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Greatest Generation looks back 60 years to remember Normandy

STAFF SGT. STEVE MARKOWSKI
65th PCH

Thoughts of D-Day bring many images, difficult oceanic and weather conditions, offensive and defensive equipment and troops succeeding or dying.

The skies were cloudy, and the waves were strong. Numerous landing craft bounced on rough seas, many of them never making it to shore. Various defensive obstacles, including steel "hedgehogs" destroyed boats and vehicles, slowing the Allied attack. For many of the attacking Soldiers, the obstacles provided the only cover from the constant barrage of enemy fire.

"Operation Overlord" brought a long-awaited, massive invasion of occupied Europe, with troops being supported by the largest armada in history. The German forces occupying France had prepared for an invasion, especially after the winter of 1944. The natural conditions, especially at Omaha Beach, combined with extensive preparation of defensive positions and placement of obstacles and landmines along the coast made the massive challenge seem all the more impossible.

But, the Allied troops bravely faced, and admirably overcame the formidable challenge.

It was no secret that the Allies needed to



Wilfred Cabana, 84, of Waterbury, displays mementos from his World War II service. He grabbed the Nazi flag from a building shortly after reaching the high ground above Omaha Beach. Other souvenirs displayed on the flag include items he took from an SS officer who he killed. Cabana said he kept the captured Nazi items hidden for almost 59 years, and brought them out just for this photograph. (Photo by Staff Sgt. Steve Markowski, 65th PCH)

establish a foothold on the European mainland if they were to crush the Nazi war

machine. With German forces taking a beating on the Eastern Front, Gen. Dwight D. Eisenhower made the case that it was time to invade the mainland in order to re-establish a real Western Front. The invasion nearly got underway on June 5, 1944, but was delayed until the next day, due to bad weather. Then, by order of the Supreme Allied Commander, the boats sailed for a June 6th invasion, and there was no turning back.

It had long been clear that the Allies desired a foothold on the mainland, so there was not much of an element of surprise. Deception campaigns were creative, ambitious and variable. In the end, though, it is clear that despite all of the planning the invasion was ultimately successful because of sheer guts, determination and unwavering will.

The term D-Day had been applied to Army missions as far back as 1918, but it has become synonymous with June 6, 1944, the day of the Allied invasion of Europe. In many ways, what the troops displayed there has become synonymous with other terms, such as courage, heroism, bravery, etc.

Personnel from the U.S.A., Great Britain and Canada coordinated the attack with their various armed forces, all working together

See **GREATEST GENERATION** Page 4-5

Bush outlines 5 steps forward in Iraq

KATHLEEN T. RHEM
AMERICAN FORCES PRESS SERVICE

WASHINGTON, May 24, 2004 - President Bush outlined five steps tonight that will help Iraq move toward democracy and security. He also laid out a proposal to demolish the notorious Abu Ghraib prison.

Bush delivered his remarks in a televised address from the Army War College in Carlisle Barracks, Pa., the Army's senior service school to train leaders in developing and employing landpower. He said that after June 30 Iraqis will know Americans have no interest in continued occupation of Iraq.

"The rise of a free and self-governing Iraq will deny terrorists a base of operation, discredit their narrow ideology and give momentum to reformers across the region," he said. Success in Iraq will be a "decisive blow to terrorism at the heart of its power and a victory for the security of America and the civilized world."

Bush's five-step plan to "help Iraq achieve democracy and freedom" consists of:

- Handing over authority to a sovereign Iraqi government;
 - Helping establish security;
 - Continuing to rebuild Iraq's infrastructure;
 - Encouraging more international support; and
 - Moving toward a national election "that will bring forward new leaders empowered by the Iraqi people."
- Bush said U.N. special envoy Lakhdar Brahimi intends to name the interim-government officials this week.

"On June 30, the Coalition Provisional Authority will cease to exist and will not be replaced," Bush said. "The occupation will end, and Iraqis will govern their own affairs."

He shared several details of the future government. A president, two vice presidents and a prime minister will be appointed, along with 26 ministers to "oversee government departments from health to justice to defense."

Bush said transferring authority to a sovereign Iraqi government will give Iraqis more interest in the country's success.

See **BUSH'S 5 STEPS** Page 6

Finally, familiar skies for the 248th Eng. Co.



Spc. Jesse J. Stanley, Jr. and fiancée Laurie Geckle walk away from the crowd hand-in-hand after Stanley's return from Iraq. (Photo by Sgt. Patrick Clark, 65th PCH)

SPC. JESSE J. STANLEY, JR.
65th PCH

"They can't stop time from coming, we'll be home soon," said Spc. Zack Poston of his deployment to his mother Kathy.

Time finally did come for the 248th Engineer Company of Norwich, who left Fort Drum last May in support of Operation Enduring Freedom. More than a year passed since the Soldiers of the 248th had seen their loved ones. Now 130 sets of sand-dusted boots rest at the doorways of their homes and 130 families will rest a little easier each night knowing that their Soldier is home.

The journey of the 248th began under unfamiliar skies in an unfamiliar setting. Staff Sgt. Glenn M. Shilosky recalled one of his first nights overseas.

"It was so hot we had to sleep outside," he said. "We slept on the roof of a building and could hear the shells whistling as they went overhead. Those were the good whistles, the ones leaving. When

See **248th RETURNS** Page 28

Up Front with the Adjutant General

Armed Forces Day Luncheon a success... Think safety during AT Flag Day and 229 years of the Army...

I want to thank everyone who attended the 55th Armed Forces Day Luncheon. It was the largest crowd in recent memory, more than 900 service men and women, employers and retirees attended the luncheon.

This year's Armed Forced Day Luncheon had special meaning. We honored Sgt. Felix Del Greco, of Company C, 1st Bn 102nd Infantry; he gave the ultimate sacrifice while on patrol in Iraq. We also recognized members of the 143rd MP Company who received the Purple Heart for their wounds in Iraq.

In the crowd I saw many faces I had not seen in more than a year, faces of Soldiers and Airmen back home from overseas. Good to have you on home soil. I want to congratulate the six service members who received honor awards.

Lt. Gov. M. Jodi Rell made some poignant remarks about the courageous service of Soldiers and Airmen. Our guest speaker The Honorable Albert C. Zapanta, Chairman of the Reserve Forces Policy Board, gave us an insight into what is in store for the Guard and Reserves. It was an honor and a pleasure to have him address this year's luncheon. I hope to see the same turn out next year.

It is June and this means the Connecticut National Guard is in its Annual Training (AT) cycle. It is a time when Soldiers and Airmen sharpen their military occupational skills. AT for our units has taken on more of an increased level of importance than ever before. While safety and responsibility are year-round concerns, now is the time that we need to focus and pay special attention to safety.

In order to train effectively commanders need to brief Soldiers and Airmen about the importance of looking after each other. This is the most important aspect of safety that is commonly overlooked; knowing your Soldiers and Airmen. We have to know our people and know what to look for. The heat, ticks and operation of heavy equipment are just some of the things we all need to look out for.

Unit leaders must look at and take into consideration safety, and risk assessment in all aspects of annual training. First-line leaders must enforce the safety policies of the unit commander. Commanders need to stress safety and insist the unit not take unnecessary risks.

We all know the usual things to look out for during AT: dehydration, lack of sleep, utilization of ground guides, wearing seat belts, using and maintaining the proper safety equipment such as helmets, hearing protection, eye protection and so on. Our Soldiers and Airmen may be traveling a great distance to attend AT, or operating equipment they do not normally use in course of their civilian employment. These are safety concerns.

Remember attention to detail, let's not lose that vision. Safety deals with our most important resource, our members. They are our highest priority.

The flag of the United States of American is a symbol of freedom and democracy. Men and women have paid the ultimate sacrifice for the flag and what it stands for. It is our duty to respect the flag. I offer you some tips to everyday flag etiquette.

It is a universal custom to display the flag of the United States of America only from

sunrise to sunset on buildings and on stationary flagstuffs in the open. However, the flag may be displayed 24 hours a day if properly illuminated during hours of darkness.

The flag should never touch anything beneath it, such as the ground, the floor, water or merchandise. The flag should never be carried flat or horizontally, but always aloft and free. You can learn more about flag etiquette in The Flag Code found at Title 4, Chapter 1, United States Code.

June 14th is also the 229th U.S. Army Birthday; this celebration comes at a time when our Army is serving a nation at war. This year's logo "Our Army at War – Relevant and Ready," reflects who we are as Soldiers and an Army in 2004. It contains the Warrior Ethos, which reminds us that our Soldiers are warriors of character, who always place the mission first, never accept defeat, never quit and never leave a fallen comrade.

These are characteristics displayed by all our members who served and are still serving in Operation Iraqi Freedom, Operation Enduring Freedom and Operation Noble Eagle.

I salute all Soldiers, privates, sergeants, and officers who left their family and friends behind to serve the Army, our great State and the Nation in time of war.

Congratulations and thanks for being an important part of "Our Army At War – Relevant and Ready!"



Maj. Gen. William A. Cugno
Adjutant General

Connecticut Guardian

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

E-Mail:
CTGUARDIAN@ct.ngb.army.mil

Captain-General
Gov. John G. Rowland

The Adjutant General
Commanding General, CTNG
Maj. Gen. William A. Cugno

Assistant Adjutant General, CTARNG
Brig. Gen. I. J. Zembrzuski

Assistant Adjutant General, CTANG
Brig. Gen. Thaddeus J. Martin

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

State Command Chief Master Sergeant
Chief Master Sgt. Wanda Wawruck

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

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

Assistant Layout and Design Editor
Spec. Jesse J. Stanley
65th PCH

Contributors

Det. 1, 65th Press Camp HQ, CTARNG

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

103rd Communications Flight, CTANG

First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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Perspectives

If you could sit for one hour with a veteran of the D-Day invasion of Normandy, what would you want to talk to him about?



CHIEF WARRANT OFFICER
2 CHAD COPELAND
1109 AVCRAD

How did he deal with it afterwards. How did he deal with the horror that so many people don't know about or didn't see. How did you live your life after seeing these things?

after seeing these things?



MASTER SGT. GREG BUTKO
143rd ASG

I would like to ask them about what were their thoughts about their survivability when they were making their landing, with everything coming at them.

SGT. GERARD BESSENAIRE
BRAVO COMPANY/143rd
FSB

I would like to find out what was going through his head though the initial experience. What he was thinking, if he was thinking at all, or just going on instinct of prior training.



STAFF SGT MIKE WEISSGARBER
103RD COMMUNICATIONS FLIGHT

I would be kind of careful about what I ask, but just about what happened to him. It would be interesting just to hear his story.



SPEC. JOSHUA DEVINE
143rd ASG

I would want to know what he thought about to keep his mind clear in the heat of battle.



SENIOR AIRMAN CONNOR
THOMAS
103RD MEDICAL GROUP

I would have nowhere to start, not sure of anything I would ask. I saw the movies but it is probably not close to being there.



118th supports MEDCAP in Iraq, brings medical attention to local village

MAJ. KEVIN J. McMAHON
EXECUTIVE OFFICER
118 MED BN (AS)

During Operation IRAQI Freedom II, many positive things are happening throughout the country. One of these is called MEDCAP, (Medical Civic Action Programs).

Recently, the 118th Medical Battalion (Area Support) from Newington, Conn. in conjunction with the Civil Affairs from the 13th COSCOM (Corps Support Command), both headquartered at LSA Anaconda, Balad, IRAQ, sponsored a MEDCAP at one of our local villages.

On May 11, a convoy of 10 vehicles, complete with security elements, doctors, and Physician Assistants headed, as we call it, outside the wire. To travel outside the wire, leaving the Base Camp, requires quite a large amount of prior planning. This particular MEDCAP was two weeks in the planning stages, with soldiers from six different units involved. There must be a convoy commander, head of the security element, and also the chief of medical services to be provided. This is truly a culmination of the training we received at MOB Station, as well as at Udari Range in Kuwait prior to heading North into Iraq.

The major difference between a MEDCAP in a Theater of war, and ones that we have participated with in the past is largely due to the level of threat. When conducting a MEDCAP, or MEDRET, in South America, such as Nicaragua, you can plan with the local village and have it extremely organized prior to the event itself. When conducting a MEDCAP in IRAQ, you do not have the luxury of letting the townspeople know that you are coming, the Civil Affairs folks will coordinate with the local mayor so that a place may be established that is suitable for the activity.

Then when the day arrives, our group arrives at the village, our perimeter security is established immediately, and then we quickly set-up a clinic. Not quite like the ones we have back home.

On this particular day we had our new dentist, Col. (Dr.) Mark Chun from Hawaii, with us as well. His mission was more education and training and preventive dental care, rather than trying to fix dental problems, we could only stay on the ground three hours before we had to be prepared to leave. In the clinical setting we were fortunate to have Lt. Col. (Dr.) Rick Young, Chief of pediatrics from St Raphael Hospital in New Haven, and Capt. Dave Lang, one of our Physicians Assistants.

"The biggest problem we face in providing treatment is the language barrier," said Young.

Although we were able to bring along two

DOD sponsored interpreters, we also used the skills of our own Sgt. Tanya Williams, who speaks Arabic, she became very helpful in speaking with the local women regarding health care issues.

During the three hours we actually had to provide care, our providers managed to see approximately 100 patients. The actual numbers are very difficult to acquire, due to the fact that when you try to treat one patient, it seems the whole family has individual needs. Once the village realized why we were there, the lines formed within twenty minutes, which created one of our biggest duties, crowd control.

Although it will soon average 120 degrees, every soldier who was involved in this mission said they hope to be involved in the next one. As we (118 Med Bn) continue with our missions throughout this country, from Turkey to Kuwait.



Lt. Col. (Dr) Rick Young with a local child. (Photo courtesy of the 118th Med. Bn.)



Capt. Dave Lang performs an exam in Iraq. (Photo courtesy of 118th Med. Bn.)



Col. (Dr) Mark Chun performs a dental exam on an Iraqi villager during a MEDCAP exercise. (Photo courtesy 118th Med. Bn.)

Greatest Generation remembers D-Day

From Page 1

for the purpose of weakening and overcoming the coastal defenses of the enemy forces. Air and naval forces bombarded German pillboxes, heavy weapons positions and troop marshalling areas. Soldiers were inserted behind enemy lines using gliders and airborne drops.

The forces that attacked the beaches stand out among the bravest in the history. The treacherous landing by US troops on Omaha Beach may be the most legendary. Many of those troops were from the 29th Infantry Division, originally a National Guard unit activated for the war. American troops also faced a Nazi onslaught on Utah Beach.

The Soldiers who lived through that unimaginable hell, often say they just did what they knew they had to do. Dick Egan, of Meriden, was a member of the 296th Engineer Battalion, which supported various units during the war. Egan said that when his unit was attacking as part of the First Army on that June morning, the objective was simple: "To get on dry land!"

"The first two waves made it possible for the following waves to get to shore without drowning. I was fortunate enough to be later than the first or second wave," said Egan, who was with the fifth wave of attackers. Some of his fellow engineers on previous waves had already used explosives to blow holes in the cement walls and help breach other obstacles.

He recalls a lot of debris on the beach, as he made his way through the water to the sand.

"The beach was littered with all kinds of junk: boats, vehicles still in the water. The guys just lost those because they were just trying to get ashore," Egan said. Numerous tanks were lost in the water.

"There wasn't a chance to do a normal job - except get to shore. At first it seemed like a lost cause. Vehicles were sent off the landing craft in 12 to 14 feet of water, and everything was just going into the water.

"But some of the vehicles were mostly waterproofed. Jeeps had snorkels for their carburetors and exhaust pipes sticking up into the air. The engines were waterproofed," said Egan, who by this time in the war had become a reconnaissance jeep driver. He said he drove a jeep right off the ramp of a landing craft, went through some water and onto the beach. He liked that "waterproof" vehicle so much he now owns one.

"I still have the radio that I used in Europe. It's mounted on the jeep," he said.

Egan is one of several dozen veterans active in a group called "The Antique Veterans" of Meriden. In addition to assisting with funerals for fellow veterans (190 last year), the veterans go into schools to share their experiences with students, who might otherwise not have the



U.S. Troops make their way from a Coast Guard vessel to the shores of Normandy on June 6, 1944. (Photo courtesy of the Franklin D. Roosevelt Library & Museum, ID # 7420:1298)

opportunity to learn World War II history directly from those who made it. Egan is among those who still fits into his uniform, although "even the tie is tight," he said.

In the fight to protect freedom, it's hard to imagine an experience more excruciating and grueling, or more historic, than the experience of helping assure the beginning of the end of the Third Reich.

Wilfred Cabana, of Waterbury, then with the 834th Engineer Battalion, remembers the experience all too well. He has done so for most of the 60 years since the invasion. Cabana has not gone back to Normandy - at least not physically. But, in his mind he seems to have relived the horrors he witnessed on D-Day.

"I'm just about getting over it, now" Cabana said. "How we got in, I'll never know. You weren't sure if you were going to make it. A lot of guys didn't make it. I did, and the good Lord was with me."

Cabana remembers the sights and sounds of the chaotic fury brought about in the invasion, from the boats moving toward the beaches to the troops dismounting into the ocean waves while facing the onslaught of German machine guns, indirect fire and the notorious 75-mm and 88-mm artillery guns being fired at them.

"It was total chaos," Cabana said. We didn't know who was who, and we just ended up playing follow the leader. The Germans had every inch of that beach in their sights. And there was no cover for us."

He remembers the beach being littered with destroyed equipment, and more painfully, with the dead bodies of fellow Soldiers, many of whom never actually made it to the shore.

"There were so many bodies lying around, they were like chord wood. And the water was just as red as could be," Cabana said, struggling with emotion. He also remembers that getting to shore, and then getting to

from what he witnessed on D-Day, he said.

"When I came back home, I was having nightmares for at least a year or two. My brother would tell me 'Boy, you were swearing up a storm' (while sleeping)," Cabana said. "My father told my (then-fiancée) not to marry me for at least a year or two, because I was like an animal, and it would take a while for me to get back to normal."

Cabana was a member of the 834th Engineers, attached to the 9th Air Force. His unit built runways, using bulldozers and other heavy equipment. They also put down interlocking metal plates to allow the planes to land in the often swampy, lowland region.

"We had to make sure the pilots had runways so they could come down, refuel and get back in the air," Cabana said, adding that the planes could not fly back to England, because they were running out of fuel.

Cabana was able to capture images to help him remember what he saw.

"I had a little spy camera," he said, laughing at the ironic origin of the miniature camera that he used to chronicle scenes as the Allies moved across France into Germany. "It was made in Germany."

Cabana is 85 years old, but he keeps on enjoying life the way he has for decades, hunting, fishing and spending time at the work shop in his basement.

Lt. Col. Harold Rochette, Sr., of Meriden, has memories of what he saw on D-Day, as well. Although he had a much different perspective - from the sky.

