



# Connecticut Guardian

VOL. 4 NO. 5

HARTFORD, CT

MAY 2003

## MPs head to the Gulf



With their guidon proudly blowing in the breeze, members of the Connecticut Army National Guard's 143rd Military Police Company board the plane at Fort Drum that will take them to Southwest Asia in support of Operation Iraqi Freedom. (Photo by Spc. Rachael Tolliver, Fort Drum Public Affairs)

## *Blum takes helm of National Guard Bureau*

**MASTER SGT. BOB HASKELL**  
ARMY NEWS SERVICE

The Army National Guard two-star general who helped form the United States Northern Command, the new military organization responsible for homeland security, has become the 25th chief of the National Guard Bureau.

H. Steven Blum will be promoted to lieutenant general and pinned with his third star as chief of the 466,000 members of the Army and Air National Guard now that the U.S. Senate has confirmed his Jan. 6 nomination by President George Bush.

The Senate confirmed the four-year appointment on April 11.

Blum, 56, succeeds Lt. Gen. Russell Davis who retired as the Guard Bureau's chief in August. Maj. Gen. Raymond Rees has been acting chief since then.

Nearly 160,000 members of the Army and Air Guard, almost 35 percent of the total force, are on active duty or belong to units that have been identified for mobilization for the war against terrorism as Blum becomes the Guard Bureau's chief. Guard forces are involved in the largest mobilization of reserve-component troops since World War II.

The chief is the senior uniformed National Guard officer responsible for formulating, developing and coordinating all policies, programs and plans affecting Army and Air National Guard personnel. The general serves as the principal adviser to the secretary and chief of staff of the Army and the secretary and chief of staff of the Air Force on all National Guard issues. As NGB chief, he serves as the Army's and Air Force's official channel of communication with the governors and adjutants general.

Blum has been chief of staff for the commander of the Northern Command and the North American Aerospace Command at Peterson Air Force Base in Colorado since August.

The Maryland Army Guard general coordinated the activities of all members of the five uniformed services, including the reserve components, assigned to the Northern Command. NORTHCOM was officially activated in Colorado Springs in October. It was the first military command formed solely to defend the continental United States since the Continental Army, commanded by General George Washington, was organized in 1775.

"There is no more important mission than the defense of this nation and the homeland," said Blum during an interview in September. "We cannot fail the American people. They have high expectations of us. We are defending our families, our friends, our way of life."

Now he will oversee the National Guard's overall commitment to that cause as well as to the war on terrorism overseas, including the war with Iraq. He will also be concerned with how well the Guard performs its traditional jobs of training for war and supporting civil authorities during natural disasters, such as floods and wildfires, and civil disturbances.

Blum paid his dues on the foreign front as commanding general of the Multinational Division North in Bosnia Herzegovina from September 2001 to April 2002. He commanded troops from other countries, including Russia and Turkey, during that time.

See **BLUM** Page 22

# Up Front with the Adjutant General

## Answering your questions



MAJ. GEN. WILLIAM A. CUGNO  
ADJUTANT GENERAL

The perspectives column in the April 2003 *Guardian* asked a simple question, "If you could ask the TAG one question, what would it be?" I wanted to take a few minutes of your time to answer the four questions posed to me last month.

Staff Sgt. Daniel Hughes, Electronic Integrated Systems Mechanic, asked, "Would he feel safe taking the small pox shot? How does he feel taking it? What are his concerns?"

I have already had a small pox shot and am currently scheduled for an inoculation to renew the vaccination. Small pox, however, is only one part of what I feel to be two necessary vaccinations. I have had the first three shots in the Anthrax series. Now I only have three more shots until I reach the annual booster. With that said, I am very fortunate to be vaccinated from these horrible threats. The Surgeon General says that these vaccines are safe. I have had these vaccinations. Therefore, I have the utmost confidence in these vaccines for my soldiers and airmen.

Staff Sgt. Courtney Abbott, Munitions Systems Specialist of the 103d Maintenance Squadron asked, "How is he preparing us for further duty and obligations to the Guard regarding the balance between Guard commitments versus civilian lives given the increased demand for our military duties?"

Preparedness for further military obligations is a function of training. Good mission oriented training with realistic and challenging scenarios help develop our preparedness. We have a myriad of tools to take us to the next level already in place. Units can use external evaluations to

provide additional fresh opinion of readiness. Upon mobilization, we can utilize federal authorities to evaluate our level of training, in order to validate units prior to departure. This is basically one final look from an interested party to ensure our level of training meets or exceeds documented standards.

In addition to training we have a support infrastructure in place for all our deployed troops. The Family Program and the Employer Support for the Guard and Reserve (ESGR) have been heavily involved with supporting our troops before, during, and after deployments. These operations and programs have been cutting edge in redefining their support roles. They take whatever action is necessary to support our troops.

First Sgt. James Hutt of STARC asked, "What plans can we look for coming out of the Office of the Adjutant General in regards to when our soldiers and airmen return from their current deployments? How will we help them to adjust after what they are currently experiencing or what they might experience?"

As I write this, the staff has been directed to prepare a support program to include several important areas of demobilization. One aspect of demobilization is the reconstitution plan for each unit. This reconstitution plan will outline critical areas for the organization and individual alike. Some individual soldier areas are being worked, including Employer Support for Guard and Reserve, family briefs, veteran's briefs, and entitlements. As an organization, we are looking to address issues such as readiness, awards, personnel, facilities and equipment issues. Each area is vital to the

successful demobilization and reintegration of every deployed soldier and their unit in the Connecticut National Guard.

Cpl. Michael Atunes of Company A, 143d FSB asked, "If someone in your immediate family were to be deployed, how would it make you feel? Would it make you do anything differently than is being done now?"

Everywhere you look, there are yellow ribbons and rallies in support of the troops. The amount of support from the public is encouraging to both deployed troops and their families. I would be honored and proud to have a member of my family deployed. Although, while they were gone I would understand and support their duty. I feel that there is a great sense of pride that comes from noble patriotism. We have opened 11 family support centers within the state to provide support, not only to the Connecticut National Guard, but to active duty soldiers as well. Recently, I have directed the Inspector General to begin surveying family members to ensure that our family programs initiatives are making it to those who need it the most.

This is an unprecedented time in our history. The Connecticut National Guard has operationally supported Operation Enduring Freedom, Operation Noble Eagle, and Liberty Shield. The commitment shown by our citizen soldiers in this time of war is praiseworthy. Our Guard has demonstrated performance and duty second to no other State in this great nation.

I thank you all for your extraordinary dedication, service and patriotism.

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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: 10,000

## Perspectives

In honor of Mother's Day: What advice did your mother give you that has been helpful in your military career?



AIRMAN 1ST CLASS DAWN WHELAN  
103RD FIGHTER WING

*To set goals for myself, aspire to do the best and to turn every negative into a positive "For example I am leaving for technical school soon and it will be difficult to be away from family now, but the positive is how it will benefit myself and my military career in the future.*

SGT. 1ST CLASS COLLEEN SMITH  
169TH LEADERSHIP REGIMENT

*To make my own choices in life. My mother and father were both in the Navy. And I went and told both of them that I wanted to join the Army. They supported me because it was my choice. Here I am 18 years later, and still enjoying it.*



STAFF SGT. ANKA RADZYMINSKI  
103RD MEDICAL SQUADRON

*To keep things in perspective. In basic (training) when I would call and say I wanted to come home, she was the one to put it in perspective and remind me what I joined for, the job I would learn when I finished (basic training).*

SGT. JAMES MULLAN  
COMPANY G-126TH AVIATION

*The same advice she gave me for anything in life: "If you always aim for the stars, you'll never end up with a fistful of mud". (Photo not available)*

SENIOR AIRMAN CONOR THOMAS  
103RD MEDICAL SQUADRON

*To have patience and perseverance "She, and my father, taught me to be a very patient person, which helps me not to crack under pressure.*



# President Bush announces combat operations in Iraq have ended

REMARKS BY THE PRESIDENT  
FROM THE USS ABRAHAM LINCOLN  
AT SEA OFF THE COAST OF SAN DIEGO, CALIFORNIA

**THE PRESIDENT:** Thank you all very much. Admiral Kelly, Captain Card, officers and sailors of the USS Abraham Lincoln, my fellow Americans: Major combat operations in Iraq have ended. In the battle of Iraq, the United States and our allies have prevailed. (Applause.) And now our coalition is engaged in securing and reconstructing that country.

In this battle, we have fought for the cause of liberty, and for the peace of the world. Our nation and our coalition are proud of this accomplishment — yet, it is you, the members of the United States military, who achieved it. Your courage, your willingness to face danger for your country and for each other, made this day possible. Because of you, our nation is more secure. Because of you, the tyrant has fallen, and Iraq is free. (Applause.)

Operation Iraqi Freedom was carried out with a combination of precision and speed and boldness the enemy did not expect, and the world had not seen before. From distant bases or ships at sea, we sent planes and missiles that could destroy an enemy division, or strike a single bunker. Marines and soldiers charged to Baghdad across 350 miles of hostile ground, in one of the swiftest advances of heavy arms in history. You have shown the world the skill and the might of the American Armed Forces.

This nation thanks all the members of our coalition who joined in a noble cause. We thank the Armed Forces of the United Kingdom, Australia, and Poland, who shared in the hardships of war. We thank all the citizens of Iraq who welcomed our troops and joined in the liberation of their own country. And tonight, I have a special word for Secretary Rumsfeld, for General Franks, and for all the men and women who wear the uniform of the United States: America is grateful for a job well done. (Applause.)

The character of our military through history — the daring of Normandy, the fierce courage of Iwo Jima, the decency and idealism that turned enemies into allies — is fully present in this generation. When Iraqi civilians looked into the faces of our servicemen and women, they saw strength and kindness and goodwill. When I look at the members of the United States military, I see the best of our country, and I'm honored to be your Commander-in-Chief. (Applause.)

In the images of falling statues, we have witnessed the arrival of a new era. For a hundred of years of war, culminating in the nuclear age, military technology was designed and deployed to inflict casualties on an ever-growing scale. In defeating Nazi Germany and Imperial Japan, Allied forces

destroyed entire cities, while enemy leaders who started the conflict were safe until the final days. Military power was used to end a regime by breaking a nation.

Today, we have the greater power to free a nation by breaking a dangerous and aggressive regime. With new tactics and precision weapons, we can achieve military objectives without directing violence against civilians. No device of man can remove the tragedy from war; yet it is a great moral advance when the guilty have far more to fear from war than the innocent. (Applause.)

In the images of celebrating Iraqis, we have also seen the ageless appeal of human freedom. Decades of lies and intimidation

could not make the Iraqi people love their oppressors or desire their own enslavement. Men and women in every culture need liberty like they need food and water and air. Everywhere that freedom arrives, humanity rejoices; and everywhere that freedom stirs, let tyrants fear. (Applause.)

We have difficult work to do in Iraq. We're bringing order to parts of that country that remain dangerous. We're pursuing and finding leaders of the old regime, who will be held to account for their crimes. We've begun the search for hidden chemical and biological weapons and already know of hundreds of sites that will be investigated. We're helping to rebuild Iraq, where the dictator built palaces for himself, instead of hospitals and schools. And we will stand with the new leaders of Iraq as they establish a government of, by, and for the Iraqi people. (Applause.)

The transition from dictatorship to democracy will take time, but it is worth every effort. Our coalition will stay until our work is done. Then we will leave, and we will leave behind a free Iraq. (Applause.)

The battle of Iraq is one victory in a war on terror that began on September the 11, 2001 — and still goes on. That terrible morning, 19 evil men — the shock troops of a hateful ideology — gave America and the civilized world a glimpse of their ambitions. They

imagined, in the words of one terrorist, that September the 11th would be the "beginning of the end of America." By seeking to turn our cities into killing fields, terrorists and their allies believed that they could destroy this nation's resolve, and force our retreat from the world. They have failed. (Applause.)

In the battle of Afghanistan, we destroyed the Taliban, many terrorists, and the camps where they trained. We continue to help the Afghan people lay roads, restore hospitals, and educate all of their children. Yet we also have dangerous work to complete. As I speak, a Special Operations task force, led by the 82nd Airborne, is on the trail of the terrorists and those who seek to undermine the free



President George W. Bush walks across the tarmac with NFO Lt. Ryan Phillips to Navy One, an S-3B Viking jet, at Naval Air Station North Island in San Diego Thursday, May 1, 2003. Flying to the USS Abraham Lincoln, the President addressed the nation and spent the night aboard ship. (White House photo by Susan Sterner)

government of Afghanistan. America and our coalition will finish what we have begun. (Applause.) From Pakistan to the Philippines to the Horn of Africa, we are hunting down al Qaeda killers. Nineteen months ago, I pledged that the terrorists would not escape the patient justice of the United States. And as of tonight, nearly one-half of al Qaeda's senior operatives have been captured or killed. (Applause.)

The liberation of Iraq is a crucial advance in the campaign against terror. We've removed an ally of al Qaeda, and cut off a source of terrorist funding. And this much is certain: No terrorist network will gain weapons of mass destruction from the Iraqi regime, because the regime is no more. (Applause.)

In these 19 months that changed the world, our actions have been focused and deliberate and proportionate to the offense. We have not forgotten the victims of September the 11th — the last phone calls, the cold murder of children, the searches in the rubble. With those attacks, the terrorists and their supporters declared war on the United States. And war is what they got. (Applause.)

Our war against terror is proceeding according to principles that I have made clear to all: Any person involved in committing or planning terrorist attacks against the American people becomes an enemy of this country, and

a target of American justice. (Applause.)

Any person, organization, or government that supports, protects, or harbors terrorists is complicit in the murder of the innocent, and equally guilty of terrorist crimes.

Any outlaw regime that has ties to terrorist groups and seeks or possesses weapons of mass destruction is a grave danger to the civilized world — and will be confronted. (Applause.)

And anyone in the world, including the Arab world, who works and sacrifices for freedom has a loyal friend in the United States of America. (Applause.)

Our commitment to liberty is America's tradition — declared at our founding; affirmed in Franklin Roosevelt's Four Freedoms; asserted in the Truman Doctrine and in Ronald Reagan's challenge to an evil empire. We are committed to freedom in Afghanistan, in Iraq, and in a peaceful Palestine. The advance of freedom is the surest strategy to undermine the appeal of terror in the world. Where freedom takes hold, hatred gives way to hope. When freedom takes hold, men and women turn to the peaceful pursuit of a better life. American values and American interests lead in the same direction: We stand for human liberty. (Applause.)

The United States upholds these principles of security and freedom in many ways — with all the tools of diplomacy, law enforcement, intelligence, and finance. We're working with a broad coalition of nations that understand the threat and our shared responsibility to meet it. The use of force has been — and remains — our last resort. Yet all can know, friend and foe alike, that our nation has a mission: We will answer threats to our security, and we will defend the peace. (Applause.)

Our mission continues. Al Qaeda is wounded, not destroyed. The scattered cells of the terrorist network still operate in many nations, and we know from daily intelligence that they continue to plot against free people. The proliferation of deadly weapons remains a serious danger. The enemies of freedom are not idle, and neither are we. Our government has taken unprecedented measures to defend the homeland. And we will continue to hunt down the enemy before he can strike. (Applause.)

