructed at the 103rd Air Control Squadron facility in Orange. When complete, the building will be three stories tall, enabling the radar to have a better view of its coverage area than the one currently in use. The tower is only part of a two-phase construction plan that will cost \$11.5 million. (Photo by Lt. Col. Charles McKellar, HQ, CTANG PA)

Air Force, Navy form alliance to meet graduate needs

DODNEWS

The Air Force and Navy signed an agreement yesterday to form an alliance between the Air Force Institute of Technology (AFIT), Wright-Patterson Air Force Base, Ohio, and the Naval Postgraduate School (NPS), Monterey, Calif.

The resulting alliance is designed to enable the Air Force and Navy to provide airmen and sailors with a relevant, high-quality education that is more aligned with defense needs while eliminating duplicate degree programs and consolidating educational resources.

This initiative was prompted by a joint study chartered by Secretary of the Air Force James G. Roche and Secretary of the Navy Gordon R. England to review each of their service's graduate educational processes.

"This is a tremendous effort to maximize the strengths of both AFIT and NPS and form solid alliances for a truly joint environment," said England.

Under the agreement, NPS will be the lead institution for meteorology and acquisition management. AFIT will offer an aeronautical engineering curriculum for both services.

Air Force and Navy officers will be given priority at the other's institution if there are no openings in a particular area of study at

their service's institution. This will help reduce the number of airmen and sailors that are sent to civilian universities to complete their advanced degrees.

Additionally, an Air Force colonel as the deputy superintendent and chief of staff of the NPS and a Navy captain as the vice commandant and director of staff at AFIT. Each will serve as their service's senior liaison officers at these institutions.

"By working together, we hope to minimize redundancy at each institution while still providing a world-class education in which officers from all services can engage in education and research programs in a joint environment," Roche said.

Both services, as alliance partners, will establish joint boards to ensure the educational requirements of each service are met and to provide joint oversight. The chair of the aeronautical engineering board will be a Navy flag officer while the meteorology and acquisition boards will be chaired by an Air Force general officer. Peter B. Teets, undersecretary of the Air Force and director of the National Reconnaissance Office, will be the initial chair of the space board until a flag or general officer can be selected from within the NRO. Each board will provide a periodic report to the board of visitors from Air University, Maxwell Air Force Base, Ala., and the board of advisors from the NPS.

New History section debuts on Air Force Link

1ST LT. ROBERT J. KRAUSE
AIR FORCE PRINT NEWS

SAN ANTONIO — Air Force Link, the official Web site of the U.S. Air Force, launched a new history and heritage section Nov. 8 to coincide with Veterans Day and the upcoming 100th anniversary of powered flight.

The new section documents the achievements of airpower, starting from the early days of wooden-wing aircraft to modern air and space vehicles. It also chronicles the unique accomplishments of many Air Force leaders, past and present, and contains photos and other historic information.

The information contained in the new section was compiled from inputs by Air University, the Air Force Museum and the Air Force history support office. It was developed by the Air Force News Service here.

Each week new features and photos will be added to the site.

"This will be a great place for the general public or military member to quickly access Air Force historical information," said Master Sgt. Jim

Greeley, AFNS chief of news technology. "This is a great start for a unique Web page we hope will grow and get even better."

The history site will also target future Air Force leaders by including a weekly quiz designed to educate future airmen.

"We designed the quiz to support Air Force ROTC and Junior ROTC education curricula," said Mr. Bob Jensen, director of news operations at AFNS. "It's also a way to reach other people who want to know about the Air Force."

Although we expect all members of the Air Force, past and present, will be challenged and informed by the quizzes."

Answers and sources for the weekly quizzes will be posted the following week.

The Air Force History and Heritage section can be found at <http://www.af.mil>. Click on the "history" link on the bar near the top of the page.

If you have any questions or would like more information e-mail afhstory@afnews.af.mil.

Lindbergh Award comes to Connecticut

2nd LT. CELINE MARINI
ASST. STATE PIO

During this year's Safety and Standardization Conference held in November in Salt Lake City, Utah, the Connecticut Army National Guard Aviation Command received the Charles A. Lindbergh Aviation Safety Award. Col. George Gluski, Division Chief for the Army National Guard Aviation Division, presented Connecticut the award during the conference.

The Charles A. Lindbergh award recognizes Charles A. Lindbergh's service as a Guardsman with the 110th Observation Squadron from 1924 to 1927. This is a very prestigious recognition awarded for 30 years without a Class A or B aviation accident.

A Class A accident is an Army accident in which the resulting total cost of property damage is \$1 million or more; an Army aircraft or missile is destroyed, missing, or abandoned; or an injury and/or occupational illness results in a fatality or permanent total disability.

A Class B accident is an Army accident in which the resulting total cost of property damage is \$200,000 or more, but less than \$1



Col. Albert Rubino, State Aviation Safety Officer displays the Charles Lindbergh Award that the Connecticut National Guard Aviation community received for having more than 30 years without a Class A or Class B aviation accident. (Photo by 2nd Lt. Celine Marini, Asst. State PIO)

million; an injury and/or occupational illness results in permanent partial disability, or when three or more personnel are hospitalized as inpatients as the result of a single occurrence.

The period recognized is from December 1971 through December 2001, which represents more than 100,000 flight hours.

UH-1, OH-6, CH-54, UH-60 and a CH-47 are the types of aircraft CTARNG flies.

Connecticut averages 3,000 – 3,500 flight hours per year, night vision goggle flights.

Other states that received this award include Vermont, North Dakota, South Dakota, Arizona, Kentucky, District of Columbia, Puerto Rico, and New Mexico.

"This is an outstanding accomplishment for the Connecticut Army National Guard not only because of no property loss, but also more importantly because no one has been injured," said Col. Al Rubino, State Aviation Safety Officer.

"This award represents the incredible work the Connecticut Army National Guard Aviation staff does every day. We are very thankful and look forward to seeing another 30 years of safe flying."

Aviation command looses one unit, gains three



On Sunday, Dec. 8 a deactivation ceremony was held for the 2nd Battalion, 126th Aviation of Windsor Locks. The 2/126 Aviation folded its flag during the solemn ceremony. Immediately following was an activation ceremony for Company G, 126th Aviation Regiment; Company B, 1st Battalion, 189th Aviation Regiment and Company D, 1st Battalion, 189th Aviation Battalion. The ceremony was conducted in the AASF hangar. The make-up and configuration of the new aviation units will follow in the next few months. (Photo by 2nd Lt. Celine Marini, Asst. State PIO)

Annual Weingarten Notice

MAJ. BARBARA LUHN
LABOR RELATIONS SPECIALIST
(860) 878-6719

In accordance with Statute 5 United States Code section 7114(a)(3), I am informing all bargaining unit employees of their rights under paragraph (2)(B) of this subsection.

Do You Know Your Weingarten Rights?

It is the exclusive representative's, ACT (Association of Civilian Technician), right by law, to be present at two kinds of meetings: 1) Formal discussions and 2) Investigatory examinations.

1. Formal Discussions: Management must give the union reasonable advance notification of the time, place, and general subject of a formal discussion. The union had the right to attend the formal discussion. If the union has been properly notified and does not appear at the meeting, it has waived the right to be represented and the meeting may be held.

A formal discussion exists when four criteria are met:

- There must be a meeting.
- The participants must include one or more agency representatives and one or more employees or their representatives.
- The subject matter must concern a grievance or a condition of employment.

d. The meeting satisfies certain formality factors:

- The person holding the meeting should be a first line supervisor or higher.
- Whether any other management representative attends.
- Location of the discussion i.e. employee's desk or supervisor's office.
- Length of the meeting.
- How the meeting was arranged - spontaneously or written notice.
- Was a formal agenda established?
- Was the employee's attendance mandatory?
- The manner in which the meeting was conducted.

The union's right to attend a formal discussion exists even if the employee does not want the union present because the union represents the interest of all bargaining unit employees and any grievance could impact on other employees in the bargaining unit.

Meetings that are not of a formal discussion include: counseling sessions, meetings at which an employee is disciplined, fact-finding or investigative meetings unrelated to a grievance, discussions on individual job performance and meetings to deliver work instructions or assignments.

2. Investigatory Examinations: To be subject to a Weingarten Right all the

following elements are required:

a. An examination of an employee in connection with an investigation. To be an Investigatory Examination the meeting must involve the questioning of an employee as part of an inquiry to find facts.

b. The examination is conducted by an agency representative i.e. supervisors, managers, personnel specialists, and internal auditors.

c. The employee reasonably believes disciplinary action against him/her may result.

d. The employee requests representation. The union's entitlement to be present occurs only at the employee's request. If the employee does not request union representation, management may hold the meeting without notifying the union.

Agency management may cancel or terminate the examination at any time, even after the employee requests to have exclusive representation present. If management terminates or cancels the examination, it is free to take action on the basis of other evidence.

Management has the right to insist that the employee and not his or her representative respond to questions asked in the Investigatory Examination.

If you have any questions, please contact Maj. Luhn, Labor Relations Specialist, (860) 878-6719.

AVCRAD hosts annual conference



Lt. Col. William Shea addresses the audience during the opening ceremony at the AVCRAD workshop held at the Mystic Hilton recently. Shea is the full-time supervisor at the AVCRAD. The workshop is held annually and focuses on sharing of information, customer contact, and provides participants the opportunity to get feedback from customers and work closely with National Guard Bureau. (Photo by Maj. John Whitford, State PAO)

The year that was...

STAFF SGT. STEVE MARKOWSKI
65th PCH
2nd LT. CELINE MARINI
ASST. STATE PIO

During all of 2002, Connecticut Guard members displayed their diverse skills and unwavering commitment to the defense of the state and the nation.

January

The new year began amidst a large number of Connecticut Guard members serving on active duty. Soldiers from the 143rd Forward Support Battalion and the 1st Battalion, 102nd Infantry were just past the halfway point of their dual deployments to Bosnia. A total of 250 Connecticut citizen-soldiers began 2002 serving in support of Operation Joint Forge.



Members of the 143rd FSB and a delegation of Connecticut business and education leaders pose for a group photo in Bosnia. (Guardian file photo)

Meanwhile, hundreds of Guard members began the new year serving on state active duty securing sites at home, including Bradley International Airport.

More than 300 members of the Connecticut Army National Guard, mainly from the 2nd Battalion, 192nd Field Artillery, deployed to Utah to perform security at the Winter Olympic Games. Connecticut's contingent at the games was the second largest.

Governor John G. Rowland announced that the Connecticut Army National Guard received three UH-60 helicopters from the federal government. The governor had urged President Bush and Connecticut's Congressional delegation to fund the Black Hawks in order to help states improve their emergency readiness capability.

February

The Connecticut troops who provided security at the Olympics returned to Connecticut. They served a month in Utah, working alongside local law enforcement agencies, and federal agencies, such as the FBI and Secret Service. The main component from Connecticut secured the Snow Basin ski area.

Most of the 26 members of the 103rd Security Forces Squadron, Connecticut Air National Guard, serving in Operation Enduring Freedom/Noble Eagle, returned to their Bradley Air National Guard Base. Two separate 13-member teams of Security Police deployed to North Carolina and New York

performing law-enforcement and security duties. At this point, more than 22,000 Air Guard members nationwide were on active duty for the operation.

Film star Arnold Schwarzenegger brought a copy of his film "Collateral Damage" to Bosnia, where he shared it with Connecticut Guard members serving in Tuzla.

March

Maj. Gen. William A. Cugno was reappointed as Adjutant General and Chief of Staff of the Connecticut National Guard and State Military Department for a four-year term. He was also promoted to Lieutenant General in the State Military Department. Governor Rowland first appointed Cugno as Adjutant General in June 1999.

More than 60 Connecticut Guard members provided humanitarian aid to poor civilians in Nicaragua, as part of Operation New Horizon. The 247th Engineer Detachment drilled for water to set up wells for impoverished communities in this Central American nation. Personnel from the 118th Area Support Medical Battalion treated hundreds of patients who otherwise might not have had any opportunity for medical treatment. The medics, including members of the 141st Medical Company, also cared for US troops working in Nicaragua.



Connecticut National Guardsmen deployed to Nicaragua to provide well drilling and medical support to the country. (Guardian file photo)

The Flying Yankees 103rd Logistics Group was awarded the Air National Guard Maintenance Effectiveness Award for 2001. The group earned the award for the small aircraft category by accomplishing superior aircraft maintenance between October 2000 and September 2001, while flying 4212 missions.

Twelve firefighters from the 103rd Civil Engineering Squadron deployed to Nellis AFB, Nev. for Operation Enduring Freedom/Noble Eagle, for a yearlong assignment.

Maj. Gen. Cugno deployed to Uruguay to meet with the country's defense minister, the commander-in-chief of the Uruguayan Army and the country's highest ranking military personnel. Cugno also conferred with U.S. Ambassador Martin J. Silverstein. The South American nation is aligned with Connecticut

under the Partnership for Peace program.

April

Army National Guard Sergeant Major Command Sgt. Maj. A. Frank Lever spent a weekend at Camp Rowland, in Niantic, where he was the featured speaker for two graduation ceremonies. The 2nd General Studies Battalion, 169th Leadership Regiment graduated 38 soldiers from the Advanced Noncommissioned Officers Course and 68 soldiers from the Basic Noncommissioned Officers Course. The soldiers completed six months of training that honed their leadership skills.



Four members of the 103rd Fighter Wing's Communication Flight spent an extended tour in Qatar, documenting on film what U.S. troops were experiencing during their part of the War on Terror. (Guardian file photo)

The National Guard Association held its 8th annual conference, electing new officers.

In Avon, ground was broken for a new administrative building for the First Company Governor's Horse Guard. The 7,000 square foot building was to be completed by late 2002, at a cost of \$874,000.

Maj. Janis Arena became the first woman to command the historic Second Company Governor's Horse Guard.

May

Members of the 118th Fighter Squadron, CTANG, were named the "Top Bombing Team" at the worldwide A-10 competition known as Hawgsmoke. Competition focuses on accurately dropping bombs, firing the Maverick missile and strafing proficiency with the A-10's 30-milimeter Gatling gun. The event was planned and organized by the CTANG.