"I could see through the spotted clouds. From 10,000 feet, I could see the mayhem," Rochette said. "I could see a bunch of boats. It looked like you could step from one to another."

"It was cloudy on D-Day. The day after, we could see a little more. We could see the holes in the ground and all the abandoned equipment," Rochette said. He adds that he could also see signals from the ground, with the Allied troops making sure that the high-flying bombers knew they were friendly forces.

Author Cornelius Ryan called June 6, 1944 "The Longest Day." If the World War II generation of Americans was "The Greatest Generation," as Tom Brokaw states in his book, then D-Day may have actually been the greatest day of the greatest generation.

the high ground as soon as possible, were the main objectives of the landing. Of course, staying alive against formidable odds was the main objective, and a main requirement to staying alive was killing the enemy forces that were firing relentlessly from well-constructed defensive positions.

"Even that was tough, because they were just kids, too," said Cabana, who was 24 at the time. As he advanced with his unit through St. Lo, he grabbed a war trophy - a Nazi flag that had been hung to a wall inside a radio station. He has held onto the flag for 60 years, but said that he has never really shown it to anyone. He also has mementoes from an SS officer's uniform, a second lieutenant he killed in Normandy.

"That was the toughest one. But, it was him or me, and I did what I had to do," Cabana said.

He has just recently begun to tell family members about his experiences. But, he also said that his family knew he was having trouble adjusting when he returned from the war.

He was one of many U.S. Soldiers who first set foot on European soil on the beaches of Normandy, and continued fighting Nazi troops all the way up to the Rhine River, more than a year later. Through all of that, most of his worst memories were



The beaches at Normandy were littered with the bodies of the dead and dying on June 6, 1944. Medics desperately tried to save as many as they could. (Photo courtesy Franklin D. Roosevelt Library & Museum, Library ID # 789(228)

Normandy sites draw history buffs to the bluffs

STAFF SGT. STEVE MARKOWSKI
65th PCH

Operation Overlord may be the most discussed military operation in history. Dozens of books by some of the most successful military authors, movies and computer war games offer opportunities for those who were not there to try to get an idea of what it was like for those who were.

Of course, there is no substitute for learning about history through one's own eyes, ears and mind. That is the approach that many history buffs employ in learning about what was faced, endured and accomplished on the beaches in the Norman region of France on June 6, 1944.

Even the best movies, books and computerized simulations fall well short in their efforts to pay tribute to the horrors experienced in combat.

"They can't give you that 3rd dimension. They can't give you the smells, the sensations," said Lt. Col. Harold Rochette, Sr. (ret.), who earned the Distinguished Flying Cross while flying combat missions in B-17 bombers with the 8th Army Air Force, during World War II.

He flew 31 missions in just 66 days.

But, others who have been so fascinated by the history made on the beaches of Normandy, include those of the generations that have followed that which won World War II. It also includes people who have served in the military, and those others who did not.

A military background is not essential to understanding how much the Soldiers of D-Day overcame. A trip to the notorious cliffs, along with a basic understanding of the events of that day and enough imagination to bring it all together, will offer at least a foundation to appreciating the incredible valor displayed on those battlegrounds. Those who have been there have been especially impacted by Omaha Beach.

Carl Yusna, 45, a freelance photographer and writer from Old Saybrook, is an associate member of the 29th Infantry Division Association. (His father was a member of the 29th.) Yusna has traveled to Normandy in order to get a

better understanding of the legacy initiated by Allied troops on that day.

"It should almost be required for all Americans to go there and look at the cliffs and the 9,836 crosses on the ground above," Yusna said. "It's something profound to stand at beach level and to try to comprehend it all."

Lt. Col. Paul Ciesinski, of Headquarters State Area Command, Connecticut Army National Guard, has invested a great deal of time and effort, as well as some money, to gaining a better understanding of what was experienced on D-Day. He and several of his friends from college ROTC days, all of whom are now field grade Army officers, have been on two trips to Europe exploring battlefields and retracing the steps of the Allied troops who liberated western Europe from Nazi control.

Among all of the beaches, it was Omaha Beach that stood out the most, especially knowing what the 116th Regiment, 29th Infantry Division encountered in landing on the shore – for those who made it that far. Also, men from the 2nd Ranger Battalion defied the odds by amazingly climbing the famous cliffs at Pointe du Hoc.



An American Cemetery at Normandy shows in stark reality, the number of brave men who gave their lives for freedom in June 1944. (Photo by Carl Yusna, freelance photographer)

"Until you actually get up into the German positions, you can't really understand what it was like," Ciesinski said. "From any of those positions, you can see the open shoreline. You realize that for the Germans, basically every shot was a hit. You're utterly awed that these Soldiers were able to fight their way through this incredibly murderous fire."

In order to better understand how the terrain played into command decisions of D-Day and beyond, Ciesinski brought along a 1/250,000 topographic map "so we could see how the troops saw it in 1944. If you don't have a military topographical map, you won't really understand what happened at the time. Terrain has such an effect on military operations – friendly or enemy," he said.

He also discussed the landing of U.S. troops near Vierville, right in front of two heavily fortified German pillboxes, which must have seemed impossible to knock out.

"How did they land 150 meters from this and survive? It's astonishing," Ciesinski said.

The 116th Reg., 29th Inf. Div. was comprised mostly of Virginia National Guardsmen. Company A landed right in front of those

pillboxes. Company A's casualty rate at D-Day was higher than 90 percent. Out of 230 men, only 18 were not killed or injured in the assault on Omaha Beach.

According to David Fortuna, writing in the special D-Day edition of "World War II" magazine, the small town of Bedford, Va., with a population of 3,200 in 1944, had 35 men in the unit. Of these 35 volunteers, 22 were killed.

This was the highest one-day loss of any town in the United States, according to the article. As a tribute, the 1997 Defense Authorization Bill designated Bedford as the site for the National D-Day Memorial. Currently, a wall is under construction there, and will list the names of all 4,500 Allied personnel who were killed on D-Day. Bedford, Va. is about 200 miles southwest of Washington, D.C.

If the Germans had cleared the tall grass away from in front of their positions, it would have been even more difficult for attacking U.S. troops. German troops used a lot of tracer rounds in order to keep their machine guns on target, Ciesinski said. The hot, glowing rounds led to fires in the tall brush, causing smoke to rise up and obstruct line of sight for the Germans.

"Once the brush fires started, they (U.S. troops) were able to exploit the weaknesses between the German strong points, to move up and to attack from the rear," Ciesinski said.

In his travels to the Normandy region, Yusna has brought along some French friends to the battle sites, in order to make sure they too understand what U.S. troops overcame at Omaha Beach, Utah Beach and Pointe du Hoc. He has also brought those French friends to the U.S. military cemetery in Normandy. He said that these friends were also profoundly impacted by the experience.

Air superiority played key role in D-Day victories

STAFF SGT. STEVE MARKOWSKI
65th PCH

Portrayals of the combat endured on D-Day depict the horrors faced by ground and waterborne troops on that day. The largest armada ever assembled played a large role in helping foot soldiers make it to shore, to hold ground and to advance against fortified enemy positions. The U.S. Army Air Force also played a role in Operation Overlord, bombing those enemy positions, as well as other targets behind the lines.

There was not a lot of activity by German aircraft on June 6, 1944, and that made conditions faced by Allied pilots a bit easier on that day, according to a veteran of 31 combat missions. Also, with Allied forces hitting the ground, German troops had more on their minds than firing flak into the sky, hoping to wreak havoc on Allied aircraft. The skies were not quite as dangerous as usual

for Allied air crews.

"It was almost like a 'milk run' on that day," said Lt. Col. Harold Rochette, Sr. (ret.), a Meriden resident who earned the Distinguished Flying Cross while flying B-17 bombers with the 8th Army Air Force, during World War II.

Although the B-17, known as the "Flying Fortress" was normally used for strategic bombing missions, Rochette and his colleagues bombed closer range targets in support of the D-Day invasion. He then flew 31 missions in just 66 days, as the Allies finally gained and expanded control of land in western France.

Rochette had experienced combat prior to D-Day, having flown at least 10 missions prior to June 6, 1944.

"By June 6th, I had already had about 10 or 11 D-Days," Rochette said. "The way I looked at it, this was a day for the guys on

the ground.

"It was about 2 a.m. The orderly came in and said 'It's D-Day!'" Rochette said, adding that 2 a.m. was a normal time for them to get up for bombing missions.

"With all of the bombers taking off (from England) in the low clouds, there was danger of collisions. We had about 35-40 planes taking off at the same time in our group. We were in danger until we got above the clouds," Rochette said.

On D-Day, Rochette and his colleagues bombed railroad terminals, viaducts, and any places through which the Germans could bring troops. He felt that the ground assault on the Germans caused the enemy to work on other defensive measures on the ground rather than in the air.

"Gen. Eisenhower told us that if we saw planes in the sky, they would be ours. I don't know how he knew the Germans wouldn't

have many planes flying on that day. But, he was right," Rochette said, adding that he saw plenty of enemy aircraft in the sky after D-Day.

"On D-Day everyone was more concerned about other things than our bombing. We did the bombing to back up our guys who were going to be coming in on the land," Rochette said.

With that different perspective in mind, Rochette has been back to the Normandy region. He has walked the beaches, and been at the top of the cliffs as well as the bottom. The steepness of the cliffs impressed him.

"I thought 'How did they do that!?' That was impossible. Under ordinary circumstances, you'd think it's something that nobody could do," he said.

See AIR SUPERIORITY Page 11

Screening of obligated Individual Ready Reserve Soldiers for possible assignment to Army Reserve units

The Army's Human Resources Command - St. Louis (HRC-STL), is identifying Individual Ready Reserve Soldiers with a statutory Military Service Obligation (MSO) remaining for possible assignment to an Army Reserve unit. These Soldiers may be assigned to position vacancy requirements within designated Reserve units based upon the needs of the Army.

At this time, there have been no involuntary assignments of IRR Soldiers to any Army Reserve units. The HRC-STL is identifying IRR Soldiers for possible assignment. HRC-STL is responsible for the management of all Army IRR soldiers and has standard business processes in place.

The screening is being done in a three-phase program. In the first phase, Soldiers with obligations remaining will be asked to volunteer to be assigned to a Troop Program Unit (TPU). The second phase involves the involuntary transfer of the obligator IRR Soldiers into OIF3/OEF6 TPUs. The third phase is the transfer of non-obligator Soldiers from the IRR to TPUs.

The Individual Ready Reserve (IRR) consists of over 118,000 trained Soldiers who may be called upon to fill vacancies in Army Reserve units and may replace Soldiers in Active and Reserve Units. Part of the Army's Ready Reserve, the IRR involves individuals who have had training, served previously in the Active Component or the Selected Reserve (such as a member of an Army Reserve unit), and may have some period of military service obligation remaining.

Unlike new recruits, these are seasoned, experienced Soldiers who can contribute significantly to Army readiness. All Soldiers have a statutory eight-year military service obligation (MSO), which is established at the time of entry into military service (Active or Reserve).

National Guardsmen who have entered the IRR are also subject to this screening. Guardsmen in the Inactive National Guard (ING) are not affected at this time.

Soldiers enter the IRR if they have time remaining on their initial eight-year obligation. For example, a Soldier enters the Guard on a 6 by 2 contract, completes the first six years and chooses not to continue in the Guard. He still has a two-year commitment left and would enter the IRR.

The IRR, as it exists, is mandated by Congress under Title 10 of the U.S. Code. In accordance with implementing instructions contained in Army Regulation 135-91, members of the IRR can be required to join an Army Reserve unit if they are statutorily obligated and have a skill needed by the Army.

If a member of the IRR desires to volunteer to join a Reserve unit, they may call the Army's Human Resources Command - St Louis at 1(800)318-5298, or send an email to the appropriate office. More information on volunteering for mobilization is available within the Mobilization area of our site.

Additional questions and answers regarding this will be placed at a later date on the HRC-STL Web site: www.hrc.army.mil.

Access to pay information gets easier

Defense Finance and Accounting Service officials announced May 12 that Airmen can receive personal identification numbers for myPay through their official Air Force e-mail accounts.

Airmen can expect to receive a new or updated PIN within two hours of requesting it on the myPay Web site.

The e-mail PIN delivery process is a simpler, faster alternative to the direct mail and in-person request methods previously available, DFAS officials said. This capability is especially timely as more people are realizing the benefits of accessing myPay from remote and deployed sites.

Customers can view, print and save leave and earnings statements, make adjustments to federal and state tax withholdings, update bank account and electronic transfers and change address information, all online at <https://mypay.dfas.mil>. The Web site is available to all servicemembers, military retirees and annuitants, and Departments of Defense and Energy civilian employees.

Army CBT Update

Leslie York, Army CBT Project Administrator, has announced that "the migration of MySmartForce to SkillPort that will take place 15 June. There will be a new URL beginning 15 June - <http://usarmy.skillport.com> The old URL will automatically direct you to the new one."

Through the merging of SmartForce and SkillSoft, there is a whole new e-Learning SkillPort platform. The main impacts of the new site are that "you must finish any course you are currently taking before the launch to SkillPort on 15 June" and your "My Progress" records currently under MySmartForce will not transfer to the new SkillPort. Those records will be uploaded into a single database and be provided to the e-Learning Program Office in the event that there are any records individuals need to view after the migration.

You may want to print a copy of your "My Progress" prior to 15 June just for your records. All completion records, however, are documented in ATRRS which is the official document for promotion packages.

If you are completing a course on-line and did not finish prior to the migration on 15 June, you will be required to take that portion of the course again because the progress does not transfer to SkillPort. This is why you must complete your course modules prior to 15 June 2004.



Bush's 5 steps

From Page 22

"Iraqis will know that when they build a school or repair a bridge, they're working not for the Coalition Provisional Authority, they're working for themselves," Bush said. "And when they patrol the streets of Baghdad or engage radical militias, they will be fighting for their own country."

Regarding the second step, to assist in establishing security, the United States will provide forces and support as necessary, he said.

Coalition officials are also taking several steps to improve the quality and performance of Iraqi forces. The steps include intensifying and lengthening training, improving vetting procedures for leaders, and installing an Iraqi chain of command.

The plan's third step is to continue rebuilding Iraq's infrastructure "so that a

free Iraq can quickly gain economic independence and a better quality of life," Bush said.

Infrastructure also includes a well-supervised prison system. The president noted Abu Ghraib prison was a symbol of death and torture under Saddam Hussein. It has since become "a symbol of disgraceful conduct by a few American troops who dishonored our country and disregarded our values," he said.

He outlined plans for a modern maximum-security prison. When this is completed, Bush said, and with the approval of the sovereign Iraqi government, "we will demolish the Abu Ghraib prison as a fitting symbol of Iraq's new beginning."

Coalition forces and officials have already helped Iraqis rebuild schools, hospitals, electrical stations and bridges and modernize the country's communications system, all of which were in shambles after armed conflict

and decades of neglect by Saddam Hussein's regime.

To ensure continued progress, the American embassy in Iraq will have regional offices in key cities to work closely with Iraqi government at all levels.

The fourth step is to enlist more international support for Iraq's transition to democracy. U.S. and British representatives today proposed a new U.N. Security Council resolution "to reaffirm the world's security commitment to the Iraqi people and to encourage other U.N. members to join in the effort," Bush said.

The president called the fifth step "the most important step" - free national elections to be held by January 2005.

"Iraqis are united in a broad and deep conviction," Bush said. "They're determined never again to live at the mercy of a dictator.

"And they believe that a national election will put that dark time behind them," he continued. "A representative government that protects basic rights, elected by Iraqis, is the best defense against the return of tyranny."

Bush admitted completing these five steps won't be easy and there's likely to be more violence before and after the June 30 transfer of authority.

"The terrorists and Saddam loyalists would rather see many Iraqis die than have any live in freedom," he said. "But terrorists will not determine the future of Iraq."

Bush said he sent American troops to Iraq "to make its people free, not to make them American.

"Iraqis will write their own history and find their own way," he said. "And as they do, Iraqis can be certain a free Iraq will always have a friend in the United States of America."

242nd Relieved: Farewell Charlie

MIKE BRENNAN
FORT HAMILTON PUBLIC AFFAIRS

On a Friday afternoon late in April, members of Charlie Company of the 242nd Engineer Battalion from Branford, Connecticut completed their tour at Fort Hamilton.

Augmenting the 152nd MP Platoon of Fort Hamilton since before last Christmas, Charlie Co. performed their mission well and the garrison was a safer place for their efforts.

At a ceremony on the bluff overlooking the narrows between Brooklyn and Staten Island, awards, certificates, many thanks and a promotion were presented in the afternoon sun. The Soldiers assembled for their last formation at Fort Hamilton as the Garrison command staff faced them.

The Charlie Company Commander, Capt. Pat Libero, addressed his soldiers and congratulated them on a job well done. First, he called upon two Soldiers who were receiving the Army Commendation Medal, Sgt. 1st Class

Michael Brown of the 242nd Eng. Bn. and Sgt. Philip Moorehead of the 152nd MP Platoon. Libero and 1st Sgt. Masotta also promoted Pfc. Daniel Hernandez pinning his new rank of Specialist on his collar.

All the Soldiers of Charlie Company received Certificates of Achievement from the Garrison Command and at the reception afterwards Certificates of Appreciation from the Provost Marshal's Office.

Nineteen Commander's Coins were given out by Command Sgt. Maj. Juan Caez to members of Charlie Company, six of which were for volunteering at the Boro-Brawl held in the Athletic Center on April 2. The 152nd MP Platoon also gave Charlie Company a statuette to display at their headquarters back in Connecticut.

Among all of these awards, Libero reciprocated by giving out Battalion Coins from the 242nd to members of the garrison staff as tokens of appreciation and to commemorate their deployment in New York City.



A Soldier from Charlie, 242 salutes during ceremonies honoring him and members of his unit for the professionalism they displayed during their deployment to Fort Hamilton, N.Y. where they provided security under Operation Noble Eagle III. (Photo courtesy of Fort Hamilton Public Affairs)

Explore and experience the world of flight at the Fifth Annual Space and Aviation Day at Bradley International Airport

Take a journey of fun with the whole family at the airport ... see military aircraft up-close!... firefighting demonstrations!... check out the latest displays at the museum!... learn how a Pratt & Whitney engine operates!... and help raise money for The Hole in the Wall Camp at the same time!!!

All this and more will take place on Saturday, June 26, 2004, when Bradley International Airport hosts Space and Aviation Day. The popular "FREE" event which attracts thousands of attendees every year, promises to be packed with displays, activities, live demonstrations and refreshments for families, friends and aviation-buffs. This year's presenting sponsor will be Pratt & Whitney.

Space and Aviation Day will be held on the West side of the airfield with free parking and shuttle service between all locations.