The war on terror is not over; yet it is not endless. We do not know the day of final victory, but we have seen the turning of the tide. No act of the terrorists



SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE SENIOR PANCO

# Connecticut to provide Homeland Security

“This is a great time, a great mission and a great opportunity for everybody involved,” said Maj. Shawn Karvelis of the Task Force 192 mission supporting Operation Noble Eagle III.

The task force’s name is taken from the 192<sup>nd</sup> Chemical Battalion that is providing the bulk of the soldiers and the command and control cell for the mission.

Since 9/11, National Guard and Reserve personnel from around the country have been involved in Homeland Security missions through two iterations of Operation Noble Eagle.

The second iteration is about to come to an end, and Connecticut will be leading the way in the third for the Northwest portion of the country.

“NGB, through the mobilization officer, asked us if we were able to handle this mission,” said Maj. Gen. William A. Cugno, Adjutant General.

“We conducted an assessment with the staff, evaluating our capabilities, and decided we could easily support this mission.”

Connecticut will be providing force protection at the United States Military Academy at West Point and at Fort Drum, N.Y.

Members of Company A, 102<sup>nd</sup> Infantry

have already arrived at Fort Dix, N.J. for their training and validation as a force protection unit. The unit will be going to West Point to take over the security mission from soldiers of the New York Army National Guard.

In addition, Connecticut has been tasked by NGB to provide the command and control element (Task Force 192) for the 880-person Operation Noble Eagle III, Cluster A Region.

Connecticut will provide half the soldiers for the mission.

Cluster A includes Department of Defense, Department of the Army, FORSCOM, TRADOC and First Army installations in the states of New York, Massachusetts, New Jersey and Pennsylvania. In all, there are 13 sites that Task Force 192 will oversee in the area.

Karvelis, task force commander, explained that the mission falls within NORTHCOM, under the command of the 218th Brigade and First Army. The mission will take place completely in the Continental United States.

One of the primary missions of the task force is to provide administrative, educational and training support to all the soldiers under its command.

“This is a great opportunity for the soldiers that are part of this mission to get schooling in their MOS, NCOES or OES fields. We will be able to bring back to Connecticut at the end of this mission with more qualified soldiers than when we left,” said Karvelis.

“Of course the mission will come first –

securing these critical Army installations. But by rotating and managing the soldiers, we’ll also be able to provide sustainment training for skills needed in the unit and for force protection tasks, as well as being able to send the soldiers that are qualified to schools they need for professional development.”

While Company A, 102<sup>nd</sup> Infantry is at Fort Dix, the soldiers are receiving location specific validation, weapons qualifications

and undergoing intensive common task testing. They are also receiving mission-specific training in force protection such as how to conduct person and vehicle

searches and how to operate checkpoints.

Once they arrive at West Point, they will receive further instruction based on the specific security requirements of that location. In addition to the individual tasks being validated, collective tasks at the squad and platoon levels are also validated during the initial training.

“Once at the mission sites, the soldiers will be doing what we call a Right Seat Ride where we are the relief for the outgoing soldiers, but they remain in place long enough to train us to take over,” said Karvelis.

“Then they will undergo a TOA, or Transfer of Authority, and they will take over the mission.”

“This is a great time, a great mission and a great opportunity for everybody involved.”

Maj. Shawn Karvelis

Soldiers from Connecticut’s 103<sup>rd</sup> Chemical Company and 134<sup>th</sup> Military Police Company will be joining the members of the 102<sup>nd</sup> Infantry under Operation Noble Eagle III.

The task force command element is preparing to deploy to its mobilization site at Fort Drum very soon. While all units under the task force will be receiving their validation and training at Fort Drum,



Spec. Joseph Aparo listens attentively to the speeches being given while standing in formation during the send off ceremonies for his unit, Company A, 102<sup>nd</sup> Infantry. (Photo by Sgt. 1st Class Debbi Newton, State Sr. PA NCO)



A soldier from Company A, 102<sup>nd</sup> Infantry spends some time with his family during send-off ceremonies held for the unit at the New Britain Armory. Soldiers from this unit have been mobilized in support of Operation Noble Eagle III and after training at Fort Dix, will provide force protection and security for the United States Military Academy at West Point. (Photo by Sgt. 1st Class Debbi Newton, State Sr. PA NCO)



One father in Company A, 102<sup>nd</sup> Infantry took pride in showing off how much his young son loves his little sister. His unit has been mobilized in support of Operation Noble Eagle III. (Photo by Sgt. 1st Class Debbi Newton, State Sr. PA NCO)



Even though he’s being deployed for a homeland security mission, this soldier knows a father’s job is never done as he zips his young son’s jacket during send off ceremonies for his unit. (Photo by Sgt. 1st Class Debbi Newton, State Sr. PA NCO)

# in the Northeast: Task Force 192 takes charge

Company A, 102<sup>nd</sup> Infantry received its at Fort Dix because of time constraints.

“Some of the soldiers currently conducting force protection mission at West Point have been on active duty for more than a year, and they need to come off quickly,” said Karvelis. “Because of space and time constraints at Fort Drum, Alpha Company is receiving its training at Fort Dix. They will be the only unit to receive their training at Dix.”

While half the soldiers of the task force will be from the Connecticut Army National Guard, the other half will come mainly from reserve component units in the states where the mission sites are located, according to Karvelis.

Connecticut is providing security for two sites and the command and control element for the overall mission.

“We’ve been keeping our soldiers as informed as possible right from the start,” said Karvelis. “They’ve received briefings on the mission and its benefits to them as individual soldiers and to the state as a whole. Maj. Gen. Cugno believes that as soon as he has information, he wants shared with the soldiers and their families. This sharing helps the soldier to prepare themselves and their families mentally for what lies ahead.”

Karvelis and task force command sergeant major, Command Sgt. Maj. Dan

Norkun, said the task force is still looking for volunteers to fill some of its seats.

“This is a great opportunity for our soldiers to serve their country,” said Norkun. “This is what the Guard is all about. Soldiers that participate in this active duty mission will have the opportunity to go to various schools and will receive full veteran status at the completion of the mission.”

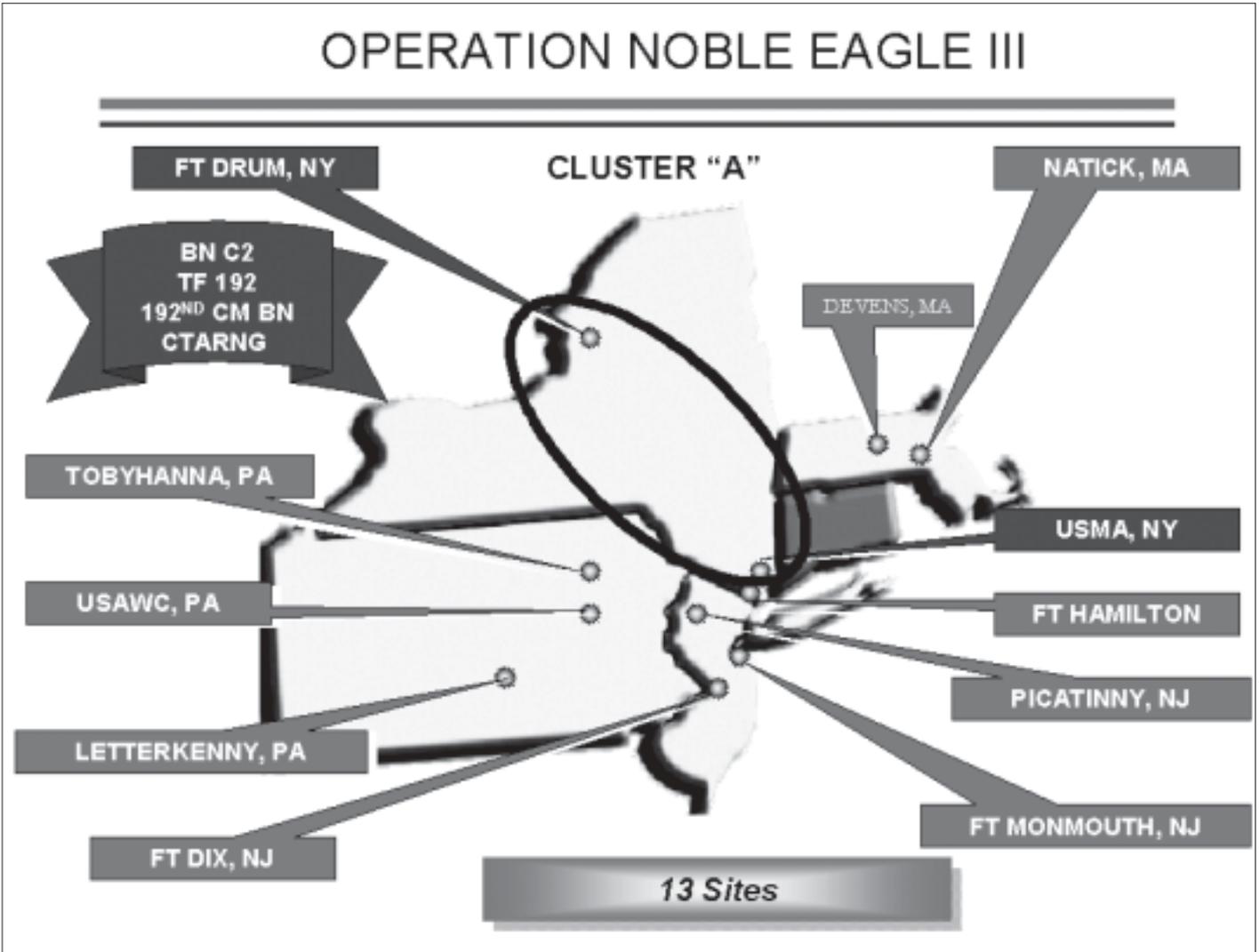
Karvelis said the task force is soliciting committed soldiers to join the 134<sup>th</sup> Military Police and the 103<sup>rd</sup> Chemical Company.

Interested soldiers can contact Norkun at (203) 776-3100, EXT 20, or by email at

[daniel.norkun@ct.ngb.army.mil](mailto:daniel.norkun@ct.ngb.army.mil), or they can contact Karvelis at [shawn.karvelis@ct.ngb.army.mil](mailto:shawn.karvelis@ct.ngb.army.mil).

“The genius of this mission comes in understanding the opportunities it provides to our soldiers and our units,” said Karvelis. “The 2<sup>nd</sup> Battalion, 192<sup>nd</sup> Field Artillery goes away on 1 September and the new 103<sup>rd</sup> Chem and 134<sup>th</sup> MPs come on line the same day. Retraining and requalifying our FA soldiers for the new units will be a battalion headquarters focus. But for us to have the opportunity to conduct a collective mission such as this prior to our official activation date is an outstanding opportunity. Conducting this active duty mission will be the final piece to us being combat ready when the units are activated.”

“This is a great opportunity for our soldiers to serve their country. This is what the Guard is all about.”  
Command Sgt. Maj. Daniel Norkun



## The logistics of mobilization

SPEC. JOE WALLER  
65<sup>th</sup> PCH

With the increase in the operation tempo of the Connecticut National Guard, with deployments worldwide and the concern with the homeland, one may wonder how units prepare to meet the challenges of their deployment when it comes to equipment.

The Logistics Assistance Team, located in the State Army in Hartford is responsible for determining the needs in equipment for units and individuals going through mobilization, identifying shortfalls, and procuring whatever is necessary. During the mobilization, a team is sent from the office to set up points of contacts to arrange for equipment, its storage, the unit's billets, and transportation.

According to Sgt. 1<sup>st</sup> Class Mark Malanowski, senior supply noncommissioned officer in the office of the director of logistics, preparing for these mobilizations has kept him and his colleagues working hard.

"It's been busy," Malanowski said. "Right after December (2002), the first six weekends were non-stop."

He assists in making sure that individuals have been issued what they need to deploy.

"We try to find out what is the basic issue is for the soldiers. Once that is determined, we set up the dates for the actual showdown," Malanowski said.

Once determining what a soldier needs, it is assured that the soldier will receive the necessary equipment before deploying. For unit equipment, including the heavy equipment used by engineer units, the process is pretty much the same. Each unit has a predetermined list for equipment and in most cases, units have 90 percent of what they need to deploy, Malanowski said.

Their most recent missions included supporting the 250<sup>th</sup> Engineer Battalion at Ft. Eustis, Virginia, the Aviation Classification Repair Activity Depot and the 143rd Military Police Company at Ft. Drum, New York, and the 104<sup>th</sup> Aviation at Ft. Dix, New Jersey.

Right now they are working on supporting Operation Noble Eagle III, supporting soldiers activated for the mission of keeping the homeland secure.

In addition to duties in mobilization the logistics office deals with keeping track of excess equipment in the state, as well as equipment accountability.



Soldiers from the Personnel Services Branch (right side of table) assist deploying soldiers in filling out paperwork to ensure they get all the benefits they are entitled to receive. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



Using laptop computers, soldiers from the Personnel Service Branch (left side of table) assist deploying soldiers with paperwork. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



Pfc. John Vitkauskas (left) and Spec. Nelson Rivera (center) of the 208th Personnel Services Detachment man the identification tag station as Staff Sgt. Nicola Mayo of the 103rd Chemical Company fills out the necessary paperwork. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



Spec. Diana Savage, a medic with the Connecticut Medical Command, places blood samples into a Centrifuge Laboratory. The laboratory shakes blood samples for 10 minutes, which is enough time to separate plasma from red blood cells so the samples can be tested for HIV. During a mobilization deployment readiness exercise, the Medical Command processed 250 blood samples in one weekend. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



Sgt. Lisa Navarro of the Personnel Services Branch helps Sgt. Jonathon Duffy of the 103rd Chemical Company fill out paperwork during a mobilization exercise at Camp Rowland. (Photo by Staff Sgt. Steve Markowski, 65th PCH)

## Preparing the Force for mobilization at Camp Rowland

**SPEC. JEFFREY AUSTIN**  
65th PCH

Recent world events have caused soldiers of the Connecticut Army National Guard (CTARNG) to respond to the defense of the country and state against acts of terrorism and war.

Connecticut soldiers deploying to various areas of America and throughout the world need assistance in preparing for their scheduled deployments.

During the first weekend of April, soldiers from State Area Command (STARC) and various Connecticut units helped to prepare and aid soldiers at mobilization stations at Camp Rowland.

Soldiers deploying for the first time along with prior deployed soldiers were given advice, aid and counseling on preparing all of their administrative and medical records.

Deploying soldiers were also given medical screenings as part of their preparation, according to Sgt. 1st Class

Jason A. Cyr, Force Integration Readiness Office/Mobilization, force development.

"The mobilization (Mob) is made up of more than 20 stations that all deploying soldiers must attend with their paperwork to make sure they get a go before going on assignment by the CTARNG," said Cyr.

Cyr recognized the great job his staff provided for the day.

"I think the mission flows very nice, we began the night before to set up all the stations," said Cyr.

Cyr said the medical staff does a great job by following-up to fix whatever physical problem soldiers may have.

According to Spec. Tonya M. Woods, CTARNG Medical Command, a dental technician who also provided eye exams, an issue many soldiers need to be concerned about is their prescription for eyeglasses and should bring a copy of it with them or have doctors fax it for a for their file. She said soldiers should also have their dental

problems corrected before deployment. Woods believes correcting these two issues can help speed the process for preparing a soldier for his deployment.