Connecticut's Flying Yankees won the "Georgia Turkey Shoot" team trophy for bombing and gunnery accuracy at the Townsend Bombing Range, in an annual

competition hosted by the Georgia ANG. A two-man team from the 118th Fighter Squadron flew their A-10s, beating 17 other teams that featured F-16s, B-1s, F-18s and Harriers.

Members of the 2nd Battalion, 192nd Field Artillery attended a job fair at Camp Rowland, to be classified in other units. The artillerymen need new military occupational specialties due to the deactivation of the unit, scheduled for 2003.

Thirty-four evaluators from the Federal Emergency Management Agency evaluated a preparedness exercise conducted by the State Office of Emergency Management and supporting public and private agencies. The Millstone Power Station was among 28 sites covered in the training scenario.

With their school building being demolished in favor of a new one, 350 students and 100 staff members from the Lillie B. Haynes Elementary School finished the last few weeks of classes at Camp Rowland. The CTARNG allowed the East Lyme school to temporarily relocate to Camp Rowland, due to asbestos concerns in the existing Haynes School building.

June

The 143rd Military Police Company completed its six-month assignment guarding airports within the state. The MPs returned to the lives they led prior to being called to state active duty by Gov. Rowland, at the request of President Bush.

Thirteen troops from the 103rd Security Forces Squadron returned to Connecticut from the Middle East. They deployed for 90 days to Al Dafra Air Base, United Arab Emirates, fulfilling Air Expeditionary Force requirements. Unit members also performed security duties at various stateside locations, as part of Operation Enduring Freedom.

Soldiers from Company C, 242nd Engineer Battalion, performed their annual training at Stone's Ranch, working on roads, trenches and tactical obstacles in a combat scenario. The troops focused on force protection measures, as they performed their engineering duties.

Joint Task Force Husky welcomed engineer units from Delaware and Colorado to Stone's Ranch, where they performed their respective AT periods, alongside their Connecticut counterparts. The units each spent one week working on soldier skills and one week working on engineering skills.

The 192nd Engineer Battalion employed a Homeland Defense scenario during its AT period. A 72-hour field training exercise focused on responses to terrorist attacks on home soil. The 248th Engineer Company began construction of the first building at Connecticut's MOUT training site at Stone's Ranch. The 250th Engineer Company built

...Taking a look back at 2002

its medium girder bridge under a terrorist scenario, while being evaluated to ARTEP standards.

Master Sgt. Dorene Bosco of the CTANG's 103rd Fighter Wing was honored as First Sergeant of the Year for the Air National Guard.

July

The July 4th holiday allowed the CTARNG to train its first Quick Reaction Force at Camp Rowland. Members of the 192nd FA volunteered for the assignment, which included being on call for 24 hours a day for a week, in case law enforcement needed them for Homeland Defense. "Operation Independence" allowed the CTARNG to improve its protective posture.

Maj. Gen. William A. Cugno testified before Congress on the topic of Homeland Defense. He outlined how Connecticut's expanded emergency response program is styled after the Federal Response Plan, and he discussed the activities of Connecticut's Domestic Preparedness Senior Steering Council.

Thirteen soldiers were commissioned at Camp Rowland, after completing the 14-month long Officer Candidate School course.



A young OCS hopeful practices rendering hand salutes while waiting to register for the Phase I OCS program at Camp Rowland. (Guardian file photo)

A park bench memorializing Brig. Gen. Steven C. Cordon was placed in the uptown area of the late general's hometown of Litchfield. Family members and former CTARNG colleagues honored Cordon at the dedication ceremony on the Litchfield Green.

August

Thousands of Connecticut Guard members were joined by their family members at Family Day 2002, in an opportunity to salute Connecticut soldiers and airmen who had performed active duty missions within the previous year. Col. Robert B. Nett, the only living former member of the Connecticut National Guard to receive the Medal of Honor, was the keynote speaker.

Army National Guard, Command Sgt. Maj. Stephen L. Primett announced his intention to retire. He became the CTARNG's fourth command sergeant major in March 1996.



Connecticut Army and Air National Guardsmen march through the newly constructed gate at Camp Rowland together for ceremonies honoring them during Family Day. Each of the Guardsmen being honored had deployed somewhere in the world during

September

Brig. Gen. Mary Ann Epps retired from the Connecticut Air National Guard after 26 years of service. Epps joined the CTANG in June 1976 and served in various positions, her final position s Assistant Adjutant General for Air and Commander of the Air National Guard.



Soldiers at the New London armory placed more than 3,000 American flags in precise rows on the lawn to commemorate those who lost their lives on 9/11, while one soldier stood guard over the scene. (Guardian file photo)

Army National Guard Sgt. Maj. Barbara Montigny, the first female sergeant major in the Connecticut Army National Guard, retired with more than 26 years of devoted service to the National Guard.

The events of 9/11 were remembered one year later. Connecticut's Military Police were the first in the country to answer the President's call to action in the federal airports. The 143rd MPs and volunteers from several other units also performed security

missions in municipal airports and at power stations throughout the state.

October

On Oct. 1, 2002, Maj. Gen. William A. Cugno administered the oath of office to Col. (P) Terry L. Scherling. This Air National Guardswoman who has recently been promoted to brigadier general was chosen as Director of Joint Staff. With more than 27 years of military experience at all levels, Scherling brings a tremendous amount of expertise to the table and the Connecticut National Guard.

Sgt. Tanya Abdul-Karim, a medic with the 118th Medical Battalion shared her thoughts on being a Muslim woman in the National Guard post 9/11.



Sgt. Tanya Abdul-Karim proudly stands between the flags of her country and her faith. Abdul-Karim is a Muslim woman serving in the National Guard. (Guardian file photo)

Members of the Connecticut Air National Guard had the opportunity to field test the Air Force's newest persona; weapon, the M-4 Carbine, thanks to the generosity of the Colt Manufacturing Company, who produces the weapon.

The first class of students to attend Pre-PLDC at Camp Rowland participated in personal and soldier skill enhancement training such as physical fitness and land navigation. The new course is designed to better prepare young soldiers for PLDC.

November

The 1st Battalion, 192nd Field Artillery began its transformation into 103rd Chemical Company. The new company had been in the planning stages for six years and has inherited and absorbed the personnel from the 192nd FA, which will soon be deactivated after many years of proud service to Connecticut.

Soldiers and Airmen of the Connecticut National Guard took part in the statewide Veterans Day parade in Hartford.

Carlson Wagonlit Travel announced the closing of its office in the Hartford Armory. The Transportation office is currently handling all official duty-related travel arrangements for Connecticut.

The Air Force gained bragging rights over

its sister services when the Air Force Academy Falcons beat rival West Point Black Knights 49-30 to take the Commander-in-Chief's Trophy.



Master Sgt. Brian Wayne, 103rd Maintenance Squadron, releases grenades and smoke bombs to simulate attacks around the flightline during an exercise simulating battlefield conditions. Unexploded ordinance, first aid and NBC training were also part of the Operational Readiness Exercise. (Guardian file photo)

December

Twenty members of the 1109th AVCRAD received their mobilization orders and left for further training in support of Operation Enduring Freedom just before the holidays.

Anthrax and small pox vaccination programs were beginning in the military community.

Connecticut Army National Guard's aviation community picked up the prestigious Charles A. Lindbergh Aviation Safety Award for amassing 30 years without a Class A or Class B aviation accident.



SASC hosts Breakfast with the Boss

MAJ. JOHN WHITFORD
STATE PAO

Maj. Gen. William A. Cugno addressed a large group at a holiday Breakfast with the Boss at the Soldier Airmen Support Center (SASC) in Newington.

The purpose of this program is to improve the communication on the happenings in the Connecticut National Guard.

Cugno, State Adjutant General, said during the breakfast that we are still at war and reminded everyone that the military posture has not changed since September 11, 2001.

"The threshold of mobilizations is dependent on what Iraq does," said Cugno.

He also mentioned that one type of mobilization would be Army units protecting Air Force bases.

Not only will the Connecticut National Guard become busy with mobilizations, but will also have internal and external missions in protecting armories and core training facilities.



Airman 1st Class Stephanie Mencarelli, Maj. Gen. William A. Cugno and Chief Warrant Officer 4 (Ret.) Charles MacLaughlin cut the cake celebrating the 366th birthday of the National Guard. (Photo by Sgt. 1st Class Debbi Newton, State Senior PA NCO)

Cugno said he could not stress enough the importance of education and communication to our soldiers and airmen, especially when it comes to the Anthrax Vaccination Immunization Program (AVIP) as well as Small Pox as it relates to mobilization.

Cugno discussed the master plan and major

construction at Camp Rowland, to include Stone's Ranch and the CTARNG Facility Initiatives.

A Fire Station with new equipment is planned for Stone's Ranch as is a facility in Newtown for a new Military Working Dog Teams. Both are scheduled for construction during FY 2004.

Cugno also reminded the audience to remain focused.

"Read the paper and review the President's position on Iraq and stay on top of the current situation," said Cugno.

Right after the breakfast, a cake was cut celebrating the 366th birthday of the National Guard.

The cake was cut by Chief Warrant Officer 4 (Ret.) Charles MacLaughlin who retired from the CTARNG in 1965 and represented the eldest members of the Guard family, and Airman 1st Class Stephanie Mencarelli who enlisted in the CTANG in 2001 and represented the youngest of Connecticut's Guardsmen and women.

Family Program volunteer training to be held in February

The 143rd Forward Support Battalion's Family Support Group will be hosting a Family Program volunteer training session on Saturday, Feb. 1 at the Waterbury armory.

Both Basic and Phase II training will be conducted.

If there is enough interest, child care for infants and toddlers will be provided.

If interested in attending, or if you have any questions, contact Laurie Casey at blessedcreations@snet.net or at (203) 888-5961.

Manchester Army and Navy Club seeks members

The Army and Navy Club of Manchester is strictly a local organization with no national affiliation. Located at 1090 Main Street in Manchester, the club was founded in 1919 for returning World War I veterans.

The club has opened its membership to veterans of all American wars.

To become a member, a candidate must be an American citizen and have been discharged under honorable conditions from the military forces of the United States or have served on ships of the Merchant Marines from Dec. 7, 1941 to Aug. 15, 1945. The club has recently established a policy of allowing active members of the military to join and continue a dues-free membership until released from active duty.

There is a wide range of activities sponsored by the club to include dinner dances, an annual banquet, membership appreciation night, card tournaments and bus trips.

Military personnel and veterans interested in membership should contact the club at 860-646-9133.

Officers Club of Connecticut announces January events

The Officers Club of Connecticut has several events planned for January.

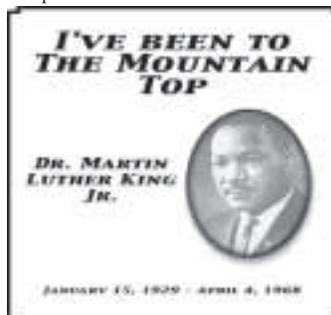
On Tuesday, Jan. 14 at noon is the Ladies O'Club Luncheon.

Saturday, Jan. 18, the club has a dinner and show evening planned for 5:45 p.m. After dinner, guests will head to The Bushnell for The Full Monty. Cost is \$90 per person. Reservations are required.

On Monday, Jan. 20, the club will be closed in observance of Martin Luther King Jr.'s birthday.

An Italian Club Night will be held on Friday, Jan. 24 including an Osso Buco dinner and dancing to the Bruno Cerrati electronic organ. Cost is \$21.95 per person and reservations are required.

Finally, the Annual Meeting of the Officers Club will be held on Monday, Jan. 27. A buffet dinner for \$6 per person will be featured. During the meeting, election of officers will take place.



National Guard Association of Connecticut

9TH ANNUAL CONFERENCE

March 22, 2003
Foxwoods Resort Casino

I will attend the 9th Annual NGA CT Conference. Enclosed is my check for \$110.00.

Name _____ Rank _____

Membership Status: Life _____ Annual _____ New _____
Reminder: Tax may join or renew day of the Conference

Unit _____

Home Address _____

E-Mail Address _____

Registration Fee: \$110.00

Please make checks payable to "NGACT" and return this form prior to March 14, 2003 to:

NGACT
National Guard Armory
360 Broad Street
Hartford, CT 06105-3795

REMINDER: All arrangements for the Military Ball must be made in accordance with the ball flyer

Connecticut Military Department News

General Stephen R. Smith – 'A man of excellent judgment and sound principle'

PFC. HOWARD MILLER
TROOP HISTORIAN, FIRST COMPANY GOVERNOR'S
HORSE GUARD

(Eleventh in a series of profiles of the Adjutants General of Connecticut)

Stephen R. Smith was born in Whitneyville, Conn., on Aug. 28, 1836. His father was a gun maker employed by the Whitney Arms Company. Schooled in New Haven, Smith went to work in a dry goods business as a bookkeeper at the age of 14.

He later was employed as a clerk in the New Haven Savings Bank and in three years rose to the position of head clerk. In February 1856, Smith accepted the position of teller of the City Bank of New Haven. In 1864, he established a prosperous coal business.

In 1880, due to business reverses, he became manager of the New York branch of the Winchester Repeating Arms Co. He remained in that position until 1883, when he accepted a position with the prosperous banking house of Watson and Gibson in New York and T.I. Watson & Co. of Bridgeport.

Smith's military career began in 1858 when he joined the New Haven Grays. He rose quickly through the enlisted ranks to become sergeant and then on Oct. 7, 1863 was appointed adjutant of the Second Regiment by Col. S.W. Kellogg. He was re-appointed adjutant by Col. S.E. Merwin and served in that position until June 4, 1868, when he became major upon the retirement of Merwin.

On Aug. 16, 1869 he became lieutenant colonel, and Aug. 9, 1871, he was promoted to colonel of the Second Regiment, Connecticut National Guard.

During the three ensuing years that he



General Stephen R. Smith, from: Evening Post Annual, Hartford, Conn. 1885

commanded the Second Regiment, Smith dedicated many hours and ceaseless effort to improving the unit's discipline and drill.

One of the high points of the unit's history was its appearance at the inauguration of President Ulysses S. Grant on March 6, 1873.

According to the report of State Adjutant General S.E. Merwin: "The fame of the regiment had preceded it, and the praises of the officers of the army who witnessed its special review by the President, and the parade on Pennsylvania Avenue, added new honors to the many that had previously been paid them by military men and the press wherever they had seen them."