Connecticut Air National Guard Base (9 a.m. – until aircraft depart at 2 p.m.) – Base visitors get up close and personal with a military fighter and transport aircraft and equipment. Investigate Connecticut's State Police specialty units including DARE, Major Crime Van, Canine Unit, Children's ID Unit, Explosive Disposal Unit and the Aviation Unit. Transportation Security Administration will have information and time saving tips for safe travel. Pratt & Whitney will have a display of their latest engines. A tethered hot air balloon will offer rides (weather permitting). Refreshments will be available. Special security notice: visitors may not bring coolers, backpacks and guns and knives on the base.

New England Air Museum (9 a.m. – 5 p.m.) – Museum visitors can tour vintage aircraft displays, compete in a LEGO contest, and learn about space technology with Dr "Flush."

Connecticut Fire Academy (9 a.m. – 4 p.m.) – Academy visitors will enjoy demonstrations of rappelling, search and rescue dog activities, burning "pit fire," and thermal imaging camera as well as a craft show, and refreshments.

Directions to Space and Aviation Day: Follow parking direction signs from Route 75 and Route. 20. Admission and all event parking is free of charge.

Space and Aviation Day is planned and coordinated by Bradley Family Day, Inc., a nonprofit group of volunteers, with all proceeds going to The Hole in the Wall Gang Camp.

The Hole in the Wall Gang Camp, founded by Paul Newman in 1988, is a nonprofit residential summer camp and year-round center designed to serve children and families coping with cancer and other life-threatening illnesses. Each summer more than 1,000 children between the ages of seven and fifteen from across the country and abroad attend free of charge. The Hole in the Wall Gang Camp offers programs in the off-season for campers, their families, and healthcare professionals. In addition, the Camp provides support to other camps with a similar mission throughout the world. It is the kindness and generosity of many friends that make The Hole in the Wall Gang Camp possible.

For more information logon to www.holeinthewallgang.org/events/

Connecticut National Guard gives at-risk youth opportunity to 'About Face'

SPC. JOSEPH WALLER
65th PCH

A partnership has grown between the Connecticut National Guard (CTNG) and the Northwest Regional Workforce Investment Board to assist the local youth to "about-face" and turn their lives around through classroom instruction and hands-on experiences.

The About Face program targets at-risk youth, people as young as sixteen who did not complete high school or those who cannot find good job opportunities. About Face works to take these students, teach them relevant life and work skills so that they can get a job that will certify them in a field or provide them with a real chance for advancement.

The course delivers 180 hours of learning opportunities, half of which includes life skills lessons like budgeting, nutrition, resume building and critical thinking. The other half is an experience-building program, which is provided with the assistance of the 2nd Governors Horse Guard who works with the youth to develop resume relevant experiences in a work environment by allowing the students to use their horse farm as a worksite.

"It gives them a chance to visit and environment that they normally would not get exposed to," according to 1st Lt. Lynda Hedenberg the coordinator of the Waterbury About Face program. The students get paid for their work like any other job, and according to Hedenberg, they also get valuable references when they apply for jobs



Students in the first class of About Face at Governors Horse Guard facility where they learned skills that will help them get jobs. (Photo courtesy of About Face)

after the completion of their program.

The program, which began in April, is already graduating three students who have completed the six-week course. One graduating student, 18-year-old Jerry King, a resident of Waterbury, had nothing but good things to say about the program and its cadre.

"It's nice and it has helped me a lot...it is going to give me an education. It is a good environment and we are surrounded by good people."

King worked at the ranch with horses and

related his first experiences, "At first I was scared of getting stepped on, but now I just work with them like I do with people."

On the cadre King said, "They teach us...they help you out and try to see what you want out of life."

The three students receiving their graduation certificates are making this their first step forward on a long road of personal development. They may be graduating but they are not exiting the program for two years. They will now meet once a month with program staff who will track their

progress and assist them in using the skills they learned during the six-week course.

Why is CTNG getting involved in helping at-risk youth? According to 1st Lt. Paul Draper, the Education Services officer at the Hartford Armory, "The Guard wants to give back to the community. A lot of youth have found it difficult to get and hold down well paying jobs. This is one way that we can help out our local communities."

For more information about the About Face program, contact 1st Lt. Lynda Hedenberg at (203) 757-8852.

Early years at the ACS saw fire, moves, deactivations

SENIOR MASTER SGT. JOHN CUOMO
103rd ACS

Enlisted members who took and passed the Army General Classification Test were assigned to Radar Maintenance section, which meant they were sent to a 36-week radar course a Boca-Raton, Florida.

Those that qualified for Radio Communication were sent to Scott Field, Illinois for 32 weeks.

In November 1948 Lt. Stephen V. Tingley joined the Milford Detachment. He was the first fully qualified aircraft controller to enlist into service with the 103rd AC&W Sq.

A fire gutted the Hammonasset detachment's building in May 1949. The meetings were held at the Clinton American Legion Hall, until August when the detachment was deactivated and the members reassigned to either the Groton or Milford sites.

April 1949 the Milford detachment saw a new piece of equipment. This was an ARRL-VHF radio. It was a K1FAA, equipped with 2 Meter squared corner reflector. Then in July 1949, the Milford detachment received its new

AN/TPS1B Search Radar. Capt. Terry, Tech. Sgt. Gorham, and Master Sgt. Pollitt accomplished the initial erection. Now that the unit had new equipment both the Groton and Milford detachments would be able to deploy.

August 1949 Annual Field Training took the unit out of state to Camp Edwards / Otis Field Air Base the 33rd Fighter Wing, on Cape Cod in Mass. While at annual field training, Pollitt of the Radar Operation workcenter spent many long hours every day typing out operation schedules. With the advancements of today, computers do this work.

After the August annual field training, the Groton detachment moved to Dow Field Air Base just outside of Bangor, Maine. The headquarters at Brainard Field was moved to Groton for a while, and then finally, to Hartford. It was also decided that the Hammonasset unit would be deactivated rather than rebuilt. These people were reassigned to the other two functions, either Groton or Milford Point. The Headquarters were moved to the Milford Point Station. At

this point, the Groton unit grew to 185 people, the Milford unit grew to 109. The majority of aircraft supporting the units mission at this time were F-86's based at Otis AFB, Falmouth (Cape Cod) Mass.

UTA's (Unit Training Assemblies) during this time were a little different. Drills were on Wednesday nights until 31 August 1950 there after it was changed to Monday nights for two hours from 1930-2130 and the 15 days of annual field training remained unchanged. Enlistments at this time were strictly on a three-year volunteer basis.

There were two types of uniforms during this period. Either khaki with blue belt and service cap or the one-piece fatigue.

In 1950, the steel-web radar antenna used by the Milford unit was mounted on a 3' X 3' square base of a 14' high tower. Maintenance and operations were accomplished from this tower base.

The area of view from this point in Milford was south across Long Island Sound, west to just past the New York line. An optional set of scopes were mounted in

back of a trucked trailer. Short wave radios were used to contact Brainard Field for control.

The unit always had a good record of status on the state radar network until one night when a visiting skunk who apparently found an interest in electronics. He made himself comfortable in the radar control truck. After awhile, the guardsmen feared the worse for the atmosphere of their truck, but the curious visitor left and disappeared into the woods.

Many of the recruits were still high school students due to the fact that 17-year-olds were allowed to enlist. During the winter months, Sunday's drills were spent dismantling the radar at Milford Point and setting up at EEL's Hill six miles away and return the same day.

Because the complete radar unit was contained in the base/tower of the unit, during inclement weather the base would be enclosed in a tent. The trouble with this was that during the winter months the only heat in there was from the cup of coffee in your hand and a small wood burning stove.

Airmen awarded for service in Iraqi Freedom

Pfc. JORDAN E. WERME
65th PCH

Seven Airmen of the 103rd Fighter Wing, Connecticut Air National Guard, were awarded for meritorious service while on deployment in support of Operation Iraqi Freedom at their home base in Windsor Locks, May 1.

Air Force Vice Chief of Staff Gen. T. Michael Moseley flew in to Bradley International Airport to speak to the gathered servicemembers

and families and to personally present the Airmen's awards.

Col. Frederick R. Miclon, Jr., commander of the 103rd Maintenance Group, was awarded the Bronze Star Medal for his

achievements as Maintenance Flight Commander, 387th Air Expeditionary Group.

"I'm very proud to have been awarded the Bronze Star," said Miclon. "I'm also very humbled by it. I know the sacrifice others have made to get it. There's a little bit of every member of the 103rd in this medal. It's the accumulative accomplishment of everyone in the unit."

"I'm honored and proud," said Capt. Christopher J. Simpson, A-10 pilot, 103rd FW. "I didn't need the medal for personal satisfaction."

Simpson was awarded the Air Medal for sustained aerial flight as a pilot with the 131st Expeditionary Fighter Squadron.

"I have a great sense of pride," said Master Sgt. Steven L. Seaha, life support noncommissioned officer in charge, 103rd FW.

"To be able to mesh together and work together and to fit so well into place, I'm pretty happy, pleased, proud and honored."

Seaha received the Air Force Commendation Medal for his performance as Aircrew Life Support Craftsman for the 131st Expeditionary Fighter Squadron.

The Air Force Commendation Medal also went to Capt. Wayne Ferris for outstanding achievement as Chief of Logistics Plans and Programs for the 387th Aerospace Expeditionary Group, and Senior Master Sgt. Brian Roy, for his outstanding efforts as Fuels Operations Supervisor for the 387th.

The Air Force Achievement Medal was presented to Senior Airman Nicholas Blanchard for outstanding service as Supply Clerk for the 387th Aerospace Expeditionary Group and Senior Airman Maureen T. Smith for distinguished service as Munitions Systems

Specialist for the 387th Air Expeditionary Group.

"You sometimes feel like a fireman who trains but never goes to the fire," said Miclon.

"But now we've been to the fire and helped to put

"Gen. Moseley was the Air boss for the war in Iraq, and he was in charge of the mission we had. To be deployed and to have worked under him, and for him to now be here to present the medal, that makes it all the more special."

Col. Frederick R. Miclon, Jr.

it out. We knew what we were there to do and got the job done. I really got a realization of how important our job really is. You don't get retakes out there."

"Everyone in a support role did an outstanding job," said Simpson.

"It was amazing to keep it going like that. I want to go back. It was incredibly rewarding, sometimes harrowing, to know that when ground forces are in trouble we can go in and help out. We let Big Green do their job and help out when they need us."

Having Moseley there to present the awards left quite an impression on the recipients.

"I was very excited," said Miclon. "Gen. Moseley was the Air boss for the war in Iraq, and he was in charge of the mission we had. To be deployed and to have worked under him and for him to now be here to present the medal, that makes it all the more special."

"It was pretty surprising," said Seaha. "Someone that high up coming to see us? That's pretty incredible."



Air Force Vice Chief of Staff Gen. T. Michael Moseley presents awards to Airmen at Bradley Air Base. The Airmen of the 103rd Fighter Wing worked under the general's command in Iraq. (Photos by Pfc. Jordan Werme, 65th PCH)



Partnership for Peace; Positive nation relations fostered through K-9 training

1st Lt. MIGUEL COLON
192^D CHEMICAL BN ADMINISTRATIVE OFFICER

Connecticut National Guard Soldiers Maj. Alberto M. Higuera and 1st Lt. Miguel Colon attended the National Association of Dog Obedience Instructors World Conference as Spanish-English translators for both the Uruguay and El Salvador delegations.

The conference took place in Portsmouth, New Hampshire April 16 - 20 and was sponsored by the Portsmouth Police Department and the Working Dog Foundation.

The conference focused on K-9 drug detection, explosive detection, patrol dog and tracking dog deployment. It also concentrated on K-9 first aid and the effective utilization

of military and police K-9 assets.

The international delegation consisted of Inspector Sosa Santa-Maria Chief of the K-9 department for the El Salvador National Police, Especialista Martinez head of the El Salvador Army K-9 unit, Lt. Ramas head of the Uruguay Army K-9 unit, and Lt. Diaz head of the Uruguay Coast Guard K-9 unit.

In addition to attending the three-day conference, the delegation visited the Essex county jail in Massachusetts, Portsmouth Police department, and the New Hampshire Police K-9 Academy at Pease Reserve Air Force Base to observe the K-9s in action.

The delegation also visited the Mayor of Portsmouth, who presented them with mugs, baseball caps and pins sporting the

Portsmouth police and K-9 unit logos.

The delegation attended the world conference with the aim of improving their respective K-9 units.

In addition to the training provided, an intense six-hour exercise was conducted at various locations.

The exercises provided the delegation with hands-on training and up-close observations on how the Portsmouth police department conducts large-scale K-9 training which included everything from dog obedience to K-9 building searches.

It was this portion of the training the delegation found most useful.

The use of a translator allowed for in-depth training, encouraged

communication, and resulted in training which benefited all parties involved.

Diaz said that he will return and aggressively institute what he has learned. Ramas said that his prime goal for attending the conference was to use what he has learned to complete the development of his program which was established in 2002.

He went on to say that the lessons learned will help him greatly in the improvement of his program.

The CTARNG serves as the sponsor state for Uruguay.

This opportunity, as well as those to come, build national ties one Soldier at a time by developing lasting friendships and stronger ties among our great nations.

Focus: Force Stabilization increases readiness, predictability

JOE BURLAS

(Editor's note: This is the fifth in a series of articles on Army Chief of Staff Gen. Peter Schoomaker's focus areas. This one also coincides with a major announcement on initiatives to stabilize the force.)

While the primary goal of stabilizing Soldiers is to increase the readiness of their units for national security requirements, that stabilization also supports Well-Being for Soldiers and their family members, according to officials.

Force Stabilization is one of the 16 focus areas Army Chief of Staff Gen. Peter Schoomaker identified last fall that the Army will work to remain ready and relevant in the near term and the future.

"We think by stabilizing the Army, where we don't move the Army every two to three years on an individual basis, but we keep people in place, develop cohesive, stable units, where spouses can work, where kids can go to school, where people can invest in homes and develop equity, stabilizes forces," Schoomaker told members of the House Armed Services Committee, Jan. 28. "It's better for the fighting forces. It's better for the families. And, it will increase our retention."

To stabilize Soldiers and their families in the near term, the Army plans to implement two strategies — Home-basing and Unit Focused Stability, said Col. Paul Thornton who has been working the issue for the past 17 months as a member of the Unit Manning Task Force and chief of its successor, Task Force Stabilization.

Under Home-basing, all initial entry Soldiers — enlisted and officers — initially assigned to selected installations will remain on their initial duty-assignment installation following training for six to seven years.

This allows Soldiers and their families time to grow community roots and have a known family support structure in place for those families if the Soldiers deploy, Thornton said. It also allows predictability in where they

will be for a longer period than the current system permits, he said.

Currently, the average assignment tour length for enlisted initial entry Soldiers is about 31 months, said Brig. Gen. Sean Byrne, director of Military Personnel Policy, G-1.

Home-basing does not apply to midterm or career Soldiers, only initial entry Soldiers, Thornton said, but should lead to return assignments to the Home-base for all Soldiers eventually.

Nor does the initiative stop Home-based Soldiers being levied for short-term assignments at other locations.

Soldiers need to know that there may be a chance they'll have to do other things during their initial extended tour— short tours in Korea, Bosnia, Kosovo — but with Home-basing, they will return to their initial-assignment installations, Byrne said.

The six-to-seven-year career mark for ending Home-basing was established because that is the point where the Army's manning needs outside of tactical units significantly increases, Thornton said.

"It's the point where that initial entry officer has made captain, completed a company command, and the Army may need that officer as a Pentagon staff officer, an instructor at the schoolhouse, or to complete advanced civilian schooling," Thornton said. "The enlisted Soldier will have likely made sergeant by that time and is ready for assignment as a recruiter, drill sergeant or an instructor."

Leader development training, such as basic and advanced noncommissioned officer course, and the captain's career course should not be impacted by Home-basing, as Soldiers will be sent to that training on temporary duty and then return to the installation.

Home-basing is set to start at selected Forces Command installations with divisional brigade combat teams sometime in the fourth quarter of the current fiscal year. It will eventually include most FORSCOM bases in the United States and may include some

combined FORSCOM / Training and Doctrine Command posts, Byrne said.

Under the second initiative, Unit Focused Stability, all members of a unit initially arrive at the same time and are stabilized in that unit for three years.

"Optimally, if you want to build unit cohesion, you keep members of a team together through training, deployment and employment," Thornton said.

"This is about building more capable warfighting units that require less train-up time when alerted for deployment."

The Army understands that losses occur to any unit due to medical, administrative, hardship or judicial issues, Thornton said, so there is a plan for an annual package of replacements that would remain with the unit through the remainder of the 36 month unit lifecycle. Individual replacements for key positions will be filled as required and requested by the unit, he said.

A key aspect to Unit Focused Stability is that the majority of these scheduled replacements joining the unit will be initial entry Soldiers.

"Let's say you need to replace a company commander due to a loss," Thornton said. "His replacement will come from within — somebody who has been with the unit at the start of the unit lifecycle, somebody like the company executive officer or one of the battalion staff officers. Then you take a senior platoon leader and backfill the position left vacant. The initial entry replacement comes in and then fills the empty platoon leader position. It works the same way on the enlisted side."

Recruiters have been armed with a variable enlistment incentive to encourage those entering the Army to sign on for duty with a Unit Focused Stabilization unit. Recruits who sign up for the bonus must serve on active duty the amount of time it takes them to complete basic and advanced individual training plus three years in the unit rather than the standard three, four or six year enlistment.

Opportunity for leader development training, such as basic and advanced noncommissioned officer course, and the captain's career course will continue under Unit Focused Stability, only the timing of attendance may be affected.

The 172nd Infantry Brigade (Separate), based at Fort Wainwright, Alaska, is the first Army unit to use Unit Focused Stability when it started the process to become the Army's third Stryker Brigade Combat Team this past summer.

Unit Focused Stability will take longer to implement across the Army than Home-basing because of operational requirements and the need for coordination with multiple Army organizations for each unit transitioning to the new manning system, Thornton said. Eventually, the Army plans to transition one brigade combat team a month, he said.

Both Force Stabilization initiatives should not impact anybody's chances for promotion, Byrne said, as promotions are based upon Army requirements, not unit requirements.

"We are increasing the readiness of the Army through stability and unit cohesion, while providing more predictability to Soldiers and their families," Byrne said. "We have always said that we enlist Soldiers and reenlist families."

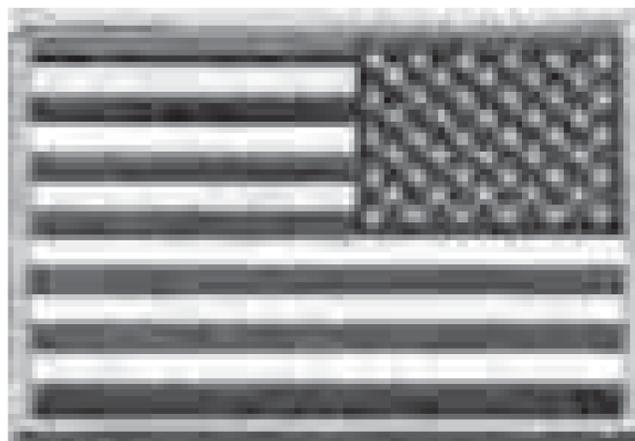
(Editor's note: The 16 focus areas include: The Soldier; The Bench; Combat Training Centers/Battle Command Training Program; Leader Development and Education; Army Aviation; Current to Future Force; The Network; Modularity; Active Component/ Reserve Component Balance; Force Stabilization; Actionable Intelligence; Installations as Flagships; Authorities, Responsibilities, and Accountability; Resource Processes; Joint Expeditionary Army with a Campaign-quality Capability; and Strategic Communications. To view a brief synopsis of each area, visit The Way Ahead.)