Staff Sgt. Terrence Waite, CTARNG Medical Command, NCO, weighed in with perspectives concerning soldiers health issues.

"Soldiers should have their hearing tested and ears sized for the proper hearing protection," he said. "The medical staff has spent many weekends and as many as 14 hours a day to make sure all deploying soldiers are cared for."

A concern Cyr sees as a problem among deploying soldiers is the family care plans.

According to Cyr, a single parent or a soldier that has a child needs a family care plan. There are documents such as the Certificate of Acceptance that can grant a trusted friend or family member to become a guardian or escort of the deploying soldier's children or child.

During the entire weekend, 244 soldiers were assisted at more than 20 stations for the upcoming deployment said Cyr, with many of the stations including topics such as finance process, identification cards, immunizations and physicals.

However, other concerns about soldiers' welfare came from Sgt. Laura H. Cruz, State Area Command, personnel administration specialist. According to Cruz, personnel records should include life insurance and emergency data forms to name a few. Soldiers who do not have life insurance should take advantage of the insurance program provided by the Army.

According to Cyr, the entire staff gives good guidance to all the soldiers participating in weekend long mobilization. He added, "My job is to answer any questions that can assist

in the mobilization of the soldier."

# AVCRAD works with LAMS in Kuwait

Bob Whistine  
AMC-LSE, PAO

As you drive around the country of Kuwait, you will see Bedouin tribesmen herding goats and sheep. Occasionally, you will see some camels. Depending on where you are, you might now see a LAM or two or three. Not lambs but LAMS.

A Large Area Maintenance Shelter (LAMS) is a semi-mobile shelter platform system that can be deployed worldwide on a 72-hour notice.

"This was the first time my soldiers assembled a LAMS. It took us about five days to set up the first LAM," said Sgt. 1<sup>st</sup> Class William Cone, the NCOIC for the 1109<sup>th</sup> Aviation Classification Repair Activity Depot (AVCRAD), a National Guard unit from Groton, Conn. "It's like assembling a giant puzzle. You take all the parts out of the crates, lay them out and begin assembling."

His 11-man advance party is made of members of AVCRAD units from California, Missouri and Mississippi. "Our main mission is to repair helicopters," stated Cone.

"I was in the Gulf War One and we worked in a LAMS, but they were not constructed on concrete. This offers us a better work environment. They are more secure and a better, cleaner work area free of some of the sand and dust. When we get this built, then we can begin working on helicopters."

LAMSs are designed to support Force Projection and Staging Base operations for maintenance of aviation and ground combat vehicles. Each end of a shelter has a full-width, full-height clamshell type door. Each shelter is supplied with equipment for lighting, ventilation and electrical door opening.

"You can put two Chinooks in one of these or several

smaller size helicopters and provide protection while you fix the problem," said Bob Abbuzzase, program leader for LAMS at Natick Soldier Center.

Semi-portable, corrosion- and weather- resistant, LAMSs are designed to last up to eight years. The current plan is to have two in Kuwait.

"We hope they last up to six years in the environment," said Abbuzzase. "For an unfunded program that the Army does not have a requirement for, we are doing one hell of a job."

"Coalition Forces Land Component Command (CFLCC) funded the repair of these shelters. They had a need for the LAMSs," concluded Abbuzzase.

"The Soldiers, Biological, Chemical Command is responsible for the shelters," said Karl Wolf, SBCCOM's senior command representative in Kuwait. "CFLCC requested the LAMSs through the U.S. Army Materiel Command."

LAMSs have been used in Bosnia, Macedonia, Kosovo, Hungary, Italy, Honduras, Puerto Rico and now Kuwait. They offer aviation units an on-site facility that provides quick maintenance and return to the unit capability.

An Aviation LAMS is 75 feet wide by 190 feet long and 30 feet high. Both end walls open to receive aircraft. The LAMS is designed to accommodate air conditioning or heat.

LAMSs for vehicles are not quite as wide. They are 65 feet wide by 120 feet long and 30 feet high. They also have lights and electrical distribution systems in place. The end walls open, and they have two sidewall vehicle doors.



John Buckley, an equipment specialist from the Natick Soldier Center, places a dome lifting cable on a LAMS. (Photo by Bob Whistine, AMC-LSE, PAO)



AVCRAD soldiers assemble the second LAMS for use in Kuwait. (Photo by Bob Whistine, AMC-LSE, PAO)



A Connecticut National Guardsman from the 1109<sup>th</sup> AVCRAD, drills a hole into the concrete in order to secure the LAMS frame. (Photo by Bob Whistine, AMC-LSE, PAO)

# Moms make it work in the Guard

**SPC. MARIAN ROSADO**  
65<sup>th</sup> PRESS CAMP

"I'm familiar with the situation and I'm strong for everyone else who's going through the same thing. A lot of people ask, 'How do you do it?' and I say that I'm like a machine. I just do it," said Sgt. 1<sup>st</sup> Class Kelly Ives of the 1109<sup>th</sup> AVCRAD in Groton.

Ives has been in the National Guard since she was seventeen and has been activated throughout her military career. She is the mother of Donald Sholes (8), and five year-old twins Zachary and Dylan Sholes. Currently she faces one of the hardest moments during her military career. She awaits the return of her fiancé who has been deployed during these times of war.

"I know the potential for separation and



Sgt. 1<sup>st</sup> Class Colleen Smith with her daughter, Kaci, and son, Dalton, at Camp Rowland after the Breakfast with the Easter Bunny and Easter Egg Hunt. (Photo by Spec. Marian Rosado, 65th PCH)

it's been easier to understand," she said regarding her fiancé's deployment.

Ives works with the family support program in Groton. She supports other women whose husbands, brothers or sons have also been deployed. "I have to be strong for these women. I get phone calls of women who are having a tough time dealing with the deployment and I try to encourage them...I can't cry when they come to me for support," said Ives.

"I have my moments when I'm alone," said Ives. She finds comfort in keeping herself busy and emailing her fiancé when ever possible. "Sometimes I cry in the shower when I'm alone or I just keep busy."

Ives has learned a valuable lesson through this experience. "I tell other people that I will never take anything for granted. I hear people complaining and all I could think of is how he [her fiancé] waits for hours just to use the phone."

Sgt. 1<sup>st</sup> Class Colleen Smith of the 169<sup>th</sup> Leadership Regiment is also a military mom. Smith has two children, Kaci (11) and Dalton (20 months).

"It's been harder on my daughter because of schooling." When Smith was away for two months at military school she would write letters and send cards to her daughter. "I called home almost everyday to check up on them...we just took one day at a time," said Smith.

Smith currently has been in the service for 18 years and has made schooling one of her priorities. She has relied a great deal on her husband and her parents during weekend drills and annual training. She has received full support from her daughter's teachers and they have been sensitive with Kaci whenever Smith is away in training.

"I'm loving every moment of it," said Smith about her military career. "You just have to trust yourself and remember that you are doing what you want. You also have a family within the guard that will be there for you whenever you need the support," she said. Her advice to other military moms is, "Don't ever doubt being in the guard. If this is what you want, there is support."



Sgt. 1<sup>st</sup> Kelly Ives and her sons, Donald Sholes, and twins, Zachary and Dylan Sholes, share time together at the Breakfast with the Easter Bunny. (Photo by Spec. Marian Rosado, 65th PCH)



Enfield residents from the Connecticut and Massachusetts Air National Guard who are participating in Operation Iraqi Freedom pose for a photo in Southwest Asia. Members of the 103rd and 104th Fighter Wings joined together to form the 387th Air Expeditionary Group, which, with its A-10 Warthog aircraft, played a key role in providing Close Air Support for ground troops in Iraq. (Photo courtesy of the 103rd Fighter Wing, CTANG)

## Military Appreciation Month begins May 1

Organizers for National Military Appreciation Month are asking Americans to show their appreciation for the military by displaying the American flag and the POW/MIA flag May 1 through Flag Day on June 14.

In 1999, a resolution was passed in Congress proclaiming May as National Military Appreciation Month. The month remembers those who gave their lives in defense of the nation's freedom and honors those Americans who have served their country, and the men and women now serving in uniform on active duty, in the National Guard and Reserve and all of their families. More than 80 million Americans have served in uniform in more than 225 years of American history.

May includes Loyalty Day (May 1), VE Day (May 8), Military Spouse Day (May 9), Armed Forces Day (May 17) and Memorial Day (May 30).

"Whether we are at war or peace, we must let our men and women know we appreciate all that they do and have done for us," said Alice Wax, the event's executive director. "My late husband, a (World War II) veteran, was a strong supporter of the military, and I felt strongly about finding a way to honor our servicemembers."

Event organizers are asking all Americans to remember, honor and appreciate the military by displaying U.S. flags and yellow ribbons on cars, homes, businesses and in classrooms.

## Federal employees will see bump in pay

Most federal employees will soon see a larger 2003 pay increase thanks to an amended Executive Order 13282 providing retroactive locality pay. The increase varies by locality from .9 to 1.7 percent and will be retroactive to Jan. 12.

Officials at the Defense Finance and Accounting Service should make retroactive payments to Department of Defense civilians in April and May based on information received from personnel systems.

Federal Wage System employees should receive their retroactive pay in their April 25 paychecks based on timely receipt of personnel records.

General Schedule and other covered employees should receive their retroactive pay by the May 23 paycheck provided personnel actions are received by late April.

# Best of the best narrow it down to the top two

SGT. GREGORY HARRISON  
65<sup>th</sup> PCH

They came from the west. They came from the east. They came from the north and the south. They came to Connecticut with one purpose in mind: to be chosen as Soldier or NCO of the Year for Area One.

The Soldier/NCO of the Year Regional Board was recently held at Camp Rowland in Niantic, Conn.

The board meets once a year with the mission of selecting one junior soldier and one NCO to represent Area One, which is comprised of all New England states, and New York and New Jersey.

These soldiers first had to be selected as Soldier/NCO of the Year at the state level before being invited to participate in the Area One Regional Board.

Soldiers selected by the Regional Board are then entered into competition at the First Army Selection Board held in Atlanta, Georgia in June of 2003, where they will be competing against active duty soldiers as well as National Guard soldiers for the honor of Soldier/NCO of the Year for 2003.

This year's selections from Area One were for NCO: Sgt. Thomas M. Olsen, of the 1<sup>st</sup> Battalion, 105<sup>th</sup> Infantry of Cortlandt, New York, and for Junior Soldier: Pfc. Thomas R. Gustavson of the 141<sup>st</sup> Medical Company

based in New Britain, Conn.

All of the soldiers who participated in the Regional Board were considered the "best of the best" for their particular state.

They each had to be recommended by their particular unit after demonstrating a high degree of ability and initiative.

They also had to meet Army height and weight standards. They had to have passed the Army Physical Fitness Test within the last six months, and they had to have been free of any UCMJ and/or state punishment within the previous 12 months.

These soldiers then appeared before what is known as an Appearance Board in which several senior enlisted members interviewed each prospective candidate to see how well-versed they were in various subjects such as current events, military history, MOS knowledge, unit history, leadership techniques, military protocol, and Army programs designed to improve the life of soldiers in the modern Army.

In Connecticut, the NCO of the Year was Sgt. Frank T. Voity of the 143<sup>rd</sup> Forward Support Battalion of Southington.

The Soldier of the Year was Pfc. Gregory R. Gustavson of the 141<sup>st</sup> Medical Company of New Britain. Gustavson has now been chosen to represent Area One as the Soldier of the Year in June.

Each state in Area One then sent its selected soldiers to the Area One Regional Board held at Camp Rowland, which started with an "icebreaker", an informal party to get everyone participating acquainted with each other.

State Command Sergeant Major Raymond P. Zastaury hosted the event that was held at the Point near Building 54 at Camp Rowland.

The next day would see the soldiers facing the reality of what it takes to become the Soldier/NCO of the Year for Area One.

All soldiers reported to Building 54 on Saturday morning to begin the selection process for Area One Soldier/NCO of the Year. The selection process consisted of two main evolutions: going before an



Sgt. Sean M. Caffyn, Headquarters/Headquarters Company, 3rd battalion, 173rd Infantry, Rhode Island Army National Guard, demonstrates his ability to effectively maintain an M-16 rifle under the watchful gaze of Staff Sgt. Thomas B. Curry, 712th Maintenance Company. Caffyn was one of several NCOs who participated in the Soldier/NCO of the Year, Area One Regional Board. This CTT was one of five tasks that all soldiers had to complete. (Photo by Sgt. Gregory Harrison, 65<sup>th</sup> PCH)

Attendance Board, and completing various CTT events (common task training).

The Attendance Board was very similar in nature to the board that all candidates experienced when competing for Soldier/NCO of their particular state.

This board, however, demanded a little more detail and expanded the subjects covered to include military counseling, drill and ceremony, sponsorship of new personnel joining units, U.S. Army history, capability of certain weapons used by the

on the battlefield.

The final CTT was navigating from one point on the ground to another point while dismounted, or "Land Nav" (land navigation) as it is commonly known among the troops. This task was conducted at Stone's Ranch.

Trainers for these CTT events were provided by 85<sup>th</sup> Troop Command based in New London.

Zastaury felt that all soldiers participating were "extreme winners" and that they

**"You have to remember that these soldiers are only part-timers and their performances are very close or equal to active duty soldiers. We encourage them to continue with their proven excellence and to definitely try again next year."**

State Command Sgt. Maj. Raymond Zastaury



Sgt. Frank T. Voity, Company A, 143<sup>rd</sup> Forward Support Battalion, focuses on his assigned task during the issuing of a warning order portion of the CTT events. Voity was selected as the Connecticut NCO of the year which earned him a spot in the Area One Regional Finals at Camp Rowland. (Photo by Sgt. Greg Harrison, 65<sup>th</sup> PCH)

U.S. Army, and specific procedures regarding PMCS (Planned Maintenance Checks System).

The second evolution was the successful completion of five specific CTT events in which the soldiers were expected to demonstrate extreme skill in executing these tasks.

The first task was reacting to a chemical or biological attack which required donning a protective mask and NBC (nuclear, biological, and chemical) suit within a prescribed period of time.

The next task was to break down an M-16 rifle, clean it, and put it back together ready to fire. Following this was performing mouth-to-mouth resuscitation (on a hygienic mannequin!).

Next was the correct issuing of a warning order that is an essential skill for a leader

should be not be discouraged if they did not get selected.

"You have to remember that these soldiers are only part-timers and their performances are very close or equal to active duty soldiers. We encourage them to continue with their proven excellence and to definitely try again next year."





## NCOs graduate

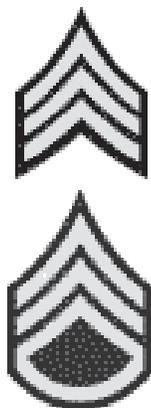
*With several of their fellow students having been deployed, graduates of this year's NCO classes at Camp Rowland held a combined graduation ceremony.*

*Command Sgt. Maj. (Ret.) Anthony Savino (photo at left) was the guest speaker for this year's ceremony and told the students to take pride in the fact that they are NCOs.*

*Maj. Gen. William A. Cugno, Adjutant General, was on hand to congratulate the students and present awards. In the photo on the bottom left, he is pinning the Army Achievement Medal on Staff Sgt. Christopher Keeling who was the honor graduate of the Basic NCO Course.*

*Staff Sgt. Rebekha Avery (right) posts the Advanced NCO Course guidon. A new tradition was begun this year with the posting of the class guidons.*

*(Photos by Spec. Joseph Waller, 65th PCH)*



## A retiring NCO bids farewell

### **To My Fellow Friends and Guardsmen;**

I would like to extend my appreciation and thanks to all those I have been in contact throughout the years in the CTARNG. Although my time with the military is drawing to a close I wanted to share a few thoughts and gratitude for the time spent in the organization.