Ironically, the Second Regiment also paraded in New York City on Aug. 8, 1885, as part of the deceased President's funeral procession.

Smith commanded the Second regiment until 1874, when he resigned. However a year later he was again elected to assume command of the regiment and was re-commissioned colonel on January 13, 1876.

Smith continued to lead the Second Regiment until July 8, 1878, when he was named to command the entire brigade by Gov. Richard D. Hubbard with the rank of brigadier general. He held that command until Jan. 8, 1885, when he was appointed to the post of adjutant general by Gov. Henry B. Harrison.

Smith served as adjutant general of Connecticut for two years. During that period new uniforms were issued, three-inch Rodman guns were procured to replace the antiquated bronze artillery pieces used by the battery, and work was begun to compile corrected records of the services of Connecticut troops in the Revolutionary War, War of 1812, and Civil War.

After his term, Smith retired to private life and devoted himself entirely to business. In civil life, Smith was prominent in many enterprises affecting New Haven. He served for seven years as secretary of the board of engineers of the fire department, served one term as a city councilman and three years as an alderman.

Smith died at his Bradley Street home in New Haven on December 4, 1889, after a long illness. He was 54 years old. Many tributes to his military and business abilities were expressed at his funeral.

The entire Second Regiment of the Connecticut National Guard paraded in his funeral procession in "dress uniform with brown leggings, overcoats and fatigue caps," according to orders issued from the regimental headquarters.

He was eulogized as "a man of excellent judgment and sound principle." After services held at St. Thomas' Church, the general was buried in New Haven's Evergreen Cemetery.

New automated pay system for State Active Duty

COL. (RET.) JOHN RAPHAEL
HISTORICAL SECTION
CONNECTICUT MILITARY DEPARTMENT

The Connecticut Military Department, in conjunction with the State Comptrollers Office, will unveil a new automated pay system for all personnel performing State Active Duty (SAD). The new system will go into effect on Jan. 1, 2003.

A key component to the state automated system will be data derived from Federal and State W-4 forms (Employee's Withholding Allowance & Exemption Certificates). Previous data from the Form W-9 will no longer be valid.

Each individual, whether they are actively drilling members of the Army or Air National Guard, the Organized Militia, or Retirees serving in the Connecticut State Guard or the Connecticut State Guard Reserve, will be required to submit W-4 forms in order to be loaded into the state system and receive payment for any SAD performed.

Efforts are currently underway to obtain the W-4 forms from members of the Militia, CTSG and CTSGR personnel. Drilling Army and Air National Guard personnel must insure that both W-4 forms are completed and submitted to the State Military Department for entry upon performing any SAD.

As the data is received, it will be manually entered into the Military Department's computer system. Through the "magic" of electronic engineering, the W-4 data will be merged with current personnel and payroll information on file to produce the most accurate pay data available. Finalized data will be sent to the Comptroller for checks to be issued.

It will be the responsibility of each individual who receives SAD payment to insure that their name, address and withholding information is current and on file with the Connecticut Military Department.

Questions regarding the W-4 forms may be directed to Ms. Cheryl McKenney in State Military Payroll at 860-524-4988 or Col. (Ret.) John Raphael in the Historical Section at 860-524-4968.

Visit the
Connecticut Guardian
on-line at
www.ct.ngb.army.mil



Toys for Tots benefits from drive

On December 16, during the monthly battalion parade, Capt. Dennis Conroy, Executive Officer of the First Company Governor's Foot Guard presented toys collected during the annual Toys for Tots campaign to Capt. Daniels, First Sgt. Lawson and Staff Sgt. Murphy of the U.S. Marine Corps Reserve on behalf of Major Commandant John O'Connell and the First Company

First Company Governor's Foot Guard looking for new members

Are you retired or retiring from the National Guard in the near future? But still want to be involved with an organization that offers military traditions?

Then, perhaps the First Company Governor's Foot Guard is the answer for you.

The First Company Governor's Foot Guard is the oldest military organization in continuous existence in the United States with more than 230 years of service to the State of Connecticut.

Whether leading a parade, performing a concert, or the Color Guard participating at military functions, the Foot Guard members remain committed to the values and traditions of their task.

For more information, contact Maj. Don Boyle at the Foot Guard website-www.governorsfootguard.com.

AVCRAD mobilizes in support of O

From page 1

fleet of UH-60 Black Hawk helicopter.

The AVCRAD deployed to Egypt this year in support of "Operation Bright Star," a multinational exercise involving more than 74,000 troops from 44 countries that enhances regional stability and military-to-military cooperation among the U.S., our key allies, and our regional partners.

"The members of this unit are trained to perform their mission anywhere in the world with minimal notice. Mobilization provides the opportunity for soldiers to exercise professional skills in a deployed status. The sacrifices of our soldiers and their families, especially during the holiday season, exemplify our dedication to selfless service," said Cugno.

A send off ceremony was held at the AVCRAD in Groton on Tuesday, Dec. 17. The ceremony was attended by more than 60 family members who watched as the bus departed for Ft. Drum.

Lt. Col. Bill Shea, the full-time AVCRAD supervisor told the soldiers and the family members that he was proud of the work they have done and confident that they will perform to the highest standard.

"One of the reasons why the Guard is successful is very strong family and employer support system," said Shea.



Staff Sgt. Steven Barret shares a quiet moment of good-bye with his son. (Photo by Capt. Lou Martinez, 65th PCH)



Staff Sgt. Gerard Callahan and his wife take a moment to pose for the cameras. (Photo by Capt. Lou Martinez, 65th PCH)



Maj. Robert H. Burnside IV, gets a loving hug from his wife during the send-off ceremonies for the members of the 1109th AVCRAD in support of Operation Enduring Freedom. (Photo by Capt. Lou Martinez, 65th PCH)



Staff Sgt. Riley Grant says a tearful goodbye to his wife while holding his two young children. Grant and other members of the AVCRAD will be deployed for up to one year in support of Operation Enduring Freedom. The soldiers left by bus for Fort Drum, N.Y. where they will undergo additional training before continuing on their assigned mission. (Photo by Capt. Lou Martinez, 65th PCH)

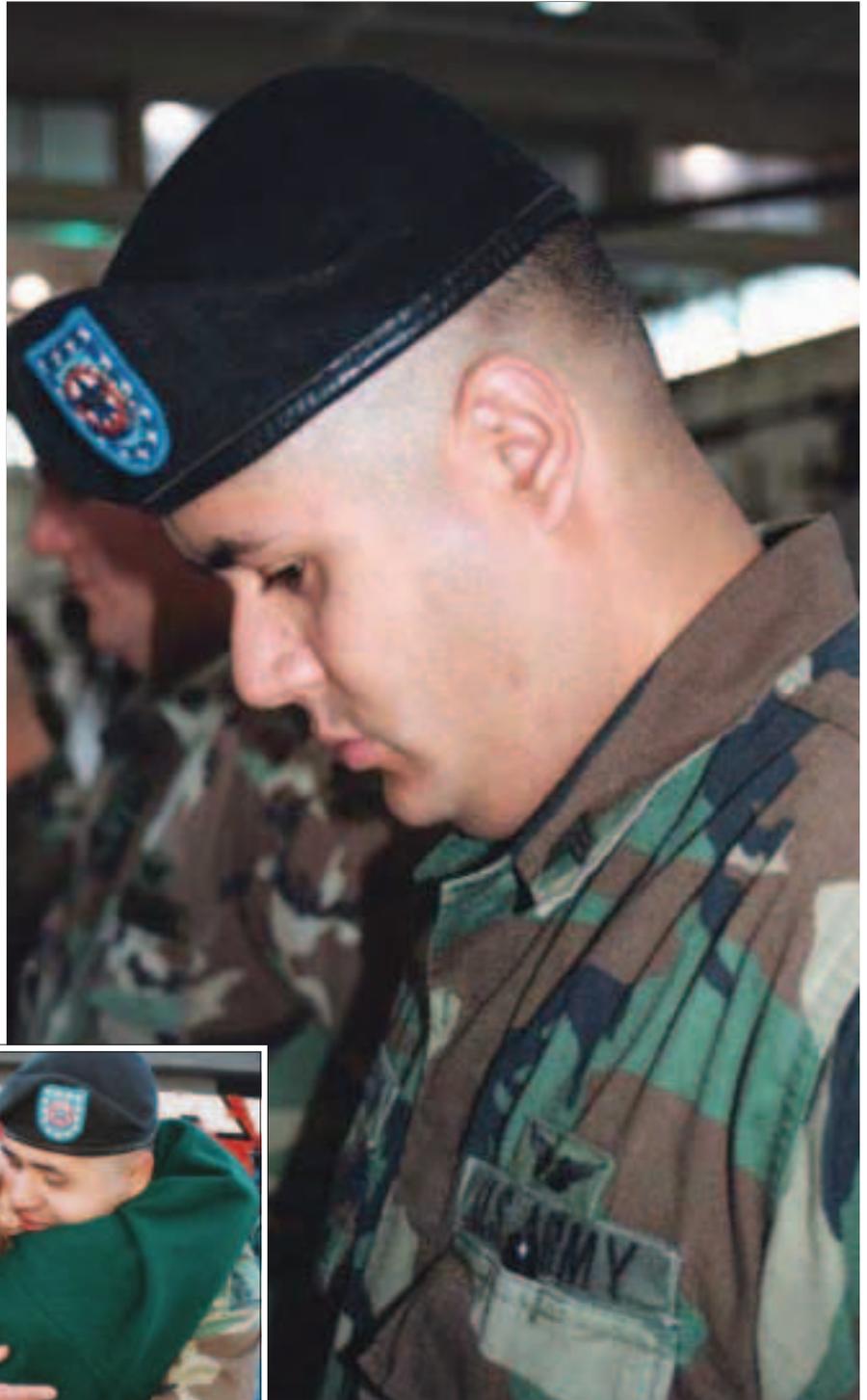


Members of the 1109th Aviation, Classification, Activity F... deployed in support of Operation Enduring Freedom. The... Robert H. Burnside IV, and were honored with a send-off... soldiers will be deployed for up to one year. (Photo by C...

f Operation Enduring Freedom



Staff Sgt. Steven Barrett receives a hug from his daughter while his son looks on, just prior to getting on the bus for Fort Drum. (Photo by Capt. Lou Martinez, 65th PCH)



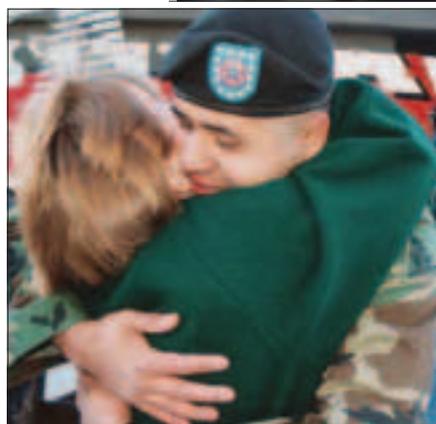
Sgt. Edgar Takun-Castaneda bows his head during the invocation (top photo) and shares an emotional moment with his wife (inset). Takun-Castaneda and several of his fellow soldiers from the AVCRAD have been mobilized in support of Operation Enduring Freedom. (Photos by Capt. Lou Martinez, 65th PCH)



g from his 5-year-old daughter, Hope, during send-off ceremony. The detachment of soldiers is led by Maj. [Name] mobilized in support of Operation Enduring Freedom. (Photo by Capt. Lou Martinez, 65th PCH)



Activity Repair Depot (AVCRAD) that are now mobilized in support of Operation Enduring Freedom. The detachment of soldiers is led by Maj. [Name] at a send-off ceremony just before Christmas. The photo by Capt. Lou Martinez, 65th PCH)



Soldiers from the 1109th AVCRAD mobilized and ready to go

SPEC. ELVIS R. BRAGA
65th PCH

When a unit is mobilized or destined to go to a specific theatre every soldier in that unit has to undergo a Mobilization Deployment Readiness Exercise (MODRE).

A MODRE is more than just a simple exercise. It is essentially a soldier readiness process that prepares a mobilized soldier physically, mentally and financially.

Twenty National Guard members of the 1109th AVCRAD received mobilization orders in support of Operation Enduring Freedom. This particular MODRE took place at Camp Rowland in Niantic, Conn.

During the MODRE each soldier is issued an individual tracking sheet and must receive verification for each station visited.

Some of the stations include personnel records, where records are updated along with significant documents including an emergency card and the Service Members Group Life Insurance (SGLI). Other stations included finances where soldiers discovered the amount of pay they will receive while on orders.

At the medical station soldiers received briefings on any immunizations or vaccinations that they will receive including the Anthrax Vaccination and Immunization Program.

These soldiers are the first to get Anthrax Vaccinations following a Department of Defense decision to resume the Anthrax Vaccination Immunization Program. The DoD restarted the Anthrax Vaccination Immunization program in September due to movement of troops to high-risk areas.

Other medical stations include dental, which included a panoramic x-ray of every soldier's teeth. This part of the MODRE is where soldiers receive most of their difficulty receiving verification. It is vital that soldiers take care of their teeth.

One of the final steps of the MODRE includes the family support station, which assists family members of soldiers being mobilized. Every soldier will be leaving his or her loved ones at home just before the holiday season to help fight terrorism.



Staff Sgt. Erwin Madison, Quality Control Avionics Repairman of the 1009th AVCRAD, receives his anthrax immunization from Capt. Michael Desena during the December MODRE. (Photo by Spec. Joseph Waller, 65th PCH)



Staff Sgt. Sean T. Weed of the 1109th AVCRAD has his teeth looked at by Maj. David L. Fried, DDS, in preparation for deployment. Dental health can cause a soldier to be non-deployable. (Photo by Spec. Joseph Waller, 65th PCH)



Staff Sgt. Sean T. Weed, Turbine Engine Mechanic with the 1109th AVCRAD receives one of many shots from Staff Sgt. Tom A. Dickinson, a medic with Detachment 5. (Photo by Spec. Joseph Waller, 65th PCH)

**WANT TO JOIN OUR
TEAM?
CALL
1-800-716-3530
Connecticut's
Army National Guard**

**Don't forget to pick up a college education on
your next trip to the commissary!**

The Scholarships for Military Children program
can help with a \$1,500 scholarship!