Instructions for wear of the U.S. flag insignia

STAFF SGT. BRETT W. WILSON
USP&FO

In a memorandum dated 5 March 2004, the National Guard Bureau has authorized all soldiers of the Army National Guard to wear the US flag insignia as a reminder that the Army is engaged in a global war on terrorism. This policy is intended to promote unity within the uniform ranks of all soldiers, regardless of deployment status. Important information is as follows:

- The full-color, reverse-side US flag insignia will be worn on all BDUs, Desert BDUs, field jackets and the combat vehicle crewman uniform and cold weather jacket.
- The patch will be sewn 1/2 inch below the right shoulder seam, or 1/8 inch below wartime service shoulder



sleeve insignia.

- Enlisted M-day personnel will be authorized five flag patches from their unit Supply Sergeant at no charge (4-BDU, 1-field jacket).
- Unit Supply Sergeants will use their IMPAC Credit Card to pay for the cost of sewing through a local vendor, not to exceed \$1.25 per patch, with no cost to the M-day soldier.
- AGR soldiers and all officers may purchase patches from their unit Supply Sergeant for 28.5 cents per patch for a total of \$1.43 per officer or AGR soldier for five patches.
- Mandatory wear date of the US flag insignia for the CTARNG is not later than 11 September 04.

U.S. Army flag celebrates 48 years leading Soldiers

FROM THE U.S. HERALDRY WEBSITE

The United States Army Flag was officially adopted by order of President Dwight D. Eisenhower through Executive Order No. 10670, on June 12, 1956.

The newly adopted flag was presented by Vice President Richard Nixon to Secretary of the Army Wilber M. Brucker in a ceremony at the Capitol, Washington DC, on June 13, 1956.

On the following day, June 14, Flag Day and also the 181st anniversary of the establishment of the Army the United States Army Flag was unfurled at Independence Hall, Philadelphia, in connection with public address by Secretary Brucker.

The United States Army came into being by action of the Continental Congress on June 14, 1775, and two years later, on June 14, 1777, the Continental Congress officially adopted the Stars and Stripes as the Flag of the United States.

Although various elements of the Army, from groups and corps down to separate battalions, have their own colors and distinguishing flags, none has previously served for the Army as a whole. The new United States Army flag is designed to meet the need for a flag which will represent the entire Army on appropriate occasions.

The Army flag is made up in the National colors red, white, and blue, with a yellow fringe. It is the standard size for colors: 4 feet, 4 inches hoist and 5 feet 6 inches fly. It bears 145 streamers (Note: as of 1998 172 streamers) of ribbons representing the

campaigns in which the Army has participated since its inception.

The flag is made of white silk, upon which is embroidered in blue, a replica of the official seal of the War Office. Beneath

the seal is a broad scarlet scroll bearing the inscription in white letters, "United States Army." Beneath the scroll blue Arabic numerals, is "1775", the year in which the Army was created with the appointment of General George Washington as Commander-in-Chief.

The original War Office seal, constituting the central design of the Army Flag was authorized by the Continental Congress on May 8, 1779. The seal is thus described:

"A cannon in front of a drum with two drumsticks; below the cannon three cannon balls. A mortar on a trunion and below the mortar two powder flasks. In the center a Roman breastplate over a jupon (leather jacket).

Above the breastplate rises a plain sword with the pommel and guard supporting a Phrygian cap between an esopont (pike) and an organizational color on one side and a musket with a fixed bayonet and the National color on the other side. Above is a rattlesnake holding in its mouth a scroll



inscribed, 'This We'll Defend' "

The cannon balls and powder flasks are of the Revolutionary War type. The Phrygian cap is the traditional symbol of liberty.

The War Office was at first officially known as "A Board of War and Ordnance." The third such Board appointed by Congress was succeeded on February 7, 1781, by a Secretary at War, which position was filled with the appointment of Major General Benjamin Lincoln on October 30 of the same year. Henry Knox was elected Secretary at War by Congress on March 8, 1785.

He served through the period of the Articles of Confederation until the office was established as an executive department under the United States Constitution. He thereby became the first Secretary of War.

The Department of War was created by Congress on August 17, 1789, and so remained until it was retitled Department of Army under the Unification Act of July 26, 1947. Since the beginning, however, the seal of the War Office has continued to serve the Department of War and Department of the Army.

The campaign streamers are attached

below the spearhead of the flagstaff. Each steamer is 2 3/4 inches in width and 4 feet in length. They are designed in the colors of the respective campaign ribbons and are embroidered with the designations of the campaigns and the years in which they took place.

The Army flag was designed by the Heraldic Branch, Office of Research and Engineering, Office of The Quartermaster General. Research on background material was begun in July 1955, when a requirement for a United States Army flag was indicated by the Secretary of the Army. Several tentative designs were developed and from among these the design as adopted was selected by Secretary of the War Brucker.

The flag presented by Vice President Nixon to Secretary Brucker was hand embroidered by expert women needle workers at the Philadelphia Quartermaster Depot. Other hand embroidered flags were presented to President Eisenhower; the Chief Of Staff, U.S. Army; and for display in the Pentagon building corridor near the entrance to the office of the Secretary of the Army.

A limited number of additional flags have been made at the Philadelphia Depot. These additional flags however have the design applied rather than embroidered. The applied flags, without campaign streamers were assigned to the various Army headquarters, service schools, and other locations designated by the Secretary of the Army.

Air Superiority

From Page 5

While stationed in England, and completing bombing missions over France, Germany and neighboring Axis-occupied countries during the war, Rochette kept a diary of his daily experiences, just so he could give it to his young son Harold, Jr.

When he was entering thoughts and memories in the diary, Harold, Sr., 23, at the time of D-Day, did not have any intention of turning that diary into a book. But, after reading Tom Brokaw's book "The Greatest Generation," Rochette became inspired to share his insight and memories with interested parties.

He said he spent about two years doing research in order to write the book, which he said he wrote in the form of a novel. He includes numerous photos of his crew and their plane the "Screamin' Deacon," as well as some of his own cartoon drawings from the time.

Doris Rochette is still proud of her husband's service in World War II. "I was 100 percent behind him," she said. She also remains grateful of his efforts to keep her

informed of his daily activities. "He wrote a letter to me every day," she said.

"Yes, I did," Harold, Sr. said. "Of course, on some days the letters were pretty short. We had long days, and we didn't get days off. But, I made sure I wrote to her every day."

She, in turn, wrote a letter to him every day.

He was in the US Army Air Force from 1942 - 1946. After about five years out of the service, he joined the Air Force Reserve, retiring in 1973.

"The 8th Army Air Force lost more people than any other U.S. military unit. In fact, the 8th lost more than the entire Marine Corps did in World War II," Rochette said. His book is dedicated to "those 43,742 brave young men killed or missing in action while battling in the skies over Europe. May they rest in peace."

"We had a guy in our unit who couldn't get a driver's license in his home state. Here he was piloting a B-17," Rochette said.

His book is called "8th Air Force Lottery." It was published in 2001.

The Soldier's Creed

I am an American Soldier.
I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.

I will always place the mission first.
I will never accept defeat.
I will never quit.
I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.
I am an expert and I am a professional.
I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.
I am a guardian of freedom and the American way of life.
I am an American Soldier.

Record of Connecticut Men in the War of Rebellion

Editor's Note: This is the sixth monthly installment of the history of Connecticut's service in the Civil war, as published in the RECORD OF SERVICE OF CONNECTICUT MEN IN THE WAR OF REBELLION, 1861 TO 1865, from the History of the Second Connecticut Volunteers written by Gen. James B. Coit, Private IN Co. B. (Transcribed by Staff Sergeant Brett W. Wilson, Administrative Assistant to the USPFO for Connecticut)

In September, 1861, a call was made for volunteers to form a Light Battery to enter the United States service. Immediately the young men from various parts of the State responded to the call and the Battery was filled in a few days. On the 18th of October orders were received to go into camp at Meriden (Hanover village), and on the 26th the men were mustered into the United States service.

On the 13th of January, 1862, orders were received to break camp and march to New Haven. On arriving there it was met by the Second Company Governor's Horse Guard and the Thirteenth Infantry Regiment, and escorted to the steamer "Elm City," on which it proceeded to New York. On January 21st Capt. Alfred P. Bockwell assumed command, and on the same day began to embark the Battery on board the ship "Ellwood Walter." On Monday, the 27th, at sunrise, the ship sailed from New York harbor bound for Port Royal, S. C.; arrived at Hilton Head February 4th, and the next day proceeded up Broad River to Beaufort, S. C., where the Battery was landed on the 6th of February. On this day the first death occurred among the men - that of private H. B. Bullard. Several days were occupied in disembarking and getting settled in camp. On the 18th of February the first mounted drill took place on Southern soil, and through March and April Captain Rockwell well occupied the Battery on the drill ground until it had become thoroughly instructed in the tactics. May 3d two howitzers arrived from the North for the center section.

May 29th it had its first experience in actual service at Pocotaligo Bridge, S. C., but without loss. The next service was in the movement under Gen. David Hunter, against Charleston, by way of James Island. It took part in the engagements June 2d, 3d, and 14th, also in the attack on the rebel fortified position at Secessionville on the 16th. This last named was one of the most severe battles for the Battery during the war, and although several horses were killed, not a man was injured. For good conduct and well-served guns the Battery was honorably mentioned in General Orders by the commander of the Department of the South.

On the 4th of July the Battery was transferred to Beaufort. September 30th

the left section took part in an expedition to Florida, and assisted in the capture of St. John's Bluff.

Nothing more of note occurred until April, 1863, when a second movement was made against Charleston, in which the Battery, although present, took no active part, and soon returned to Beaufort.

In June, one section, without horses, under First Lieut. J. B. Clinton, was embarked on steamer "Governor Milton," and proceeded on an expedition under the command of Colonel Higginson of the First South Carolina Volunteers (colored), to destroy the railroad bridge over the Pompon River, above Willtown, S. C. The movement was not a success, and on the return the steamer ran aground. As it was impossible to get her off she was set on fire, and the two guns of the Battery were sunk in the river to prevent the enemy from taking them.

Again, in July, 1863, the Battery took part in the third movement against Charleston. On the morning of the 16th the enemy attacked in force, intending a surprise. The attack was handsomely repulsed, and the Battery was highly complimented by General Terry on this occasion.

Shortly after this it was transferred to Folly Island, where for nine months it formed a part of the reserve forces under General Gilmore at the siege of Charleston.

While on Folly Island forty-six of the men re-enlisted as veterans - December, 1863.

April 18, 1864, it embarked on the transports "General Meigs" and "Ella Knight," bound for Fort Monroe, Va., where it arrived on the 22d, and encamped for a few days at Gloucester Point. There the surplus baggage was stored, and on May 4th the Battery started to join General Butler's forces at

ENGAGEMENTS

*Pocotaligo, S. C., May 28, 1862.
James Island, S. C., June 3, 4, 15, 16, 1862.
Fort Finnegan, Fla., Oct. 8, 1862.
Willtown, S. C., July 10, 1863.
James Island, S. C., July 16, 1863.
James Island, S. C.; Feb. 10, 1864.
Chester Station, Va., May 10, 1864.
Richmond Turnpike, Va., May 12, 1864.
Proctor's Creek, Va., May 15, 1864.
Drewry's Bluff, Va., May 16, 1864.
Bermuda Hundred, Va., May 17 to June 27, 1864.
Grover House, Va., May 27, 1864.
Wire Bottom Church, Va., June 16, 1864.
Strawberry Plains, Va., June 26, 1864.
Four Mile Creek, Va., Aug. 14, 1864.
Deep Bottom, Va., Aug. 27, 1864.
Petersburg, Va., Aug. 25 to Sept. 25, 1864.
Chapin's Bluff, Va., Oct. 7, 1864.
Johnon's Farm, Va., Oct. 13, 27, 28, 1864.
Richmond, Va., October, 1864, to April, 1865.*

engagement Lieut. George Metcalf and Private Wilmot were killed, ten men were wounded, and ten horses killed. It was also in action at the same place on the 15th and 16th.

It was during one of these battles that a gun-carriage wheel was hit by a rebel shell. The wheel is now in the Battle Flag corridor of the State Capitol at Hartford. After the short and sharp campaign the Battery retired to the entrenchments at Bermuda Hundred. It remained there for six weeks, engaged in the battle of Ware Bottom Church, under General Terry. It moved from thence to Deep Bottom, and from there to the intrenchments in front of Petersburg, where it remained from Aug. 30th to Sept. 23d, during which time hardly a day or night passed in which it was not engaged with the enemy.

Sept. 27th it moved with the Tenth and Eighteenth Corps across the James River, and was stationed near Port Harrison. Here it was transferred to the Light Artillery Brigade, Twenty-fifth Army Corps, under General Weitzel. It was now in front of Richmond. Near Chapin's Bluff on the 7th of October, at the Darbytown road on the 13th, and at the Charles City road on the 27th, the Battery was also engaged in some sharp fighting.

Bermuda Hundred, on the James River.

On May 10th it was engaged in the battle of Chester Station, Va. On the 13th it was called into action near the Half-way House, on the Richmond and Petersburg turnpike. On the next day, May 14th, occurred the battle of Proctor's Creek. In this

In November the six-pounder James rifles were exchanged for light twelve-pounder Napoleon guns, because it was almost impossible to get ammunition for the rifled guns. The winter was enlivened occasionally with some skirmishes, yet not much solid work was done, but with the advent of April there was business on hand.

On the 2d of April, 1865, orders were issued, to attack the enemy's lines near Fort Buchanan at daybreak the following morning. Near midnight, however, the plan of attack was modified, as it was thought that the enemy was preparing to abandon the defense of Richmond. Soon heavy and repeated explosions, and the sight of bright fires, confirmed the suspicion, and at daylight the Battery moved with the Twenty-fifth Corps through and over the enemy's works "On to Richmond." Early in the forenoon we entered the city, amid burning buildings and the explosion of shells at the arsenal, which was on fire.

While in the city the glad news came of the capture of Lee and his army, and the war was ended. In a few days the Battery was ordered to Petersburg, then May 3d to City Point.

About June 1st it was moved to Manchester, near Richmond, where, on the 11th day of June, 1865, the men were mustered out of the United States service; the horses, guns, and stores were turned over to the government officers at Richmond, and on Monday morning, June 12th, the men started for Connecticut, arriving at New Haven on the 14th - the first of the veteran troops to return to the State.

The war record of the First Light Battery is one of which no man feels ashamed. The well-merited praise which they received from regular as well as volunteer officers was very gratifying. It was frequently selected from the Artillery Brigade to fire over our skirmishers, and few batteries did more of this difficult work than the First Connecticut Light Battery. General Terry once said of it: "I will not say it is the best battery in the service, but I will say it is the best I have ever seen."

On the department review, General Hunter, commander of the Department of the South, expressed his surprise at the fine appearance of it, and said he was not aware that he had so good a battery in his department.

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Connecticut Military Department News

Foot Guard Band celebrates centennial with concert

Pfc. JORDAN E. WERME
65th PCH

The United States of America celebrated its independence 228 years ago, and now July 4th is one of the biggest days of the year here in the U.S.

The First Company Governor's Foot Guard Band's 100th anniversary may not inspire fireworks nation-wide, but any group that sticks together for a century deserves to bask in the glow of recognition.

The Band celebrated its first hundred years in concert before more than 500 people at The Bushnell's Belding Theater, Hartford, May 2.

"It's one of the greatest moments of my life," said Capt. Laura O'Connell, bandmaster. "This is history. To be a part of it is an honor and a privilege."

The Foot Guard Band meets once a week to rehearse, which meant this one performance required more than nine months of rehearsal to perfect, said Sgt. Mark Boudreau, bassoonist and four-year member of the Band.

Included in the program was the first-ever performance of "Pride of the Grenadiers," by composer Robert Sheldon. The piece was commissioned by the Foot Guard to commemorate the historic anniversary.

"I'm honored to be a part of the band at this time," said Sgt. 1st Class Mark Torres, Tuba player and 17-year member of the band. "I feel proud to be a member and represent the state of Connecticut."

"It's a distinct honor," said Boudreau. "This is exciting for me. It's pretty thrilling."

Guest conductor, Capt. Lewis J. Buckley, United States Coast Guard Academy, addressed the band and gave a salute to the services' men and women present at the performance.

"The state of Connecticut really needs you," he said, "because you are the embodiment of so many of our values."

The Band predates all of the other major services bands except for the United States Marine Corps Band, said O'Connell.

"We're still around and playing. So many are around for only a few years," she said.

And then they're gone.

"It's a thrill to be a part of it," said Torres. "I hope to be able to do it for many more years to come."

Foot Guard recognizes 55 years of service

Maj. John Dombek of Glastonbury received the First Company Governor's Foot Guard special long service award for his 55 years of service to the First Company and the State of Connecticut, announced Maj. Dennis Conroy, Commandant. Major Dombek, after serving in WWII, enlisted in 1948 as a private and rose through the ranks. He served as company photographer and has received recognition from every Governor since his enlistment for his photographic work.

Conroy also announced awards presented at the commands Annual Prize Drill held May 17, 2004.

Simsbury's Pfc. Timothy Zeilman was awarded the Major Frank E Wilcox Medal as the best-drilled soldier. This award

established in memory of Past Commandant Frank Wilcox is generally regarded as the most prestigious for the members of the infantry platoons. Conroy said, "Pfc. Zeilman is an outstanding example of the dedication and effort made by each and every member of this command".

Cpl. Deborah Dounouk from Bristol was awarded the Major George W. Tule Bandsman of the Year medal. Voted on by their peers, this award is given to the band members who continue to perform above the call of duty. The award was established by Past Commandant Lt. Col. George Tule to recognize the contributions of the band, which is celebrating its 100th anniversary in 2004

Sgt. Michael Pepin from East Hartford was

awarded the Cold Stream Guard medal as the drill sergeant of the Company prize squad. Members of the prize squad compete and demonstrate military marching and manual of arms movements.

Pfc. Robert Handschumacher from Windsor Locks was awarded the Brig. Gen. Justin A Denino Rifleman's Medal. Established by Mrs. Ellie Denino and her family, the award is presented to the Foot Guard member who has demonstrated efforts for the continued success of the Foot Guard Rifle team. The medal serves as a reminder of the dedication of General Denino as a member and past Commandant of the First Company.