The Guard has been a big part of my life since 1987 and I have seen a number of changes during my tenure. I have had many opportunities that a lot of people do not get and I have made many friends that I will not soon forget. My first annual training was a challenge and a most rewarding experience. Getting the opportunity to help those in need, especially after a devastating tornado in Hamden, has given me one of the greatest senses of pride in the Guard. The

cohesion of the platoon and the leadership during the crisis, I believe, helped to mold me to what I have become today.

The experience of mobilizing units for war, during both Desert Shield/Storm and the recent Iraqi Freedom has brought a great deal of realization to our mission. We must remain focused and take our jobs seriously. We need to continue to train our soldiers to go to war and to maintain the readiness of our fighting force. Challenge our soldiers and keep them busy. They will do what we ask of them. They may hem and haw about it, but it will get done. We must also ensure we supervise, not micro-manage. Give our soldiers the opportunities to make mistakes. When we make mistakes and learn from them, we become better soldiers. We also need to care for our soldiers and place their needs ahead of

ours. Treat all soldiers like we wish to be treated. None of us are second-class citizens; we are all soldiers.

I must also give a great deal credit to my family for their love and support and putting up with me throughout my military career. I have neglected some of their needs and placed the military before them, yet they stood by and supported me. I would be remised if I did not especially give thanks to my wife, Lori and to my son Aaron. I am so proud of Aaron and his accomplishments. He has joined the ranks of the Guard and I am sure he will succeed. He is not to fill my shoes, he has his own to fill. Without his love and the little reminders, I wouldn't be where I am.

Over the past fourteen years of active duty, I have seen a lot and been involved with many missions. The strikes, snow/

ice storms and the events from September 11, 2001 are only but a few of the many events I have witnessed. I have learned a lot from these events and from those around me. I will cherish what I have learned and take it wherever I end up. All of you have helped me in my career, whether in a positive or negative manner, you have assisted me in achieving what I have become. I wish to again thank all of you. I will greatly miss my "friends" and wish all of you the very best. I do intend to keep in touch.

Sincerely,

**Vaughn M. Sweatman**  
MSG CTARNG  
192d Engineer Battalion  
Battalion Operations Sergeant

## Casualty Assistance & Notification Officers receive training

SGT. 1ST CLASS DEBBI NEWTON  
STATE SENIOR PANCO

It's not a topic easily discussed. It's not a discussion easily had. But it is a topic that needs discussion, and more importantly, training.

The Connecticut Army National Guard regularly conducts Casualty Assistance & Notification Officers training for members of the Guard so they are prepared to handle the duties should they ever need to.

Lt. Col. William S. Sobota Jr., Military Personnel Officer, and Sgt. 1st Class Bert Saur, Military Funerals NCO, run the training program for Connecticut.

"We run these courses on a regular basis, but with the outbreak of war in Iraq, I was particularly concerned about the potential for mass casualties from the use of weapons of mass destruction and felt we needed to run a course now," said Sobota. Fortunately, none of the newly trained officers has been needed so far.

Twenty-five soldiers from the rank of captain to lieutenant colonel took the course this time. The course is open to sergeants first class and above on the enlisted side, and captains and above on the officer side. Casualty Assistance & Notification Officers must be of the same rank of the deceased or higher to make the notification or to be of assistance to the family.

The state now has 40 trained soldiers in Connecticut that come from every major command.

"These officers represent the Secretary of the Army when they make the notifications," said Sobota when talking of the importance of the training. "They are going to make a lasting impression on the survivors. The family is going to remember how they were told about the death of their loved one, and the assistance officer will probably be one of the last official contacts the family has with the military."

The 90-minute course covers a wide range of topics including: objectives of casualty notification, casualty operations, casualty definitions, notification policies, notification duties, objectives of casualty assistance, assistance policies and assistance duties, and is designed to provide the casualty notification and assistance officers with the tools that will assist them in what will be their very difficult duties if they are ever called upon to perform them.

"The key to being successful is being prepared," said Sobota. "It's only a 90-minute course, but the soldiers go away with checklists, regulations, scripts and other resources they can draw on when needed." The soldiers are also told during the class that they should

always have a set of Class A's ready in case they are called.

Connecticut falls under the auspices of the Casualty Assistance Command at Fort Drum, N.Y. When a Connecticut servicemember is missing, seriously injured or killed, personnel from the command will call Connecticut to start the notification process.

Sobota will contact one of the trained casualty notification officers, informs Fort Drum who that person is, and Fort Drum faxes or emails all the information they have on the servicemember to the notification officer.

According to Sobota, there are several factors that go into choosing the right notification officer.

"We look at rank first, then is the person within the right distance to make the notification within a four-hour window? With the media as good as it is with getting news out, and the fact that the media is everywhere now, we need to ensure the notification is made by the proper military personnel before the family sees it on television," said Sobota. He also said that having the casualty notification officer be someone from the servicemember's unit would be nice if the previous conditions are met first.

Many times, if available, a chaplain will accompany the notification officer when he or she meets with the family.

The second part of this process is assigning the Casualty Assistance Officer.

"The two are never the same," said Sobota. "The notifier delivers the worst news a family could ever receive. It would be difficult at best for the family and that officer to work together later. The notification would always be between them."

The assistance officer will help with funeral plans if asked by the family to do so. But that is not the main objective of the assistance officer.

The main objectives of the assistance officers are to assist the next of kin of a deceased or missing soldier immediately during the period following the notification, eliminate delays in settling claims and paying survivor benefits and assisting in resolving other personnel-related matters.

The amount of assistance provided will depend on what the needs of the next of kin are, and whether they want the assistance.

Some of the more common ways an assistance officer helps a family is in helping to make funeral arrangements, explaining benefits and entitlements such as unpaid pay and allowances, veterans affairs, social security, state benefits and the Survivor Benefit Plan, assisting in filing for the benefits, escorting the next of kin to the VA and Social Security Administration if needed, helping to obtain ID cards and assisting with correspondence to request reports of investigation.

"They are going to make a lasting impression on the survivors. The family is going to remember how they were told about the death of their loved one, and the assistance officer will probably be one of the last official contacts the family has with the military."

Lt. Col. William S. Sobota Jr.

# Connecticut Military Department News

## First Company Governor's Foot Guard elects 58th commandant

STAFF SGT. MICHAEL CONDON  
PUBLIC AFFAIRS

Dennis P. Conroy has been elected to a four-year term as the 58th Major Commandant of the First Company Governor's Foot Guard, Hartford, Conn. succeeding retiring Maj. John O'Connell.

Conroy, from Southington, joined the Foot Guard in 1968. During his 35 years of service, Conroy has served as President of the EMA and Officers Association, has been awarded the Cold- stream Guard medal has won several prize squad medals.

Conroy was commissioned an Ensign (2nd Lt.) in June 1983. He has served as the Executive Officer for the past eight years.

Raytel Medical Corporation employs Conroy as Director Of Human Resources/ Compliance Officer in Windsor Connecticut.

In addition to his Foot Guard activities



Officers of the First Company Governor's Foot Guard after their recent election.

Conroy has long been active in civic affairs having served as Vice Chairman of the Southington Town Council and on several boards and commissions. He is currently Chairman of the Southington Housing Authority.

The major received his Bachelor's Degree from the University of Connecticut and an Associate Degree from Hartford State Technical College.

Conroy and his wife of 35 years Karen have two sons Kevin and Michael both of Middletown, Conn.

Other officers elected by the First Company were William Oefinger of Manchester as captain, Executive Officer, Leo Godreau of Coventry as first lieutenant, Ted Corcanges of Bristol as 2nd lieutenant and John Ferreira of Newington as ensign. First lieutenant Christopher Cain of Cheshire will serve as Adjutant.

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. For more information, please visit [www.governorsfootguard.com](http://www.governorsfootguard.com).

## Benedict Arnold, first commandant of the Foot Guard

ARTICLE FROM BENEDICT ARNOLD - PATRIOT BY WILLARD RANDALL  
SUBMITTED BY 1<sup>ST</sup> LT. ROBERT J. DEVANEY  
SECOND COMPANY, GFG

Leading his column of scarlet-coated members of the Second Company Governor's Footguard - a slash of color against the pale green of the Connecticut spring - Captain Benedict Arnold marched north toward Hartford the Saturday morning of April 22, 1775.

Arnold and his men left the wealthy town of New Haven without subsidy from the town fathers.

Each volunteer had to bring along what food or money he could scratch together.

Arnold brought his own cache of gold coins, but he also had to borrow from friends: a recently discovered promissory note shows that he borrowed 20 pounds to help feed his men in taverns along the road.

They had scarcely left New Haven behind when Colonel Parsons overtook them on the road on his way to meet other revolutionary leaders who were gathering for an emergency meeting in Hartford, CT.

Parsons, colonel of the New London militia, as well as a member of Silas Deane's revolutionary clique, had led his regiment toward the fighting at the first Lexington alarm and had seen firsthand the conditions around Boston, where more than twenty thousand ill-prepared militia were attempting to besiege the British.

Despite the enthusiastic turnout, Parsons told Captain Arnold, the Patriot army had no supplies.

The makeshift army needed food, blankets, ammunition, and, most of all, cannon.

Without artillery, it would be impossible to bottle up the heavily armed British or even to defend American positions.

## Horse and Foot Guards graduate students from National Guard NCO courses



Sgt. Anna Bongiorno, 1st Company Governor's Horse Guard, and Staff Sgt. Donald F. Petri, 2nd Company Governor's Foot Guard, receive congratulations from Maj. Gen. William A. Cugno, Adjutant General Connecticut National Guard and their commandants upon completion of the National Guard's Advanced Noncommissioned Officer's Course at Camp Rowland. Both Bongiorno and Petri also completed the Basic Noncommissioned Officer's Course in previous years. Sgt. Alice Cronin (not pictured) of the 2nd Company Governor's Foot Guard completed the Basic course this year. Cugno is also the senior leader of the state's four militia units and suggested that the leaders of the militia units attend the noncommissioned officer's courses run by the 2nd General Studies Battalion of the 169th Leadership Regiment in order to improve their leadership skills. This is the third year militia members have attended the courses. (Photo by Spec. Joseph Waller, 65th PCH)

## Foot Guard holds Search & Rescue drill

Members of the 2nd Company Governor's Foot Guard spent a very cold Sunday morning at Sleeping Giant State Park in Hamden conducting a Search and Rescue training drill. By all accounts, it was the coldest Sunday morning of the year when the training took place.

Members of the four State Militia units have been called out to assist state and local authorities on search and rescue missions, and must keep their skills sharp, making this important training for the militia members who took part.

One of the more recent missions was when members of the Governor's Horse Guard were called out to help in the search of a heavily wooded area for an elderly man who had disappeared in the area.

The man was found dead several days later. The photo below shows several of the Foot Guard members who braved the frigid temperatures to take advantage of the training event.

(Photo courtesy of the 2nd Company, Governors' Foot Guard)





The hunt for another colored egg continues outside the headquarters building. (Photo by Staff Sgt. Carolyn A. Aselton, 103 FW/PA)

# Easter tradition continues at the 103<sup>rd</sup> Fighter Wing

STAFF SGT. CAROLYN A. ASELTON  
103<sup>rd</sup> FIGHTER WING PUBLIC AFFAIRS

A jumbo-size bumble bee joined the Easter bunny Saturday, Apr. 19, at the annual Easter egg hunt at the Bradley Air National Guard base. A representative from the Home Town Buffet brought the bee, as well as coupons for a free kid's meal at the restaurant, to the base to help out the members' families.

Children, with their parents in tow, spent an hour greeting the bee and bunny, eating hot dogs, cotton candy and chocolate, making arts and crafts and guessing the amount of jelly beans in a jar to win a raffle.

The kids were then let loose outside the headquarters building to find the hundreds of colored, candy-filled, plastic Easter eggs left by the Easter bunny.

"It went great," said Donna Rivera, wing family program coordinator, 103rd Fighter Wing. "It truly went so well because of the commitment of the wing volunteers."



Joe Pampena, a retired Guardsman, serves up sausage Colleen Smith and her family. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



This little boy is determined to get at what's inside his Easter egg. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



Alison Irwin struggles under the weight of her basket after the handle broke. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



The Easter egg hunt begins at Bradley Air National Guard Base as children and their parents scramble for the brightly colored treasures. (Photo by Staff Sgt. Carolyn A. Aselton, 103 FW/PA)



Tianna Natal, 3, gets to know the Staff Sgt. Lillian Natal, a personnel Forces Squadron. (Photo by Staff Sgt. Steve Markowski, 65th PCH)

# Thousands of eggs keep hundreds of hands busy

STAFF SGT. STEVE MARKOWSKI  
65<sup>th</sup> PCH

Hundreds of feet trampled the Camp Rowland parade ground at double and triple time, as participants in an annual event sought the same objective. Hundreds of hands were also very active in coordinated efforts, which involved strategic maneuvering, target acquisition and heavy concentration.

The objective: to collect as many Easter eggs as possible.

This was not a drill.

Naturally, those rapidly moving feet belonged not to Connecticut National Guard members, but to their children. The Connecticut National Guard Family Program's fourth annual "Breakfast with the Easter Bunny" was held the morning of Saturday, April 19th, drawing 400 people, including 150 children.

The event, which was sponsored and organized by the Family Program, began with breakfast, which provided the calories necessary for the egg gatherers to compete in the egg hunt, as well as the many other activities of the day.

The selection of food included a diverse selection of goodies for children and adults. Likewise for the audience of the Easter Bunny, which included visitors who were just a few months old, to more than one well-known Connecticut Guard member having photos taken with the benevolent bunny.

The special event, which also featured arts and crafts opportunities featured a special theme this year. The focus of the fourth annual event was the children of Guard members and the children of Guard members who have been deployed. More than 2000 Connecticut Guard members are currently involved in Operation Iraqi Freedom, Operation Enduring Freedom, Operation Noble Eagle and Operation Liberty Shield. The focus on the families

of deployed soldiers and airmen contributed to the largest turnout for the event. During its first installment, in 2000, fewer than 200 people attended, according to Kim Hoffman, Family Program director.

"This was a really good day for us. I think it was a combination of the deployments and word of mouth," Hoffman said.

She added that the event had an extra bonus that was not present in previous years. "This is the first year it has not rained!"

Successful military operations always involve keeping a close watch on logistics and statistics. Thirty-five military personnel and volunteers ran the event, which had been in the planning stages for about four months, Hoffman said. The team cooked and/or served 45 pounds of bacon, 30 pounds of sausage, 30 pounds of pancake mix, 200 small boxes of cereal, and 10 pounds of fruit salad.

Perhaps the most important statistic of the event, at least from a supply point of view, was the number of plastic eggs, which was 2650. Chocolate eggs were placed inside the larger eggs, which were then strategically spread out onto the parade field. Two hundred Polaroid photos were taken of the Easter Bunny and various guests.

