



# Connecticut Guardian



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April 2001

## OEM Goes on Offensive as State Braces for "Storm of the Century"

Story by MaryRose McDonald, OEM

Photos by Maj. John Whitford, State PAO

The State DEP Meteorologist and Office of Emergency Management officials began watching last month's nor'easter long before the first snow flake fell. Days before the storm hit Connecticut, the state's Emergency Operations Center's (EOC) monitors were displaying satellite images showing the progress of the storm. Since it was difficult to predict exactly what time the storm was due to enter Connecticut on Monday, preparations began Sunday, March 4, 2001. The governor and his senior staff, along with several state agency commissioners, met at the operations center to discuss precautionary actions.

The media was there,



wanting to know what the state was doing.

At the first of many press conferences throughout the storm, Governor John Rowland announced several public safety emergency actions. Concerned about the public safety hazards and dangerous driving conditions the governor gave non-essential state employees the day off. He encouraged private companies and municipalities to follow suit, and many did. School children also enjoyed Monday off. Connecticut's chief justice ordered all courts in the state to be closed on Monday.

To avoid road closures and accidents, Rowland ordered a ban on tractor-trailer travel on all state highways beginning at 5:00 a.m. Monday, until further notice. The Department

See OEM page 19



John G. Rowland  
Governor

STATE OF CONNECTICUT  
OFFICE OF EMERGENCY  
MANAGEMENT  
HARTFORD, CONNECTICUT  
06103

March 06, 2001

To the Men and Women of the Connecticut Military Department:



Your contributions in support of Cassius' effort to reinstate Bruce Emery's impact on our state was duly noted and greatly appreciated. As always, the Connecticut National Guard and the Office of Emergency Management were on duty and ready to respond.

Throughout my six years as Governor, the Military Department's provision in responding to state emergencies is simply outstanding. Regardless of the circumstances of the event, whether it is a ceremony or an emergency, you are always prepared, professional and willing to your service. As your commander in chief, you give me great pride when I am among you.

On behalf of the citizens of this great state, I commend you for your efforts during Storm Emery and am appreciative of the continued sacrifice that you and your family make on behalf of our country.

With appreciation,

*John G. Rowland*  
JOHN G. ROWLAND  
Governor

## 712<sup>TH</sup> Maintenance Company Receives The 2001 Philip A. Connelly Award

Story by Maj. John Whitford, State Public Affairs Officer

Photos courtesy of Staff Sgt. Davis Foster, 712th Maint. Co.

The Department of the Army Deputy Chief of Staff for Logistics and the Chairman of the Board of International Food Service Executives Association (IFSEA) have awarded the 2001 Department of the Army Philip A. Connelly Award to the 712<sup>th</sup> Maintenance Company.

The 712<sup>th</sup> Maintenance Company, along with other winners, was recognized in a joint service program during the International Food Service Executives Conference March 2 through March 5, 2001 in Anaheim, California.

See CONNELLY on page 20



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# UP FRONT WITH THE ADJUTANT GENERAL

By MAJ. GEN. WILLIAM A. CUGNO,  
ADJUTANT GENERAL



## Snow Storm, Health Care Strike, CTNG Florida Retirees

I want to take this opportunity to thank the entire Military Department, especially our Office of Emergency Management, headquarters staff and all of the Army and Air major commands (MACOMS) who played huge roles during the recent winter storm and health care strike.

First the snowstorm. Though we were spared from grave disaster, our anticipation and preparedness in response to all projections leading up to the storm was magnificent and I commend you all. The March 5 storm was a good test for our agency. Yes we had some planning obstacles along the way, but in true military fashion, we were quick to adapt and stood ready to execute.

Over the last few years the Connecticut region has been spared from major winter storms that have the potential to shut down the state. To say we were due is an understatement. I also know that it's tough at times in the field to keep the edge on every time a major storm is forecasted but never measures up to its billing. To your credit, you judiciously prepared for the worse and stayed focused. Good job!

By now I would expect that OEM and the MACOMS have conducted formal "after action reviews" (AAR) with their staffs and/or

subordinate units so that we can address the areas we excelled in, and the areas we need to improve upon. Off the top of my head, I am sure all National Guard units know precisely the status of their alert rosters, the legitimacy and accuracy of their "sand bag reports", the feasibility of their armories as emergency shelters and the challenges associated with the potential missions units were alerted for.

The Military Department received excellent media coverage during the storm and many accolades from the Governor and his staff as evidenced by his letter to the Military Department (page 1).

Shifting now to the health care strike. Again an awesome, awesome job!!! You were all spectacular and again, the Governor and his staff were extremely satisfied with the Military Department's level of preparedness and urgency in our response. Safety, transportation and sustainment of high quality healthcare for residents in the healthcare facilities were our top priority.

By transporting replacement workers to nursing homes and being prepared to deploy qualified ARNG medical personnel, the safety of the health care facilities, but more importantly, the safety

of their patients, was preserved. Once again the OEM and the Connecticut National Guard were on the front, and ready.

I want to publicly thank Brig. Gen. Zembrzuski and his staff for being on point and preparing our agency's response. Part of that staff was John Wiltse and his OEM who once again performed superbly. Hats off additionally to the MACOMS and the units who ensured the smooth operation of staging areas and prepared numerous vehicles and equipment. Special commendation goes out to Lt. Col. Bob Cody and the soldiers and leaders of "Task Force Med". In the true spirit of the Minuteman, all of you left your families and employers behind and answered the call! Thank you.

One more closing thought. I had the opportunity to speak to the Connecticut National Guard Retirees of Florida (CNGROF) during their annual meeting March 3-5, 2001. Though I was only on the ground for less than a day, I had an excellent time and was glad I made the trip. It was great to see so many of you. Did you know you don't have to be retired to join the CNGROF ranks? Hats off to our Florida retirees, they are very organized and quite active. (Remember the writing assignment I gave all of you!)



By STATE COMMAND  
SERGEANT MAJOR  
STEPHEN L. PRIMETT

## ENLISTED UPDATE

### COMMON QUESTIONS AND THEIR ANSWERS

Q: Are spandex shorts authorized for wear with the IPFU (Improved Physical Fitness Uniform)? Are there any restrictions on wearing the IPFU items together? Can I wear the long-sleeved t-shirt or jacket with the shorts, or the short-sleeved t-shirt with the long pants?