**For information about
applying, contact your
local commissary store
director, guidance
counselor or visit our
scholarship page online at
www.commissaries.com
under "What's New."**

*During World War II,
Black fighter pilots, navigators, bombardiers and ground crew flight attendants and messengers in the ranks
Rise in some respect, and my future generation understand the way it was...*

The Connecticut National Guard & United States Postal Service
Proudly Present The
2003 Black History Month Celebration
February 7th
At The Wells Auditorium, Central Connecticut State University, New Britain, Connecticut

Honoring The
**TUSKEGEE
AIRMEN**

*Four celebrated Tuskegee Airmen will share their experiences and memories of a unique period of time when
hard work and determination overcame the expectations of those who felt the Tuskegee Experiment would fail.
Education, determination and bravery became the Tuskegee legacy that reflected years of battle and sacrifice.*

<p>MODERATED GUESTS: GEORGE E. HARDY, LTC, USAF, (RET) EDWARD T. HALL, 1LT, USAF FURNIE RAPPER, JR., FLIGHT OFFICER SPANX WATSON, LTC, USAF, (RET)</p>	<p>Distinguished Guests: State Senator Tom N. Hays, 10th Senatorial District, CT Dr. David G. Carter, President, Eastern Connecticut State University</p>
---	--

Keynote Speaker Major Henry L. Devonport, USA, Instructor, History,
United States Military Academy, West Point

RSP: TSGT Open House at (860) 879-6712 by Jan 31, 2003



They served to save the lives of our soldiers. A true hero's legacy and high caliber service will stand just the same today.

COMMISSARY & EXCHANGE DIRECTORY

Here is a current directory of area commissaries and exchanges along with their phone numbers. Always call ahead to verify hours as they may change without notice. A valid i.d. card is necessary to use these facilities. Contact your unit administrator if you or your dependants need a card. If you have trouble, contact the State Family Program Office

AIR NATIONAL GUARD
 East Granby
 TUESDAY – FRIDAY:
 10:00 – 5:00
 SATURDAY: 10:00 – 4:00
 SUNDAY & MONDAY: Closed
 UTAs: Open Saturday &
 Sunday: 10:00 – 5:00

**CAMP ROWLAND POST
EXCHANGE**
 MONDAY: Closed
 TUESDAY – SATURDAY:
 10:00 – 5:00
 SUNDAY: 10:00 – 4:00

WEST POINT, NEW YORK
Exchange Hours:
 SATURDAY – WEDNESDAY:
 10:00 – 6:00
 THURSDAY & FRIDAY:
 10:00 – 7:00
 Phone: (914) 446-5406
Commissary Hours:
 MONDAY: Closed
 TUESDAY & WEDNESDAY:
 10:00 – 6:00
 THURSDAY: 10:00 – 7:00
 FRIDAY: 10:00 – 6:00
 SATURDAY: 9:00 – 5:00
 SUNDAY: 11:00 – 5:00

SUB BASE, NEW LONDON
Exchange Hours:
 MON., TUES., WED.,
 FRI.: 9:00 – 6:00
 THURSDAY: 9:00 – 7:00
 SATURDAY & SUNDAY:
 9:00 – 5:00
 HOLIDAYS: 9:00 – 4:00
 Phone: (860) 694-3811
Commissary Hours:
 MONDAY: Closed
 TUE., WED. & FRI.: 9:00 – 6:00
 THURSDAY: 9:00 a.m. – 10:00 p.m.
 SATURDAY: 8:00 – 5:00
 SUNDAY: 10:00 – 5:00

WESTOVER AIR FORCE BASE
 Chicopee, Mass.
 MONDAY – FRIDAY: 10:00 – 5:00
 SATURDAY: 10:00- 5:00
 SUNDAY: 11:00 – 5:00

COAST GUARD ACADEMY
 New London
 MONDAY – FRIDAY:
 9:00 – 5:00
 SATURDAY: 9:00 – 3:00
 SUNDAY: Closed

COAST GUARD STATION
 120 Woodward Avenue
 New Haven, CT
 MONDAY – FRIDAY:
 9:00 – 4:30
 SATURDAY: 9:00 – 2:00
 SUNDAY: Closed

ARMY RESERVE CENTER
 700 South Quaker Lane
 West Hartford, CT
 MONDAY – FRIDAY:
 10:00 – 1:00
 MONDAY – FRIDAY:
 1:45 – 4:00
 SATURDAY & SUNDAY: Closed

TEMPORARILY CLOSED

Military Matters



The Uniformed Services Employment and Reemployment Rights Act

The Department of Labor, through the Veterans' Employment and Training Service (VETS) provides assistance to all persons having claims under USERRA, The Uniformed Services Employment and Reemployment Rights Act (USERRA) clarifies and strengthens the Veterans' Reemployment Rights (VRR) Statute. USERRA continues the protection of civilian job rights and benefits for veterans and members of Reserve components. However, USERRA makes major improvements in protecting service member rights and benefits by clarifying the law, improving enforcement mechanisms, and providing Federal Government employees with Department of Labor assistance in processing claims.

USERRA expands the cumulative length of time that an individual may be absent from work for military duty and retain reemployment rights for five years (the previous law provided four years of active duty, plus an additional year if it was for the convenience of the Government). There are important exceptions to the five-year limit, including initial enlistments lasting more than five years, periodic training duty, and involuntary active duty extensions and recalls, especially during a time of national emergency. USERRA clearly establishes that reemployment protection does not depend on the timing, frequency, duration, or nature of an individual's service.

USERRA provides enhanced protection for disabled veterans, requiring employers to make reasonable efforts to accommodate the disability. Service members convalescing from injuries received during

service or training may have up to two years to return to their jobs (as opposed to the one year provided by the old law).

As under the previous law, USERRA provides that returning service-members are re-employed in the job that they would have attained had they not been absent for military service (the long-standing "escalator" principle), with the same seniority, status and pay, as well as other rights and benefits determined by seniority. However, USERRA also requires that reasonable efforts (such as training or retraining) be made to enable returning service members to refresh or upgrade their skills to help them qualify for reemployment. The law clearly provides for alternative reemployment positions if the service member cannot qualify for the "escalator" position. USERRA also reaffirms and clarifies that while an individual is performing military service, he or she is deemed to be on a furlough or leave of absence and is entitled to the non-seniority rights accorded other individuals on non-military leaves of absence. Health and pension plan coverage for service members is clarified under USERRA. Individuals performing military duty of more than 30 days may elect to continue employer sponsored health care for up to 18 months; however, they may be required to pay up to 102 percent of the full premium. For military service of less than 31 days, health care coverage is provided as if the service member had remained employed. USERRA clarifies pension plan coverage by making explicit that all pension plans are protected.

The period an individual has to make application for reemployment or report back

to work after military service is now based on time spent on military duty; not on the category of service performed. For service of less than 31 days, the service member must return at the beginning of the next regularly scheduled work period on the first full day after release from service, taking into account safe travel home plus an eight-hour rest period. For service of more than 30 days but less than 181 days, the service member must submit an application for reemployment must be submitted within 90 days of release from service.

USERRA also requires that service members provide advance written or verbal notice to their employers for all military duty unless giving notice is impossible, unreasonable, or precluded by military necessity. Additionally, service members are able (but are not required) to use accrued vacation or annual leave while performing military duty.

The Department of Labor, through the VETS provides assistance to all persons having claims under USERRA, including Federal and Postal Service employees.

If resolution is unsuccessful following an investigation, the service member may have his or her claim referred to the Department of Justice for consideration of representation in the appropriate District Court, at no cost to the claimant. For the first time, if violations under USERRA are shown to be willful, the court may award liquidated damages. Federal and Postal Service employees may have their claims referred to the Office of Special Counsel for consideration of representation before the Merit Systems Protection Board (MSPB).

Education Essentials: Soldier's Mobilization Checklist

1st Lt. PAUL DRAPER
EDUCATION SERVICES OFFICER

Happy New Year, from your friendly and helpful Education Services Office! This coming year looks like it will be interesting and eventful to say the least. Many of us may be called up to fight terrorists and their allies.

If you are going to college or a trade school at the time this could cause some problems. There are steps you must personally take to prevent financial liability and allow you to go back to school when you return. These steps are outlined in the "Soldiers' Mobilization Checklist" below. Good luck.

Soldier's Mobilization Checklist

1. Notify the school and your professor/instructor that you have been activated and present the appropriate administrator with a copy of your orders.
2. Be sure to make contact either in person or via telephone. Leaving a voicemail or email message is insufficient because further information may be required.
3. Keep a record of names, dates, individuals, and a brief summary of your conversations with the school and lending institution.
4. Notify your school's VA counselor that you have been activated and present your activation orders. Discuss the appropriate course of action with the VA Counselor.
5. Contact your student loan lender. It is your responsibility to follow through with any procedure the lender indicates.
6. If you encounter any problems resolving your academic status, request assistance from your Education Services Office at (860) 524-4816/4820.

DACOWITS members sworn in

DEPARTMENT OF DEFENSE

Principal deputy under secretary of defense for personnel and readiness Charles S. Abell swore in the thirteen members of the Defense Advisory Committee on Women in the Services Dec. 3, 2002, during their training session in Arlington, Va.

The incoming members are: Retired Marine Corps Lt. Gen. Carol A. Mutter of Brownsburg, Ind., as the chair; Catherine Aspy of Keizer, Ore.; Lynda Davis of Great Falls, Va.; J.P. Duniphan of Rapid City, S.D.; Bonnie Fuller Ford of Albuquerque, N.M.; Julie Hamre of Bethesda, Md.; Constance Horner of Washington, D.C.; Susan Patane of Loma Linda, Calif.; Retired Army Reserve Col. Darryl Ladd Pattillo of Austin, Texas; Margaret Robson of Washington, D.C.; Virginia Rowell of Vienna, Va.; Retired Air

Force Reserve Col. Vance Shaw of McLean, Va.; and Rosalie Silberman of Washington, D.C.

The committee adopted three topics to focus on as priorities: women's health care, women's retention, and the effects of deployment on family life. They will visit 12 installations in the coming year and one team of two members will visit an overseas installation. The committee's objective is to provide the Department of Defense with advice and recommendations on matters and policies relating to the recruitment and retention, treatment, employment, integration, and well-being of women in the Armed Forces. They also provide advice and recommendations on family issues.

The first business meeting for the committee will be Jan. 16-17, 2003, in Crystal City, Va. Installation visits will follow.



CHIEF MASTER SGT.
WANDA WAWRUCK

Enlisted Update

Be ready

Happy New Year! Bringing in the New Year for the Air Guard is Selective Retention.

In May 1993, the National Guard developed and executed a force management tool called Selective Retention. This program was developed to provide the adjutant general with a means to ensure we have a viable, stable force that is ready for any event

that may occur at home or away; providing quality training and opportunities for upward mobility for everyone.

The selective retention criteria identifies individuals as: (1) those members who are retirement eligible (20 years of service) before Jan. 1 of the year in which the board convenes and/or (2) Active Guard/Reserve (AGR) individuals who have completed 20 years satisfactory service toward an active retirement.

During the January UTA, commanders can expect to receive management tools that will identify those members meeting this criterion with specific instructions on briefing your members and respective timelines to complete the process.

For those who meet this criterion, it would behoove you to take a moment to review Air National Guard Instruction (ANGI) 36-2606, dated 28 February 1997, consult with your immediate leadership, Chief Gillanders or myself.

As you can see, I closed the paragraph by highlighting the use of your Chain of Command. I would like to take a moment to piggyback off Sgt. Maj. Zastaur's article last month on the use of the Chain of Command. As in the Army Guard, we also have key leaders that hold positions in a traditional status; they are your command chief master sergeants (CCM) and first sergeants.

It is difficult to advise or assist enlisted members if we do not know what their issues or concerns are. As a reminder, we are the focal point for ALL matters concerning enlisted members and on call 24/7.

Proper communication is the key to our success and without it we falter. Use the resources that were designed to assist enlisted members and you will find the results outweigh those you may have pursued.

If a first sergeant is not assigned to your specific organization, you may confer with your group first sergeant.

You may have heard Maj. Gen. Cugno or your leadership discuss with you to "get ready." It means just that - take our posture seriously and ensure your family is prepared. Whether your family is a close friend, parent, spouse, brother or daughter; these individuals will be responsible for taking care of your affairs while you are away.

Ensure they are reliable and have access to information that will assist them in taking care of your affairs. Know your support network and share it with your family.

The wing recently held a town meeting to discuss deployments and support networks while our people are deployed - they had a packed house! Certainly evident that many understand the importance of these meetings.

As an added resource, I recommend the book "When Duty Calls" by Carol Vandesteege. The book is written from a spouse perspective; however, you will find that there is a chapter for every individual in our organization. You will also find many valuable web sites, addresses, phone numbers and other resources imbedded in this guide. Well worth the time!

Lastly, don't forget your Ombudsmen team who do a tremendous job in assisting families while you are away.

In addition to preparing for the unknown, you have a responsibility to yourself to stay fresh. Stay professionally connected to current events and complete your Professional Military Education (PME) in a timely manner. There are many web sites and periodicals that cover current events, however, I want to highlight one resource that most enlisted members do not have much exposure to; that is Doctrine.

Doctrine is a series of publications that address capabilities and the application of air and space forces across the range of military operations. For example, your immediate leadership should include "50 Questions Every Airman Can Answer" and "50 More Questions Every Airman Can Answer" in your training. These products were developed to assist members in the principles of preparation and employment of air and space power.

I challenge everyone to seek more information by logging onto the Air Force Doctrine web site at <http://www.doctrine.af.mil>.

Professional military education is a tool to assist in the growth of future leaders. While the preferred method is in-residence, I encourage everyone to complete their respective PME early...*be ready* for opportunities!

For enlisted members E4 through E6, Airman Leadership School (ALS) and Noncommissioned Officers Academy (NCOA) dates are available throughout the year at various locations. If you are a master sergeant, applications are being accepted to attend the Senior Noncommissioned Officer Academy (SNCOA). Application procedures are available through your unit training manager or base training manager...time is running short! Senior NCO Academy applications must arrive at the base training manager's office NLT February UTA.

Guard Voices

Won't Be Long And They Will Be Gone, at least the WWII Veterans

CAPT. STEVEN R. ELLISON, M.D.