The arts and crafts room included beads for families to make necklaces, a duck pool and holiday hopscotch for the children.

An Avon candy shop donated chocolate eggs, bunnies and lollipops. The Camp Rowland post exchange provided materials for children to create and decorate greeting cards for deployed troops. Those cards were then brought to the PX for shoppers to sign.



... sausage, bacon and pancakes to Sgt. 1st Class Sgt. Steve Markowski, 65th PCH)



Looking like a little Easter egg herself in her pastels, this young lady couldn't wait to gather her eggs. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



And they're off! Children scramble around the parade field at Camp Rowland to find the 2500 Easter eggs strewn about. After filling their bags, buckets and baskets, the children started stuffing the pockets, and even the hoods on the jackets with the treats they gathered from the field. After the hunt was over, the children lined up to receive their Easter bags full of even more treats from Family Program Coordinator, Mrs. Kim Hoffman and her staff of volunteers. According to Mrs. Hoffman, this year's turnout was the largest in the four-year history of the popular event. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



... know the Easter bunny. She is the granddaughter of personnel journeyman with the 103<sup>rd</sup> Security ... by Staff Sgt. Carolyn A. Aseilton, 103 FW/PA)



## ANNUAL REDLEG BALL



You are cordially invited to join the members of the Connecticut Redleg Chapter of the US Field Artillery Association at their Annual Redleg Ball.



**Date:** Sunday, 25 May 2003

**Time:** 1800-1900 Social Hour/Open Bar  
1900 Dinner  
Presentations  
Social Hour followed by Cash bar

**Place:** Trumbull Marriott  
180 Bowley Lane  
Trumbull, CT 06611

**Menu:** Roast Prime Rib of Beef  
Rock Cornish Hen  
Grilled Swordfish

**Dress:** Military: Class A w/ White Shirt  
and Bow Tie, Army Blues/Dress  
Men: Civilian: Semi-Formal

**Cost:** \$60.00 per person  
\$70.00 after RSVP

**RSVP:** 25 April 2003

*Discussions and Hotel information on back of this flyer.*

**Additional Information:** Tim Fisher (203) 968-1456  
Jack Durston (843) 276-1991

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Please detach and return along with check made payable to:  
Connecticut Redlegs  
1 Lukens Dr East  
Swarthick, CT 06850-2017

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit/Former Unit: \_\_\_\_\_

Guest: \_\_\_\_\_

Address: \_\_\_\_\_

I/ we will \_\_\_\_\_ will not \_\_\_\_\_ attend. Total Attending \_\_\_\_\_

Extra Choices: \_\_\_\_\_ Roast Prime Rib of Beef  
\_\_\_\_\_ Rock Cornish Hen  
\_\_\_\_\_ Grilled Swordfish

## Officers Club of Connecticut announces May events

### Sunday, May 11

Mother's Day Brunch, 11 a.m. to 2 p.m.

Scrambled eggs, bacon, sausage, broccoli au gratin, roasted potatoes, chicken  
marasala, grilled swordfish, baked honey ham, turkey breast, tossed salad, pasta  
salad, cole slaw, fresh fruit, Danish, assorted desserts, juice, coffee, tea  
\$18.95 per person, \$9.95 for children under 12, children under five are free

Reservations are a must by calling (860) 249-3634

### Monday, May 12

House Committee Meeting, 5:30 p.m.

### Tuesday, May 13

Ladies O' Club Luncheon, 12 noon

### Thursday, May 15

MOAA Luncheon, 12 noon  
Board of Governor's Meeting, 5:30 p.m.

### Wednesday, May 21

ROA Dinner, 6 p.m.

### Friday, May 23

Club Night/Lobster/Cranbake  
Reservations Required by calling (860) 249-3634  
Times, prices and menu to be announced

Club open for lunch Monday - Friday from 11:30 a.m. to 2 p.m.

Bar open Monday - Friday

## Support the Troops rallies limited to off-duty, out of uniform

**ROBERT STACHEN  
CTANG JAG**

On its "Hot of the Press" webpage (<http://arpc.afrc.af.mil/press/supportoutroops.htm>), HQ ARPC reminds us of the following:

Off-base "Support the Troops" events and rallies are being held around the nation. Typically, these events include civic and political leaders and/or civic groups and may involve public speeches. These events are a welcome expression of a community's desire to show that it is 100 percent behind the men and women serving in the armed forces.

However, these events may also, simultaneously, be an expression of the community's (or a portion of the community's) desire to show its support for the on-going war in Iraq. That issue is a political one with people having strong viewpoints and emotions on both sides of

the question.

What is billed as an off-base "Support the Troops" event may also be or has the potential to become a "Support the War" event. For that reason, military members should know and follow the rules for political events and rallies if they attend a "Support the Troops" event.

Generally these rules are:

\*\*Military members must attend in a personal capacity, not on duty time.

\*\*Military members should not attend in uniform.

Military members may consult with their local Staff Judge Advocates if they have questions on these issues. AFI 51-902, Political Activities by Members of the U.S. Air Force is a good source of guidance as well.

Political activities by soldiers is governed by Army Regulation 600-20, "Army Command Policy."

## Billeting rate increases go into effect at Camp Rowland

Effective April 14, it will cost more to stay at Camp Rowland.

USPFO for Connecticut approved the new Billeting Fund Rates for Fiscal Year 2003 in March.

The new rates are:

Buildings	Official/Base Rate	Non-Official Surcharge	Non-Official 2nd Person
201, 204, 205 & 401	\$8.00	\$4.00	N/A
32	\$14.00	\$4.00	\$5.00

## AEA plans upcoming events

The Charter Oak Sappers chapter of the Army Engineer Association met at Camp Rowland on April 13 for a quarterly meeting.

The bus trip to the Army/Uconn football game will be Sept. 6, 2003. Ticket prices are to be determined. This event will be open to current AEA members and their guests. The event will include a cadet parade as well as tailgating. More to follow next month.

Also at that same meeting, the Charter Oak Sappers decided to postpone its Awards Banquet due to the upcoming unit mobilizations.

Additionally, the membership expressed a desire to support engineer units currently mobilized as well as those about to be called. Since a program committee was already in place for the Banquet, it was decided to

develop a new send off program for deploying units and use advertising revenue for their support.

The new deployment program committee met in Stratford on April 15 to initiate that activity.

The next quarterly meeting will be held June 10 at Cp Rowland at 7 p.m.

Interested individuals may contact:

Col. (Ret.) Joseph Matczak at:  
[jmatczak@allyntool.com](mailto:jmatczak@allyntool.com) or

Capt. Charles Jaworski at:  
[charles.jaworski@ct.ngb.army.mil](mailto:charles.jaworski@ct.ngb.army.mil)

**AEA WEBSITE:**  
[WWW.ARMYENGINEER.COM](http://WWW.ARMYENGINEER.COM)



# Simmons awarded Medal of Merit

MAJ. JOHN WHITFORD  
STATE PAO

The National Guard Association of the United States has awarded U.S. Rep. Rob Simmons (R-CT-2<sup>nd</sup>) the prestigious 2002 Charles Dick Medal of Merit.

Maj. Gen. William A. Cugno, the Adjutant General of the Connecticut National Guard presented the award to Simmons at a recent Officer Candidate School Dining-In held in the Officer's Club at the State Armory.

The 58,000-member association of National Guard officers annually bestows national-level honors on elected leaders to recognize their outstanding contributions to the defense and security of the United States.

Political leaders at both the state and national levels established the Charles Dick Medal of Merit in 1988 to honor outstanding contributions to the National Guard.

Nominated for the medal by Cugno, Simmons was selected for his prominent support of the National Guard while serving



Rep. Rob Simmons holds up the prestigious Charles Dick Medal of Merit. (Photo by Maj. John Whitford, State Public Affairs Officer)

on the House Armed Services Committee.

"This award is in recognition of the congressman's outstanding performance and accomplishments as an elected official and for his support to the Connecticut National Guard," said Cugno

The medal is named in honor of Maj. Gen. Charles Dick, president of the National Guard Association of the United States from 1903-1909, a major general in the Ohio National Guard, a congressman and later a U.S. senator. Dick was responsible for the Dick Acts of 1903 and 1908 that helped transform the state militias in the modern National Guard.

Simmons addressed the senior officer candidates at the Dining-In and told the future officers, "Lead by example, stay focused. Your NCOs and enlisted soldiers in your platoon are depending on you."

*Resolution expressing the support and appreciation of the Connecticut General assembly for the members of the Armed Forces who are Participating in Operation Iraqi Freedom*

**Resolved by this Assembly:**

WHEREAS, the United States Armed Forces, a total force comprised of active, National Guard, and Reserve personnel, are now undertaking courageous and determined operations against the forces of Saddam Hussein's regime; and

WHEREAS, the Connecticut General Assembly and the citizens of the State of Connecticut have the greatest pride in the members of the Armed Forces and strongly support them; and

WHEREAS, the United States Armed Forces and allied forces are performing their missions with great courage and distinction in carrying out air, land, and sea attacks against Iraqi military targets; and

WHEREAS, the ability of the Armed Forces to successfully perform their mission requires the support of their nation, state, community, and families.

NOW, THEREFORE, BE IT RESOLVED, that the Connecticut General Assembly expresses the support and appreciation of the people of the State of Connecticut-

(1) To the members of the United States Armed Forces serving in Operation Iraqi Freedom, who are carrying out their missions with excellence, patriotism, and bravery; and

(2) To the families of the Connecticut and other United States military personnel serving in Operation Iraqi Freedom, who are providing support and prayers for their loved ones currently engaged in military operations in Iraq; and

BE IT FURTHER RESOLVED, that the Connecticut General Assembly expresses its sincere and heartfelt condolences to the families and friends of those members of the United States Armed Forces who have lost their lives during Operation Iraqi Freedom; and

BE IT FURTHER RESOLVED, that the clerks of the Senate and House of Representatives cause a copy of this resolution to be sent to the families of those members of the Armed Forces from Connecticut who have lost their lives in service to our country during Operation Iraqi Freedom.

## Gov. Rowland signs bill protecting deployed state employees rights



Surrounded by political and military leaders, Gov. John G. Rowland signs a bill protecting the pay and health benefits of state employees. (Photo by Capt. Lou Martinez, CTARNG Public Affairs)

SGT. 1ST CLASS DEBBI NEWTON  
STATE SENIOR PANCO

During ceremonies held at the Bristol Armory, Gov. John G. Rowland signed a bill benefiting state employees who have been mobilized for Operations Iraqi Freedom, Noble Eagle, Enduring Freedom and Liberty Shield.

The bill provides for payment of salary differentials and continued health benefits for families of deployed soldiers.

"It's important that we take care of our own while they are protecting the freedoms we enjoy here in the United States," said Rowland.

After the ceremony, Maj. Gen William A. Cugno, Adjutant General of the Connecticut National Guard applauded the efforts of the State Legislature on behalf of Connecticut's servicemembers.

"I appreciate the new Connecticut law that ensures state employees serving in the Guard won't lose pay or health insurance," said Cugno. "This is outstanding, the biggest and most important issue is family support when a soldier is deployed."

## TRICARE, pride, top list of discussion topics for families of deployed troops

SGT. 1ST CLASS DEBBI NEWTON  
STATE SENIOR PANCO

The discrepancies in TRICARE and pride in their loved ones topped the agenda for family members of deployed Connecticut soldiers, sailors and airmen when they met with Sen. Joseph Lieberman (D-CT).

Lieberman came to the Hartford Armory last month to meet with families of deployed Guardsmen and Reservists to express his gratitude to both the servicemembers and their families for all the sacrifices they are making in support of Operations Iraqi Freedom, Enduring Freedom, Noble Eagle and Liberty Shield.

"I can't begin to express how grateful the nation, the State of Connecticut and I are for all you and your loved ones are doing," Lieberman told the family members. "Your sacrifices are great and truly noble."

He went on to ask what he could do in Washington to help make their sacrifices easier.

"Make TRICARE easier to use and more readily accessible," said one family member.

Lieberman vowed to do all he can to make that happen.



Sen. Joseph Lieberman (D - CT) signs a wall-sized card for Connecticut's troops after meeting with family members of deployed soldiers, sailors and airmen at the Hartford Armory. (Photo by Sgt. 1st Class Debbi Newton, State Sr. PA NCO)

# Military Matters



## How to Cope with a Reservist's Deployment

Currently the United States has military personnel and reservists on alert for possible deployment.

Whether your loved one is already deployed or in the process of preparing for deployment, emotionally adjusting to the change can be difficult.

The following information is designed to help cope with their absence and the changes that deployment brings.

### Finding Your Own Answers

Deployment can bring up questions, fears and anxiety. Often we forget that we usually do have the means to cope with what seems beyond our control.

Ask yourself the following questions; you may find that you already know the answers:

- To whom can I go when I feel scared, angry or lonely?
- How will I handle the change from having someone near me, helping me raise the family and do chores, to not having anyone on whom to rely?
- What can I do to lessen the feelings of sadness, especially at nighttime?
- Should I take on new hobbies and activities to fill the void? Or, should I try to keep everything "normal"?
- How will I recognize my stress? How can I make sure I do not take it out on my family, friends or coworkers?
- What do I think will be the hardest part of

my loved one being away?

### Tips On Coping

If you still have questions or need answers, you may want to contact the chaplain or therapist at the reservist's installation or your own spiritual counselor. Other coping tips include:

- Rely on your own life experience. Recognize the positive ways you have handled similar situations and apply those lessons to your current situation.
- Remember the good times with your loved ones and keep mementos around for comfort.
- Identify strengths you possess that will get you through this difficult time.
- Identify and accept your weaknesses.

You will be more likely to ask for help when you truly need it.

- Write letters. This is a cathartic way to lessen your feelings of sadness.
- Recognize and manage your stress. Keeping a journal, staying in shape, and establishing a support system may all help you keep a more balanced outlook on the situation.

For Additional Support Call **GuidanceResources** 24 hours a day, 7 days a week at 1-888-290-4327, for additional support in coping with a loved one's deployment, or for guidance on other challenges you are facing. Or, go to [www.GuidanceResources.com](http://www.GuidanceResources.com) and enter your company's ID: FEDSOURCE.

## Education Essentials: Filling out the Request for Tuition Assistance form

All Blocks **must** be completed. Most are self explanatory. Follow the instructions below for the specific blocks mentioned:

**Block 1A:** Add the soldiers rank after the name.

**Block 1F:** Enter your "pay entry basic date" (PEBD).

**Block 2A:** Full name of school, do not abbreviate.

**Block 3E:** Indicate the cost of only one (1) semester or quarter hour.

**Block 3F:** Indicate whether the credits are semester hours (SH) or quarter hours (QH).

**Block 3G:** If the course has an authorized fee indicate the amount here.

**Block 3H:** Multiply "3E" x "3F", then add on "3G" to get the total cost of the course.

**Block 3J:** 75% of block "3H" not to exceed \$200.00 per SH or \$133.00 per QH.

**Block 3K:** The difference between "3J" and "3H" ("3H" - "3J").

**Block 3N:** If the school operates on a semester-basis enter \$200.00. If the school operates on a quarter-basis enter \$133.00.