A: Gray or black spandex shorts are authorized with the IPFU, as an optional item. There are no restrictions on the combination of the IPFU items, unless the commander has prescribed a particular uniform for formations. The various IPFU items allow for comfort in a variety of temperatures/conditions.

Q: Where do I wear the Physical Fitness Badge on the IPFU?

A: On the short and long-sleeved t-shirts, wear the badge in the same place as on the PFU t-shirt: on the upper left front side. On the jacket, center the badge 1/2 inch above the word "Army."

Q: What is the wear-out date for the old "wooly pully" (brown) sweater?

A: There is no established wear-out date. The old style 100 percent wool sweater is still authorized for wear. It is considered an

optional sweater for those soldiers who prefer wool.

Q: Are soldiers required to wear the Regimental Distinctive Insignia (RDI) and the Distinctive Unit Insignia (DUI) on Army uniforms?

A: Yes. Soldiers wear the RDI on the Army Service Green, Army Service Dress, Blue, White Army Maternity, Dress and Mess uniforms and on the AG 415 shirt. If soldiers are authorized the DUI they wear it on the garrison cap, the Army Service Dress uniform, and the black pullover sweater. If soldiers are not authorized the DUI, they will wear the RDI on the pullover sweater. (Army Regulation 670-1, paragraph 27-21.)

Q: Can soldiers wear beepers or pagers on the uniform?

A: Soldiers may wear beepers or pagers only in the performance of official duties. Wear of pagers for any other reason is left up to the discretion of the commander. If beepers or pagers are worn, soldiers should place them in an inconspicuous place on the uniform, such as the waistband of the slacks near a pocket, or inside a pocket. Cell phones are not authorized for wear on the uniform.

Q: Are the Green Jungle boots still authorized for wear? Who can wear Tanker boots?

A: Yes. Green Jungle boots remain authorized as optional footwear until no longer serviceable. However, they are no longer available for purchase in Army Military Clothing Sales Stores. (Ref: Army Regulation 670-1, Paragraph 26-4d and DAPE-HR-S, Message 121319Z April 1993. Subject: Boots). All personnel are authorized to wear Tanker boots unless restricted by the commander. Also, the commander may require soldiers wear standard issue boots in formation.

Q: Are soldiers authorized to wear "camel packs"?

A: Commanders may authorize soldiers to use a camouflage personal hydration system only in the following situations: in field environments; in high heat areas; or on work details. Soldiers will not wear the systems in a garrison environment, unless authorized to do so by the commander for one of the situations listed above. Soldiers will not let the drinking tube hang from their mouths when the system is not in use. This information is being incorporated into the revision of AR 670-1.

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**Deadline for submissions is the first Friday of the month prior to the month of publication.**

## Connecticut National Guard Retirees of Florida Hold Annual Meeting

by Command Sgt. Maj. (Ret.) Askel E. Hansen Jr.

The Connecticut National Guard Retirees of Florida (CNGROF) held its annual meeting March 3-5, 2001 at the LaQuinta Inn, Orlando Airport West, in Orlando Fla. Eighty-two people were on hand, which 48 were members who attended the business.

The purpose of this annual meeting was purely social. The meeting is designed to keep in contact with friends and family as well as staying informed on Connecticut issues.

The social aspect of our annual meeting consisted of golfing, a luau dinner, a show at Sea World and an afternoon get together at poolside.

Our meeting started promptly with our guest speaker Maj. Gen. William A. Cugno, the Adjutant General of Connecticut and Commander of the Connecticut National Guard. The general briefed us for about an hour. It was an interesting information brief and well-received presentation that brought us "Old Timers" up to date as to the status of the Connecticut Army and Air National Guard, as well as the upcoming deployments and his thoughts as to the direction and vision of the future for the Connecticut Guard. On behalf of the CNGROF, it was comforting to feel that after the General's brief, the Connecticut National Guard is in good hands and it made us proud to have been associated with the Connecticut



National Guard.

Following the presentation, Gen. Cugno was presented with a plaque and CNGROF baseball cap.

As chairman of this organization we only meet once a year and look forward to the Retirees Picnic each year at Camp Rowland. These events help strengthen our bond and help us stay in tune with Connecticut.

It was great to swap old "war stories" as well as to see old friends and meet new ones.

Those who attended our annual meeting were: Joe Acanfora, Brig. Gen. Nate Agostinelli, Bob Aldrich, Joe Amatruda, Milt Andrews, Brian Barrett, Howard Belinsky, Gene Berube, Bruce Blackstone, Howard Clement, Bill Coffey, Herb Colman Jr., Maj.

Gen. William A. Cugno, Irwin Dawley, Brig. Gen. George Demers, Bill Durwin, Arthur Finnegan, John Flanagan, Theresa Gregory, Aksel Hansen Jr., Hjalmar Hendrickson, Larry Hines, Al Jacobucci, Bob Kelly, Dick Lacy, Bernie Lamanski, Ed Madigan, Gil Mandy, Bill Marceau, Bill Mulligan, Roger Murray, Jack O'Neil, Don Oman, Joe Tarrant, Roland Tetreault, Leonard Theriault, George Thorpe, Frank Uricchio, Ray Veilleux, James Wagner, Lawrence Whipple, Ed Wilson and Billy Yandow.

The CNGROF has been in existence since 1985. The first ever meeting consisted of a small group of only six.

Our next meeting will be March 1-3, 2002 in Orlando. Why not plan now to join us. We would be glad to have you.



## CTARNG Earns National Safety Awards

The Connecticut Army National Guard walked away from the 29th Annual SOH Conference in Orlando Florida with three safety awards. The conference was held Feb. 5-8, 2001.

The CTARNG was given the National Guard Bureau Safety Award of Merit for having no Class A or B accidents during the period of FY 1999-2000. Class A is an Army accident resulting in: damage costs of \$1,000,000 or more and/or; destruction of an Army aircraft, missile or space craft and/or; an injury and/or occupational illness results in a fatality or permanent total disability.