Second Company Governors Foot Guard Band announces free summer concerts

The Second Company Governors Foot Guard Band will perform three free outdoor concerts this summer.

Each concert will feature patriotic music, jazz and light classics ranging from Sousa to swing to opera.

Watertown. In case of rain, the concert will be held in Watertown High School.

Friday, July 16 at 7 p.m., Town Green, West Haven. In case of rain, the concert will be held Monday, July 19 at 7 p.m. at the same location.

Prospect. In case of rain, the concert will be held in the Community School.

For each concert, the public is invited to bring chairs, blankets, a picnic supper and their dancing shoes.

The band is conducted by Staff Sgt. Ralph Sherman.

Friday, June 11 at 7 p.m., Veterans Park,

Sunday, Aug. 8 at 6 p.m., Town Green,



First Company Governor's Foot Guard Major Commandant Dennis Conroy and Major Commandant Peter Jenkin of the Second Company Governor's Foot Guard are joined by Captain General Governor John Rowland and former Governor William O'Neill during their annual combined drill in Hartford held Monday, March 29th at the Foot Guard Armory. As requested by Governor O'Neill, a Walker Colt Pistol originally given by the First Company to the former Governor when he left office, is exchanged at combined drills held in New Haven and Hartford to commemorate the history of two Capitols for Connecticut during colonial times. Governor Rowland accepted the Colt from Governor O'Neill and then passed it on to Conroy to hold until the next combined drill. Governor O'Neil kept the pistol in his home for many years but wanted it to be seen and presented the pistol back to First and Second Foot Guards to use as a symbol of the historical two capitols and has since been shared by each unit for the past few years. (Photo by Cpl. Kevin Cormack)

Steroid Side Effects

Below are only some of the side effects associated with steroid use. Some steroids lead to more side effects than others. In most cases, the more effective the steroid, the more negative effects the user will see.

Water Retention

This is most common from using steroids. It is a "puffiness" or swelling in the neck and facial areas. It is rather notable mainly if you know the person is on steroids. It can be mild swelling or very serious, obvious swelling.

Acne

Acne is a very common side effect. Steroids can give acne to someone who has never had acne, and it can make acne worse for others. It can also appear in new places for a person, such as, the back and neck.

Gynecomastia

The formation of breasts, or abnormally large glands. The first signs are lumps under the nipples, then will gradually grow to fatty tissue and increase in size.

Aggression

Aggression, also known as "roid rages". Users feel this is a positive effect. They often find they lift more, and are more intense during workouts. On the negative side, users find themselves fighting with family, friends, and co-workers with an uptight behaviour.

Hypertension

High blood pressure is also a chance when taking steroids. Most athletes would not know if they had high blood pressure so it is suggested to get tests regularly. High blood pressure can lead to many more serious diseases.

Cardiovascular Disease

Studies have shown that steroid use is a risk factor for heart disease. This is because steroids affect the cholesterol levels. Over a period of time the cholesterol builds up and clogs the arteries.

Palpitations

Heart palpitations have been reported by a number of athletes on steroids. These may indicate an excited or elevated level of the central nervous system.

Impotence

Impotence occurs when a user goes on and off steroids. When steroids are first used sexual interest increases because of the heightened frequency and duration of the erections. But eventually the opposite happens and no erections can be produced.

Jaundice

A serious liver disease which is found by an enlarged painful liver, yellowing of the eyes and skin, and flu like symptoms. This happens when athletes use high dosages of steroids.

Death

Any of the above side effects can lead to death, even in an otherwise healthy person. No one is immune to the dangers as evidenced by the growing number of high school, college and professional athletes dying from the side effects of steroid use.

'Roid' Rage: The

SGT. PATRICK CLARK
65th PCH

We live in a society obsessed with appearance: what we wear, what we drive and more importantly how we look. It's all taken in consideration when viewed in the public eye. Whether we admit it or not we look for some type of social acceptance.

It's been like that for centuries. However, in the 21st century, how we are accepted depends more and more on how we look. Society has surrounded us with examples on how we should look. It has provided us with the idea of the look of the perfect body; the six-pack abs, the toned legs, the defined biceps and triceps. These are all signs of strength and health. To get that look it takes hard work, the proper diet and time.

Whether it be the trendy Atkins or South Beach Diets or the traditional calorie watching and aerobic workout, it seems more and more people are striving for this level of social acceptance. Unfortunately it's human nature to find the best results in the shortest possible time.

However, as a society we are also guilty of laziness, or striving for the best results while exerting the least amount of effort. Looking for shortcuts to obtain certain goals is not new, but when it comes to the health and fitness, there are more and more shortcuts available to achieve desired weight loss and muscle gain than in past years.

But there's one particular shortcut that has reared its ugly head lately that has people questioning if "the perfect body" is worth it? Steroids are back and easier to get than ever, making this particular "shortcut" to the perfect body, popular, but even more deadly.

"A couple of the guys I worked out with, who've been using steroids longer than I did, are suffering from high blood pressure," said Pfc. King (not his real name), a member of an Infantry unit in the National Guard. "We're talking about guys that are 25 to 28-years-old that look like models with minor heart problems."

In the past, anabolic steroids were mainly used by bodybuilders that were serious about bodybuilding and the competitions. However, today as evidenced by the growing rumors about major league baseball players and many of the top US track and field athletes, things are different. Steroids are being used more and more in all sports and now it's making headlines in everyday life. Especially in job skills that require strength and a certain appearance such as police officers, bouncers and even the military.

"Being in the infantry, I'm supposed to look a certain way and be in a certain level of fitness," said King. "But it's hard maintaining strength and that level of fitness as a National Guardsman."

Steroid use is on the rise, especially among high school students: 2.9 percent of high school seniors have reported using steroids at least once in their lives. In a 1998 study, 20 percent of 19-22 year-olds knew a friend who used steroids. But steroids aren't just being used by men. The rate of steroid use among high school girls doubled between 1996-2001.

Recent studies have shown members of the Army have been using anabolic steroids for reasons that include bulking up for strength and stamina, personal esteem and to recover quickly from injury. A Department of Defense investigation in 2002 found that 1.1 percent of Army personnel had used anabolic steroids in the past 12 months.

However, with the increase of military action abroad and the demands asked upon Soldiers to serve, steroids have become an attractive commodity amongst Soldiers. Especially those that serve in combat units.

"I'm not saying every single Soldier uses steroids," said King. "But when I first enlisted I saw nobody using. It's not like that now. When I heard we were being sent to Iraq, all I heard was talk about how steroids would help out in combat. Basically it made me feel like a super Soldier."

Steroids are divided into two types: anabolic and androgenic. Anabolic steroids affect metabolism, immunity and muscle, while androgenic steroids have strong masculine effects on women and some feminization effects on men and serve more as a growth hormone. But all anabolic steroids will increase masculine characteristics such as thick facial hair if the dose is significant.

Both types of steroids serve medicinal purposes. The primary use of steroids in health care is to reduce inflammation.



Other symptoms such as cancer and other threatening ailments.

Kiley Newton, the daughter of Sgt. 1st Class Debbi Newton, is an example of how steroids save lives. Newton had a serious allergic reaction to poison ivy, insect bites and the topical applied benadryl product used to treat the two allergies that resulted in major swelling throughout her body and caused difficulty breathing that had her within hours of death.

"The doctor gave me a steroid shot, which explained to me would decrease the swelling," remembered Newton. "In a matter of minutes I feel my throat clear-up and then the swelling on my hands rapidly reduced. I left the hospital the next day, which is amazing considering how close I was to dying."

One major factor in the increase of steroid use for non-medical purposes is availability. T

The price of perfection

h types of steroids serve medicinal purposes. Primary use of steroids in health care is to inflammation and

it is illegal to purchase steroids in the United States without a prescription, it has not stopped people from gaining access to them. The most common way to gain access reported by steroid

users, is at the gyms that they work out at.

"It was pretty easy for me to get them," said King. "I was working out at the Rec Center at school and asked a buddy who I knew was taking (steroids). He recommended me to another guy at the gym and before I knew it I was looking at a gym bag full of steroids. He didn't really have to say much to convince me to buy."

A growing number of people are turning to the internet to buy steroids. Some online pharmacies just ask for a proof of prescription for steroids emailed or faxed to them. These prescriptions are often falsified and these pharmacies don't have the resources to check them.

Some have taken to making trips to Mexico to obtain steroids. Steroids are not illegal in Mexico and can be bought without a prescription. Pharmacies are on every major city block in Tijuana, Mexico. Their biggest customers are Americans.

The major problem with steroids, like other illegal drugs, is abuse. Steroid abuse is simply people taking steroids who really don't need them. Steroid cycling is considered the major problem in abuse. "Cycling" is the regular pattern of steroid use. Typically during "cycling," users will increase dosage or combine different types of steroids. The results of this abuse can be life threatening.

Typical problems that you find in people who abuse steroids include liver problems, high blood pressure, heart attacks and strokes, cancer, acne and constant trembling. Men may find their testes shrink, impotence, balding and

an increase in breast size. Women start taking on masculine characteristics: facial hair growth, balding and even a change of menstrual cycle.

On top of the health concerns that steroids provide, the legal ramifications are just as bad. Simple possession of steroids is a federal offense punishable by up to one year in prison and/or a minimum fine of \$1,000. An individual who sells steroids will face federal felony charges that are punishable by up to five years in prison and/or a \$250,000 fine. Each one of these offenses grows in prison time and in fine amount depending on how many times a person has committed the offense.

The 143rd Military Police Company had a few soldiers caught using steroids while over in Iraq. They had bought the steroids from the local market and used them during their workouts. Those soldiers were eventually docked in pay and removed as MPs.

The Army's stance on steroid use is different. The Army has categorized steroids as a controlled substance and according to AR 600-85, those soldiers that are identified as using a controlled substance will be counseled by their unit commander and then enrolled into the ARNG ASAP (Army Substance Abuse Program). During that time that soldier will be considered for separation from the Army. Loss of rank and/or pay are also considered to those that are found to be abusing steroids.

"I haven't had a commander refer a soldier to be tested for steroids yet," said 1st LT Edward Kelley, Alcohol Drug Control Officer for the Connecticut National Guard. "However, we have started to screen steroids in our random drug tests."

Steroid use has not grown to epidemic proportions. But with the increase in health awareness being put more on how a person looks, rather than what the person puts in his or her body to get that way that may soon change. An increase in perfect bodies and less than perfect health could be the next major trend in our society. Don't let that be the case in the military, recognize the signs and do something about it.

Editor's Note: The National Guardsman interviewed for this story agreed to do so under anonymity to protect his privacy. The Guardian will not use his real name, unit or rank.

Vitruvian Man by Leonardo da Vinci, computer-generated graphical alterations by Kiley Newton

What treatments are effective for steroid abuse?

Few studies of treatments for anabolic steroid abuse have been conducted.

Current knowledge is based largely on the experiences of a small number of physicians who have worked with patients undergoing steroid withdrawal.

The physicians have found that supportive therapy is sufficient in some cases. Patients are educated about what they may experience during withdrawal and are evaluated for suicidal thoughts.

If symptoms are severe or prolonged, medications or hospitalization may be needed.

Some medications that have been used for treating steroid withdrawal restore the hormonal system after its disruption by steroid abuse.

Other medications target specific withdrawal symptoms, for example, antidepressants to treat depression, and analgesics for headaches and muscle and joint pains.

Some patients require assistance beyond simple treatment of withdrawal symptoms and are treated with behavioral therapies.

From the National Institute on Drug Abuse Website

The Signs of Steroid Abuse

Male Symptoms

Quick and large muscle gains
Aggressive behavior and violent temper
Severe acne on shoulders, neck and face
Premature balding
Abnormal breast development

Female Symptoms

Deeper voice
Increase in body hair
Development of the jaw
Smaller breasts
Fewer menstrual cycles

Social Security FAQ on a weekend drill

COL. GARY OTTENBREIT, (J6) DIRECTORATE AND ROBERT G. RODRIGUEZ, PUBLIC AFFAIRS, SOCIAL SECURITY

Changing your name with SSA

June is the traditional month for weddings. I don't know if there really are more weddings in June than any other month, but it gives me an excuse to make an important pitch to any woman who intends to change her name because she is getting married - in June or any other month.

What's the pitch? People who change their names should make sure they notify Social Security of the new name.

And this doesn't just apply to women who are getting married. It also could apply to a woman who officially changes her name following a divorce.

And for that matter, it applies to anyone, man or woman, who changes his or her name for any reason.

The bottom line is that people should make sure that the name their employer is using to report earnings to the Internal Revenue Service and the Social Security Administration exactly matches the name in their Social Security records.

This is important for several reasons. First,

IRS and SSA match computer records.

If the name and Social Security number you report on your tax return do not match the name and Social Security number in our records, IRS will not process your tax return until you update your Social Security files. This could delay any tax refund you might be due.

The second reason it is important to make sure your records are up-to-date is because your potential Social Security benefits are based almost entirely on the earnings record we maintain for you.

If your employer reports earnings to the government under your new name, and your Social Security record still shows your old name, we cannot add those earnings to your records.

And missing earnings translate to lower Social Security benefits.

One bit of good news is that the name-changing process is relatively simple. And the even better news is that the process is free - if you handle it directly through the Social Security Administration.

There are some private mail-order firms that target new brides with direct mail solicitations offering to change your name

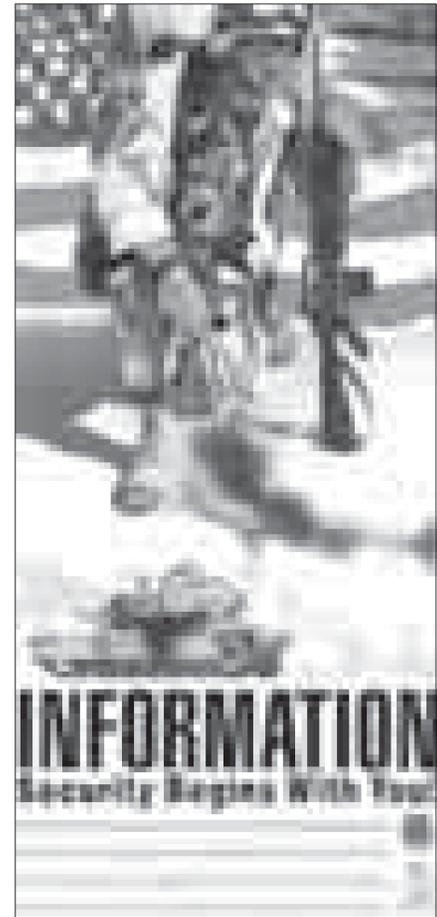
in Social Security records for a fee.

All they do for the usual \$25 to \$50 fee is give you the name change form and then mail it to Social Security for processing.

You can save money by printing the form, called the "SS-5, Application for a Social Security Card, at www.socialsecurity.gov/ssnumber/. Once there, simply click on Application Form SS-5.

Just complete the form and bring or mail it to your local Social Security office with either your marriage certificate showing your old and new names or two documents—one with your former name and one with your married name. All documents must be originals or certified copies. The application form lists other documents Social Security accepts.

If you don't have Internet access, you can call us at 1-800-772-1213 and handle the whole process by phone and mail.



Officers Club of Connecticut

June Events

Wednesday, June 2
Sunrise Group Breakfast
7:30 a.m.

Wednesday, June 9
Permanent Commission on the Status of Women
5 - 8 p.m.

Friday, June 11
AUSA Meeting & Social Celebrating
Flag Day and the Army Birthday
6 p.m.

Thursday, June 17
Board of Governors Meeting
5:30 p.m.

Monday, June 21
House Committee Meeting
2:30 p.m.

Bar and Lounge open daily at lunch and from 4 p.m. to....

Club open for lunch daily from 11:30 a.m. to 2 p.m.

Check out Chef Saul's new lite summer lunch & specials menu.

To book a party or event, call (860) 249-3624

Massing of the Colors

Military Heritage Day

June 12, 2004

Parade begins at 10:00 am - "Roll Back the Stars"

Franklin Hill Veterans' Home

400 West Main Street, Middletown, CT 06457

Parade Starts at 10:00 am - Roll Back the Stars

Information : 1-800-555-0000

103^d ACS on the move in June

COL. RICHARD D. ERDMANN
103rd ACS

The 103^d Air Control Squadron will be on the move the month of June with numerous deployments and preparations for moving into its new facilities.

The 103^d ACS will be deployed to six locations in support of national Army and Air Force exercises and real world contingencies.

More than 80 of the unit's members will be deployed in support of Exercise GRECIAN FIREBOLT 2004, a multi-service, worldwide communications exercise supporting four Army exercises around the globe. These include GOLDEN MEDIC by the 3rd Medical Command, RIO LOBO by the 415th Chemical Brigade, JOINT THUNDER by the 464th Chemical Brigade and QLLEX 04 by the 475th Quartermaster Brigade.

GRECIAN FIREBOLT, an annual exercise headquartered with the 311th Theater Signal Command at Ft Meade, MD, brings together Active and Guard communication units. They provide the communications hardware and expertise to link all the participants and provide communication bridges which allows the geographically separated units to talk with each other over satellites and line-of-site communication equipment. This will be the fourth consecutive year the 103^d ACS has been involved and is one of only two Air Force units to participate this year. This experience provides camaraderie between the "green" and "blue" suiters, and certainly ensures a successful "purple" exercise.

Some other 103^d ACS members will deploy to the Washington D.C. area for 120 days to provide joint air defense of our nation's capital with the Army. This purple contingency brings together the expertise of the Army and Air Force in support of the ongoing Operation Enduring Freedom.

A small contingent of Army and Air Force operators and maintainers will work out of a designated location and monitor surveillance activity in the greater Washington D.C. area, similar to the activities over major cities following the terrorist activity on Sept. 11, 2001.

Other squadron personnel will be deploying to a variety of locations performing annual training and supporting real world and exercise contingencies, in locations such as Camp Rowland and Nellis AFB, Nevada.

June gets the ACS another month closer to the completion of its major construction project. Work continues on the 50,000 square foot building, which will house almost the entire squadron once it is completed.

The 43-year history at the Orange ANG base had each work section in its own smaller building to work and training. This new, much larger building will be a welcome addition and a source of pride. Once completed, the building will house 230 people and 27 distinct job specialties (AFSC/MOS) to include mission-critical equipment and life support equipment.

Camp Rowland hosts the Naval JROTC

SGT. JEFF AUSTIN
65th PCH

Many adolescents enjoy spending their time going to the mall, playing video games or just hanging out with their friends.

However, for one special group of adolescents, they spend their free time performing Drill and Ceremony, Personal Inspection and attending classes such as Introduction into the Army National Guard for a total of four days.

Cadets of the Naval Junior Reserve Officer Training Corps (NJROTC) held Basic Leadership Training (BLT) at Camp Rowland, Niantic April 28 through May 3.