**Block 3O:** Total columns F, G, H, J, and

REQUEST FOR TUITION ASSISTANCE - ARMY CONTINUING EDUCATION SYSTEM										CONTROL NUMBER		
For use of this form, see AR 625-8. The appropriate agency is DCS/PER.												
File required by the Primary Action (PA) based on Continuation Sheet which must be completed once per fiscal year.												
<b>I. APPLICANT DATA</b>												
A. APPLICANT'S NAME (Last, First, MI)			B. SSN		C. ETS		D. MOS		E. DEGREE PLAN		F. IFED	
<b>II. ORGANIZATION AND LOCATION OF ASSIGNMENT</b>												
<b>1. SCHOOL DATA</b>						<b>2E. ARMY COUNSELOR DATA</b>						
A. NAME OF SCHOOL						B. ADDRESS						
						Name: _____ Phone: _____						
<b>3. COURSE DATA</b>												
A. DODPA NUMBER		B. TITLE		C. DAYS OF THE WEEK		D. HOURS OF MEETING		E. COST PER HOUR		F. NUMBER OF CREDITS		
								G. FEE		H. TOTAL COST		
								I. DELVY WAGE		J. PAID BY ARMY		
								K. PAID BY SOLDER				
L. COURSE HOURS			M. COURSE ENDS			N. CAP APPLIED AMT			O. TOTALS			
<b>4. REVIEW</b>												
I HAVE REVIEWED AND COMPLETED DA FORM 2131 CONTINUATION SHEET.						COMMANDER/REPRESENTATIVE CERTIFICATION: SOLDIER IS NOT FLAGGED IAW AR 606-6-2, PARA 1-12. ANTICIPATED DUTIES WILL PERMIT ATTENDANCE.						
A. SIGNATURE OF APPLICANT			B. TELEPHONE			C. SIGNATURE			D. TYPED NAME		E. OFFICE TELEPHONE	
<b>5. TUITION ASSISTANCE IN THE AMOUNT INDICATED IN ITEM 3H5, ABOVE IS APPROVED</b>												
A. TYPED NAME OF CONTRACTING OFFICER'S REPRESENTATIVE				B. SIGNATURE				C. OFFICE TELEPHONE				D. DATE
<b>6. FISCAL</b>												
A. CONTRACT NUMBER						B. CHARGEABLE TO ORDER NUMBER						
C. ACCOUNTING CLASSIFICATION						D. INSTITUTION WILL MAIL INVOICES TO: Education Service Office, CTARNG, 360 Broad Street, Hartford, CT 06108-3795						
7. CONSENT TO RELEASE. BY SIGNING THIS FORM SOLDIER AGREES TO RELEASE PELL GRANT INFORMATION, GRADE REPORT, AND WITHDRAWAL INFORMATION TO THE SERVICING ARMY EDUCATION CENTER. THE INSTITUTION AGREES TO NOTIFY THE SERVICING ARMY EDUCATION CENTER OF COURSE WITHDRAWAL WITHIN FIVE DAYS AND SUBMIT OFFICIAL GRADE REPORTS WITHIN 30 DAYS OF COURSE COMPLETION OR IN ACCORDANCE WITH CONTRACT OR MEMORANDUM OF UNDERSTANDING.												
FOOTNOTE:												
DA FORM 2131-1, 1 MAR 98												

K. Complete this block even if there is only one course listed.

**Block 4C:** SSGs and below must have their Unit Commander or commander's authorized

representative sign here. Officers, SFCs and above may sign for themselves.

**Block 4E:** This should be the unit's phone number.

For further information or assistance, contact 1st Lt. Paul Draper in the state Education Office at the Hartford Armory.



CHIEF MASTER SGT.  
WANDA WAWRUCK

## Enlisted Update

### Some congratulations and a new beginning

It's Spring! Besides welcoming warmer weather and saying goodbye to the cold, it is time to congratulate an award recipient, announce the results of our Exceptional Performance Program (EPP) and begin the new physical fitness program.

First, CONGRATULATIONS to our Airman of the Year, Senior Airman Richard Marks of the 103<sup>rd</sup>'s Security Forces Squadron, Marks was also selected as the Air National Guard Security Forces Airman of the Year and will represent the entire Air National Guard at the Air Force Level. Again, our airmen continue to shine and gain National recognition.

To further applaud the performance of our Security Forces team members, they are finalists in the 2002 USAF Outstanding Security Forces Unit Award in the Air National Guard category.

During the month of April, the HQ USAF Evaluation Team will visit our Security Force Squadron team members. Upon completion of the Evaluation Team visits, the results of the competition will be made.

We wish our Security Force members the best in this competition!

Now it is time to announce the promotion of two very deserving individuals under "The Exceptional Promotion Program" (EPP). EPP provides promotional opportunities for traditional guard members where manning authorizations may not exist and the individual has demonstrated exceptional leadership potential.

We were fortunate to have two authorizations under this program, one to chief master sergeant and one to senior master sergeant.

During our yearly review, members who meet the criteria are evaluated on several core competencies such as; conflict management, ethics, values, problem solving, self-development, work and life balance, community service, motivating and directly impacting subordinates.

As any selection process, the boards' recommendation becomes difficult when we have so many exceptional members.

The competition was intense and it is with great pleasure I announce that Senior Master Sgt. Robert Hall, 103 Air Control Squadron was selected for chief master sergeant and Master Sgt Grove Baker, 103 Aircraft General Squadron was selected for senior master sergeant.

Please take the time to congratulate

these exceptional airmen...they were our best of the best this year.

April marks the beginning of a new Air National Guard Physical Fitness Program (ANGFP).

The goal of this new program is to encourage and motivate all members to actively participate in some type of physical conditioning year round.

The ANGF focuses on five areas of conditioning: body composition, cardiovascular, flexibility, abdominal muscular endurance and upper body muscular strength.

The body composition measures excess body fat associated with a number of health risks and unhealthy eating habits.

Documenting an individual's height, weight and waist measurement fulfills the body composition area.

Cardiovascular is the second assessment; this consists of a three-minute step test that evaluates your heart and circulatory system.

The third assessment is a flexibility test (sit and reach) this will be accomplished by rotating the body's mid-section including hips, hamstrings, lower back and groin.

Lastly, muscular endurance and upper body muscular strength will be measured by assessing an individual's ability to perform sit-ups and push-ups.

It is important for all of us to stay physically fit professionally and personally.

I hope that everyone had the opportunity to view and participate in the training offered during the April drill and is prepared to test during the May drill.

For additional information on this program, please contact your first sergeant or unit fitness monitor.

Once again, CONGRATULATIONS to Senior Airman Marks, Senior Master Sgt. Hall and Master Sgt. Baker.

These individuals have done an outstanding job...the awards and promotions are well deserved.

Also, special thanks to our senior leaders in the Connecticut National Guard...awards don't happen without our leaders taking the time to recognize and reward the best enlisted force in the Air National Guard.

Look forward to seeing you during the Armed Forces Day luncheon as we recognize our Connecticut Honor persons.

## Guard Voices

### Why Should We Honor Our Veterans?

C. R. ROBERGE  
THIRD GRADE  
GRANDSON OF LT. COL. (RET.) CECELIA ROBERGE

We should honor our veterans because they gave us the right to call ourselves free. They never gave up and sacrificed themselves to protect us. They even help other countries.

George Washington sacrificed almost everything to win the Revolutionary War. He never surrendered to the British. His men fought loyally and bravely without thought of themselves. They won our freedom for us.

John Paul Jones never gave up and defeated the Convoy with his determination. He risked his life and crew to defeat the Convoy. His crew never gave up and helped us become free.

Our army helped other countries during World War I and World War II, and Desert Storm I and II. They gave their lives to save other's lives. They defend us bravely so we can live without a king or dictator saying, "Do this, Do that, Do not do that, and Do it my way, now."

My grandmother, Lieutenant Colonel Roberge served in Desert Storm I as a nurse. She and all other veterans protect us and stop other people who want to conquer us. All

veterans have some friends and families and they risk being separated from them to shield us from harm. For instance, Lieutenant Izac risked his life many times to escape from a German prison to bring the U.S.A. information about German subs. He helped us win World War I. He received the Medal of Honor from Congress for his bravery.

All veterans suffer some hardship to give us our freedom. No matter how much hardship they suffer they keep going. Oscar Schmidt won the Medal of Honor for saving three men from the sinking submarine chaser number 219. He dragged one of the men out of a fire on the deck. Next, he pulled a man with an injured leg off the bow of the submarine chaser. The other he dragged unconscious to the rear then woke him up and supported all three as they swam to the boat Chestnut Hill.

We honor our veterans for what they did for us. These are just a few of the brave people who risked and sacrificed their lives and went through hardship to protect us. They never gave up. That is why we honor our veterans.

### Thoughts and Concerns

SGT. MAJ. JACK L. TILLEY  
SERGEANT MAJOR OF THE ARMY

As I listen to updates and watch footage on the news, I cannot begin to tell you how proud I am of our soldiers fighting and supporting Operation Iraqi Freedom.

From the warriors in the 3rd Infantry Division to our brave POWs being held in Baghdad — keep up the fight. Never forget that your family, friends, Army and nation are behind you 100 percent.

You are performing with tenacity, determination and skill. When we say train as you fight, it is apparent that your preparations for this conflict left you ready to defeat any foe.

General Shinseki often says, "Everybody fights." This may seem like a simple statement, but as evidenced by the 507th Maintenance Company, it was never truer than now. The company's small outgunned and outmanned team fought valiantly despite the odds. Several were killed and at least five were taken as POWs. They fought because they believed in their cause and to protect each other.

Everybody fights.

I am especially proud of how despite suicide bombers, fake surrenders and other atrocious acts — you remain true to our core Army values: Loyalty, Duty, Respect, Selfless-Service, Honor, Integrity and Personal Courage. I have seen countless examples of each of these nearly every day.

This reflects on our adherence to discipline and Army standards. Those three things are what make us the professional and respected force that we are. This will not be an easy conflict. The next weeks could see some of the heaviest fighting this generation has ever

faced.

You have not allowed illegal and immoral acts by desperate individuals change your beliefs. We continue to provide humanitarian and medical relief. We see the Iraqi people thank us for fighting for our freedom.

As the war takes center stage, I ask each of you to not forget the other soldiers deployed around the world and working hard at home station. Everyone is making a difference.

We must continue to train hard, enforce standards and fight complacency. Your installation may be far from the front lines, but make no mistake you are being watched.

I know everyone is extremely busy right now, but don't forget your family members back home. It is so important to keep them informed, especially the young spouses separated for the first time from their soldier.

This past weekend I had the opportunity to visit with soldiers from the 2nd and 3rd Armored Cavalry Regiments. They were motivated and excited about joining their comrades in the desert.

I also visited with soldiers injured in Iraq, Kuwait and Afghanistan. All of them had extremely positive attitudes and pumped me up with their smiles and handshakes.

The Global War on Terrorism is just that — global. It knows no boundaries and spares no victims. It is our responsibility to ensure that are no more victims.

Our mission's success depends on you. I have the utmost faith that we will prevail. HOOAH!

SMA

# Homefront

## In defense of Connecticut's children: U.S. Drug Czar John Walters visits faith based drug treatment center

CHIEF MASTER SGT. TONY PALLADINO  
CTANG, COUNTERDRUG PROGRAM

John P. Walters, Director of the Office of National Drug Control Policy (ONDCP) brought President Bush's new drug treatment initiative message to the Bridgeport based Helping Hand Drug Center on April 14, 2003.

Sworn in on December 7, 2001, Mr. Walters coordinates all aspects of federal drug treatment programs and spending which have accounted for a drop in teen drug abuse to its lowest levels since the early 1990's.

Director Walters provided details of President Bush's new three-year \$600 million plan to expand access to drug treatment across America through treatment vouchers. The initiative seeks to provide effective services to people in need of treatment for drug and alcohol abuse through the voucher program and gives states the flexibility to design the type of voucher that is appropriate for their systems.

Additionally, the vouchers will allow treatment providers to seek reimbursement for their services, but will have no face value to the client. People in need of treatment, no matter where they are –

emergency rooms, health clinics, the criminal justice system, schools – will receive an evidence based assessment of their treatment need and will be issued vouchers to obtain help at effective treatment organizations, including faith-based and community-based organizations such as The Helping Hand Center.

The program's potential to facilitate recovery for 300,000 drug and alcohol dependent individuals is being heralded by prevention and treatment leaders from across the nation. In congratulating President Bush on the announcement of the initiative, Joseph Califano, Chairman and President of the National Center on Addiction and Substance Abuse at Columbia University, said, "It is

important to provide these funds to help close the gap between those who need treatment and the available treatment for them."

Healing America's drug users is but one core priority of the President's 2004 strategy. Stopping drug use before it starts and disrupting the market make up the other core priorities.

Reducing drug use by young people will require action by all Americans through education and community involvement. The President's budget backs up this goal with a \$10 million increase in funding for the expanded Drug-Free Communities Support Program, along

with providing \$5 million for a new Parents Drug Corps.

Drug trafficking is a profit-making enterprise where costs and rewards exist in an equilibrium that can be disrupted. To support this goal, the President's budget includes \$2.1 billion for drug interdiction, an increase of 7.3 percent from 2003.

"I encourage people to stop by this facility and say hi, do it because you care about your community and ask how can I help. Substance abuse is not a victimless crime, it effects many people and their families", Walters said.

Founded in 1969 as a residential drug treatment facility for men, Helping Hand Center has grown into a multiple services program, which includes drug treatment and prevention and HIV/AIDS education, treatment and case management. The services are provided in a spiritual environment that promotes increased self-esteem as a result of the individual's belief in a Higher Power. The Connecticut National Guard Counterdrug Program has many resources available to the military and Community Based Organizations for more information please contact Capt. Anne-Marie Garcia at 860-493-2724.



### Chaplain's

### o Farewell

CHAPLAIN (COL.) DAVID FEYRER

When I first entered the military in 1963 as a PVT E1, I completed my basic, went to OCS and was finally sent to my first unit.

One of the traditions that I will always remember is the "Hail and Farewell". Members of the unit gathered to say hello to newly assigned members and to bid farewell to members who were departing.

Hello was for greeting brand new folks and sometimes reconnecting with past friends. Farewell was a way to say good-bye with the expectation that you may reconnect in the future, I always appreciated that part of the tradition.

As of April 30, I say farewell to the United States Army after nearly 38 years of service on active duty, in the USAR

and the US Army National Guard here in Connecticut.

It has been a wonderful opportunity for service and ministry. I am very thankful for having had this opportunity.

At the same time, I look forward to some level of reconnection in the future, as part of the Connecticut National Guard extended family.

It is also time to say hail and hello to Chaplain Kevin Cavanaugh, who will take on the responsibilities of STARC Chaplain.

Fr. Cavanaugh has been in the Connecticut Guard for nearly three years, after having served nearly 10 years on active duty throughout the world including service in Somalia. In civilian life, Fr. Cavanaugh serves as Pastor of St. Paul's Church in Glastonbury.

Welcome and blessings to Chaplain Cavanaugh in his new ministry.



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# Combat over says Bush

From Page 2

will change our purpose, or weaken our resolve, or alter their fate. Their cause is lost. Free nations will press on to victory. (Applause.)