Class B accidents are identified as: the resulting total cost of property damage is \$200,000 or more, but less than \$1,000,000; or an injury or occupational illness results in permanent partial disability; or when five or more personnel are in-patient hospitalized as the result of a single occurrence.

Col. Frank DiNucci received a Certificate of Appreciation from National Guard Bureau for distinguishing himself during Fiscal Year 2000 while serving as the Radiation Protection Officer for the Connecticut Army National Guard. The Radiation Protection Program was established to ensure that the acquisition, use and storage, maintenance, and disposal of U.S. Army Radioactive commodities and Ionizing Radiation producing devices are compliant with regulatory requirements. His visibility and positive attitude toward compliance and attention to detail have produced positive feedback and praise from the U.S. Army Communications Electronics Command as well as from NGB.

The second Certificate of Appreciation from the National Guard Bureau awarded to Dinucci was for distinguishing himself during Fiscal Year 1999 while serving as the Hearing Conservation Officer for the Connecticut Army National Guard. Through effective implementation and management, he assisted in protecting the force from hearing loss due to occupational noise exposure by effectively educating and fit testing employees and obtaining a 95 percent or greater compliance rate for the conduction and timely reporting of audiograms. His efforts toward mission accomplishment are indicators of dedicated service.

A few of the topics addressed at the conference were Gulf War Illnesses, Readiness and Military Operations, Explosive Safety/QASAS Overview, RCAS SOH Program, Ground Safety overview, Aviation Safety overview and Industrial Hygiene Overview including Radiation Safety.

# Brigadier Geneneral Szarlan Retires

By Lt. Col. Charles McKellar  
Public Affairs HQ CTANG

On March 31, Brig. Gen. Ronald C. Szarlan, Air National Guard Assistant to the Office of the Assistant Secretary for Defense for Health Affairs at the Department of Defense (DOD), retired after 32 years of military service. Szarlan leaves the Connecticut Air National Guard after serving his last assignment at the DOD and earlier assignments on active duty at Pope Air Force Base (AFB), N.C. and with the Massachusetts Air National Guard.

When asked why he joined the Air Force he said, "I was a young man completing dental school and looking to serve my country. I was very close to my father who I respected tremendously. We discussed my entering the Air Force and my father felt that it was a good idea. My father also felt that if I stayed out of trouble, I could one day become a lieutenant colonel. I then set this as my goal."

A young Szarlan never envisioned becoming a brigadier general. This achievement is something extra; it is like "icing on the cake." However, one of his proudest moments was when he was promoted to lieutenant colonel, because he had fulfilled his father's dream.

He began his military career after earning his Doctor of Dental Surgery degree from Marquette University School of Dentistry, receiving a direct commission as a first lieutenant in 1968. Upon completion of the Officer Basic Medical Orientation course in August 1968, he was assigned as a General Dental Officer with the 464<sup>th</sup> Tactical Hospital, Pope AFB, N.C. He was honorably discharged in August 1970, and started a private practice in Ludlow, Mass.

"I enjoyed active duty and would never have left if I would have been supported in going regular and being selected for specialty training." After leaving active duty, he began to miss the Air Force. One day by chance, an F-100 pilot, who was a friend, talked to Szarlan about joining the Air Guard, which Szarlan knew very little about. However, after a few discussions and a ride in the F-100, he was sold on joining the Massachusetts Air Guard. In 1971, Szarlan joined the 104 Tactical Fighter Group, Barnes ANG Base, where he was assigned to the 104<sup>th</sup> Tactical Dental Clinic as a Dental Officer.

Szarlan and the Air Guard have been a perfect match for each other. He has always loved flying in fighter aircraft, and will not pass up a chance to do so. This experience in flying fighter jets has given him approximately 20 flying hours, and has been beneficial in providing him with an understanding and insight, which he has used to develop many of the programs that have, and continue to help Air Guard members.



**Brig. Gen. Szarlan**

However, Szarlan is not one for letting anyone pull a joke on him. During one of the 104<sup>th</sup> Tactical Fighter Groups summer camps in Mississippi, he had the opportunity to fly in the back seat of an F-100. The flight took them over the waters of the Gulf of Mexico, where the pilot gave him the stick and allowed him to do some maneuvers. He asked the pilot if he could roll the plane to an inverted position. The pilot instructed him on how to perform the maneuver.

As the plane was flying inverted, the pilot said, "We have a problem, the jet will not upright itself. Just hold the stick while I check my manual. There is nothing in the manual, other than what I have tried to correct our position." The pilot then said, "I have a maneuver to try. I am going to pull the stick and we will start heading straight down towards the water. I will then snap the stick, which should cause the jet to pull up and upright itself."

The pilot performed the actions and the jet responded by pulling up and reversing its position. The pilot said, "That was close, but it worked and we are okay." Szarlan was impressed and said, "You are good! You are the man!" Later that evening at the Officers Club, Szarlan was telling some of the pilots about this experience, and for a while the pilots seemed concerned, until they started laughing and saying, "You have been had!" He and the pilot never had a problem, nor were they ever in any type of trouble. All Szarlan could do was smile and shake his head.

During his tenure, he served as Dental Officer and Base Dental Surgeon, and was the first non-physician selected to command the Medical Unit. He served with distinction

until being selected by the Director of the Air National Guard as the first ANG Assistant to the Command Dental Surgeon at Tactical Air Command, Langley AFB, Va. in June 1987.

He served in this position until January 1989 when he was selected as the ANG Assistant to the Air Force Assistant Surgeon General for Dental Services, Headquarters United States Air Force, Bolling AFB, Washington D.C. He was the project officer that developed and implemented the ANG Dental Officer Operational Upgrade Training Program known as "Top Drill." Following his tour at the Air Force Surgeon General's Office, Szarlan assumed command of the 103<sup>rd</sup> Medical Squadron at the 103<sup>rd</sup> Fighter Wing, Connecticut ANG until his selection to an assignment at the Pentagon.

When asked about Szarlan, Col. Mary Ann Epps said, "Dr. Szarlan is one of those people like EF Hutton. When he talks, everyone listens. He has the practical and common sense approach to dealing with people. He has always been a person anyone could go to with an issue to discuss and be assured of confidentiality if it was required. From a humorous side, because of the affect Dr. Szarlan has on people, we have always said he spreads his "Szarlan Dust," meaning he spreads his common sense, wisdom, and good cheer."