The purpose of the training is to prepare the youth of today for the challenges of tomorrow.

The BLT provided the cadets from Bethel and Brien McMahon High School with instruction by Army drill sergeants and Marine drill instructors.

"We were scared to leave the bus," said Bianca M. Hernandez, a freshman from Brien McMahon H.S.

"As soon as we got off the bus they yelled at us to get back on the bus. We were told to wait until a sergeant told us to get off the bus. It was then I learned about paying attention to details and to move with a purpose," said Hernandez.

The cadets spent long hours each day training. Their days began early, at about 5 a.m.

During the day, cadets performed physical training, rappelling map reading and confidence course training were just some of their daily duties.

"I rappelled for the first time and it was scary for five seconds, then you learned how to swing your arm and it becomes easier. I want to do this again next year," said Kevin Jacobson, a freshman from Bethel H.S.

According to Lt. Cmdr. Mark Dwinells, USN (ret) naval science instructor, the student participation is excellent. In only two years since the program started 108 students are in the program. The projected student involvement is 130 by the end of year 2004.

The cadets were able to have the Connecticut Army National Guard (CTARNG) provide all the facilities for the four-day event.

The housing of cadets, use of the dining area and buses were just some of the logistical support provided by the CTARNG.

The four days of Basic Leadership Training at Camp Rowland was first plan by Sgt 1st Class Mark E. Spencer, Recruiting and Retention, recruiter and Staff Sgt. Michael S. Siegel, Recruiting and Retention, recruiter.

According to Spencer, he and Siegel learned of the problems the NJROTC had with a training facility. Together, Spencer and Siegel along with Dwinells and Master Chief Petty Officer of the Navy David Ellis, USN, (ret) naval science instructor at McMahon H.S. planned for several months the four-day event.

Spencer explained why he and others from

the CTARNG participated in the BLT.

"The Connecticut Army National Guard is always providing a safe environment for cadets and helping the community."

According to Siegel, after watching the cadets perform several different activities he believes the future seems bright for many of the cadets.

Moreover, according to Ellis, some activities the cadets from McMahon H.S. have been involved with were traveling to view an air museum in Pensacola, Florida and participating in flag ceremonies with the local American Legion.

Ellis added the NJROTC attempts to instill the duty of citizenship into every cadet.

When describing her most recent experience, one cadet saw it this way,

"I thought it was good, because you learned a lot about discipline and that helps you in school," said Ana Calzada, a freshman at McMahon H.S.

Another cadet added on to Calzada's thoughts, "We learned to trust as a team, self-discipline and pay attention to certain commands," said Amy Smalls, freshman from McMahon H.S.

Master Sgt. Bob Germinaro (ret) a 24-year



Cadet Paul Disostanzo, of Brian McMahon High School leads his platoon in marching exercises during a Navy JROTC training weekend. (Photo by Spc. Joe Waller, 65th PCH)

veteran of the Army Reserves and former drill sergeant who volunteered his time to the BLT praised the cadets on their commitment to the program.

"To see civilians change to be military is something great. These kids went from blue jeans to khakis in a matter of four days."

Anyone seeking to know more about BLT should contact Sgt 1st Class Spencer at (203) 948-8644 Monday thru Friday.



Members of the Navy JROTC programs at Bethel and McMahon High School pass in review during their graduation ceremony on Sunday, May 2nd at Camp Rowland in Niantic, Conn. (Photo by Spc. Joe Waller, 65th PCH)

Military Matters

Coping with allergies and colds



According to the American Academy of Allergy, Asthma and Immunology, over 50 million Americans suffer from allergies. If you or a family member has ever had an ongoing bout of itchy and watering eyes and nose, nasal congestion and a scratchy throat, you may suffer from allergies. While allergies can be seasonal or year-round, depending on the allergen, you can reduce or eliminate symptoms through medications and preventative measures.

Allergies start when a person comes in contact with an allergen to which he or she is allergic. The immune system starts working to protect itself from the specific allergen by forming antibodies. These antibodies produce histamine, causing reactions such as sneezing, itching, watery eyes, etc. Antihistamine medications can combat some allergy symptoms; they lower

the increased histamine levels.

Getting Tested

Getting an allergy test is the first step to combating allergies. A typical visit to the allergist will include a personal history and a physical exam with close examination of the eyes, nose and throat. If it appears allergies are present, then the doctor will administer a skin test (also known as a prick test). It is important to get tested if you feel you suffer from allergies. Left untreated, symptoms can lead to further complications including asthma and chronic sinus disease.

Avoiding Allergies

- If you do suffer from allergies, try these simple steps to lessen your symptoms:
 - Eliminate dust from your home. Clean weekly by dusting with a damp cloth, mopping the floors and vacuuming the carpets.
 - Make sure good ventilation is available in mold-prone areas such as basements, bathrooms, shower stalls and fresh-food

storage areas.

- Be vigilant about food allergies. When dining out, be certain to inform the staff of any food allergies. When eating in, thoroughly wash all utensils, pans and cutting boards between food preparations.

No matter what time of year, the common cold seems to make its rounds through schools, offices and homes. Once a cold virus enters your nose, you have a 95% probability that you will become infected. If you have recently been around someone with a cold, feel a cold coming on or have already gotten one, use these tips to help prevent or lessen the symptoms of the common cold.

- Take vitamin C. This antioxidant helps repair tissue, supports the immune system and protects against infection.
- Drink water. Six to eight glasses a day is the minimum you should ingest on a healthy day.
- Eat soup. Fluids help the healing process

along, and hot liquids help to thin mucus and lessen sinus congestion.

- Increase your intake of hot spices and garlic. Garlic provides antibacterial properties and helps boost the immune system.

- Don't touch. This means your eyes, mouth, face or other people; touching is the easiest way to spread germs, as well as the number one way to catch a cold.

- Get plenty of rest. Sleep is one of the best ways to replenish your immune system. Aim for two or three hours more than you normally sleep.

- Limit your exercising (but don't stop). If you only have a cold, taking a walk around the block, weather permitting, will be beneficial. Exercise helps get your heart pumping and increases circulation, both of which help in the digestion process.

If your cold persists, contact your physician for additional guidance.

Education Essentials: VA Work Study Program

(Editor's Note: The following information is derived from the VA education web-site at www.gibill.va.gov)

This program is available to any student receiving VA education benefits who is attending school three-quarter time or more. An individual working under this program may work at the school veterans' office, VA Regional Office, VA Medical Facilities, or at approved State employment offices. Work-study students are paid at either the state or Federal minimum wage, which ever is greater. If you have questions on this program contact our toll-free number 1-888-442-4551.

If you're a full-time or 3/4-time student in a college degree program, or a vocational or professional program, you can "earn while you learn" with a VA work-study allowance.

Don't rely on this document to determine if you're eligible for work-study or education benefits. To receive a formal decision from VA, you must file a claim for benefits.

WHO IS ELIGIBLE?

The VA work-study allowance is available to persons training under the following programs:

- a. Montgomery GI Bill—Active Duty (38 U.S.C. Chapter 30)
- b. Vocational Training and Rehabilitation for Veterans With Service Connected Disabilities (38 U.S.C. Chapter 31)
- c. Post-Vietnam Era Veterans' Educational Assistance Program (38 U.S.C. Chapter 32)
- d. Dependents' Educational Assistance Program (38 U.S.C. Chapter 35)
- e. Montgomery GI Bill—Selected Reserve (10 U.S.C. Chapter 1606)
- f. Eligible dependents under 38 U.S.C.

Chapter 35 may use work study only while training in a State.

VA will select students for the work-study program based on different factors. Such factors include:

- a. Disability of the student
- b. Ability of the student to complete the work-study contract before the end of his or her eligibility to education benefits
- c. Job availability within normal commuting distance to the student
- d. VA will give the highest priority to a veteran who has a service-connected disability or disabilities rated by VA at 30% or more.

The number of applicants selected will depend on the availability of VA-related work at your school or at VA facilities in your area.

HOW MUCH MAY I EARN?

You'll earn an hourly wage equal to the Federal minimum wage (\$5.15) or your State minimum wage (\$7.10 in Connecticut), whichever is greater. If you're in a work-study job at a college or university, your school may pay you the difference between the amount VA pays and the amount the school normally pays other work-study students doing the same job as you.

You may elect to be paid in advance for 40 percent of the number of hours in your work-study agreement, or for 50 hours, whichever is less. After you've completed the hours covered by your first payment, VA will pay you retroactively each time you complete 50 hours of service.

You may work during of enrollment. Contact the VA work study coordinator to request to start working up to 30 days prior to the beginning date of your training and to determine if you can work during the interval

between enrollment periods. You can arrange with VA to work any number of hours you want during your enrollment. But, the total number of hours you work can't be more than 25 times the number of weeks in your enrollment period.

WHAT TYPE OF WORK MAY I DO?

Services you perform under a VA work-study program must be related to VA work. Examples of acceptable work are:

- a. Processing VA paperwork at schools or VA offices
- b. Performing outreach services under the supervision of a VA employee
- c. Performing services at VA medical facilities or the offices of the National Cemetery Administration

The work you actually do will depend on your interests and the type of work available.

- a. Persons who are eligible for benefits at the 3/4 time rate or higher under Montgomery GI Bill—Selected Reserve (10 U.S.C. Chapter 1606) may be approved to work at a DOD facility. The student's duties are limited to:

- 1) activities relating to the administration of chapter 1606 benefits,
- 2) dissemination of information on VA benefits and services and providing assistance to individuals to obtain these benefits (and, to the extent feasible, providing information on other governmental programs determined to be beneficial to veterans).
- d. A position description from the DOD facility should be attached to the work-study application.

HOW DO I APPLY?

VA Form 22-8691, Application for Work Study Allowance, may be down-loaded from

our web-site at www.gibill.va.gov. For forms and information, one or more of the following offices or representatives can assist you:

- a. Any VA regional office.
- b. Any VA office or Vet Center.
- c. Local representatives of veterans organizations.
- d. Reserve Education and Incentives Officers.

Consult a telephone directory under United States Government, Department of Veterans Affairs, for the telephone number of the office nearest you. Toll-free telephone service is available in all 50 states, Puerto Rico, and the U. S. Virgin Islands. Call 1-888-GI-BILL-1 (1-888-442-4551) or for the hearing impaired call 1-800-829-4833.

VA supervisory personnel occasionally monitor telephone calls. They do this to ensure that the public receives accurate information and courteous responses. The person monitoring a call does not keep a record of the caller's name, address, file number, or telephone number.

To obtain information on other sources of assistance, contact the financial aid office at your school.

Currently the VA Work Study program coordinator in Connecticut is Gerard Jacques, ELR, at 860-240-3300 at extension 2325 or beyond the greater Hartford area but within Connecticut please call 800-827-1000, hit 1 for touch-tone, hit 0 to reach a counselor and finally enter my extension, 2325. It is anticipated that this responsibility will be transferred about 8-1-04 to Jerry Ferguson at VA RPO in Buffalo NY.



COMMAND SGT. MAJ.
RAYMOND P. ZASTAURY

Enlisted Update

Welcome home / Lessons learned

Welcome home 143d MP Co, Det 1 Co G 104th Avn, 247th Well Drilling Detachment, Task Force 192nd Chem and 248th En Co.

I salute and thank every Soldier for a job well done in defending our country and the rest of world against this Global War on Terrorism. The unpleasant circumstances you all endured, and especially the separation from your families, did not go unnoticed or unappreciated by all of us that remained here at home. You all were in our thoughts and prayers and had the support of a grateful nation and the people of the State of Connecticut during your deployment.

The lessons learned during deployment by each Soldier must now be used in training all our Soldiers and Airmen. Sgt. 1st Class John Lane of the 247th Well Drilling Detachment made the statement to me "We are not training just for Annual Training anymore." This is very evident considering the numbers of our Soldiers and Airmen that deployed to a Combat Zone. The Guard will be involved in this Global War on Terrorism for many years to come.

Realistic training for all Connecticut National Guard Soldiers and Airmen must be a top priority for all NCOs. I challenge every Soldier and Airman that deployed to train, mentor and prepare our newest Soldiers and Airmen for their deployment that will surely come in the future.

I have spoken with many of our returning Soldiers when they arrived at the Mobilization Station and when they got home to Connecticut. Quite a few Soldiers discussed with me the problems they had with leadership, training and the morale of their unit during their deployment.

To those Soldiers that voiced their concerns it is time for you step up to the plate. I challenge you and I challenge every Soldier and Airman now to make a difference in our organization. I encourage you to get enrolled in NCOES and get promoted to the next higher grade. I ask you to take the lessons you all learned during your deployment and ensure the same mistakes are not made again.

It is easy to complain when things go wrong. It takes a leader to learn from the mistakes made and turn them around and use them positively to ensure our Soldiers

and Airmen are well trained and prepared to deploy into a Combat Zone. The importance of our Soldiers and Airmen being tactically proficient in the basic skills cannot be understated. We as leaders owe it to our younger Soldiers and Airmen to teach them everything they need to survive on the battlefield.

Individuals have commented to me that the Connecticut National Guard will probably lose a great number of Soldiers and Airmen after returning from deployment. I am not convinced of that fact. I am confident that we must treat each and every Soldier and Airman that deployed as true heroes for serving our Country with honor.

Connecticut deployed many young men and women whose experiences must be shared with the newest members of our organization. They have learned what it takes to survive on the battlefield and we cannot afford to let their experience go to waste.

I'm also aware that many deployed Soldiers and Airmen that have twenty or more years will probably retire in the near future. I would like them to stay longer and share their knowledge and experience. But if they do decide to retire I am honored to say to them thank you for your service and I salute you.

We now wait for the safe return of the five Soldiers from Det 2 Co I 185th Aviation. They have done an outstanding job. Their return will complete Connecticut's contribution to the first stage OIF and OEF.

And let us not forget our Soldiers from the 118th Med Bn and Co C 1/102nd that are currently assigned in Iraq. I ask that everyone keep them in your thoughts and prayers until they return home safely from their deployment.

I receive reports all the time from National Guard Bureau, 1st Army and FORSCOM referencing safety. I have stopped many individuals driving around Camp Rowland for not wearing a seatbelt. We lose too many Soldiers and Airmen because they are not wearing seatbelts. I am working to try and get Fasten Seat Belt signs for every Armory as a reminder for everyone to drive safely and always wear your seatbelt.

Again I say, "Welcome Home and Great Job" to all our recently returned units. Make up for the time you were away and enjoy your families and friends.

Send Letters to the Editor to Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795 or by email to: ctguardian@ct.ngb.army.mil

All letters must be signed and include a phone number for verification.

Guard Voices

What our flag means to me

What our flag means to me is liberty, justice, love, and hope. We are simple threads woven into it, as it is woven into our hearts. We are part of it as it is part of us. We are the people of the United States of America. We carry our flag and in turn, it gives us courage, righteousness, peace, hope, love, generosity, liberty, justice, and kindness.

What our flag means to me is liberty. An example of our flag representing liberty was when in our National Anthem, even though the British bombarded it, our flag still stood tall and radiant. Another example from a more recent event was when it flew over the wreckage of the World Trade Center, announcing to the world that we would not tolerate terrorism.

Our flag also represents justice. Together we uphold the law so there is no tyranny, and so all people, men, women, and children may gaze up at this flag with equal rights. Under our flag, no person may have more rights than another. The rights of choice, voting, speech, love, and religion.

The flag gives us love for our country, and this love becomes the hope for a brighter future, the hope of prevailing over war itself, the hope of a nation. That is what our flag means to me.

C.R. ROBERGE
10-YEAR-OLD GRANDSON OF LT. COL. (RET) CECELIA ROBERGE

Message to Soldiers, Sailors, Airmen and Marines

The reports of detainee abuse by American Soldiers in Iraq are deeply troubling. Those who have not upheld the high standards of our Armed Forces must be held accountable. With honor, the men and women of our Armed Forces must maintain our focus to secure a stable and free Iraq and to win the global war on terrorism.

We ask that each of you remember who we are and what we represent. We are Americans, and our actions must uphold the values of our country and the highest standards of professionalism and ethics. Our military code of conduct requires it, our nation demands it,

and the world expects it. Our culture of accountability and responsibility will accept nothing less.

As you serve around the world, stand tall. Be proud of what you are doing to make the world a better place. Your nation is grateful for your unwavering professionalism, selfless service, courage, and sacrifice.

The Chairman of the Joint Chiefs of Staff and I are enormously proud to serve with you.

DONALD H. RUMSFELD
SECRETARY OF DEFENSE

From the Secretary and Chief of Staff

Never in recent memory have our Army Values, the Soldier's Creed, and our Warrior Ethos been more important for us to reflect upon than today. Our Army is serving our Nation with great courage and honor during very dangerous times. We enjoy great support and the confidence of the American People, whom we serve, and we are respected around the globe. In view of current events, we must

PETER J. SCHOOMAKER
GENERAL, U.S. ARMY
CHIEF OF STAFF

re-double our efforts—hold our heads high and drive on to accomplish our individual tasks and collective missions. Integrity is non-negotiable. Everyone has leadership responsibilities when it comes to the Legal, Moral, and Ethical. Discipline is doing what's right when no one is watching. We are proud of you and our Army. Drive on!

R. L. BROWNLEE GENERAL
ACTING SECRETARY OF THE ARMY CHIEF OF STAFF

Our duty and responsibilities

Thursday, May 13, 2004

The events of the past week have clearly focused the world on the duties, honors and responsibilities of the American Armed Forces. I ask you to reflect upon the solemn obligations that each of us, as American Soldiers and Airmen, has to our states, our nation and to those with whom we serve.

We are entrusted with the lives of America's sons and daughters—to train them, to lead them and to act as their role models.

You have heard me say that 'when you call out the Guard, you call out America.'

You call out all of America—its values, its beliefs, its spirit. They are the very values the National Guard helped to create in the fashioning of this great democracy; they are the values for which the Guard and our fellow service members have shed their blood; and,

they are the values that give us the moral high ground on the field of battle. Indeed, they are the values we have sworn to defend.

The honor of a Soldier or Airman is never negotiable. Their values must transcend time and circumstance; their performance of duty, no matter the difficulty, must be accomplished with honor and distinction; and their responsibilities to the Constitution and each other fulfilled in the highest traditions of the American spirit.

I ask each of you to review with all those for whom you are responsible their solemn obligation to each other, their service and our great nation.

H STEVEN BLUM
LTG, USA
CHIEF, NATIONAL GUARD BUREAU

Homefront

In defense of Connecticut's children: Shattered Dreams

SGT. KAREN REILLY
COUNTERDRUG STAFF WRITER

Tuesday morning at 9:40 a sudden collision sound echoed throughout Windsor Locks High School.

Two cars collided in the result of a drunken driving accident in the school parking lot. Students quickly exited the school to check out the horrific scene. One student, Jake Bard, was thrown through the windshield and lying on the ground, while one other was badly injured and stuck in the car. The other driver, John Smith, stumbled out of his SUV with minor injuries.