Other nations in history have fought in foreign lands and remained to occupy and exploit. Americans, following a battle, want nothing more than to return home. And that is your direction tonight. (Applause.) After service in the Afghan — and Iraqi theaters of war — after 100,000 miles, on the longest carrier deployment in recent history, you are homeward bound. (Applause.) Some of you will see new family members for the first time — 150 babies were born while their fathers were on the Lincoln. Your families are proud of you, and your nation will welcome you. (Applause.)

We are mindful, as well, that some good men and women are not making the journey home. One of those who fell, Corporal Jason Mileo, spoke to his parents five days before his death. Jason's father said, "He called us from the center of Baghdad, not to brag, but to tell us he loved us. Our son was a soldier."

Every name, every life is a loss to our military, to our nation, and to the loved ones who grieve. There's no homecoming for these families. Yet we pray, in God's time, their reunion will come.

Those we lost were last seen on duty. Their final act on this Earth was to fight a great evil and bring liberty to others. All of you — all in this generation of our military — have taken up the highest calling of history. You're defending your country, and protecting the innocent from harm. And wherever you go, you carry a message of hope — a message that is ancient and ever new. In the words of the prophet Isaiah, "To the captives, 'come out,' — and to those in darkness, 'be free.'"

Thank you for serving our country and our cause. May God bless you all, and may God continue to bless America. (Applause.)

A Sailor plays Taps during a burial at sea from the fast combat support ship USS Sacramento (AOE 1). Burial at sea is a means of final disposition of remains that is performed on United States Navy vessels. The committal ceremony is performed while the ship is deployed. Therefore, family members are not allowed to be present. The commanding officer of the ship assigned to perform the ceremony will notify the family of the date, time, and, longitude and latitude once the committal service has been completed. Sacramento deployed with the USS Carl Vinson Carrier Strike Force in the western Pacific Ocean. U.S. (Navy photo by Photographer's Mate 3rd Class Martin S. Fuentes)

## 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 at 1-800-858-2677.

### CAMPROWLANDPOSTEXCHANGE

MONDAY: Closed  
TUESDAY – SATURDAY: 10:00 – 5:00  
SUNDAY: 10:00 – 4:00  
Phone: (860) 739-9672

### 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  
Phone: (860) 236-3393

### WESTOVERAIRFORCEBASE

Chicopee, Mass.  
MONDAY – FRIDAY: 10:00 – 5:00  
SATURDAY: 10:00 – 5:00  
SUNDAY: 11:00 – 5:00  
Phone: (413) 593-5583

### COASTGUARDACADEMY

New London  
MONDAY – FRIDAY: 9:00 – 5:00  
SATURDAY: 9:00 – 3:00  
SUNDAY: Closed  
Phone: (860) 444-8488

### AIRNATIONALGUARD

East Granby  
TUESDAY – FRIDAY: 10:00 – 5:00  
SATURDAY: 10:00 – 4:00  
SUNDAY & MONDAY: Closed  
UTAs: Open Saturday &  
Sunday: 10:00 – 5:00  
Phone: (860) 653-6994

### WESTPOINT,NEWYORK

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  
Phone: (914) 446-5406

### COASTGUARDSTATION

120 Woodward Avenue  
New Haven, CT  
MONDAY – FRIDAY: 9:00 – 4:30  
SATURDAY: 9:00 – 2:00  
SUNDAY: Closed  
Phone: (203) 468-2712

### SUBBASE,NEWLONDON

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  
Phone: (860) 694-2244



# Guarding Your Rights

## Legal Affairs: *The importance of wills*

1<sup>st</sup> Lt. JOSEPH CORRADINO  
JUDGE ADVOCATE

Military wisdom tells us that an army travels on its stomach. This is true, but a modern army does not move without its lawyers. As the society it serves becomes more complex, the needs of an army's soldiers do too. Among its other missions, the judge advocate general's staff of attorneys is dedicated to assisting soldiers who are preparing to deploy in defense of their country.

All soldiers preparing for deployment are offered an opportunity to obtain legal documents that will assist them and their families during their deployment or in the event of the soldier's death or disability. These are the very same documents available in the civilian economy and have the very same legal effect. Soldiers should be familiar with the significance of these documents because they apply outside the military and generally remain in effect until they are modified or revoked. One of these documents is a last will and testament.

A will is a legal instrument that disposes of property and makes provision for family members after one's death. A person preparing a will must look out into the future as best as is possible and anticipate the family's situation his or her death. It is important to remember that a will does not effect the disposition of a life insurance policy. Life insurance policies, whether SGLI, policies issued through civilian

employers, or policies purchased from insurance agents require designation of beneficiaries. Deploying soldiers should review the beneficiaries of all of their life insurance policies and make certain the designation reflects their intention and their current family situation.



While a will is generally valid unless it is revoked, in many states certain life changing events such as marriage, divorce, or birth of a child will revoke a will by operation of law. These events are an appropriate time to review an existing will or draft one if one hasn't done so in the past, even in states where these events don't revoke an existing will.

Before drafting a will, soldiers and their families should discuss the issues involved and make some choices. The choice of an executor is especially important. The executor is the person who will be responsible to the probate court for carrying out the provisions of your will. This can be a complicated task so care should be exercised in selecting an executor. An alternate executor should also be chosen in case your first choice is unable to serve.

Parents should discuss who they want to serve as the guardian of their minor children in the event both parents die. They should also consider who they want to administer

their children's finances. Sometimes a trust is an appropriate way to hold and manage money and property for minor children. The parents would need to consider appropriate persons to act as trustees, as well. Many times the same person will serve in all of these capacities. Sometimes these responsibilities are divided among several relatives or friends.

Regardless of how a soldier structures his or her estate plan, it is vitally important to choose mature, responsible, and honest persons to serve as executors, trustees, and guardians. Soldiers should give careful consideration to these choices. An incompetent or dishonest person can destroy the careful plans a soldier makes for the security of his or her family.

Wills provide a measure of security for a soldier's family. They allow the soldier to make his own decisions about important issues rather than leaving them to strangers and courts. Every soldier should maintain an updated last will and testament, an integral part of every soldier's readiness preparation.

*This column is not intended as and does not constitute legal advice. Specific legal questions are unique to each person and factual situation. Persons with legal issues are encouraged to consult confidentially with an attorney.*



The Enlisted Association of the National Guard of the United States (EANGUS), The National Guard Association of the United States (NGAUS), and the National Guard Association of Connecticut (NGACT) are all looking for new members.

EANGUS deals at the national level with personnel issues facing our soldiers and airmen such as fighting on Capital Hill for concurrent receipt and lowering the retirement age to 55.

NGAUS deals more with the equipment issues at the national level such as procuring more Blackhawks and modernization of the A-10s.

NGACT fights for your rights at the state level and has won such battles as the Tuition Waiver program for state colleges and universities, and more recently, fighting the movement to take millions of dollars out of the Army, Navy Marines Relief Fund to help pay the state debt.

The greater our numbers, the greater our successes. Call the NGACT office at (860) 247-5000 today for information on memberships.

## Blum is new NGB Chief

From Page 1

Blum assumed command in August 1999 of the Virginia Army Guard's 29th Infantry Division that provided the command and control element for that peacekeeping rotation in Bosnia. He commanded the 29th until last August when he was assigned to the Northern Command in Colorado.

Blum is a native of Maryland and earned his bachelor's degree in history from the University of Baltimore in 1968. He received a master's degree in social science in 1973 from Morgan State College in Baltimore, and he attended the Army War College in 1989.

He was commissioned as a second lieutenant in August 1971 when he graduated with honors from the Maryland Army Guard's Officers Candidate School. He has been a Special Forces officer throughout his career, and has commanded at every level since taking charge of a detachment in the Maryland Army Guard's 20th Special Forces in November 1977.

Blum received his first star when he was promoted to brigadier general in August 1996, and he was promoted to major general in February 2000.

(Editor's note: Master Sgt. Bob Haskell is a senior correspondent for the National Guard Bureau.)



## It's not just for breakfast anymore

JOHN NAVE  
CT ESGR BRIEFING WITH THE BOSS PROGRAM

The CT ESGR program reaches out to employers through its Briefing With the Boss Program. This program was formally the Breakfast with the Boss Program, then the Brunch With the Boss Program, until the current title was developed. In any case, it is not just a breakfast program, but an opportunity for Connecticut Guardsmen, their employers and the CT ESGR to break bread and share thoughts on employment, the military, and the country.

When Connecticut Guardsmen nominate their employers for award certificates, they do so out of appreciation for the fact these companies, large and small have assisted in our National Defense. The appreciation expressed by guardsmen in citing their employers goes a long way in recognition of the contributions they are making. The contributions range from paying salary differentials, to providing health and other benefits, some of which are non-monetary, but equally important in supporting guardsmen and their families.

The ESGR program commences when I, as coordinator, receive the nominations. I then invite both the nominator, i.e., the Guardsmen and his employer to a centrally located site for the meal and presentation of certificates. At this time I arrange to have a military speaker present and encourage questions on how the Guard and Reserve function. This is a critical part of the program as a large majority of employers have never had the opportunity of serving in the Armed Forces. The ESGR Committee in return learns

about the workings of business and industry and the problems associated with temporary duty, mobilizations, weekend drill problems, and other concerns. We in turn share the good things that service people do for our nation. Many employers are surprised by the high levels of technology utilized by the modern military, the education, skills, and the requirements pressed on the part time soldier.

In the ninety minutes these orientation and award programs take, we educate and attempt to tell the story of the fine men and women who serve in the guard and reserve. The soldiers, once introduced, say a few words and sell themselves. This year we invited several hundred guests to such programs, and most come away impressed with employees who serve in the guard and reserve. They also come away with praise and appreciation for the challenges being experienced when a person has two careers.

Prior to the actual program, we scrub invitation lists, follow up with phone calls, and then send an engraved letter of invitation from the Department of Defense to the invitee. We want to make our guests feel welcome. Our committee also finds that once key people attend a BWTB program, they often ask in what other ways they may assist. Some guests eventually become ESGR committee volunteers.

Connecticut guardsmen who wish to nominate their employers should use the My Boss is a Patriot Form which is available from your recruiting and retention NCO. It may also be found on the ESGR web site at [www.ESGR.org](http://www.ESGR.org).

You may obtain additional information about this activity by sending me an e-mail at [john.nave@cox.net](mailto:john.nave@cox.net).

## Inside OCS

### Leading from the front

OFFICER CANDIDATE BRIAN D. HAMPTON  
CLASS 48

Throughout life we come to crossroads where we must decide what path we want to follow.

Shortly after the attacks of Sept. 11, 2001, I had reached a decision that I knew would affect the rest of my life. In November of 2001, I took a right turn and ended up at the recruiter's office (Staff Sgt. Filo) to discuss my options.

I was 28-years-old, with no military experience but a strong desire to serve my country. Because of my family's strong lineage in the Army and my childhood desires, I knew I was making the right decision.

Staff Sgt. Filo and I discussed my options

and based upon my background and personality, I decided to join the Army National Guard as an Officer Candidate School (OCS) enlistment option.

My perception of officers before I had entered the military was mixed. I knew that officers were the decision makers and were ultimately responsible for each and every soldier. But I also had seen the stereotypical Hollywood portrait of a second lieutenant - a cliché that up to this point I have not seen.

While attending basic training, I was constantly challenged by the drill sergeants for my decision to become an officer: "Who was I to think that I deserved their respect as an officer?" "Why should soldiers listen to me?" "Do I have what it takes to lead from the front?" Questions to this day which

stay with me and remind me of the officer I want to be.

A month after graduating from basic training, I found myself in a new, but similar environment. Now, instead of being told what to do and basically how to breathe, I was now being told to make a decision and lead soldiers. With only the few months' experience I had at basic training, I have found the environment to be challenging but rewarding.

After each drill weekend I spend at OCS I become more and more confident in my ability to lead soldiers and that I am evolving into the officer I strive to become. The knowledge that the TAC staff and instructors willingly pass along is endless and although my interaction with the TAC

staff has been challenging at times, their ability to make subtle points and educate has been valuable.

With only a few months left before my class and I graduate, our training has become even more intense. As officer candidates we realize that we should always push ourselves to excel and never except less than 100 percent. If we did, how can we expect our soldiers to give us 100 percent? It is my intention as a future Platoon Leader to take the knowledge that I have gained from my OCS experience and my "lead from the front" attitude to earn the respect of both my soldiers and my superiors. I look forward to graduation and meeting my future platoon.

## Why Diversity?

### Managing diversity

SGT. 1<sup>ST</sup> CLASS SCOTT J. FARRELL  
STATE DIVERSITY INITIATIVES COORDINATOR (SDIC)

Management of diversity goes beyond equal opportunity. Instead of merely allowing a greater range of people the opportunity to 'fit in,' the concept of diversity embodies the belief that people should be valued for their difference and variety. Diversity is perceived to enrich an organization's human capital. The idea is to find a way to let everyone do what he or she does best to ensure the unit is most effective at accomplishing its mission.

To address diversity issues, consider these questions: what policies, practices, and ways of thinking within our organizational culture have the most impact on different groups? What organizational changes should be made to meet the needs of a diverse workforce? What changes should be made to maximize the potential of all workers? If we answer these questions, and take the appropriate action, we can position the Connecticut National Guard for the demands of the 21st century.

Most people believe in the golden rule: treat others as you want to be treated. The implicit assumption is that how you want to be treated is how others want to be treated. But when you look at this proverb through a diversity perspective, you begin to ask the question: what does respect look like; does it look the same for everyone? Does it mean saying hello in the morning, or leaving someone alone, or making eye contact when you speak?

It depends on the individual. We may share similar values, such as respect or need for recognition, but how we show those values through behavior may be different for different cultures. How do we know what different cultures need? Perhaps instead of

using the golden rule, we could use the platinum rule which states: "treat others as they want to be treated." Moving our frame of reference from an ethnocentric view ("our way is the best way") to a culturally relative perspective ("let's take the best of a variety of ways") will help us to manage more effectively in a diverse work environment.

#### Your Role

You have a key role in transforming the organizational culture so that it more closely reflects the values of our diverse workforce. Some of the skills needed are:

- an understanding and acceptance of managing diversity concepts
- recognition that diversity is threaded through every aspect of management
- self-awareness, in terms of understanding your own culture, identity, biases, prejudices, and stereotypes
- willingness to challenge and change institutional practices that present barriers to different groups

It's natural to want a training manual approach to diversity issues so that one knows exactly what to do. Unfortunately, given the many dimensions of diversity, there are no step-by-step actions to follow. Advice and strategies given for one situation may not work given the same situation in another context.

Managing diversity means acknowledging people's differences and recognizing these differences as valuable; it enhances good management practices by preventing discrimination and promoting inclusiveness. Good management alone will not necessarily help you work effectively with a diverse workforce. It is often difficult to see what part diversity plays in a specific area of management.

#### Fair vs. Same Treatment

Many people think that "fairness" means "treating everyone the same." How well does "treating everyone the same" work for a diverse unit? Not very well. We need to take into consideration the factors of a situation and the information we know about the individuals involved. When this is done it might not mean everyone is treated the same, but everyone is treated fairly.

#### Consequences of Ignoring Diversity

Ignoring diversity issues costs time, money, and efficiency. Some of the consequences can include unhealthy tensions between people of differing gender, race, ethnicity, age, abilities, etc.; loss of productivity because of increased conflict; inability to attract and retain talented people of all kinds; complaints and legal actions; and inability to retain women and people of color, resulting in lost investments in recruitment and training.