The latest of his many military decorations and awards is the Defense Superior Service Medal. He received this medal on March 23, for distinguishing himself by exceptionally superior service as Assistant for Mobilization and Reserve Affairs for Reserve Component, Health Operations Policy, and as Chairman of the Defense Medical Readiness Training and Education Council (DMRTEC). Szarlan provided exceptional oversight of a major Health Affairs initiative to develop and establish a Force Health Protection (FHP) program. As chairman of the DMRTEC, he helped facilitate a training relationship with a major civilian trauma center and created the first Joint Training Center. This program provides Military Trauma teams with high volume, real trauma treatment experience.

When asked what goals he has established for the next phase of his life, he said, "I plan on pursuing an advanced degree and working with my hands. My father left me with a nice set of wood working tools I can use to build small wooden items. I also enjoy classical music and reading psychology that deals with the mind and body."

As for what he would like to be his legacy, he responded by saying, "That's a tough question, I do not want to be remembered for the many accomplishments I have achieved." After gathering his thoughts, he said, "I would like to be remembered as someone who acted as a guide to help motivate others to achieve their best. That I was a mentor to young people entering the Air Guard and a good role model. That I have left with them the knowledge that if their mind can perceive it, they can achieve it."



**"Doc" Szarlan plays Ring Around the Rosy with children in Honduras in 1997**



# C 280th Called to Support Agile Lion

STORY AND PHOTOS BY SGT. 1ST CLASS DEBBI NEWTON

Members of Connecticut's Company C 280th Signal Battalion were called upon recently to support SETAF's Agile Lion exercise in Italy. While they were there, other members of the unit were supporting the 2nd Signal Brigade in Mannheim, Germany.

The Southern European Task Force (Airborne) (SETAF) was serving as the core headquarters element of a joint task force for Agile Lion 01, a computer assisted, command post training exercise in Italy. The exercise focused on the U.S. Armed Forces' ability to configure a tailored joint task force capable of the safe evacuation of American and selected third-country citizens from a nation experiencing civil, economic and military unrest.

Five members of C 280th were called upon to help in this exercise. Staff Sgt. Ralph C. Beckers, NCOIC for the Italy

contingent explained that his soldiers worked with members of the 509th Signal Battalion and many Italian civilians during their two-week rotation.

"We worked in the Dial Central Office on communications security and crypto equipment," he said. "We worked on the local area network and encrypted land lines. It was a more commercial operation than we were used to."

Pvt. 2 Michael S. Hemingway was very impressed with his deployment and the knowledge he gained.

"The technology was different than what we are used to," said the 14-month wire and cable installer. "Their technology was much more mainstream, and we worked based on how they ran the system. We were troubleshooters. We did get to work a lot with fiber optics, which is something we don't do a lot of here. We got some great hands-on experience."

**We got some great hands-on experience.**

While those members of C 280th were supporting Agile Lion, five other members of the unit were in Hanau, Germany.

Spec. James M. Haskins served as NCOIC of this team that provided support to the 102nd Signal Battalion by installing telephone and data cable in the operations center. They worked with military and German civilian counterparts.

"It was a really good experience," said Pvt. 2 Dana M. Jellison. "Usually we work in the field, but there we worked in buildings drilling holes in walls. It was a great opportunity to expand our skills and learn something new."

All members who deployed were volunteers and had to be members in good standing within the unit.

Those deployed to Italy were: Staff Sgt. Ralph C. Beckers, Sgt. Bormard Wiggins, Sgt. Reginald R. Folsom, Pvt. 2 Joseph P. Lecara and Pvt. 2 Michael S. Hemingway.

Deployed to Germany were: Spec. James M. Haskins, Spec. Rachel M. Rogers, Spec. Joseph R. Sokoloski, Pfc. Eldica M. Baker and Pvt. 2 Dana M. Jellison.



Team Germany: Spec. James M. Haskins, Spec. Rachel M. Rogers, Pfc. Eldica M. Baker and Pvt. 2 Dana M. Jellison. Missing from the photo is Spec. Joseph R. Sokoloski.



Team Italy: Staff Sgt. Ralph C. Beckers, Sgt. Reginald R. Folsom, Sgt. Bormard Wiggins, Pvt. 2 Joseph P. Lecara and Pvt. 2 Michael S. Hemingway.



## Engineers Open Doors to Keep Storm Emily at Bay

By Sgt. JOSEPH C. DeCARO,  
242<sup>nd</sup> ENGINEER BATTALION

In preparation for what promised to be the storm of the century, everything went like clockwork for the 242<sup>nd</sup> Engineer Battalion (C) at the Stratford Armory.

Gov. John G. Rowland designated the armory as an emergency shelter for shoreline residents seeking refuge from coastal flooding.

The day began as local funeral parlors — in anticipation of inclement weather — cancelled and rescheduled requests for Military Funeral Honor squads.

Then at 10 a.m., Capt. Paul Thompson, administrative officer for the 242<sup>nd</sup>, informed the active duty staff they were now the Quick Reaction Force for the area of Connecticut coastline stretching from Greenwich to New Haven.

The armory was chosen because of its location, the number of available personnel and heavy engineer equipment and vehicles, said Thompson.

Immediately after the announcement, Sgt. 1<sup>st</sup> Class Dan Taylor, noncommissioned officer-in-charge of the armory's Organizational Maintenance Shop, had his staff "top-off" all working vehicles as the 103<sup>rd</sup> Air Control Squadron — which recently deployed to Italy to support operation Deny flight — delivered three five-ton trucks.

At the same time, Capt. Charlie Jaworski, 242<sup>nd</sup> training officer, informed the Office of Emergency Management that the armory was up and running for round-the-clock duty as Master Sgt. Marc Desautels established emergency frequencies and conducted radio checks with emergency operations in Hartford.

For lunch, the staff purchased nearly \$100 of pizza from a nearby restaurant, which immediately closed after filling the order.