Police, Fire, and EMS came roaring into the school parking lot. The Windsor Locks Fire Department used the Jaws of Life to help free Michelle Grady, the driver that was still stuck in the blameless car.

The whole student body of 560 students was standing by the scene with shock, with many students crying for their friends.

Soon students saw a hearse coming around the corner pulling up to the crash site.

A priest came out and walked over to Jake Bard who was pronounced dead on the arrival. He was then put into a body bag and put in the back of the hearse.

Meanwhile, the driver who caused this accident was given a sobriety test and then read his rights and put in the back of a police car.

This was all part of the "Shattered Dreams" program. Shattered Dreams, which originated in Chico California, it is a two-day event which involves all members of the community; students, teachers, parents, police, firefighters, emergency medical personnel, morticians and



Connecticut National Guardsmen. The combination of all these people working together creates a very real, yet staged accident in which everyone participates or observes.

The shock value of this accident and the events that follow are intended to alert teenagers to the consequences of drinking and driving.

To give students a perception of the number of DWI-related deaths, an individual

dressed as the "Grim Reaper" goes to a classroom every 15 minutes to pull out a victim.

The victim's face is then painted white and they return to class and are unable to speak for the rest of the day. The students find that it not only affects them but also their family, friends and classmates.

Tuesday night the program continues as about 20 students spend the night at the Connecticut Fire Academy where they have

to write a "goodbye" letter to their parents. The next day the entire school would meet in the auditorium where the 20 students would read aloud their letters. Involved in the program were: Capt. Anne-Marie Garcia, SOC Jeffrey Morande, Sgt. Karen Reilly and Sgt. Daniel Grenier.

For more information about the Shattered Dreams program contact the Connecticut National Guard Drug Demand Reduction Program at 860-493-2724.

Chaplain's

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CHAPLAIN (MAJ.) JOSEPH D. NGUYEN

Just like us, God loves good endings. Poor badgered Joseph in the Book of Genesis ended up the right-hand man of the Pharaoh and eventually rescued his father and brothers.

Jesus, rejected and killed, turned out to be the Savior of all. When times are bad for us, it's good to remember these stories to recall that God wants what's best for us, even though He sometimes takes seemingly odd ways to get us there.

Let me tell you about the story of my life

Good endings

to prove my point. In 1975, my family and I escaped from Vietnam for freedom in the new world. At that time, I was very angry toward God for allowing the war to destroy our lives. Now I realize that God works in mysterious ways.

When I was growing up, I always wanted to become a priest to serve people. In order to achieve the goal of becoming a priest in Vietnam, there are three little requirements:

First, your family must have money. I came from a poor family, so that was strike one.

Second, you must have connections. I didn't know anyone in high places, so that was strike two.

Third, you have to be smart. I was an average student, so that was strike three. Like in baseball, strike three and you are out.

In baseball, you can reach first base after being struck out by way of a past ball. That was what happened to me. When I landed in America, a land of opportunities, I got another

chance. After High School, I still wanted to become a priest. Therefore, I explored that horizon. The three little requirements from above did not become a hindrance anymore and you know the rest of the story. I became ordained as a priest in the Diocese of Norwich and I now serve as the Pastor of a small parish.

As you can see, I was very angry with God in 1975, but thirty years later I thank God for leading me to this country. It is a happy and good ending for me.

Remember the marvels the Lord has done (Psalm 105:5a). Memory is an important factor in nourishing our faith. Jot down your memories in a journal of those times when the Lord took your hand and rescued you.

When bad days come your way, take out those memories and recall that the Lord always brings about a good ending.

Good Shepherd, remind me that You walk with me each step of the way this day.

HANDYPERSON HOTLINE

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TODAY
TO VOLUNTEER YOUR
SKILLS



Sports

First TAG Competition hits the mark

SPC. JESSE JAMES STANLEY JR.
65th PCH

May 1 and 2 marked the first of what is to be the annual TAG Marksmanship Competition for the Connecticut Air and Army National Guard held at the Coast Guard Academy in New London. More than 50 Soldiers and Airmen gathered to show off their skills and compete with the M9 piston and the M16-A2 rifle.

Being a combat rifle and piston match the competitors in both competitions were challenged by firing in combat gear as well as from several firing positions within very short time limits. They had to fire from the prone, kneeling and standing positions, sometimes even changing positions between each shot.

In previous years the Connecticut Guard has sent Soldiers to TAG matches in NY. Since then a plan was put together for Connecticut to host its own matches as an annual event. With excellent cooperation from Chief Tierney and the Coast Guard Academy the CTNG was able to put together its first competition.

"To the soldier, marksmanship is as important as PT and CTT," said Maj. William Dicristofaro. "It needs to be done more than once a year. It also promotes unit morale."

Other than the challenges added to firing by making it a combat match, some Soldiers had the added difficulties of firing with a pistol for the first time.

"The pistol is more critical of any error made," said Staff Sgt. Gregory Tomsen, range NCOIC.

"The sight radius is a lot smaller than the rifle so it elongates any errors made. Your trigger squeeze and follow-through

must be precise when firing with a pistol."

The Soldiers and Airmen saw the competition as fun and a great way to practice their skills outside of regular qualifying once a year.

"We need to stress more marksmanship," said Sgt. Jason Bloom, C 242nd Engineer Co. "Once a year is not enough."

"This is my first competition," said Spc. James DeVeau, C 242nd Engineer Co. "It is a lot of fun and good practice."

This competition will also help prepare those who would like to compete in the future and join the pistol and rifle team who will be looking for new members in June said Dicristofaro.

"Our purpose is to do what we can to promote marksmanship and to better prepare our Soldiers going off to war," said Dicristofaro.



A Soldier clips his targets to the slide that will carry them to the end of the range during the first Annual TAG Matches held at the Coast Guard Academy in New London. (Photo by Sgt. Patrick Clark, 65th PCH)



Soldiers and Airmen from units throughout Connecticut participated in the first Annual TAG Matches, a competition involving rifle and pistol marksmanship, held at the Coast Guard Academy in New London. Here, competitors fire their pistols in the kneeling position. (Photo by Sgt. Patrick Clark, 65th PCH)



20th Anniversary Army Ten-Miler

Sunday, October 24, 2004

Start Time: 8 a.m.

Washington, D.C.

Register Online at www.armytenmiler.com

Field is limited to 20,000



Guarding Your Rights

Legal Affairs: *Army Management Control Process*

CAPT. TIMOTHY TOMCHO
JAG OFFICE

The Army Management Control Process (MCP) is a "quality control" tool designed to ensure federal resources are utilized wisely, efficiently and in accordance with federal law.

The MCP assists in the identification of deficiencies in resource utilization and functions under the guidance from a Management Control Administrator (MCA): CPT Tomcho.

Army references for management controls include Army Regulation 11-2, "Management Control;" NGB Pam 11-5, "Handbook for Army National Guard Managers and State Internal Control Program Administrators;" State of Connecticut Management Control Plan (CTMCP), 2004-2008." All commanders and staff officers should be familiar with the Army MCP.

The CTMCP is a mandatory five-year schedule used to identify Army programs for annual evaluation, applicable Army Regulations (AR) used by the program and in the evaluation, and the offices responsible for the Army program evaluation. The CTMCP provides the basis for the Connecticut Army National Guard's Annual Assurance Statement on Management Control Process.

The AAS is based upon reasonable assurance. Reasonable assurance is an acceptable degree of confidence in the general adequacy of management controls

to deter or detect material failures in complying with federal statutory or regulatory requirements. The AUM determines reasonable assurance, a judgment determination, based upon the effectiveness of management control deficiencies and material weaknesses.

Each Army element (assessable unit) responsible for conducting an annual evaluation is under the supervision of an Assessable Unit Manager (AUM). The Connecticut Army National Guard has 17 AUMs: one for each major command and directorate.

AUMs conduct program assessments using Management Control Checklists and other objective sources to assist in the identification of management control weaknesses.

Objective sources include but are not limited to audits, inspections, investigations, management assessments, credible information of non-governmental origin, staff meetings and interviews. AUMs memorialize their assessments by completing a DA Form 11-2R for each assessed program. AUMs retain the 11-2-R along with copies of the supporting documentation for their annual MCP files, which itself is subject to inspection. Upon completion of the annual assessments, AUMs complete an Annual Assurance Statement (AAS) to The Adjutant General (TAG).

Management Controls are the rules, procedures, techniques and devices employed by managers to ensure that daily

operations used to implement Army programs occur efficiently and "legally." AUMs must report identified weaknesses in management controls if the weakness is deemed to be material.

To be considered material, the weakness must (1) involve a management control, such as management controls are not in place, are not being used, or are inadequate; and (2) must warrant the attention of the next level of command or management, either because that next level must take action or because it must be made aware of the problem.

Classification of management control weakness is a management judgment, a decision left to the discretion of the AUM. Resource deficiencies (e.g., time, personnel, equipment, funding), although often causing program deficiencies, alone are not management control weaknesses.

Once all AUMs provide their AAS to TAG, the Adjutant General possesses the ability to, in turn, provide reasonable assurance (or report material weakness(es)) to the Chief, National Guard Bureau, that the Connecticut Army National Guard is effectively utilizing federal resources—that our execution of Army programs and operations are being conducted in accordance with applicable laws and regulations.

NGACT: Working for you



The National Guard Association of Connecticut (NGACT) proudly announces the 2004 scholarship program. The following persons are eligible to apply for a scholarship: NGACT Members; Unmarried sons and daughters of NGACT members; Spouses of NGACT members and Unmarried spouses and unmarried dependent sons and daughters of deceased NGACT members who were members in good standing at the time of their death.

Honorary, Associate and Corporate membership alone does not qualify any of the persons listed above for eligibility to apply for a scholarship.

Scholarships will be awarded in an amount based on available funds for the upcoming school year. Applicants must be enrolled as a full-time or part-time student at an accredited college, university, trade school or business school. Graduate students are not eligible for scholarships.

Awards will be sent directly to the recipient with each check made payable to the recipient's choice of school. To receive the awards, verifications will be required to the effect that enrollment has commenced or will commence.

There shall be no consideration in selecting the awardees of a scholarship because of friendship, rank or grade of the applicant, applicant's parents or applicant's spouse. Awards will be made on the basis of scholarship, character, leadership and need.

All applications will be accompanied by the following: A transcript of high school credits and a transcript of college credits for applicants already in institutions of higher learning; A letter from the applicant with personal, specific facts as to his/her desire to continue his/her education and why financial assistance is required; Two (2) letters of recommendation verifying the application and giving general information & personal traits that would make the applicant a desirable recipient. These letters should ideally be from a community leader, ministers, elected officials, etc. and One (1) letter of academic reference (should be from a principle, counselor, dean or professor).

All scholarship applications will be sent to the NGACT Scholarship Chair, NGACT, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795. Applications must include all materials.

The deadline for submitting applications is 30 June 2004. Applications must be postmarked NLT 30 June 2004.

For more information or to receive the scholarship fact sheet and application, contact Scholarship Committee Chairman, Juanita Hunt at:

juanita.hunt@ctbrad.ang.af.mil.



2004 Secretary of Defense Employer Support Freedom Award Recipients

ARLINGTON, VA (May 14, 2004) – The National Committee for Employer Support of the Guard and Reserve (ESGR) selected 15 businesses from across the nation as 2004's Secretary of Defense Freedom Award recipients.

The Department of Defense and ESGR will formally present the award to these organizations in a ceremony at the Ronald Reagan International Trade Center on Sept. 21.

This year's award recipients are American Express, New York City; Bank One Corp., Chicago; Colt Safety Fire and Rescue, St. Louis; Coors Brewing Co., Golden, Colo.; **General Electric, Fairfield, Conn.**; Harley-Davidson, Milwaukee; The Home Depot, Atlanta; Los Angeles County Sheriff's Department, Monterey Park, Calif.; Northrop Grumman Corp., Los Angeles; Fisk Corp./OneSource Building Technologies, Houston; Saints Memorial Medical Center, Lowell, Mass.; Sprint Corp., Overland Park, Kan.; State of Minnesota, St. Paul; Strategic

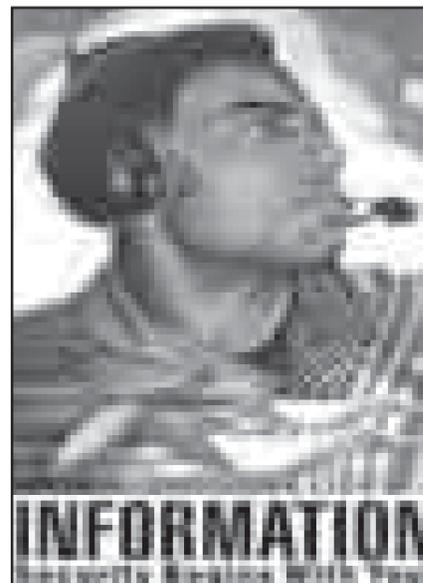
Solutions, Inc., Walnut Creek, Calif.; and Wal-Mart Stores, Inc., Bentonville, Ark.

The Secretary of Defense (William Perry) instituted the Employer Support Freedom Award in 1996 to recognize the significant contributions and sacrifices made by America's employers of the Guard and Reserve. Previous recipients have included Miller Brewing, Southwest Airlines, Tyson Foods, BAE Systems, and The Public Service Co. of New Hampshire.

"The National Guard and Reserve represent 37 percent of the forces currently in Iraq. With the increasing need for Guard and Reserve troops, America's Employers are inextricably linked to the nation's defense by sharing their most precious assets, their employees," said Bob Hollingsworth, ESGR Executive Director.

As the 1.2 million members of the Guard and Reserve continue to perform an increasing number of unique missions within America's borders and beyond, ESGR will continue to be the contact agency for

educational programs and services that enhance the relationship between civilian employers and their employees who serve in the Guard and Reserve.



Inside OCS

Leadership comes from heart, not ego

SOC JEFFREY S. MORANDE
OCS CLASS 49

I enlisted into the Connecticut Army National Guard as a 13B (Cannon Crew Member), Alpha Battery, 192nd FA BN, Norwich, Conn., in February 2001 and eventually transitioned to a 95B (Military Police) in November 2002.

From January 2002 to May 2003, I attended One Station Unit Training at the Field Artillery Training Center, Fort Sill, OK, assigned to 2nd Platoon, Delta Battery, 1/40th FABN.

During my time at Delta Battery I gained a very good perception of officers and what the role of an officer was in the United States Army. Capt. James A. Karcanes, was my Battery Commander.

Our Battery was his first command, and he was with us every opportunity he had. After each training evolution, he was there to give us words of encouragement and he constantly boosted our motivation.

He always ensured that we knew our roles and why our training was so important.

During our last night in the field before graduation he gathered the battery around him in circle.

For roughly two hours, he shared with us his experiences as a private, experiences in OCS, and his leadership experiences as a commissioned officer.

I remember thinking that this man was a real leader of men and I knew what it was I needed to do to accomplish the same.

He told us that no leader will experience success if that leader can not build a team. He explained to us that no matter where we go, it was our priority as a Soldier to give everything that we had to the team and nothing less.

I will never forget that experience and my perception of that captain in my 16 weeks of OSUT.

When I returned to Alpha Battery, 192nd FA BN, I entertained the idea of attending OCS. Capt. Karcanes impressed me so much that I felt that I could only measure myself as a commissioned officer.

After several drills with my unit, my intent had not changed, however my perception of leadership expanded.

I learned that leadership did not solely rest upon the shoulders of the officer, but on shoulders the NCO as well.

I delayed entering OCS for a year. I wanted to learn leadership attributes such as communication and team building and I accomplished this by studying the leadership styles and seeking the guidance of the NCOs in my Chain of Command.

I incorporated every bit of guidance they ever gave me into my own style of leadership.

My former Platoon Sergeant, Sgt. 1st Class James Karrenburg, taught me that a leader, regardless if they are an NCO or an officer can not lead Soldiers if they can not communicate effectively and can not build a team out of their Soldiers.

Ubiquitous as that guidance may be, it

expanded my perception and respect of the United States Army officer before I entered into OCS program.

Before I entered OCS, I knew little of the program.

I asked numerous commissioned officers who earned their commission through OCS in my battalion what to expect and they supplied me with a broad variety of answers.

From what I gathered, OCS was physically and mentally demanding. I did not realize how true that was until April 2003.

OCS is a long and demanding 15 months, and however challenging each drill may have been, the learning experiences made these evolutions twice as rewarding.

I would not trade a single day of it in for anything.

Months have come and gone and I have learned more about myself and what it means to be a part a team.

OCS is a constant learning environment where individual leadership is developed through the success and failures of the team.

The TAC/instructor staff at OCS is comprised of professionals. These officers and the one NCO are there because they know what it is to be a leader, and they are. They are observing the officer candidates every minute.

The class leads itself through each training evolution, and the TAC/instructor staff is there to challenge your knowledge and skills.

The TACing/instructing never ends, and the officer candidates are always learning.

My interactions with the TAC/instructor staff have been outstanding. Officer candidates are treated with dignity and with fairness.

When the class achieved senior status, the TAC/instructor staff began mentoring the class more and TACing the class less.

It has been my experience in OCS that the intent behind this is to perpetuate the confidence of the class and to solidify the class cohesion, and it has.

The TACs and instructors participate in every training event. This has taught me that if you can not accomplish a task you expect your subordinates to accomplish, what kind of leader are you or will you be?

There is no such thing as mediocrity at OCS, and the TAC/instructor staff is there to ensure that. No officer candidate is guaranteed to graduate.

Earning that gold bar takes intestinal fortitude, the TAC/instructor staff will challenge that in every interaction they have with you and if they did not, they fail their mission.

If I do graduate from this program, I can say with confidence that my TAC/instructor staff did everything within their ability and nothing less to mold Class 49 into excellent 2nd Lieutenants.

See *INSIDE OCS* Page 25

Why Diversity?

Learning about others is the key

SUBMITTED BY SGT. 1ST CLASS SCOTT J. FARRELL
STATE DIVERSITY INITIATIVES COORDINATOR (SDIC)

On Oct. 18, The Connecticut chapter of the National Association for Multicultural Education (NAME) will be holding the Connecticut Conference on Multicultural education at the Marriott in Farmington, the program runs from 8am-4pm.

The Purposes of the Conference is designed to provide PK-12 and higher education teachers, administrators, school board members, parents, students, and community activists with the opportunity to learn innovative programs towards equity in our schools, communities and our society among other important issues.

- Learn ways to reduce racial, ethnic, and economic isolation.

- Learn about innovative programs that infuse multicultural education into the curriculum.

- Learn about effective strategies to

increase student achievement among diverse students.

- Highlight the work of exceptional individuals and programs engaged in multicultural education.

- Explore ways of working towards equity in our schools, communities, and society.

Now some people might ask why is the State Diversity Initiatives coordinator is telling us about this conference for educators.