#### How Well Do You Manage Diversity in Your Unit?

- Do you test your assumptions before acting on them?
- Do you believe there is only one right way of doing things, or that there are a number of valid ways that accomplish the same goal? Do you convey that to unit members?
- Do you have honest relationships with each unit member you supervise? Are you comfortable with each of them? Do you know what motivates them, what their goals are, how they like to be recognized?
- Are you able to give negative feedback to someone who is culturally different from you?

· Do you rigorously examine your unit's existing policies, practices, and procedures to ensure that they do not differentially impact different groups? When they do, do you change them?

· Are you willing to listen to constructive feedback from your unit members about ways to improve the work environment? Do you implement members' suggestions and acknowledge their contribution?

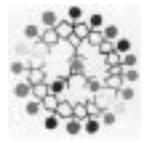
· Do you take immediate action with people you supervise when they behave in ways that show disrespect for others in the workplace, such as ethnic jokes and offensive terms?

· Do you have a good understanding of institutional isms such as racism and sexism and how they manifest themselves in the workplace?

· Do you ensure that assignments and opportunities for advancement are accessible to everyone?

If you were able to answer yes to more than half the questions, you are on the right track to managing diversity well. If we all take on these responsibilities for our Guard then the guard as we know it will never be the same and "That's a good thing".

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.ngb.army.mil



#### Thought of the Month

You're either part of the solution or part of the problem.

*Eldridge Cleaver*

## Health & Fitness

### Your Health Matters: *Protect your skin from the sun: learn to protect your skin to lower risk of skin cancer*

ARTICLE SUBMITTED BY CAPT. KATHLEEN KING  
SOURCE AMERICAN CANCER SOCIETY

May is Skin Cancer and Detection Month, a time when the American Cancer Society (ACS) focuses on raising awareness about the disease.

Many people think they are not at risk for skin cancer, yet it is the most common of all cancers and accounts for about half of all cases in the US.

It is also the most preventable of cancers, and there are many steps you can take to reduce your risk.

"As the weather begins to warm, many people begin spending a lot of time outdoors. It's important to remember to protect your skin as you enjoy spring and summer activities," says Mary O'Connell, director of skin cancer initiatives for the ACS.

She advises people to adopt the ACS's "Slip! Slop! Slap!" slogan: slip on a shirt, slop on the sunscreen with sun protection factor (SPF) 15 or higher, and slap on a hat.

There are two main types of skin cancers: malignant melanoma and nonmelanoma (usually basal cell and squamous cell skin cancers).

Melanoma skin cancers are less common but far more dangerous, accounting for 4 percent of skin cancer cases, but 79 percent of skin cancer deaths. Since the early 1970s, the incidence rate of melanoma has increased significantly; an average of 4 percent a year.

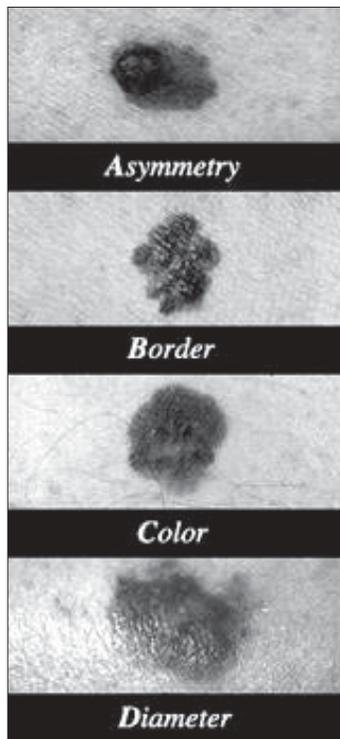
The ACS estimates 47,700 people will be diagnosed with melanoma this year, and about 7,600 people are expected to die of the disease. About 1.3 million cases of nonmelanoma skin cancer are diagnosed in this country every year; this year an estimated 1,900 people are expected to die of nonmelanoma skin cancer.

A recent poll by the ACS and Discovery Health Channel revealed that after breast cancer (54 percent), women are most

concerned about getting skin cancer (18 percent), followed by uterine/cervical cancer (17 percent), lung cancer (15 percent), ovarian cancer (13 percent) and colorectal cancer (10 percent).

More than four in ten men (43 percent) are most concerned about getting prostate cancer, followed by lung cancer (25 percent), skin cancer (20 percent), and colorectal cancer (16 percent).

The poll also found 77 percent of men and women believe using sunscreen when they are outdoors greatly contributes to reducing the risk of cancer.



Yet when asked what steps they have taken to reduce their risk of getting cancer, just 13 percent say they protect their skin from the sun.

#### What You Need to Know About Skin Cancer:

- Most skin cancers can be prevented by protecting skin from the sun. The ACS recommends limiting direct sun exposure between 10AM and 4PM, when the sun's ultraviolet rays are most intense.

- Other tips: as the slip, slop, slap slogan suggests, wear protective clothing when out in the sun, along with a hat that shades the face, neck, and ears.

- Use a sunscreen with SPF of 15 or higher on all exposed skin, and wear sunglasses that blocks UV rays.

- Avoid sunlamps and tanning booths.
- Most skin cancers can be treated successfully if detected early, including melanoma.

- Check your skin monthly, and know the key warning signs of skin cancer: a new growth, a spot or lump that is getting larger, or a sore that doesn't heal within a few weeks.

- Also watch moles for changes in size, color and shape, and watch for irregular borders.

- Have a cancer-related checkup, including skin examinations, every three years if you are between 20 and 40 years old, and every year if you are over 40.

One-Stop Skin Cancer Information Source

For more information regarding skin cancer detection and prevention, log onto [WWW.ACS.org](http://WWW.ACS.org)

Source ACS News Center

### APFT promotion points for permanent profiles

In accordance with MILPER Message 95-126 and DAMO-TR memorandum, soldiers who perform alternate aerobic event (walk, bike, swim) for the APFT, will be awarded points as shown in the following examples:

(1). Those soldiers with permanent physical profiles for the sit-up or push-up events will be granted 60 points for each event waived and use their actual score for each event taken and must qualify on the 2-mile run or approved alternate test according to FM 21-20.

(2). Soldier taking an alternate event for the 2-mile run and receiving "A GO", will receive a score for that event, equal to the average scores of the other 2 events.

Scores above maximum as reflected in the FM 21-20 on page 14-19, Figure 14-8 applied to the DA Form 705, dated June 1986 and is no longer authorized for use in relation to the Army Physical Fitness Test. Scores above maximum were not developed for the DA Form 705, dated June 1998.

Additionally, the APFT consisting of the push-up, sit-up, and 2-mile run remains the Army's current standard for physical fitness testing.

**Disregard any PowerPoint presentations or e-mail messages concerning a new test, as these are NOT official.**

If you have further questions pertaining to scoring or APFT policy, you can go to:

<http://www.benning.army.mil/usapfs/Policy/APFTpromoptsmess.PDF>

or

<http://www.benning.army.mil/usapfs/training/apft/index.htm>

### Fit for Life: Goals of the Health & Wellness Program

1. Purpose: To introduce the Primary, Secondary and Lateral goals of the Health and Wellness Program (HWP) as established by the HWP Committee and the CTARNG Safety Council.

2. Primary goals are to enhance Unit Combat Readiness by:

- Improving individual soldier physical fitness levels.
- Exceeding minimum standards set by FM 21-20 (Army Fitness) for the Army Physical Fitness Test (APFT).
- Maintaining acceptable Height and Weight standards prescribed in AR 600-9.

3. Secondary goals are to:

- Reduce injuries associated with unit mission accomplishment

and training.

- Increase retention.
- Prepare SPC/CPL's for PLDC and offer refresher training to SGT's for NCOES.

4. Lateral goals are to:

- Increase moral and motivation within soldiers that will offer improved quality membership.

- Develop soldiers as unit Fitness Leaders.
- Encourage higher participation in unit physical fitness training.

- Integrate life-long fitness into family lifestyles.

Visit the  
**Connecticut  
Guardian**

on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)

# Postcards Home



All smiles after receiving their small pox vaccinations are Richard Borek and Chris Rice, soldiers with the 250th Engineers. (Photo courtesy of Mrs. Olga Borek)



Master Sgt. Philip Sacco and Tech. Sgt. Donald M. Liddell of the 103rd Fighter Wing at their deployed location in Southwest Asia. (Photo courtesy Staff Sgt. Deborah Sacco, 103rd Fighter Wing)



On their first night "in country," soldiers from the 143rd Military Police Company try to get some sleep in their new home. (Photo courtesy Sgt. 1st Class Marc Pucinski, 143rd Military Police)



Members of the 250th Engineers take a rest break during training at Fort Eustis, Va. The engineers have been mobilized in support of Operation Iraqi Freedom. (Photo courtesy of the 250th Engineers)

# Retirees' Voice

## Retirement services

SGT. 1<sup>ST</sup> CLASS (RET.) JOHN BEDNARZ

I have talked about the legislative process for improving our lot as retirees of the military, but there is another avenue by which we can have our voices heard. That is the internal process, which the services have set up to allow our input - the Army Retirement Services and the Air Force Retirement Activities Office.

Each service provides a newsletter type information bulletin, the Army Echoes and the Air Force Afterburner. On the Army side, unfortunately they are having problems funding the production of the Echoes newsletter.

Each of these offices maintains a service office at most, if not all posts, or bases which service their area. For the Army folks our Retiree's Service Office is at West Point, New York. (Telephone 845-938-4217) The Air Force office is at Westover Air Reserve Base, in Chickopee, Massachusetts. (Telephone 413-557-3918/3424) Westover also publishes a local quarterly newsletter.

When we communicate with these offices, they keep track of the complaints and after trying to reconcile them, pass them on to the next level, which is the retiree councils, who in turn discuss them and comment on them and present the problems directly to the services. Each service's Chief of Staff picks their retiree councils. In the Army, candidates are chosen from the various local retiree councils, and I imagine it's the same in the Air Force.

Some of the problems the Army council has addressed in the past session, which was in April of 2002, were problems between VA and Tricare, non-covered tests and orthopedic services.

Also questioned were the availability of medical services when you travel, staffing

of Army medical services, the dental plan and eyeglass services. Other points of discussion were concurrent receipt, Funeral Honors Allowance for retirees; thrift savings for retirees, the survivor's benefit plan, and continued commissary benefits.

You can see by the areas of discussion that they are in tune with the same concerns that we all have. We should let our retiree service offices know when there is a major concern so that the services know and can address them. One thing we need to let them know is the need for them to communicate to us. Tell them that the Army Echoes is an important part of our relationship with the Army.

Army retirees can have that opportunity very soon when they attend the 29<sup>th</sup> Annual Retiree Open House on May 3, 2003 at USMA, West Point, New York. If you have received the invitation, I'll see you there.

Some highlights of the day are music by the "Hellcats" USMA Band, the Cadet Review on The Plain, and luncheon, at a cost of \$18.00 per person, in the USMA Cadet Mess. That's after a welcome by the Superintendent, addresses by various speakers, and representatives of post services, like the commissary, Post Exchange, and Morale, Welfare, and Recreation (MWR).

We should keep up with the status of current legislation affecting our lives as retirees to ensure that we continue to receive the benefits for which we worked and to attempt to correct inequities, but we can also speak directly to our services through the Retiree Services/Activities Offices of our services. They may be able to get some things done through policy changes that do not require legislative action.

## For your convenience...

Use the order form below to order name tapes for your Gortex jackets. They **ARE NOT** the same size tapes as the ones you wear on your BDUs or field jacket. You can also use the form to order all other name tapes and plastic name tags.

ARMY AND AIR FORCE EXCHANGE SERVICE				
EMBROIDERED NAMETAPES AND PLASTIC TAGS				
<small>(ORDER FORM MUST BE FILLED IN COMPLETELY OR MAY BE RETURNED)</small>				
BRANCH OF SERVICE (check one): <input type="checkbox"/> US ARMY <input type="checkbox"/> US AIR FORCE <input type="checkbox"/> US MARINES <input type="checkbox"/> US NAVY				
<input type="checkbox"/> US COAST GUARD <input type="checkbox"/> CIVIL AIR PATROL				
PRINT LAST NAME ONLY		QUANTITY	PRICE	TOTAL
GORTOX TAPE			80 EA	
NAMETAPES			80 EA	
PLASTIC TAGS			1 TO EA	
BRANCH OF SERVICE TAPES			80 EA	
MAIL THIS ORDER FORM ALONG WITH PAYMENT TO: JAMES NAMETAPE PLANT, BLDG. 84, BENTON ST., FT. RAOB, KY 40121			SHIPPING & HANDLING	1.00
YOUR RETURN ADDRESS LABEL			TOTAL	
NAME	ADDRESS	CITY	STATE	ZIP CODE
THANK YOU FOR USING YOUR ARMY AND AIR FORCE EXCHANGE SERVICE				

## BILLETING OFFICE

# Employment Opportunity

DATE OF ANNOUNCEMENT:  
03/11/03

LOCATION:  
38 Smith Street,  
Bldg 895, Camp Rowland,  
Natick, CT  
Tel: (860) 681-4314

## Front Desk Billeting (Hotel) Clerk

Part-time (Up to 20 hours) - \$9.00/hour

Friday Evening: 3:30p.m.- 8:30p.m.

Saturday: 7:30a.m.- 8:30p.m.

Sunday: 7:30a.m.- 4:00p.m.

Looking for a responsible person (at least 18 years of age) able to work independently. Would be responsible for scheduling billeting usage, checking-in/out guests, issuing keys, direct housekeeping priorities and completing minimal documentation.



**THE 54th ANNUAL  
ARMED FORCES DAY  
LUNCHEON**

**Guest Speaker  
THOMAS F. HALL**  
Assistant Secretary of Defense  
for Reserve Affairs

**MAY 16th 2003  
AQUA TURF CLUB  
SOUTHINGTON, CT**

**SOCIAL: 1100 LUNCH: 1200**  
**Business Attire / Class "B"**

Tickets \$25.00

**POC**  
Master Sgt. Toni Martucci  
ESSO, Hartford Armory  
(860) 524-4955

## Coming Events

### May

May 11  
Mother's Day

May 16  
Armed Forces Day Luncheon

May 25  
Redleg Ball

May 26  
Memorial Day

May 31  
Task Force Husky Kicks Off

### June

June 14  
Army Birthday

June 29  
OCS Commissioning Ceremony

### July

July 4  
Independence Day

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## In the Next CG

Air Guardsmen Saves Lives  
YLP/JROTC Join Guardsmen in the Field  
Armed Forces Day Luncheon  
Air Base Security  
Guard Fathers and their Sons/Daughters

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

**WANT TO JOIN OUR TEAM?**

**CALL 1-800-716-3530**

**Connecticut's Army National Guard**



Shipping  
out



### MPs set out on Operation Iraqi Freedom mission

Members of the 143rd Military Police Company headed out to the Persian Gulf region in April in support of Operation Iraqi Freedom. Some members of the unit were also mobilized and served in the Gulf during Operation Desert Shield/Desert Storm. The soldiers spent several weeks at Fort Drum, N.Y. training and receiving validations for their overseas mission.  
(Photos by Spec. Rachael Tolliver, Fort Drum Public Affairs Office, Fort Drum, N.Y.)



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