During the afternoon, 150 cots and 16 cases of MREs, Ready to Eat — the notorious MREs — were delivered to the 242<sup>nd</sup> by

personnel from the Connecticut Supply Depot at Windsor Locks as the armory's drill shed became a make-shift shelter to accommodate 50-100 potential victims of coastal flooding.

But at 11 p.m., the predicted severity of the storm didn't materialize and the armory was given the order to "stand-down." However, because of the poor road conditions, many members elected to stay the night watching DVD movies and eating microwave popcorn and leftover pizza.

"I was already here, I was already relaxed, I might as well stay," said Sgt. 1<sup>st</sup> Class Sharon Stroman, 242<sup>nd</sup> admin NCOIC and eight-year veteran of the Guard.

As the battalion morale officer, Stroman brought DVDs and her personnel laptop to entertain the remaining staff.

"It was reassuring to know that in case anything did happen, we were here to respond," she said.

"I n the depths of winter I finally learned there was in me an invincible summer."

- A Ibert Camus

## FSB Tackles "Storm of the Century" with Humor, Camaraderie and Professionalism

By Sgt. 1<sup>st</sup> CLASS DEBBI NEWTON

As the residents of Connecticut were preparing for what meteorologists were calling "The Storm of the Century," members of the 143<sup>rd</sup> Forward Support Battalion were preparing for a long weekend drill at Camp Rowland.

The soldiers were going to the Niantic training facility to undergo a mobilization exercise in preparation for an anticipated overseas deployment. Arriving on Friday night, the soldiers got set up for the rest of the weekend's activities and spent Saturday getting shots, having wills prepared and undergoing briefings among other things. Sunday morning they packed up and returned to the Waterbury and Southington armories later that day.

That's when the word came down that the Waterbury armory would need to be manned 24-hours a day until further notice because of the storm that was due to start later that night or early the next morning. Thirteen full-time staff members of the 143<sup>rd</sup>, who had not been home since Friday morning, went into emergency mode that night.

Cots were brought out of supply, the kitchen was checked for food, calls were made home, coffee was put on and videos were brought in. The armory and its staff were ready for whatever Mother Nature unleashed on the Northwest Connecticut city.

Monday morning brought the snow. Not as much as had been predicted, but enough to have the governor shut down Connecticut highways to truckers, and to have all non-essential state employees told to stay home. Schools were closed everywhere, and only a few hardy, or foolish, souls ventured out. A public affairs NCO who lives one town over from Waterbury, could not make it to Hartford because of the road conditions and walked into the Waterbury armory early that morning, laptop and briefcase in hand. She was given a desk to work from and made to feel right at home. She was the first refugee from storm that the FSB would take in. And the only one as it would later turn out. One of the FSB officers' wife brought in coffee, donuts and muffins for all who had stayed the night.

For the most part, it was business as usual for the staff. Reports had to be submitted, supplies had to be ordered. The difference was the constant moving of cars to remove the deepening snow, and the shoveling of walkways. But, the soldiers of the FSB decided to take advantage of the extra 16 hours they had in the workday, and took care of things they had wanted to do for a while.

Office locations were swapped to make the operation more effective. One office would be completely cleaned out, and the furniture, supplies and records from a second moved in. The first office was then moved into the second.

Then thoughts turned to food. Filling the stomachs of those who had worked up an appetite became an unofficial priority. With input from everyone, a shopping list was drawn up and a local grocery store was called to see if it was open. It was. After the shopping trip, a hearty meal of hot dogs, hamburgers and french fries was cooked up by one of the lieutenants for the entire crew.

### VOLUNTEER APPRECIATION WEEK APRIL 22-28 2001

#### INVITATION

All National Guard members working with a volunteer organization are invited to set up a display about their group. This could be as simple as setting out an easel board or photo scrapbook of activities your scout troop has conducted. A more extensive display might involve organization representatives with display boards and informational brochures about your non-profit organization.

TO PARTICIPATE:  
Call 1-800-858-2677 or e-mail sgmbtm@aol.com  
Information needed:  
Your name  
Phone/e-mail address  
Name of organization and your position  
Describe display and space requirement

DEADLINE: 16 APRIL 2001

These displays will be set up in conjunction with the Family Program Volunteer Appreciation Night Social and Awards Presentation Program

25 APRIL 2001  
BRANFORD ARMORY

1830-1930 hrs View Displays - Light refreshments  
1930-2015 hrs Presentations  
2015-2100 hrs Displays, Coffee & Desserts

Then it was off to the "video room" or sleep. Tuesday morning brought more of the same, but this time, several people pitched in and made what could only be called a humongous breakfast! Again, everyone pitched in to clean up.

After polishing brass and wood trim throughout the building, word came that the worst of the storm was over and the staff was being released. Despite the fact that most of the 13 FSB members had not been home since Friday morning, it still took a while to get everyone to head out. Eventually they did, leaving only three officers behind who gave everyone, including the public affairs NCO who had shared their home for two days, very strict instructions to call the armory as soon as they arrived home, so they would know everyone had made it safely.

Once everyone had called in, the three remaining officers turned off the lights, locked the doors to the armory and ventured to their houses for a home-cooked meal and a good night's sleep.



## First Sergeants, Troopers, Spouses

STORY AND PHOTO BY SGT. 1ST CLASS DEBBI NEWTON,  
STATE SENIOR PA NCO

Being a member of the military has a lot of benefits. Some are obvious: serving your country, a steady job, good friends, potential civilian career opportunities, education. Some are not, and are often the result of a chance meeting. One Connecticut Guardsman and an Army Reservist found out just how true that can be.

Now, both are first sergeants, state troopers, parents, and each other's spouse.

In 1991, William Kittle of the Connecticut Army National Guard, and Regina Rush of the U. S. Army Reserves were enrolled in the Basic Noncommissioned Officers Course at Camp Rowland, Niantic. It was there that they met, and they have been together ever since.

"We were together for a long time before we got married," said Rush-Kittle, now a first sergeant with a Company, 2/417th, 1st Brigade, 98th Regiment in Waterbury. "We met at BNCO and have been together ever

since, although we didn't get married until 1997."