Well because as members of an organization that needs to be mission ready the more we can understand our members the better we can lead them.

I encourage all members of the Connecticut Guard to attend this conference and enhance their knowledge.

The Keynote Speaker is Enid Lee the author of more than 30 publications, including letters to Marcia: A teacher's Guide to Antiracist Education; the docudramas

“Quick to Judge” and “Food for Thought” from the television series “Many Voices;” and Beyond Heroes and Holidays: A Practical Guide to K-12 Antiracist, Multicultural Education and Staff Development.

The Luncheon Speaker will be Dr. David G. Carter President of Eastern Connecticut State University.

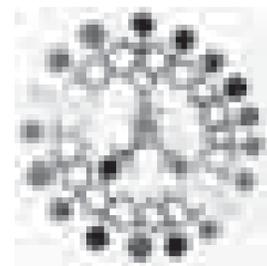
He will be commenting on “Honoring Brown v. Board of Education,” an observance of the 50th anniversary of the landmark case.

There are also many workshops to attend a full list can be found at:

http://www.state.ct.us/sde/calendar/conference9_brochure.pdf

For questions regarding program content, contact William Howe, Connecticut State Department of Education, Conference Co-Chair, at (860) 713-6542 or e-mail william.howe@po.state.ct.us

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

“First seek to understand,
Then to be understood”

Steven Covey

Health & Fitness



Ankle sprains common injury

LT. COL. LINDA TAFUTO
HEAD NURSE, CTARNG MEDICAL COMMAND

Ankle sprains are among the most commonly experienced athletic injury. Injury or sprains occur when the stout ligaments connecting the bones of the ankle are stretched, partially ruptured or completely torn.

The sprain usually occurs when the ankle turns under. This is associated with an almost immediate onset of swelling and pain along the outside of the ankle.

A qualified medical professional can diagnose an ankle sprain by examination and X-ray. The examination will determine the severity of the ankle injury and course of treatment.

Ankle sprains are graded in terms of the degree of severity:

First Degree ankle sprains are the most common. The ligaments are stretched but not completely torn. There is modest swelling but no gross instability.

Second Degree ankle sprains involve partial tearing of the anterior (front)

talofibular ligament. There is more swelling, more pain, ecchymosis (discoloration). Second degree strains generally take a longer time to recover.

Third Degree ankle sprains involve complete rupture of the lateral ankle ligaments with obvious swelling, ecchymosis, ankle instability, and inability to walk.

Initial treatment for all three degrees of ankle sprains is the same. Ice should be applied, the ankle should be compressed with an elastic bandage such as an ace wrap, and the ankle should be elevated. Depending on the degree of sprain, further treatment could include immobilizing the ankle by applying a below-knee walking cast or possible surgical repair.

If the ankle is allowed to swell initially after the injury, the time table to recover is markedly delayed, making immediate care the most important aspect of ankle injury.

The most important thing to remember is to apply ice and elevate the ankle immediately after a sprain occurs.

DoD standardizes HIV test interval across all services

GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

Military members are now required to be tested for HIV every two years, according to a Defense Department health policy change implemented March 29.

The Armed Forces Epidemiological Board recommended the change, which standardizes the HIV testing interval across the services, according to Dr. David N. Tornberg, deputy assistant secretary of defense for clinical and program policy, during a May 20 interview.

DoD requires HIV testing, Tornberg explained, because it is responsible for maintaining the health and well-being of all servicemembers.

Previously, Tornberg noted, HIV testing intervals varied among the armed services.

Today, "we're optimizing testing," Tornberg explained, citing medical studies that show very few people with HIV become sick with AIDS within two years of being infected.

Therefore, servicemembers who test HIV positive under the new two-year interval, he noted, are most likely to benefit from anti-viral drugs and other treatments that help keep the disease at bay.

"We're looking to protect the individual,"

Tornberg said, noting that HIV- positive servicemembers are not automatically discharged and may continue on with their military careers.

The two-year interval also enables DoD to consolidate HIV testing for deployments. For example, he noted, Guard and Reserve members are now to have been tested for HIV within two years of a mobilization of more than 30 days.

Tornberg pointed out that both male and female service members could acquire HIV, which can be transmitted sexually, through intravenous drug use, or via blood transfusions.

People can help protect themselves from being infected with HIV, Tornberg observed, by employing safe sexual practices, including having monogamous relationships, and by not engaging in drug abuse practices.

The HIV infection rate across the military is about two out of every 10,000 servicemembers, Tornberg said, which is equal to or lower than the civilian population in the United States for the same age and gender.

"Our service people can avoid HIV infection, as can all individuals," he concluded.

Fit for Life: Sweeteners, resting metabolic rate, resistance training

MAJ. JAMES FINN
MASTER FITNESS TRAINER

These three topics are more related than first appear!!!

Do you use sweeteners other than sugar, honey, or molasses? No or Yes

If you checked "No" skip to paragraph 3. If you checked "Yes" you may be endangering your health; keep reading!!!

1. Those who use "chemical sweeteners" need to be careful. New on the market is *sucralose* (Splenda by the trade name). Splenda, [like *Nutrasweet* (aspartame), *Sweet and Low* (sodium saccharin), *Sunette*, *Sweet One*, *Sweet & Safe* (acesulfame), or *sorbitol* (in vitamins, toothpaste, and many sports drinks)], was marketed relatively rapidly by our U.S. Food and Drug Administration. Like many products, sucralose was tested on rats and other rodents with no human trials prior to release. The FDA recently stated that many

products that produce toxicity in rodents, such as *sucralose*, may produce symptoms in humans at much lower levels.

2. For soldiers, our problem with artificial sweeteners is not as much long term side effects but our Resting Metabolic Rate (RMR). When our body get less fuel it becomes more efficient but not in a good way. Especially, when we are not eating wisely and working out insufficiently. The RMR lowers. Even if we eat less we won't lose weight. We may actually be malnourished or headed for an eating disorder.

3. When we diet, our bodies have two reactions: "slow done" and "store". If we are working out sufficiently (also not eating "corn syrup" products. See: Connecticut Guardian May 2004) we prevent fat cells from storing our extra calories. If we "trick" our bodies by substituting "artificial sweeteners" or diet, our energy engines slow down. Like a "car in overdrive" when you take your foot

off the gas pedal. First the gas flow decreases then the automatic transmission downshifts (in the case of standard "trannies" the engine "lugs"). "Downshift" for our body is to lower the "metabolic rates" particularly the RMR.

4. People who eat "normal" and work out sufficiently have higher "Resting Metabolic Rates" (RMR). Whether sleeping, sitting, "vegging on the couch", or typing on the computer, they burn more calories all the time. Two ways to increase your RMR are resistance training and increase protein ratio in your diet. When you work-out, your body burns calories and rebuilds with protein. Most researchers agree that "resistance training" (with or without weights) seems to have the greatest impact on RMR.

5. We all work busy schedules but can incorporate "resistance exercises" into our lifestyle. Calisthenics, isometrics, static

exercise, and weight training (free or machine) are resistance exercises. When pilots "pulls serious G's" in an aircraft they counteract blood pooling by using exercises nick-named "Straining Maneuvers". Very strong isometric exercises. They clench muscles in the legs, gut, back, chest, arms, neck, to push blood back to the brain before the "jet-jockey" blacks-out. You can do resistance exercises (isometrics) anywhere: driving, at the office, on the escalator, during coffee breaks, all day long. Many web sights provide varieties of resistance exercises without weights or special machines.

6. If you focus on resistance exercise and healthy diet (no chemical/sugar substitutes) you will increase you Resting Metabolic Rate. Many other health issues will resolve as by-products.

Serendipity any one? and that's not an artificial sweetener. . .



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



Motor vehicles: Transportation or instrument of death

COL. FRANK DINUCCI
STATE SAFETY AND OCCUPATIONAL HEALTH OFFICER

This may be a bold statement, but according to the Army Safety Center the leading cause of accidental death in the army is motor vehicle accidents (this includes motorcycles). So far in FY04 116 Soldiers lost their lives in motor vehicle accidents.

The sad notes here are that most of the accidents that occurred were preventable. Being aware of the pitfalls that lead to motor vehicle accidents is not enough; we must change our driving behavior. Not wearing a seat belt, speeding, drunk driving, fatigue, distractions and driver's skill are just some of the behavioral habits we must change.

Wearing a seat belt has been proven to prevent additional trauma in a motor vehicle accident. There is no excuse not to wear your seat belt. Remember in Connecticut you are required by law to wear your seat belt while driving.

Speed kills; the speed limit is not a suggestion it's the law. Speeding decreases the response time you have to avoid an accident. Roads are evaluated by determining the maximum speed a person can safely travel, remember this evaluation is based on the best road conditions. Speeding can also effect you financially, get caught speeding and you will be fined, you may also have your insurance premium increased and face the possibility of your insurance being canceled or suspension of your drivers license.

Driving while under the influence of alcohol not only puts your life in danger but also endangers your passengers and anybody sharing the same road. Alcohol will decrease response time and impair judgment. If driving under the influence causes injury or death you can be charged with a felony or manslaughter depending on the severity of the accident.

It has been shown that working long hours or staying up late and getting up early has led to motor vehicle accidents. It takes less than one second to have an accident. Opening the window for fresh air is not the answer, your body needs rest, pulling over to a safe parking area and taking a nap would be the best response, remember don't leave your car engine running while napping. You will arrive late but better late than never.

Distractions such as smoking, eating/drinking, changing radio stations or playing CDs, cellular phones, looking at the passenger while talking, reading and putting on makeup are just some of the distractions that can cause an accident. It takes less than one second to have an accident. That bagel and coffee could cost a lot more if you have an accident.

Even though a person has a license to drive a motor vehicle it doesn't mean they can drive anything on wheels. If someone has driven nothing but an automatic transmission they must be trained how to operate standard shift car. Also if the biggest thing you have driven has been a VW, you need to be trained on how to drive a larger vehicle such as an SUV.

All the pitfalls mentioned are an accident waiting to happen. How do we prevent them by **Driving Defensively**? To help you the National Safety Council has produced a program title "Defensive Drivers Safety Course." This course is available for free to all members of the Connecticut Army Guard. Please contact your unit safety officer for information about signing up for this course. When you complete this course you will receive a certificate, present this certificate to your insurance company and they may give you a discount on your insurance. For further information please contact the Safety and Occupational Health Office at (860) 386-4071 Ext. 108 for Col. Frank DiNucci or 153 for CW4 Vincent Rinaldo.



Warrant Officer Update

Looking for our future Warrant Officers

CW5 MARK S. MARINI
STATE COMMAND CHIEF WARRANT OFFICER

Commanders, fellow Warrant Officers, Command Sergeants Major, do you know a high speed Noncommissioned Officer with a yearning to be both a technical expert as well as a leader of soldiers? Do you think he/she has what it takes to become an outstanding Warrant Officer? If so, send us their name.

Noncommissioned Officers of the Connecticut Army National Guard do **YOU** have what it takes to become a Warrant Officer? Do you know **WHAT** it takes?

The Connecticut Army National Guard currently has a number of Technical Warrant Officer vacancies. The following is a list of some of the specialties available:

250N0 Network Management Technician
251A0 Information Systems Technician
420A0 Military Personnel Technician
914A0 Allied Trades Technician
915A0 Unit Maintenance Technician
915E0 Support Maintenance Technician
918B0 Electronic Systems Maintenance Technician
919A0 Engineer Equipment Repair Technician
920A0 Property Accounting Technician
920B0 Supply Systems Technician
922A0 Food Service Technician

We are looking for some Top Notch Technically Proficient Noncommissioned

Officers to fill these positions.

Each warrant officer position has specific prerequisites, feeder MOS's, and minimum grade requirements. In extraordinary cases some of these prerequisites *may* be waiverable. Two prerequisites required for all warrant positions are a GT score of 110 or better (this is not waiverable), and passing an Appointment Physical (IAW Chapter 2 AR 40-501).

If you are interested and would like to know if you meet the prerequisites contact your personnel section for assistance. If further assistance is required, don't hesitate to contact either CW5 Mark Marini at (860) 493-2769 or Sgt. Maj. Laura Danao at (860) 524-4817.

There are also a number of aviation warrant officer positions available. These positions offer the potential for initial flight training. Some of the additional prerequisites for aviation are that you must be younger than 27 1/2 years old, must pass the Army Flight Aptitude Selection Test, and must pass a Class I flight physical. If you are interested, contact Lt. Col. Thomas Boland at (860) 386-4071, ext 100 for more information.

Watch future issues of the Connecticut Guardian for more information on becoming a warrant officer.

Inside OCS

From Page 23

THE GREATEST PRIVILEGE IN THE WORLD IS LEADING SOLDIERS

This belief is at the core of my values, and will always be throughout my military career. I consider the profession of arms a vocation, not an occupation.

If I graduate OCS, and I am assigned to a platoon as a platoon leader I want this belief to take its place at the heart of my Soldiers.

The National Guard is a deployable force and we share the same responsibilities to be technically and tactically proficient in battle as our active duty counterparts.

My first and continuous priority if I become a platoon leader is team building. If I can accomplish this, then everything will fall into place.

From the experiences I have had as an enlisted Soldier, I know what it feels like to stand in the formation, and now I am striving

to stand in front of one.

We are all Soldiers first, and I expect every individual Soldier to uphold the standards and nothing less.

OCS has taught me to take care of your Soldiers because they will take care of you.

This is a lesson that has to be learned from experience and I have learned this from experience.

OCS has taught me that every Soldier's role is just as important as the next and everyone in the platoon from the newest private to the platoon leader all have an integral part in the success of the mission.

Every officer candidate who has been through the program can derive various ideas from the lessons learned, what I have derived most importantly is that leadership comes from the heart, not the ego.



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Coming Events

June

- June 6**
60th Anniversary of Normandy
- June 9**
NGACT Executive Board Meeting
- June 12**
Massing of the Colors
Rocky Hill Veteran's Home
- June 14**
Army Birthday
Flag Day
- June 20**
Father's Day
- June 26**
Space & Aviation Day
Bradley Air Base

July

- July 1 - 3**
Battle of Gettysburg Anniversary
- July 4**
Independence Day
- July 14**
NGACT Executive Board Meeting
- July 19-21**
EANGUS Legislative Workshop
Alexandria, VA
- July 31**
OCS Graduation

August

- August 22-25**
EANGUS National Conference
Louisville, KY

In future issues

- Battle of Gettysburg
- Geneva Convention & UCMJ
- Scholarship Scams
- Warrant Officer Recruiting
- Students Refurbish Tank

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

248th returns home!



From Page 1

they go boom inside is when you have to worry. You actually got used to it eventually."

Being an engineering unit the 248th needed to constantly have parts and equipment supplied to them. Several times a week they had to pick up and transport parts to and from bases.

"It was like driving from Hartford to Cape Cod while getting shot at," said Shilosky.

The 248th had another challenge before them. Not only did they have to work in the difficult conditions of a wartime environment, but also they had to constantly shake the image the Active Duty military had of the National Guard. Rather than be daunted by such a task, the 248th used it to fuel their motivation.

"Working with the Active Duty forces was difficult at first," said Shilosky. "They thought because we were National Guard we were slackers. We proved them wrong. I think we outperformed them. We were doing things faster and more affectively. We worked harder to prove ourselves."

They were not only fueled by pride in their work and their country but also the amazing amount of support from home.

"The biggest thing was touching and reading the letters from school children all over the country," said Sgt. Nick Tramontano. "There was great support from home. I would sit on my cot and read letters from kids and look at their drawings. Sometimes if there was a return address I'd send them a post card."

The year away meant missing holidays and birthdays, both their own and their loved ones'.

"I never thought I would spend my 21st birthday in the desert with a 45-pound vest on and carrying an M-16," said Spc. Andrew R. John.

To some the time away felt like ten years, to others it seemed to fly by.

"Now that we are home and we can look back it feels like it went by quick," said Shilosky. "If you asked me that a few weeks ago when I was standing in Baghdad I probably would have said something different."

The year apart was hard on the families for the Soldiers of the 248th from the time that they found out they were being deployed to the time they came home. The initial shock of the deployment was hard to believe by most.

"We found out he was being deployed on Valentine's Day," said Kim Legere, fiancé to Spc. James Sharples. "I was very upset. I pretended it wouldn't happen."

Spc. Eddie Quinn's parents, Kevin and Sharron, did not understand what it meant at first when they found out he was to be deployed.

"We never thought he would get sent overseas," said Kevin. "The troops were more ready then we (family) were."

"When I found out he was getting sent overseas I knew we (family) had to buckle down and support him," said Spc. Zack Poston's mother Kathy. "We made sure that while he was away he did not want for anything. We sent over care packages to him and other Connecticut Soldiers."

With nothing but news reports and the occasional letter or email from their loved one to keep them abreast of what was going on, the families were constantly worried about the safety of their Soldier. The news did not alleviate all their worries.

"The news reports were all that we had to go on," said Kevin Quinn.

Kim Legere could not watch the news she said. The news reports of people dying were too much for her.

It was a year of change. Wives had to take care of their children without the help of their husbands. Mothers had to say goodbye to their sons and daughters wondering if their babies would come home all right. There was an empty spot in many beds where husbands and wives wondered what their companion was doing a world away.

"Getting used to not having him around was the hardest part," said Kim Legere. "He is my best friend, we did everything together."

Families had to be content with phone calls and letters rather than hugs and kisses for more than a year.

"Hearing his voice put us at ease," said Steve John.

The long sleepless nights, the worry and wonder, the waiting: they are all over now. The parade field was covered with the families and friends of the Soldiers waiting for the buses to enter the base. As they took their victory lap around the camp, the gathered crowd began to cheer and wave their flags and signs. The buildup of emotion could be felt. As the first Soldier off the bus stepped foot on the ground, it marked the end of their journey. The crowd cheered and no longer waited, but instead surged forward to greet their heroes.

Twelve days later the eleven Soldiers from the rear detachment were welcomed home by not only family and friends, but also, fellow Soldiers from their unit who paved the way for them nearly two weeks before. These Soldiers volunteered to stay behind to load the unit's equipment onto ships to be returned home.

The Soldiers of the 248th Engineer Company, having been through the rigors of war, are no longer boys and girls, but men and women forged in the fires of combat.

These brave men and women, heroes to their nation, having looked danger and death in the face for more than a year, wept in the arms of their families.

Mothers and fathers, husbands and wives, fiancés, sons and daughters were all reunited. Finally they could relax and let their guard down.

A family several hundred strong was finally having their reunion on the field at Camp Rowland on a beautiful Friday afternoon beneath familiar blue skies.



Fathers and sons were reunited... (Photo by Spc. Jesse J. Stanley, 65th PCH)



...young families were reunited... (Photo by Sgt. Patrick Clark, 65th PCH)



...and mothers and daughters were reunited with gentle caresses, all-engulfing hugs and lots of laughter, smiles and tears. (Photo by Sgt. Patrick Clark, 65th PCH)



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