I am a doctor specializing in Emergency Medicine in the Emergency Departments of the only two military Level One-trauma centers. They are both in San Antonio, TX and they care for civilian Emergencies as well as military personnel.

San Antonio has the largest military retiree population in the world living here, because of the location of these two large military medical centers. As a military doctor in training in my specialty, I work long hours and the pay is less than glamorous.

One tends to become jaded by the long hours, lack of sleep, food, family contact and the endless parade of human suffering passing before you. The arrival of another ambulance does not mean more pay, only more work.

Most often, it is a victim from a motor vehicle crash.

Often it is a person of dubious character who has been shot or stabbed. With our large military retiree population, it is often a nursing home patient.

Even with my enlisted service and minimal combat experience in Panama, prior to medical school, I have caught myself groaning when the ambulance brought in yet another sick, elderly person from one of the local retirement centers that cater to military retirees. I had not stopped to think of what citizens of this age group represented.

I saw "Saving Private Ryan." I was touched deeply.

Not so much by the carnage in the first 30 minutes, but by the sacrifices of so many. I was touched most by the scene of the elderly survivor at the graveside, asking his wife if he'd been a good man. I realized that I had seen these same men and women coming through my Emergency Dept. and had not realized what magnificent sacrifices they had made. The things they did for me and everyone else that has lived on this planet since the end of that conflict are priceless. Situation permitting, I now try to ask my patients about their experiences.

They would never bring up the subject without the inquiry. I have been privileged to an amazing array of experiences, recounted in the brief minutes allowed in an Emergency Dept. encounter. These experiences have revealed the incredible individuals I have had the honor of serving in a medical capacity, many on their last admission to the hospital. There was a frail, elderly woman who reassured my young enlisted medic, trying to start an IV line in her arm.

She remained calm and poised, despite her illness and the multiple needle-sticks into her fragile veins. She was what we call a "hard stick."

As the medic made another attempt, I noticed a number tattooed across her forearm. I touched it with one finger and looked into her eyes.

She simply said "Auschwitz." Many of later generations would have loudly and openly

berated the young medic in his many attempts. How different was the response from this person who'd seen unspeakable suffering.

Also, there was this long retired Colonel, who as a young officer had parachuted from his burning plane over a Pacific Island held by the Japanese. Now an octogenarian, his head cut in a fall at home where he lived alone. His CT scan and suturing had been delayed until after midnight by the usual parade of high priority ambulance patients. Still spry for his age, he asked to use the phone to call a taxi, to take him home, then he realized his ambulance had brought him without his wallet. He asked if he could use the phone to make a long distance call to his daughter who lived 7 miles away. With great pride we told him that he could not, as he'd done enough for his country and the least we could do was get him a taxi home, even if we had to pay for it ourselves.

My only regret was that my shift wouldn't end for several hours, and I couldn't drive him myself.

I was there the night Master Sgt. Roy Benavidez came through the Emergency Dept. for the last time.

He was very sick. I was not the doctor taking care of him, but I walked to his bedside and took his hand. I said nothing. He was so sick, he didn't know I was there. I'd read his

Congressional Medal of Honor citation and wanted to shake his hand. He died a few days later. The gentleman who served with Merrill's Marauders, the survivor of the Bataan Death March, the survivor of Omaha Beach, the 101 year old World War I veteran, the former POW held in frozen North Korea, the former Special Forces medic - now with non-operable liver cancer, the former Viet Nam Corps Commander. I remember these citizens.

I may still groan when yet another ambulance comes in, but now I am much more aware of what an honor it is to serve these particular men and women.

I have seen a Congress who would turn their back on these individuals who've sacrificed so much to protect our liberty. I see later generations that seem to be totally engrossed in abusing these same liberties, won with such sacrifice.

It has become my personal endeavor, to make the nurses and young enlisted medics aware of these amazing individuals when I encounter them in our Emergency Dept. Their response to these particular citizens has made me think that perhaps all is not lost in the next generation.

My experiences have solidified my belief that we are losing an incredible generation, and this nation knows not what it is losing. Our uncaring government and ungrateful civilian populace should all take note.

We should all remember that we must "Earn this."

Homefront

In defense of Connecticut's children: *Drugged Driving*

MASTER SGT. MELISA LATA
DRUG DEMAND REDUCTION OPS NCO

Driving under the influence continues to be a major problem in the United States.

While the consequences of drunk driving are well known, the dangers of driving after marijuana use and other drugs has received fairly limited attention.

Drugged driving is a very serious issue that deserves to be discussed. Too many Americans, including teens, are unaware of the dangers and consequences of drugged driving.

Illegal drugs can impair skills needed for driving safely. Just like alcohol, marijuana and other drugs negatively impair a driver's performance.

Alertness, concentration, coordination and a person's reaction time are all impaired while under the influence of drugs.

If you combine drug use and teenagers inexperience behind the wheel, we are asking for serious trouble. It is important to realize effects of drug use can last up to twenty-four hours.

The Department of Transportation examined the impact of drug use on a

driver's performance and found marijuana slows the driver's perception of time, space and distance, while cocaine causes drivers to speed, change lanes without signaling and puts innocent people at risk of a deadly accident.



Each year rates of drugged driving continue to increase.

From the **National Household Survey of Drug Abuse (NHSDA)**, more than 8 million persons aged 12 or older, reported driving under the influence of illegal drugs during the last year.

These are all good reasons to talk to your children about drugged driving.

How many parents talk to their children about the risks of getting into a vehicle with someone who has been using drugs?

We know parents are talking to kids about drug abuse and drinking and driving but not enough are making the connection between

illicit drugs and getting behind the wheel of a car.

Parents need to discuss drugged driving with their children. Make sure drugged driving is just as important and taken just as serious when discussing drinking and driving.

Always remind children to never get into a car with someone who has been drinking and using drugs.

While it is illegal to drive a vehicle while under the influence of alcohol, drugs, or combination of both, there is no consistent method across the states for identifying drug impairment.

As a result, we do not know the full extent of the problem. Parents are the single greatest influence on their children when it comes to decision making about driving and using drugs.

This is why it is imperative parents talk to their children about drugged driving.

If you have any questions about Drug Free events or Educational & Leadership Programs please call 860-493-2724 and ask for Capt. Anne-Marie Garcia or Master Sgt. Melisa Lata.

CHAPLAIN'S
CORNER
†

Renewal

CHAP. (COL.) DAVID FEYRER

As we enter a new calendar year, we are reminded of the concept of renewal. We make resolutions and commit ourselves to changing our negative patterns and learning some new more satisfying and healthier ones. It is my hope that in addition to aspiring to better physical health that we might aspire to better spiritual health.

As a Chaplain in the US Army, my role is to insure the free exercise of religion. As a fellow human being, it is my hope that you not only have this opportunity to have a spiritual life but that you take advantage of this opportunity.

The spiritual life, however interpreted, is a life that senses the value of our existence in more than just the things of life. It senses that there is something beyond the day to day. Life is meaningful, not just a rote activity.

In my experience when people find this meaning, life is lived with a joy and enthusiasm that is infectious and life inspiring. And I find this to be true in the most trying of times and circumstances.

We in the military will be challenged this year in ways we cannot imagine. It is my hope that we will respond to these challenges with skill and resolve but also with our joy and enthusiasm. May our lives show the meaning that we have been given as people of faith and of the spirit. This is my prayer for the New Year.

TGIF: *New Year's Resolutions for the Military Family*

KIM HOFFMAN
FAMILY PROGRAM COORDINATOR

Happy New Year!

How many of us have made resolutions for the New Year? How many of them will we actually keep?

Chances are that the resolutions you have made are for personal betterment - lose weight, stop smoking, exercise more, spend less, etc.

What resolutions have you made though for your military life? If you haven't thought about the importance of keeping your military life in order, we've compiled a couple of suggestions to help.

First, how much does your family know about the work you do? Have you kept them involved? Perhaps you've just brought them to a holiday gathering at your drill location in December. Now that they've seen where you go, why not get them more involved in what you do? Encourage them to become active in the Family Readiness Group at your unit or base. Not only will they learn more about the mission of your unit, they will gain a better understanding of the mission of the National Guard.

Second, is your family prepared if you were to be deployed? This is a question you need to ask yourself and your family in conjunction with our first resolution. If your family doesn't know much about the role you play in the National Guard, they

probably aren't aware of the possibility of your deployment sometime during your military career.

Could your spouse handle the finances? Would you make more or less money on Active Duty? Do you have a will? Have you met the members of your unit's Family Readiness Group? These are just some of the questions that would present themselves upon deployment. Don't wait until the time comes - you'll find that there isn't enough time to get yourself ready. Help yourself and help your family - get your personal affairs in order.

Third, make sure that your eligible family members have military identification cards. They can be using these cards for many different things - shopping at the commissaries and exchanges, accessing discounts for everything from shopping to travel, and more!

Further, a military identification card ensures that your family is enrolled in the Defense Eligibility Enrollment Reporting System (DEERS) which is crucial! The DEERS database is a management tool for the Department of Defense and identifies all eligible dependents of a service member for services, especially medical benefits upon mobilization. Without enrollment in DEERS or a dependent I.D. Card, an eligible family member is left without any access to these valuable services.

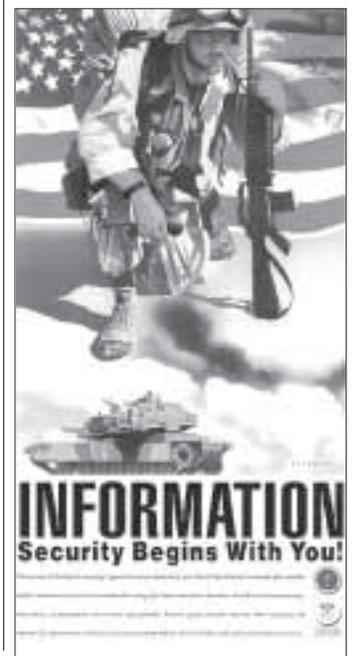
Lastly, if you are a single service member and think that none of these issues apply to you - you're wrong. Everyone has a family that needs to be ready and needs to be informed. Just because you don't have a spouse doesn't mean that the National Guard Family Program cannot be of help to you.

Parents, siblings, friends and employers are welcome and encouraged to participate in any of our programs and activities. If you are single, who will take care of your car, pet or apartment while you are away?

Are you a full-time student? Have you contacted your State Education Officer about your rights during a period of military separation? Single service members may not have a spouse, but they do have situations that need to be addressed and we can help with all of them.

Think about these things and why they're so important to your military career and to your family. Studies conducted by the Department of Defense continue to show that a service member with a well-informed family is more able to concentrate on the mission thus preventing accidents and injuries. Contact your State Family Program Office for assistance in any of the areas above or with any questions you have about the National Guard.

May your New Year be filled with Peace!



Black History Month to be celebrated by CTNG

SGT. 1st CLASS SCOTT FARRELL
STATE DIVERSITY INITIATIVES COORDINATOR (SDIC)

During these extraordinary times, America looks forward to new challenges and opportunities with a reinvigorated sense of unity and common purpose. We are a vibrant nation, thanks to the creativity, fortitude, and resilience of people of every background.

During National Black History Month, we celebrate the many achievements and contributions made by African Americans to our economic, cultural, political development.

On Friday, Feb. 7, the Connecticut National Guard, in conjunction with the United States Postal Service, will host its 2003 Black History Celebration at the Welte Auditorium on the campus of Central Connecticut State University, in New Britain, Connecticut.

This year the Connecticut National Guard will proudly dedicate its celebration in honor of the "Tuskegee Airmen" – four members of whom will honor us with their presence that day. The event will take place between 11:00 a.m. and 1:00 p.m. and conclude with a light buffet lunch.

Among the distinguished guests joining us this day will be State Senator Toni Nathaniel Harp of the 10th Senatorial District. Harp currently serves as the Assistant Senate Majority Leader, Chair of the Legislature's Public Health Committee and Vice Chair of the State Appropriations Committee.

Also joining us will be Dr. David G. Carter, President of Eastern Connecticut State University and recent recipient of the Hartford Courant's 2002 Tapestry Award.

Maj. Henry L. Davenport, USA, will serve

as Key-Note Speaker for our celebration. Davenport received his undergraduate degree in Political Science from Tuskegee University, his Juris Doctorate from the University of Toledo Law School, and a Masters in Modern German History from Vanderbilt University, Nashville, Tenn. He is presently assigned at the United States Military Academy, West Point, where he teaches courses in World and German History.

The Tuskegee Airmen: A Brief Introduction

It was President Franklin D. Roosevelt who noted "Hitler built a fortress around Europe, but forgot to put a roof on it". As the Allies made advances against him, the "Red Tail Angels of Tuskegee" were the premier bomber escort group on missions into France and Germany in a war where air supremacy was vital.

"Tuskegee Airmen" refers to all who were involved in now famous "Tuskegee Experiment", the Army Air Corps program to train African-Americans to fly and maintain combat aircraft. The Tuskegee Airmen included pilots, navigators, bombardiers, maintenance and support staff, instructors, and all personnel who kept the fighter aircraft in the air.

Due to the rigid pattern of racial segregation that prevailed in the United States during World War II, more than 966 Black Army Air Corps aviators were trained in an isolated

training complex near the Town of Tuskegee, Alabama and at Tuskegee Institute now known as Tuskegee University.



A class of twin-engine pilots in front in flight caps and single engine pilots in rear in helmets and goggles, Dec. 1943. (Photo courtesy USAF Museum)

In March 7, 1942, young Black pilots stood at attention at Tuskegee Army Air Field's "lone runway". It was at this historic graduation exercise that these men were inducted into the U.S. Army Air Corps. Having won the right to fight, the

Tuskegee Airmen moved to the European Theater.

Under the command of then Lt. Col. Benjamin O. Davis, Jr., they had their first taste of combat against the highly fortified Sicilian Island of Pantelleria. The successful assault on the island marked another first: "air power alone...completely destroyed all enemy resistance."

Having entered Sicily, they participated in the most famous battles of the Italian peninsula: the invasion of Salerno and Anzio, the battles of Monte Cassino, and Rome; and then in Southern France, Greece, the Balkans, and finally Germany – all the while fulfilling with heroic deeds, the goals inherent in their struggle for the "right to fight".