But the military was not the only thing they had in common. When they first met, Kittle, first sergeant of Company C, 280th Signal Battalion, was working in a print shop. Rush-Kittle was a police officer for the city of Middletown. She went on to become a State Police Trooper and convinced Kittle that he should fulfill his dream of becoming a police officer. He joined the Middletown Police Department. Eventually, again at his wife's urging, Kittle joined the State Police as a trooper. Rush-Kittle has since been promoted to sergeant and works in Professional Standards in Meriden.

Marriage is tough under the best of circumstances, but how does a couple that shares military service and the same civilian job do it?

"It's rare that we drill on the same weekend," said Rush-Kittle, who explained that that makes it easy to care for the couple's two children, two-year-old Gianna and 14-year-

old Jorrell. "It actually makes things much easier for us because we understand everything the other is going through." For example, being married to a police officer can be very stressful for the spouse, never knowing what danger the other is in. But the Kittles have undergone the same exacting standards of training, and know the other is capable of handling the job. The long hours of drill and annual training, as well as the potential for deployment, are also understood. "There are not a lot of questions. You just accept it."

What could be the deal breaker for many couples is that Rush-Kittle always seems to be a career step ahead of her husband.

"I'm not at all embarrassed to say this, it makes things a lot easier for me," said Kittle. "She's been senior in both areas, military and civilian. A lot of her experiences have made my job easier. I can talk to her before I make the next move, she's been there. I can



rely on her experiences, her knowledge. It was Gina that motivated me to become a police officer."

And what's next for the couple that defends their state and country together? They hope to attend the Sergeants Major Academy at Fort Bliss, Texas, and that is one career step they would like to take together.

## Dispatches From the Front

By SGT. DYLAN P. LOCKE, DET. 1 (FORWARD) 141ST  
MEDICAL COMPANY

Detachment 1 (Forward) 141st Medical Company (Det. 1) is well on its way toward its peacekeeping mission as part of the SFOR 9 rotation to Bosnia and Hungary. Along the way this group of high-speed soldiers has encountered much adversity, and has learned the true meaning of flexibility.

Our first encounter with adversity occurred right at the start of the deployment. Rain and sleet produced poor road condition for the family members of the Det. 1 soldiers who traveled from all parts of the country to attend the deployment ceremony at the AASF (Army Aviation Support Facility). While the ceremony started on time, the departure was delayed eight hours. The soldiers, families and friends saw this long delay as both good and bad. It was great to spend extra time with loved ones, but an eight-hour good-bye just seemed to prolong the inevitable.

The ceremony itself was wonderful. The soldiers of Det. 1 represented the Connecticut National Guard with honor before a large crowd and news crews. These soldiers came together as one when they snapped to attention and saluted the flag during the national anthem. Guest speakers such as Maj. Gen. William A. Cugno, the

adjutant general, Sen. Thomas H. Bozek (D-6th) and the mayor of New Britain, Lucien Pawlak recognized how proud they were to take part in such a patriotic event. The soldiers of Det. 1 are thankful for their support.

Due to a frago, our flight was transferred from military to civilian. Since we are flexible, we moved our departure party from AASF to Bradley airport. Once again the eyes of soldiers and family members swelled with tears as their 141st soldiers neared the terminal. After a final and long awaited goodbye we were on our way to Georgia. Well, almost. The weather caused our flight to be delayed an extra hour. On behalf of the Det. 1 soldiers, I must thank the family members and friends of the 141st for their love and patience throughout the long, painful goodbye.

The 141st crew arrived at Ft. Benning Conus Replacement Center (CRC) at midnight and remained there for the next twelve days. At the CRC we went through the remaining requirements that were necessary for deployment, such as medical screenings, records review and individual readiness training.

Because the 141st had squared us away in Connecticut, this process was a breeze.

Downtime was abundant, but through flexibility we managed to stay focused on preparing ourselves for our mission. While at CRC we celebrated the birthdays of Sgt. John Rettman, Spc. Tanya Bradley, and Pfc. Dionna Eves.

Another highlight came about when some of the Det. 1 soldiers had the opportunity to meet the cast of "We Were Soldiers Once...and Young," a film currently being taped at Fort Benning.

On our twelfth day out we left our cozy homes at the CRC for Fort Bragg, N.C. The eight-hour bus ride was long, but we were able to watch two movies to keep us occupied. Once we reached Fort Bragg, we in-processed and checked into our beautiful rooms at the Landmark Inn. No sarcasm, the rooms were like the Holiday Inn. It was too good to be true, because not even five minutes after we checked in, we were notified that we had ten minutes to get ready for a mixer with the soldiers from the 28th Combat Support Hospital (CSH). Since we are very flexible by this point we arrived as expeditiously as possible. After all, we would never turn down a mixer. We received a warm welcome from 28th CSH. The mixer was a great opportunity to meet the people that we will be working with during our SFOR 9

rotation, and we had loads of fun in the process.

The next day changed us all. Well, in appearance anyway. On this day we removed our home unit patch for that of the 28th CSH. We also changed our headgear from the field cap to the maroon beret of the 18th Airborne Corps. We would have preferred to keep our own unit patch as a means to represent the Connecticut Guard in an active duty setting, but we're flexible so we made the changeover. Getting used to the beret is an odd experience, but once you do you look and feel sharp. Wait until June, you'll see.

That's about it from Det. 1. Soon the Hungary group will leave stateside, and the Bosnia group will follow shortly after. Splitting up into two groups will be our next battle with adversity since we have all trained together for over a year now and have thus bonded. But hey, we're flexible.

"Drivin' on with maroon beret on...."

*(Editor's Note: Sgt. Dylan P. Locke is a member of the 141st Med. Co. and is currently deployed in Hungary. He and Sgt. Philip N. Gorman, also a member of the 141st, but deployed to Bosnia, will be writing this column throughout their deployment.)*

# Yankees tie Barnstormers at 5

Story and photos by Capt. George H. Worrall III, 103rd FW Public Affairs Office

Connecticut's Air National Guard Hockey team tied Massachusetts's Air Guard team March 18 at the Springfield Civic Center.

The tie brings the Connecticut 103rd Fighter Wing "Flying Yankees" and Massachusetts' 104th Fighter Wing "Barnstormers" record to one Connecticut win, two for Massachusetts, and two draws.

The Yankees came out strong in the first period quickly scoring two unanswered goals. The Barnstormers settled down and came back to tie the game at five each.

"Everybody played well as a team," said Flying Yankee's Coach, Tech. Sgt. Anthony L. Leitao, weapons expeditor, 103rd Aircraft Generation Squadron. "Scoring five single goals from five guys tells you they were playing as a team."

The players too were happy with their performance as a team.

"It was awesome," said Zachary Daniel, 12, who played wing for the Yankees and scored the second goal. "He scored in Hartford during November too," added his father Yankee's assistant coach Master Sgt. Harry J. Daniel, production controller, 103rd Aircraft Generation Squadron "He is a rough and tumble kid; but, there were plenty of guys looking out for him anyhow."

"I thought this game [versus the Yankee's 6-2 win in November] was a lot more balanced," said Flying Yankee goalie Staff Sgt. M. Darryl Johnson, ordnance systems specialist, 103rd Maintenance Squadron, who has played ice hockey for 31 years. "There was probably an even number of shots on goal and the score was back and forth."

The Barnstormers attributed the close game to the attitude of the team.

"When they got off to a two to nothing lead they had me worried for a minute," said Tech. Sgt. Donald Masciadrelli, Barnstormer organizer and lead-crew crew chief, 104th Aircraft Generation Squadron, Massachusetts ANG. "We came back strong and tied it since our guys did not give up."

"We only had three different players from the last game including me," said Barnstormer player and coach Master Sgt. James P. Burke, plans NCO, 104th Fighter Wing, MANG, who then jokingly pointed to himself, in view of his team, and said "Notice we didn't lose this time."

Both teams picked up some new players. The Flying Yankee's newest player, who claims to be the oldest in age, was recruited by his returning-player son, Pat Mitchell, 13.

"He talked me into it," said Master Sgt. John Mitchell, vehicle maintenance technician, 103rd Logistics Group.

Both teams plan to continue the games and have plans to hold them more often.

"We are planning to play the next game at the Westfield Arena [in Massachusetts] followed by a cookout," said Leitao. "We will try to have more than the one or two per year so far."

Play between the two units began in 1998. Burke was one of the original organizers for the games with Leitao and Master Sgt. Brian B. Dutton, weapons loading supervisor, 103rd Aircraft Generation Squadron.

If there is any question about this being friendly competition, the Yankees coach summed up the teams sentiments.

"A tie game is probably the best way to end it," said Leitao. "Then nobody goes home sad wishing they had won."



*The Flying Yankees are in the dark uniforms and the Barnstormers are in home team white.*



**"A tie game is probably the best way to end it. Then nobody goes home sad wishing they had won."**



# CONNECTICUT FIGHTER WING HOSTS AEF CONFERENCE

STORY AND PHOTOS BY CAPT. GEORGE WORRALL,  
103<sup>rd</sup> FIGHTER WING PUBLIC AFFAIRS OFFICER

The 103rd Fighter Wing hosted an Aerospace Expeditionary Force planning conference March 13-14 at Bradley Air National Guard Base in East Granby.

Logistics and maintenance representatives from all the units who will follow the Flying Yankee's (as the 103 FW is known) lead attended. As lead unit, the 103 FW ensures all the requirements for aircraft and personnel are met.

Two A-10 aircraft units, Maryland's 175<sup>th</sup> Fighter Wing and Pennsylvania's 111<sup>th</sup> Fighter Wing, will deploy with the 103 FW to support the AEF. This will be the first AEF deployment for the three units. Created in 1999, the AEF program assigns fighter and support units to deploy together and fill a three-month window wherever needed.

During the conference planners discussed the many issues involved in a deployment: getting people there, sharing tools, and the lessons learned when the three units deployed together before the AEF program began.

"We talked about a myriad of issues including moving people back and forth, uniforms, coordination issues and money," said Lt. Col. Frederick R. Miclon Jr., commander, 103<sup>rd</sup> Logistics Group.

So why are planning conferences like this needed to plan a major deployment?

"Each one of us operates just a little bit differently," said Maj. Bob Finley, aircraft maintenance officer, 111<sup>th</sup> Logistics Group. "Good coordination is important between us on something as important as this."

Even with just a two-day conference, participants solved some specific lessons-learned issues from the last deployment.

"I worked with my counter-part from Willow

Grove [111<sup>th</sup> Fighter Wing] on a database so people would be able to cannibalize parts from all the different units aircraft," said Senior Master Sgt. K. Michael Repoli, plans and scheduling, 103rd Logistics Support Flight. "All units are in the same database now so we can use parts from different aircraft. It should make things a lot easier."

The largest amount of time was spent honing the operations plan to a sharp deployment instrument. By reviewing all the areas in the plan, the group was able to revise the plan based on a consensus.

"I think it works out great to have everyone sit together and coordinate this [plan] to make everything come together," said Finley. "When we sit and talk about it we make decisions based on the group."

"We have an operations plan written with what is supposed to be done," said Miclon. "We had a cross functional team with a concentration in the maintenance, plans and logistics areas. We [A-10 community] are way ahead in deploying."

Beyond the nuts and bolts issues the conference had additional value.

"It is good seeing the people and doing a face to face," said Repoli.

"This is the first time I have been involved in a planning meeting like this," said Master Sgt. Ronald L. Harding, NCOIC supply, 175th Fighter Wing. "I am finding it very informative and helpful."

"I think this is going to make it [deploying] a lot easier," said Tech. Sgt. John Finchen, supply funds manager, 111<sup>th</sup> Logistics Group. "A lot of good information to let us know what we need to get done to get us out of here and get us going."

"It has gone well and we made good progress," said Lt. Col. John P. Swift, commander, 103rd Maintenance Squadron. "It was productive."



Chief Master Sgt. Patrick L. Wheeler (standing), division chief, 103<sup>rd</sup> Aircraft Generation Squadron, leads a discussion on how to fill deployed First Sergeant

## What if we put Soldiers on the Property Book?

By Sgt. 1st Class Debbi Newton

Nearly 200 senior noncommissioned officers of the Connecticut Army National Guard (CTARNG) attended a Strength Maintenance Leadership Course held recently at the State Police Academy in Meriden. The course, hosted by the Recruiting and Retention Command (RRC), brought sergeants first class, master sergeants and command sergeants major together to discuss the importance of strength maintenance, and their role in it, on the end strength and readiness of the CTARNG.