The gallant men of the "Red Tail Angels" destroyed or damaged 409 enemy aircraft. They flew 15,553 sorties and 1,578 missions. Two hundred of these missions were as heavy bomber escorts deep into the Rhineland, during which time, not one

bomber was lost to enemy fighter opposition.

They flew four types of first-line fighter aircraft while in combat (P-40, P-39, P-47 and P-51 in succession), shot down three of a total of eight Messerschmitt 262 jets confirmed for the 15th Air Force and destroyed countless strategic targets during harrowing ground attack missions.

Four-hundred-fifty Black aviators of the 99th, 100th, 301st and 302nd Fighter Squadrons, known collectively as the 332nd Fighter Group distinguished themselves, culminating in a Presidential Unit Citation on March 24, 1945, reading in part: "Displaying outstanding courage, aggressiveness, and combat technique, the 332nd Fighter Group reflected great credit on itself and the Armed Forces of the United States of America..."

These great battles brought the races together, mixing the blood of all men and women – their lives on the line. Their achievements? In life and in death, they consecrated the final goal: the attainment of a complete and lasting integration of the United States Armed Forces and of American society in general.

We encourage all members of the Connecticut National Guard and civilian community to join us as we honor these warriors of the sky - four members of the Greatest Generation who, in the very early years of their youth, faced a rendezvous with destiny that truly changed our nation...and the world.

This celebration will be a most enjoyable and educational experience. To confirm your attendance, please contact Tech. Sgt. Claire Potier at (860) 878-6713. We look forward to seeing you there.

Connecticut Guardsmen judge high school ROTC

CHIEF MASTER SGT. TONY PALLADINO
HQ CTANG, STATE HUMAN RESOURCES ADVISOR

Naugatuck High School was the place to be on Saturday, Dec. 14 for members of the Connecticut Army and Air National Guard as they judged events during a regional drill competition for more than 500 ROTC cadets from 17 high schools in Connecticut, New York and New Jersey.

The school hosts the annual competition during which teams from various high schools participate in 10 drill events such as basic, trick, color and inspection, and are judged by military personnel from each of the armed services on precision, synchronization and time. Additionally, teams are judged academically on their knowledge of world history, science, arts, current events, and of course, military history.

Order and good behavior were on display in the halls as the students marched to and from the events wearing spit shined shoes and crisply pressed uniforms. Even

as they relaxed, the students stood upright and saluted their fellow cadets and judges.

Many parents were on hand to observe and cheer on their respective school team. One team in particular from Wilby High School in Waterbury was a team of nine girls from the Marine Corps Junior ROTC program. The team wore white hats, black jackets and blue pants with a red stripe, and performed a 20-minute sequence of hand gestures, clapping, marching and stomping.

The routine was calibrated and quick, and the rhythm of the marching and clapping created a drumbeat that resounded in the gym.



drill squad members from Rahway, N.J. it became apparent that teamwork is the key to a winning performance, and one misstep by anyone could spoil a drill. Competition can even be hazardous at times when you add drill rifles to the routine. Several cadets described injuring themselves while twirling the heavy weapons. Each of the competing team's coaches and instructors videotaped their respective performances and the tapes are used to identify the most

minute errors and missteps.

The cadets ended the performance by singing the Marine Hymn.

While speaking with several

Naugatuck High School cadets were obviously enthused about their performance during the day's competition, having won four trophies at a recent competition held in Washingtonville, N.Y. The high school's Air Force Junior ROTC includes nearly 130 students and is the gateway to a military career for many cadets, according to Master Sgt. Gary Morrone, who helps run the program. The course is an elective, and students spend one class period each day with the instructors. Senior class members are given opportunities to take cross-country field trips, to such places as the U.S. Air Force Academy and the Hawaiian Islands.

Assisting with the event's judging were Chief Master Sgt. Tony Palladino, Senior Master Sgt. Bob Tuckey, Senior Airman Christine Mihalik, Senior Airman William Lawson, Senior Airman Aaron Gow, from the CTANG and Sgt. 1st Class Reisha Moffat from the CTARNG.

Guarding Your Rights

Legal Affairs: *Why make a will?*

CAPT. JEFFREY M. KNICKERBOCKER
DEPUTY STAFF JUDGE ADVOCATE, 103RD FIGHTER WING

Although you may not want to think about it, there are ways to plan for your own death.

Many military members have done just that by visiting the legal office and preparing a will. While some may not see the benefit to having a will, even those with little or no property can get some benefit from planning. Wills are available for National Guard members in the base legal office.

Before looking at the benefits of having a will, it is important to note that not all military members are required to have a will. Having a will is a personal decision, and certainly not one that should be forced on anyone. However, there are some straightforward benefits to having a will.

For instance, having a will provides the means for orderly property transfer at minimum cost. Also, advance planning could eliminate squabbling, and ensures that your wishes are carried out.

Furthermore, having a will could avoid

unintended consequences, particularly in the case where you have a family member who receives Medicaid or some other form of public assistance. In some cases, having a will can ensure maximum income and estate tax advantages. Finally, wills provide a means for some control, even after death.

Another very important aspect of a will is the appointment of guardians for your children. The will is an opportunity for one to line up guardians in advance, and to save the guardians money if the need should arise.

One final note about wills, they do not direct how the proceeds of SGLI, the military life insurance program, are distributed. SGLI proceeds can be assigned simply by going to the Military Personnel Office and filling out a form.

If you have any questions, or wish to obtain a will for yourself, just stop by the legal office to set up an appointment with an attorney.



NGACT: Annual meeting and elections

Sgt. MAJ. (RET.) JOSEPH AMATRUDA
NGACT PRESIDENT

The NGACT Annual Meeting will be held at Foxwoods on Saturday, March 22 from 8 a.m. to 12 noon. Registration is \$10 per person.

The day will start with a corporate-sponsored breakfast for all NGACT members.

During the business meeting, members will hear what the association has accomplished during the past year, get a financial report and hear from other subcommittees of the association. Reports on the EANGUS and NGAUS conferences will be given as well as a report on the EANGUS Legislative Workshop by members of the NGACT who attended.

There are some proposed changes to the NGACT by-laws that will be presented for a vote at the meeting, also.

New this year will be presentation of several awards to individual members of the



association and to several units of the Connecticut Army and Air National Guard.

Election of officers will also take place. This year, five positions on the Executive Board are up for election: Army and Air Enlisted members, Army and Air Officer members and the Retiree member. Pending approval of the by-law changes, two new positions will be added to the slate: Army and Air Junior Enlisted members (E4 and below).

Some of the people currently holding the positions up for election have already expressed their desire to run again, while some have chosen not to seek re-election.

If you or someone you know is a member of the NGACT and would like to run for one of the positions, contact the NGACT office to get your name on the ballot.

And please join Maj. Gen. William A. Cugno later that evening as he hosts the Connecticut Military Department Ball at Fox woods.



CARL R. VENDITTO
CHAIRMAN, ESGR

Most Connecticut National Guard soldiers know of the Connecticut ESGR program through yearly briefings, advertisements on radio and TV, and through assistance provided by the ESGR ombudsmen relating to work issues. It is fair to say that the Connecticut ESGR program is "institutionalized" and is part of the military support fabric of our state.

What is not well known is the number of individuals involved in this program and what they do for the soldiers of the Guard behind the scenes. Let me take you on a brief "backlot" tour of what is not shown on the surface.

The fifty-five members of the Connecticut committee are all volunteers who are currently working in key management, business, and leadership roles. They know the business community, have contacts in a multitude of work areas and understand how to have problems resolved "informally" rather than through administrative or legal means. This ultimately helps the Nation Guard soldier.

The ESGR Committee has many individuals who have served outstanding careers in all of the Armed Forces of the United States. We have all seven services represented on the committee. This knowledge base is invaluable when working

with soldiers of all ranks. Our unit liaison briefing personnel stay in close contact with their unit NCO's and officers and in some cases are viewed as part of the staff because of the yearly working relationships that have transpired.

Since 9/11, the Connecticut ESGR Committee has participated in every mobilization of guard troops and in many demob situations. The same is true for the other services. We have found that problems will surface several months after a soldier returns to his civilian job and we encourage soldiers to work closely with our eight ombudsmen if they sense problems might emerge.

To explain what it means to be a soldier in the modern militia, the Connecticut ESGR Committee has embarked on an ambitious speaking engagement program. We have concentrated on Chambers of Commerce in particular, and fraternal, social and military organizations to "spread the word" on what terrific employees there are who serve in the National Guard and Reserve.

The Connecticut ESGR is an official DOD voice whose mission is keeping the American business community and the American public informed of the benefits of hiring and maintaining a work force with citizen soldiers. We tout the ten best reasons for hiring guardsmen and reservists in all our presentations. We stress the total dependability of our guardsmen and the excellent leadership and training that they

A backlot look at ESGR

take to the workplace.

One of the "hidden" agendas of the ESGR which assists soldiers is that we work to change personnel policies so that military duty, service, TAD is properly recognized in personnel manuals. We do this by suggesting and recommending that we rewrite or assist human resources personnel in editing company personnel policies.

Another ESGR program which has been given more visibility is the Brunch With the Boss Program. Col. Anthony Vallombroso has been the emphasis behind this program which entails having a meal with employers of guardsmen. During this program, a certificate of appreciation is presented to the employer and a pin identifying him/her as a patriot who supports employees who serve in the National Guard. This person-to-person program gives soldiers, their employers and ESGR a chance to meet in an informal setting to discuss military issues.

At the Hartford Home Show in November, several guardsmen expressed surprise that Connecticut ESGR volunteers were manning a booth. The reason for this is to highlight to a "different" audience that guardsmen are important and to keep military visibility. The Connecticut ESGR Committee has had multitude of displays at trade shows, conventions, seminars and meetings where we tout the advantages of hiring guardsmen. It works.

What do the art world, the military, and ESGR have in common? If you were one of

more than 50,000 visitors to Connecticut this year who passed through Terminal A at Bradley International Airport, you would have not only noticed national guardsmen on duty, but some excellent "military" art which the ESGR Committee displayed in conjunction with the First Company Governor's Foot Guard and the New Britain Museum of American Art. The message was clear, "Support the Guard and Reserve" for they protect America and have done so for hundreds of years.

In conclusion, the Connecticut ESGR Committee is active in our boss lifts to military bases where employers have an opportunity see their guardsmen and reservists undergoing field and technical training. This inside look does wonders for the employer who sees where his tax dollar is being spent and why increased and advanced training days are required. This year we took Connecticut employers on visits to Florida and Seattle using National Guard and Marine Corps aircraft to give employers a taste of flying the "blue skies of freedom".

We also had committee volunteers spreading the work on radio and TV programs at parades and patriotic observances in Connecticut. Finally we have been giving out awards and citations to the business community to recognize their contributions to the Guard and Reserve.

Yes, 2002 was a busy year and 2003 will even be busier.

Inside OCS

A second time with a renewed commitment

OFFICER CANDIDATE WILLIAM BAKER
OCS CLASS 48

Prior to entering OCS in Connecticut, I had completed OCS in Vermont in July of 1996. For me, this time, it is about completing the commitment. When I began this journey six years ago, I was 22 years old and going to change the Army National Guard by becoming an officer. Looking back on that experience now, I can only remember what little knowledge I had about the National Guard and what being an officer in the National Guard actually meant.

From the time I returned from Basic Combat Training and Advanced Individual Training, I would look at the officers in my unit and think "Boy they have it made! What do they do at drill besides sit around all weekend? I can do their job!"

This train of thought was my original reason for joining OCS. At that time, I could have never imagined what I was actually embarking on. And thinking back now, I realize how wrong I was about officers.

From what I have learned (and continue to learn), I realize that when they are sitting around, they are actually resting from the previous month's planning and coordinating and gathering themselves up

for the next round of commander's briefings and staff meetings to ensure that the needs of their soldiers are and will be met throughout the year.

It takes a strong commitment on behalf of each officer in the Guard to make sure that every detail is accounted for and back-up plans are in place for all contingencies so that soldiers on drill weekend can accomplish every mission they are given.

The OCS program requires that every soldier involved be committed and they (the TACs) test your commitment every drill and all month long in between drills.

At first, you think to yourself that the TAC staff is providing you things to do that are meaningless. You feel as though there is no purpose behind what is being asked, but as you continue through the program you realize the big picture and that there is a specific purpose behind the training. Although the tasks given to you are not important, the lessons learned from accomplishing these tasks (or not accomplishing them) are what are valuable.

For example, how do you find the time to get a Guidon for your class done, make T-shirts for the class, develop a class picture board, get your classroom materials for your

instruction on the drill weekend, hand in an extra writing assignment on the actions of leadership exhibited by the captain in the movie *Crimson Tide*? The list goes on and on.

At first you stumble and fall, but then you learn that through teamwork and time management you can accomplish any task at hand - but you and the others in your class must be committed to the cause no matter what it is.

For those of us in the National Guard who strive to become officers in the United States Army, we learn through the OCS program of instruction and the instruction of our TAC staff, that our commitment does not begin on Saturday morning at first formation and end on Sunday when we are dismissed to go home.

It is a commitment that we live and breathe everyday in between drill as well as at drill. There are times when we can put it on the "back-burner" like a teakettle but we are always aware that the kettle will whistle and we will be needed.

It takes a strong commitment to plan and coordinate every task that needs to be accomplished so that soldiers have what is needed in order to accomplish their

missions. Tasks taken for granted by soldiers, such as their noon meal, become complex when you break it down into the stages that need to happen in order to get that meal to the individual soldier.

Where are we going to get the food? Who is going to receive the food when it arrives? Who is going to cook the food? (Do we have cooks or do we need to contact another unit for support?) How are we going to serve the noon meal? (Will it be in garrison or in the field?) What supplies will the cooks need to serve the food and the soldiers need to eat the food?

All of these questions must be planned for and coordinated to ensure that soldiers receive their noon-meal. And this is a big commitment when you begin to follow-up with each and every person in that chain to make sure they are doing their part, because ultimately the officer is responsible for what does and does not get done. Can you imagine what type of commitment it takes to accomplish a full-scale combat mission?

The lessons are many and the rewards are even greater at OCS. At the end of the day, there is a sense of accomplishment that you feel from a job well done or a lesson

Why Diversity?

It's all about Mission Readiness

Sgt. 1st Class Scott J. Farrell
State Diversity Initiatives Coordinator (SDIC)

With the demographic shifts that are taking place, the Connecticut National Guard needs to provide a climate where all personnel feel they are valued by and contributing to the organization. To help with this we will be participating in diversity Awareness Training.

What is Diversity?

A diverse organization is one that values difference. It is one that recognizes that people with different backgrounds, skills, attitudes and experiences bring fresh ideas and perceptions. Diverse organizations encourage and harness these differences to make their services relevant and approachable. A diverse organization draws upon the widest possible range of views and experiences, so it can listen to, and meet, the changing needs of its members, volunteers, partners and supporters.

The Connecticut National Guard leadership is creating an environment that makes all that come in contact with it say: Those people now how to do it right.

In order to do this, all Connecticut Army National Guard members will be participating in Diversity Training. This training was

developed by Souder, Betances and Associates, INC. who was awarded the contract by National Guard Bearu. They have developed four two-hour training sessions. 1) The Difference Between a Diversity Process and Equal Opportunity Programs-Their Respective Roles in Strengthening the Mission of the Guard 2) The Demographic Realities Impacting the Mission of the ARNG 3) The Diversity Challenge in Recruitment, Retention and Promotion in the ARNG 4) The Challenge of Reducing Prejudice and Promoting Teamwork to Achieve Mission Readiness in the Guard.

This training will be conducted over TY 03 and TY 04.

Why Diversity Training?

Successful diversity training will help our organizations to nurture creativity and innovation and thereby tap hidden capacity for growth and improved readiness. Effective diversity training can help counteract prejudice against a wide range of personal differences, for example: academic or vocational qualification, accent, age, caring responsibilities, ethnic origin, gender, learning difficulties, marital status, physical and mental abilities, political affiliation, previous mental illness and religion.

Despite all the talk about diversity and

cultural differences, confusion remains. Behind these words still lie the basic underlying assumptions about the people who make up this nation, how they get along with each other, and how well they are living up to ideals of equality.

The words cultural differences and diversity conjure up different impressions depending on people's own past experiences. Some who feel historically excluded respond to the notion of diversity with the question, "Different from what?" Others question what the fuss is all about and want to quickly turn attention to similarities-with the good intention of easing interpersonal tension and strain. And some people have attended a workshop, talked to a friend, or read an article that made them think about differences in a new way.

The dynamics of these differences and how we have been taught to perceive them are what we will explore in this series of fact sheets to bring clarity to a complex subject. This clarity will allow us to work to eliminate discrimination from our personal and professional lives, learn to be in more authentic relationships with members of other groups, and ensure that we are inclusive, rather than exclusive, in all that we do.



Diversity is not about "others;" it is not a program, event or destination. Diversity is about everyone, a measure of each person's uniqueness within overarching similarities.

The Connecticut National Guard believes that when attention to diversity is coupled with regard for shared values and beliefs, members advance both the quality of relationships necessary for success in a multicultural society and the highest ideals on which our nation was founded.

If you have an interest in being part of the Diversity Initiatives team please contact me at (860) 878-6718 or E-Mail at scott.farrell@ct.nbg.army.mil

Thought of the Month

What we must decide is how we are valuable, rather than how valuable we are. -- F. Scott Fitzgerald

Health & Fitness

Your Health Matters: *Stress!*

CAPT. KATHLEEN L. KING, APRN
OCCUPATIONAL HEALTH NURSE

What causes stress? This question can stir up many images—getting caught in traffic, having a sick parent, seeing an ice storm that immobilizes a community, working long into the night on a project.

All of these situations can build up irritation and fatigue that dare not show at an important meeting. Stress in such situations means pressure, conflict, loss of control, and uncertainty. These feelings can lead to a variety of problems for all members of a family. That is why stress has such an ugly ring.

Stress is the body's physical and psychological response to what it finds overwhelming. This may be any situation over which we feel that we have no control over. When we think of stressful situations, we focus on the unpleasant ones, such as loss or death. Pleasant situations, such as a celebration, a birth, or even a vacation, can also be very stressful. The body creates extra energy to protect itself. This extra energy builds up, and if not used, will create an imbalance in the system. Somehow the energy must be used up to regain a balance.

Stress is a normal part of living, but we all handle stress in different ways. We all strive on a certain amount of stress, but too much or too little will limit our effectiveness. Without stress, we may not want to do anything, and may actually become

depressed. Too much stress can affect you negatively, interfering with relationships a work, home, or with friends.

Unvented stress may have a detrimental effect on your physical health. Difficulty breathing, sleeplessness, inability to concentrate, restlessness, lack of interest in food, sex, or life, and feelings of hopelessness are all signs of stress. Stress related exhaustion may cause heart attacks, high blood pressure, asthma, cancer, or even some types of arthritis. Migraines, headaches, ulcers, allergies, thyroid problems may be made worse by stress.

How is stress treated? Your attitude has a lot to do with how stress is relieved, or exacerbated. Problems in work can be looked upon as a challenge, rather than a roadblock. Past experiences and resources at your disposal will also influence how you handle stress. Drinking alcoholic beverages, driving too fast, overeating may relieve stress, as does exercising or slowing down at work or home. Talking over a problem with someone you can trust can offer help, and is less destructive to yourself and those around you.

Here are some helpful tips:

Avoid Overuse of Alcohol: This impairs your normal coping mechanisms in place. Alcohol is also high in calories, low in nutrients, and may lead to serious diseases,

such as hepatitis or cancer. **DON'T DRINK AND DRIVE!** (Use a designated driver, if you must.)

Stop Smoking: Nicotine is the single most important preventable cause of illness and early death. At least try and cut back, and don't smoke with children in the vicinity.

Exercise Regularly: This helps use up all that extra energy caused by stress. Even a 20-minute workout three or four times a week will help bring down that stress level. Come on! You're worth the time, and everyone benefits.

Eat a Balanced Diet: Too many carbohydrates make us sluggish, and less likely to want to deal with stress. Poor nutrition can lead to obesity, high blood pressure, and heart disease. Try to eat a variety of foods, including fruits, vegetables, cereals, and protein sources (eggs, meat, fish). Avoid foods excessively salty, sweet, or fatty.

Be Safety Conscious: Avoid risky behavior, such as driving fast, practicing unsafe sex, or taking recreational drugs (marijuana, cocaine, etc). This can only lead to disaster, for both you and those who care for you. Use seat belts, keep poisons and weapons out of reach of children, and keep emergency numbers by your phone.

Get involved: Do something you like or are good at. Going back to old hobbies or interests can build up confidence and self-

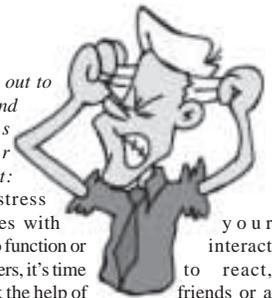
esteem.

Reach out to family and friends for support:

When stress interferes with your ability to function or interact with others, it's time to react, and seek the help of friends or a professional. That's why they are there, to help.

Stress is a normal part of life. Everyone has some degree of stress in his or her life. Stress does not need to be a problem, if handled properly. Healthy responses, such as exercising regularly, or talking to a friend or health professional, will benefit everyone. Unhealthy responses, such as smoking, drinking, isolation, or abusive behavior, can only compound the stress, and cause more problems for you and those you love. Accept your situation, but remember that you have some control over the unwanted side effects.

If you have already tried to change your health habits, don't be discouraged. Help is available. In addition to these actions, there are community programs and groups that can help you and your family make changes you want to make.



Fit for Life: *Nutrition helps achieve fitness goals*

SENIOR AIRMAN STEVE GREVER
5TH BOMB WING PUBLIC AFFAIRS

MINOT AIR FORCE BASE, N.D. (AFP)N — To achieve overall fitness, health and wellness, people need to consider their nutritional requirements as well as their physical needs.

"Good nutrition goes hand in hand with exercise to help a person live a healthier lifestyle," said Tech.

Sgt. Ronald Cochran, the noncommissioned officer in charge of the base health and wellness center here.

"For those wanting to maintain or lose weight, they should pay close attention to the number of servings they consume daily of both high-carbohydrate foods and high-fat foods," Cochran said. "Excessive intake of these foods causes weight gain as well as potentially elevating a person's blood cholesterol and triglyceride levels."

Cochran said eating smaller meals more frequently is much healthier than eating one or two larger meals daily.

"(Eating smaller meals) helps increase a person's metabolic rate, which causes calories to be burned quicker," he said.

Tech. Sgt. Dan Borca, the fitness center manager here, said having well-planned, balanced meals is one of the keys to eating healthily.

"A meal should consist of protein, carbohydrates and fats," Borca said. "Fat is an integral part of nutrition. Fat is the most concentrated form of energy, and our body derives energy from fat when other means of energy are depleted. Fat is also critical because it insulates and protects the body's vital organs from injuries."

However, too much fat in a person's diet could be unhealthy, he said.

"When people consume too much fat, it can lead to many health problems like arteriosclerosis, which is a deposit of fatty substance, and weight gain," he said. "Excess fatty deposits in the heart are considered a health risk because they can cause ... heart disease."

To find the right nutritional mix, Borca said carbohydrates and protein are equally important in a person's diet.

"When eating carbs, consider complex carbs like whole grains, green, leafy and brightly-colored vegetables and fruits," Borca said. "Consider your own activity level when consuming carbohydrates since the carbohydrate is the body's number-one source of energy."

Carbohydrates should make up 60 to 65 percent of a person's daily calorie intake, he said.

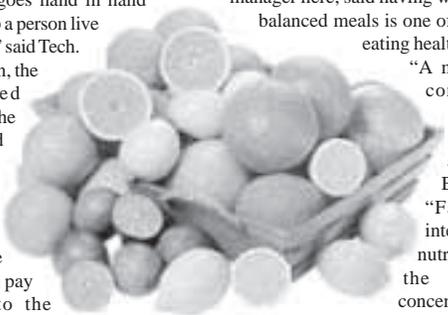
To round out the best nutrition plan, people need a healthy dose of protein every day. Some good sources of protein are beef, pork, poultry, fish, eggs, beans and lentils. Protein gives the body its building blocks for tissue repair and muscle growth, as well as helping people have a better immune system, Borca said.

"A better immune system is vital in every aspect of a healthy body," he said.

"In bodybuilding, protein is extremely important because muscles are made out of protein molecules called amino acids. Amino acids are found in meat products."

Cochran said eating a variety of healthy foods daily, using the food pyramid as a guide, and choosing smaller, more frequent meals puts better nutrition within reach.

(Courtesy Air Combat Command News Service)



Sports

Navy quarterback runs for 6 TDs against Army

CHRIS WALZ
PENTAGRAM STAFF WRITER

EAST RUTHERFORD, N.J. (Army News Service, Dec. 11, 2002) — Navy quarterback Craig Candeto set the record books ablaze at the 103rd Army-Navy game, rushing for six touchdowns and throwing for another en route to a 58-12 victory over Army at the Meadowlands Dec. 7.

"It felt like a dream," Candeto said. "It was almost like I was unconscious. I hope I won't wake up."

The junior quarterback scored twice from one yard out to give the Midshipmen a 14-3 advantage. Candeto continued his record-setting day by scoring from 42 yards, seven yards and three yards before throwing a 23-yard touchdown pass to running back Tony Lane. Fittingly, Candeto scored his final points of the day with a one-yard touchdown ploy with 5:43 left in the third quarter.

"Every time (Army) tried to change things up, we went where we should go," said Navy coach Paul Johnson.

"I don't think any of us could have dreamed the game could have gone in that direction," said Black Knights' coach Todd Berry. "You don't ever expect that to happen. I've been around this game for a while. This has to be the toughest one."



Navy quarterback Craig Candeto gets rid of the ball before being sacked by an Army player during the 103rd playing of the gridiron classic. Navy beat Army 58-12 at the Meadowlands with Candeto running for six of Navy's seven touchdowns. (Photo from Army News Service)

"You're going to have tough days," said Secretary of the Army Thomas White on the Army sideline. "The difference is what's going to happen after the tough days. We'll be coming back (next year)."

Both teams entered this year's game with 1-10 records. Before Saturday's game, both teams had scored exactly 177 touchdowns in their 102-year rivalry and seven of the last 10 games were decided in the final minute.

"Everybody says the games are always going to be close and you can throw the records out the window," said Candeto. "But halfway in the game, I told the guys, 'This doesn't have to be close. Who says the game has to come down to the end?'"

Candeto said the key play of the game might have been his coach's decision to convert a fourth-and-one on the goal line. The play resulted in Candeto's second touchdown and gave Navy a 14-3 lead.

"If they stop us there, it's a whole different ballgame," Candeto said. "The guys up front hunkered down, they bowed their necks and they got us in."

Army, however, may be hunkering down in the off-season.

"We had our moments throughout the season where we played well," said coach Berry. "It's just inconsistent. That's something we'll try to build on. We have to become a more consistent football team."

The academy seniors, though, have played their last game, and in the words of Army Chief of Staff Gen. Eric K. Shinseki: "next time they meet, they'll all be on the same team."

(Chris Waltz is a staff writer for the Pentagram newspaper.)

Roy: Double Distinguished Shooter and Chief's 50

1st LT. ANTHONY D. WILSON
CTANG MARKSMANSHIP COORDINATOR

In October 2002, Master Sgt. Brian E. Roy of the 103 Fighter Wing fuels branch "poached" some top national shooting awards at the annual Winston P. Wilson Matches. During shooting matches pitting top Army and Air Guard marksmen from around the country against one another, Master Sgt. Roy took high awards in both pistol and rifle marksmanship.

During the Rifle Excellence-in-Competition (EIC) Match, Roy scored 279/300 points to place second among non-distinguished shooters. This feat earned him the final ten points needed to become "Distinguished" in Rifle. He may now wear a distinctive gold patch. That patch will go right next to another gold patch Roy previously earned by becoming a "Distinguished" Pistol Shooter. He becomes one of only a few dozen people in the history of the total Air



Master Sgt. Brian Roy fires an M-9 at a bank of targets at the Winston P. Wilson Combat Matches, October 1999. (Photo by Sgt. Brent Kallstrom, ARNG)

Force to become "Double Distinguished."

During a week of pistol matches, Roy's total scores placed him 18th out of approximately 600 shooters. This placed Roy among the top fifty shooters in all disciplines (i.e., rifle, pistol, sniper) at the match. He may now wear the highly coveted "Chief's 50" Badge on his shoulder.

Roy's marksmanship achievements are the result of years of unwavering effort and dedication. He started shooting in earnest in 1991 at the urging of a marksmanship instructor observing his annual rifle qualification. During the last couple of years, he beefed up his training schedule to include shooting practice three times a week and more strenuous running for added cardiovascular fitness. His awards are well deserved and should be congratulated.

Roy was quite modest about his shooting achievements. He enjoyed pointing out other shooters that inspired him.

"Marksmanship skills are important for each of us," he said. "Although not normally stressed in the Air Force, such skills remain vital in the today's environment of military contingencies.

"Staying proficient requires regular practice. However, the Guard provides almost everything to practice with, so it would be a shame not to take advantage of such a benefit."

Connecticut team competes in shooting championships

CAPTAIN MARK A. ANDERSON
PUBLIC AFFAIRS OFFICER, NATIONAL GUARD
MARKSMANSHIP TRAINING CENTER

NORTH LITTLE ROCK, Ark. — The best combat shooters in the Army and Air National Guard from 40 states and territories, including the Connecticut National Guard, competed for championship honors and the satisfaction that goes with it during the 32nd Annual Winston P. Wilson Rifle, Pistol, Sniper, and Light Machinegun Championship Matches held here at Camp Joseph T. Robinson, Oct. 5-11.

This year, more than 700 competitors vied for the distinction of "Best of the Best" in the four different shooting disciplines. The WPW Matches are conducted by the Camp Robinson-based National Guard Marksmanship Training Unit and the National Guard Marksmanship Training Center.

The Connecticut team finished fourth overall in Combat Pistol Team Match 235 with a score of 582. The Connecticut team's Master Sgt. Brian Roy finished fourth overall in the Combat Rifle Excellence-In-Competition Match with a score of 279-12.

The matches are designed to promote battle-focused marksmanship by providing high levels of training to participating soldiers and airmen with particular emphasis devoted to

development of "move and shoot" combat marksmanship skills.

Beginning in 1971, the matches have continued evolving over the years to reflect more realistic training, team spirit, physical fitness, and leadership qualities for the Army and Air National Guard participants.

Now, more than ever before, the active forces are relying more heavily on the readiness of reserve components. As such, combat training and combat marksmanship skills are receiving greater emphasis throughout the National Guard.

The Wilson Matches are named for the late Major General Winston P. Wilson, former chief of the National Guard Bureau, and a member of the Arkansas Air National Guard.

Members of the Connecticut marksmanship team included:

Combat Pistol: Staff Sgt. Carl Bourne, ARNG; Sgt. Victor McEntire, ARNG; Staff Sgt. Greg Thosen, ARNG; Tech. Sgt. Samuel Abbe, ANG; Master Sgt. Brian Roy, ANG and Staff Sgt. Charles Allen, ARNG.

Light Machine Gun: Pfc. Edward Rynkowski, ARNG and Spec. Stanley Wawrzonkiewicz, ARNG.

Sniper: Staff Sgt. Jason Pedro, ARNG and Staff Sgt. Collin Foster, ARNG.

Retirees' Voice

New Beginnings

Sgt. 1st Class (RET.)
JOHN BEDNARZ

I guess the best way to begin my tour as a columnist is to set the record straight on who I am, or am not.

I am a member of First Company of the Governor's Foot Guard. And if I lived in the New Haven Area, I would probably belong to the Second Company of the Governor's Foot Guard. I recommend it to everyone who wants to remain active in some way after leaving the Guard.

I did in fact work in the family program with my old unit (AVCRAD) and helped with some of the State family programs. I am not as active with my unit now, but still try to help Kim Hoffman with the statewide programs.

I am not an expert in retiree affairs but am willing to research and keep everyone aware of the things that affect our lives as retirees, such as legislation or policy changes.

My first bit of advice is for you to actively search and research the available information on your own, using the computer, or reading such publications as "The Army (or Air Force) Times", the "VFW" or "American Legion" magazines, or publications put out by an organization such as AUSA, NAUS, NGAUS or EANGUS.

If you own a computer and/or have an email address you should get on Frank Perry's list (francis.perry@ct.ngb.army.mil). He will occasionally send out information to retirees about events that are of interest to retirees such as retirement parties, reunions, and death notices, or pass on

information from other retirees.

His most recent email provided some Tricare info, and a message that the new budget proposals for the State include a plan to do away with veteran's bonuses. This information was taken from the American Legion newsletter. Make sure you contact your Senator or Representative and let him/her know how you feel about that.

Another good way of keeping current on what is going on is to join one of the above-mentioned organizations. They not only have regular publications that keep you up to date, but your membership increases their numbers and thus their clout.

For a small amount of annual dues you can belong to our local National Guard Association (NGACT) and to the National Guard Association of the United States (NGAUS) for officers or the Enlisted Association of the National Guard of the United States (EANGUS) for enlisted. That gives you representation on the local and the national level. And believe me, these organizations work for you.

If a person is a doctor, lawyer, fireman or baseball player, it is in his best interest to belong to an association that represents his/her needs even after retirement. It is no different for a National Guard soldier or airman or a National Guard retiree.

In future columns I hope to address any progress in improving the veteran's healthcare program, protecting the commissary benefit, updates on Tricare for Life, and other pertinent subjects. If you have questions or suggestions, refer them to the Guardian staff and they'll get to me.

Do you know these guys?



How many of these Connecticut Army National Guard soldiers can you identify? The soldiers were all students in the Unit Administrator and Supply Course held from Jan. 13 to Jan. 17 in 1975. (Photo provided by Chief Warrant Officer 4 Frank Baldino...can you spot the chief in the photo? Hint: He was a sergeant back then.)

If you have a picture of historical nature to share with our readers, email if possible to debbi.newton@ct.ngb.army.mil or mail to Sgt. 1st Class Debbi Newton, Public Affairs Office, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795. All photos will be returned.

Delta Dental wins renewal for TRICARE Retiree Dental Program

Delta Dental Plan of California announced in December that the TRICARE Management Activity (TMA) of the Department of Defense has awarded the company a five-year renewal of the contract to administer the TRICARE Retiree Dental Program (TRDP).

The TRDP, authorized by Congress as part of the National Defense Authorization Act for fiscal year 1997, offers affordable dental benefits to the nation's 4.2 million uniformed services retirees and their family members. The new contract becomes effective on May 1, 2003.

"Based on the program's excellent track record and our plans to accelerate the availability of comprehensive benefits with fewer restrictions, we expect to see some healthy growth in the TRDP over the course of the new contract period," said Delta Dental President and Chief Executive Officer Gary Radine.

The new contract for the TRDP reduces the mandatory enrollment obligation to only 12 months, after which enrollees can remain in the program on a month-to-month basis. Additionally, the waiting period for a full scope of benefits has been reduced to just 12 months, after which 50 percent coverage

for crowns, bridges, full/partial dentures and orthodontics goes into effect.

"Since the program was first introduced in 1998, Congress and the Department of Defense have steadily increased the benefits we are allowed to offer," said Lowell Daun, DDS, senior vice president for Delta's Federal Services division.

Dr. Daun notes the program continues to carry a \$50 per person, per year deductible, but now also includes a family cap of \$150 and an increased annual maximum amount of \$1,200 against which preventive and diagnostic services are not counted.

Coverage for these services, as well as for basic restorative services, periodontics, endodontics, oral surgery and dental emergencies is available immediately on the effective date of coverage. Crowns, bridges, full and partial dentures and orthodontics are available after only 12 months continuous enrollment.

As with the current TRDP, eligible retirees and their family members can find answers to their questions about the program as well as enroll using Delta's dedicated TRDP web site at www.trdp.org or by calling the toll-free number at 1-888-838-8737.



Connecticut National Guard Military Ball

WHAT: A purely social event, seating will not be assigned

WHEN: March 22, 2003 6p.m., Foxwoods Resort Casino (Pay by March 1, 2003)

WHO: All grades of Connecticut Air and Army National Guard, Militia Units and Military Department Civilians, both active, retired or otherwise assigned, are invited to attend with their guests

DRESS: Mess Dress, Dress Blues or Class A with black tie and white shirt (IAW AFJ36-2903 or ARE70-1). Retirees may wear appropriate uniform or semi-formal civilian attire, all civilians wear semi-formal attire.

- Cash Bar opens at 6pm
- Dinner buffet served at 7pm
- Dance until 11pm to the
- ANG Band of the Northeast

COST: \$45 per person

DIRECTIONS: Follow signs from Route 95 or 395 to Foxwoods Resort Casino, then follow the signs to the Grand Pequot Hotel, after parking (no charge for valet) proceed in the Grand Pequot Hotel and upstairs to the main Ballroom.



ROOMS: A limited number of Foxwoods Resort rooms are available for \$79 and \$99, first come first served, reserve by February 28, standard priced rooms start at \$120. Call 1-800-FOXWOODS and say you are with the CTNG Ball for the discounted group rate.

BUFFET MENU: Sole Francaise with Lemon Verbena Sauce, Roasted Chicken with Garlic and Natural Sauce, Seared Pork Medallions with a Jack Daniels Barbecue Glaze, Tenderloin Tips with a Mushroom Madeira Sauce, plus salads, bread, vegetables, assorted desert, and coffee.

FLAGS/GUIDONS: Each unit should bring their flag or Guidon with a stand to display

Must be paid by March 1, 2003

MAIL TO: Make checks for \$45 per person payable to the National Guard Association of Connecticut and send to Commander, 103rd Fighter Wing, 100 Nicholson Road, East Granby, CT 06026-9909

Name _____ Rank or Grade _____
 Organization _____
 Guest(s) Attending _____ Amount Enclosed _____

Connecticut National Guard Retirees of Florida to hold annual reunion

The Connecticut National Guard Retirees of Florida will hold their annual reunion from March 7 to March 9 at the LaQuinta Hotel in Orlando, Florida (same location as last year). Hotel reservations should be made no later than Feb. 21.

Besides the annual business meeting on Saturday morning, highlights of the planned events include dinner at the Boston Lobster Feast Restaurant and a dinner and show at the Mark II Theater.

Details have been mailed to all Connecticut National Guard retirees living in Florida who the organization has addresses for. For more information, or to find out if you are on the list, contact Art Finnegan at 727-725-1206 or Aksel Hansen at 352-686-1628.

Coming Events

January

National Eye Care Month

January 20

Martin Luther King Jr. Day

February

February 7

Black History Month Celebration

February 14

Valentine's Day

February 17

President's Day

March

March 3

The "Star Spangled Banner" became the National Anthem in 1931

March 21

Women's History Month Celebration

March 22

NGACT Annual Meeting and Elections

March 22

Connecticut Military Ball
Foxwoods

In the Next CG

Saddam Hussein & Iraq

Married in the Military

Protecting yourself from identity theft

Air Guard firefighters return home

Deadline for submissions is the 15th of the month previous to publication.

Airmen thank children for Enduring Gratitude Letters

CAPT. GEORGE WORRALL
103RD FIGHTER WING
PUBLIC AFFAIRS OFFICER

Elementary school students from the Stafford School in Bristol and the Louis Toffolon School in Plainville met at the schools Dec. 9 with three Connecticut Air



Tech. Sgt. Bryon Turner (center) shows third graders where Qatar is on a map, when he and Senior Master Sgt. Linas Venclauskas (left) and Master Sgt. Mike Fennessy (right) visited the Plainville Conn. school to thank students for sending Operation Enduring Gratitude letters. (Photo by Capt. George Worrall, 103 FW/PA)

National Guard members who received their Operation Enduring Gratitude letters.

In their letters, students expressed their gratitude to members of the U.S. Armed Services for the sacrifices they have made. The Air Guardsmen received the letters after returning from an extended deployment to Qatar.

"It (the letter-writing) meant a lot to us," said Tech. Sgt. Bryon Turner, NCOIC graphics, 103rd Communications Flight, to the kindergarten class at the Stafford School. "It let us know people appreciated us."

Congress encouraged Americans to write letters of gratitude to military members between Sept. 11 and Veterans Day as part of House Concurrent Resolution 450. The program collected more than 5,000 letters for Connecticut's Guard members. Educators learned of the program through the state Association of Public School Superintendents and from members of Congress.

"Part for our Character Education

Committee thought it would be a great idea to write to our veterans around the time of Veterans Day," said Michelle Bartucca, kindergarten teacher, Stafford School. "We decided as a class and grade level that we would like to do that. The kids were really excited about it."

"We (teachers) received a letter from Nancy Johnson," said Ed Pitcher, third grade teacher, Louis Toffolon School. "The teachers felt it was a way to say thank you and would be good for the kids to get a better understanding of what goes on in the world."

After the airmen thanked the students for writing, they passed some equipment around and explained what they did, what the base in Qatar was like and answered a host of questions.

Zachary Coulombe, third grade student, Louis Toffolon School, asked the airmen "Were you scared?"

"When we first got there because it was new," answered Senior Master Sgt. Linas

Venclauskas, superintendent of multimedia, 103rd Communications Flight, who led the four-person team during its six months in Qatar.

Other students wanted to know what they ate and if they saw any strange animals. After all the questions were answered and the Air Guardsmen headed back to work, it was hard to tell whether the students or airmen had more fun that day in school.

"I think it was great," said Master Sgt. Mike Fennessy, NCOIC video production, 103rd Communications Flight. "I absolutely loved hearing the questions and seeing their eyes brighten up when we walked through the door. It was a very cool thing to see the kids who actually wrote us."

"I think it was important to go see them because they write the letter and they never get to see who it affected or what it meant to them," said Venclauskas. "It was good for them to see they made a difference with the troops morale."



Senior Master Sgt. Linas Venclauskas, who was thanking students for sending Operation Enduring Gratitude letters, 103rd Communications Flight, explains a poster to Darian Damato, kindergartner, Stafford School in Bristol Conn. All the airmen are from the Connecticut Air National Guard's 103rd Communications Flight and served with the 379th Expeditionary Communications Squadron at Al Udeid Air Base, Qatar during Operation Enduring Freedom between March and September 2002. (Photo by Capt. George Worrall, 103 FW/PA)

PRSRSTD
 US POSTAGE
 PAID
 Hartford, CT
 Permit No. 603