Maj. Mike Vasile, the RRC commander started the program by telling the senior NCOs how important they are in this vital mission.

"This is the group that determines end strength," he said. "You are the ones responsible for the training and care of the soldiers."

"There is an average of 17 years service for each of you in this room," said Brig. Gen. I. J. Zembruski, Assistant Adjutant General, Air. "There is 5,000 years worth of experience in here. You are the backbone of the Guard. Whatever you do will create an impact on the Connecticut Army National Guard."

Zembruski went on to tell the NCOs they had to get to know their soldiers, they had to train them and they had to share information with them.

"That's what makes a leader. Nobody's a born leader, they're made a leader. And it's your responsibility to make your soldiers leaders, and that's what you do on a daily basis," he said. "Everyone of you is a role model for me. When you are out there with your soldiers, remember to

get to know them, look out for them, train them. You can smell fear in a man's breath, but you have to get close enough. Sit down with your soldiers. Talk to them. Teach them."

Among the topics discussed during the course were Army National Guard strength analysis, attrition management, building team cohesion, building strength readiness, sponsorship, identifying at-risk soldiers and the concept of "New Train Old," where soldiers recently back from their advanced individual training get the opportunity to train the older soldiers. This works because it gives the young soldier a sense of his worth within the unit, and he has the latest information from the school he just attended. Everyone benefits.

To accomplish strength readiness, all leaders must take care of the part of the Guard they own. All leaders must effectively manage their team. To do this, they must provide referrals for vacancies, assist in the recruiting and retention process, sponsor new members, motivate and mentor the soldiers they lead, train and develop soldiers, bringing them to peak potential, focus on readiness, consider how every action and decision impacts readiness, lead and create an atmosphere focused on service to the Nation.

Master Sgt. Tom Senura, an instructor from P. E. C. who was presenting the program, summed up the importance of strength maintenance by using numbers.

"It costs \$72,546.00 for us to get one trained soldier," he said. "For that money we can get 1.8 HMMWVs at \$39,518.00 each. We can purchase 161 M16 rifles at a cost of \$449.00 each. Does this begin to show you the importance of maintaining the individual soldier? Think about this. What if we put soldiers on the property book?"



Lt. Col. Frederick R. Miclon Jr. (seated at computer), commander, 103<sup>rd</sup> Logistics Group, updates input to the plan as decisions are made by the conference attendees

# 143<sup>rd</sup> FSB Prepares for D

PHOTO STORY BY MAJ. JOHN WHITFORD,  
STATE PUBLIC AFFAIRS OFFICER

The 143d Forward Support Battalion (FSB) went through a REMOBE exercise at Camp Rowland on March 2 through the March 4, 2001 in preparation for their deployment to the Balkans later this year.

The 143d FSB REMOBE consisted of a briefings on Family Program conducted by Ms. Kimberly Hoffman, Family Program Coordinator, the Human Resources Office (HRO), preparation of wills, Squad Tactics Lanes Training, a country brief, OPSEC, review of personnel records and medical review and shots.

The 143d FSB will be part of the Stabilization Force (SFOR) 10 rotation that will support peacekeeping operations in Bosnia. The unit has been gearing up for the past several months in preparation for their deployment.



# *Prepares for Deployment*



## Religious Accommodation

On February 3, 1988, Department of Defense Directive 1300.17, Accommodation of Religious Practice Within the Military Services, was issued. This recognized that "a basic principle of our nation is free exercise of religion," and that "the Department of Defense places a high value on the rights of Service Members of the Armed Forces to observe the tenets of their respective religions."

Requests for accommodation of religious practices "should be approved by commanders when accommodation will not have an adverse impact on military readiness, unit cohesion, standards, or discipline."

The Air Force and the Army have issued guidelines for implementing the DoD Directive, AFI 52-101, (Chaplain Service Responsibilities and Procedures, November 1994) and DA Pamphlet 600-75, (Accommodating Religious Practices, September 1993).

The unique task for a commander is to balance the requirements of the military with the needs of the individual. A reasonable, common sense approach is required which supports both the conscientious expression of religion, and



the requirements of military discipline and order.

The intent of the DoD directive and military regulations is to minimize potential conflict. The Chaplain, as the commander's staff officer on religious matters, should be used as part of the commander's information gathering and decision-making process.

Common sense is to be used in any decision. Compromise, moderation, and reasonable tolerance on the part of all parties concerned is desirable. What is just, fair, and practical are to be the standards for decision within the context of the mission. Understandably, the needs of individuals are subordinated to the needs of the military organization as a whole. But as most successful commanders know, service member welfare and morale are critical to mission accomplishment.

(Contributing editor: Chaplain (MAJ) Carlos C. Huerta, US Army. Prepared at Defense Equal Opportunity Management Institute (DEOMI), Patrick Air Force Base. Chaplain Huerta is an Orthodox Jewish Rabbi assigned to the Chaplain's Office at Fort Sill, Oklahoma.)



## CHAPLAIN'S CORNER SPIRITUAL LEADERSHIP

By CHAPLAIN (LT. COL.) DAVID FEYRER

At a recent conference the Chief of Army Chaplains highlighted his training focus for the coming year, "Spiritual Leadership". He challenged unit ministry teams, chaplains and chaplain assistants, to provide leadership to the soldiers in our care that would enable them to "grow in spirit".

He noted that "there is a commonality of the spiritual stream through every human life. To deny the spirituality of another human being is to make a desert of moral and ethical existence. We may not agree on interpretations and doctrine that others hold, but as we dialog and communicate with them, we learn that every soul thirsts for spiritual

satisfaction. Through open dialog, in love, we can show the way to the spiritual Source that brings us fulfillment. We can learn from others. We can reflect the similarities in our searching. And in that reflection, we see not only our humanity, but may see the very Face of GOD"

I heartily commend this view and forward this challenge to each one of us in the Connecticut Guard. May each one of us support each other's spiritual streams by our respect and by our sharing, in love, with one another. May the members of our Guard community show themselves not only to be faithful public servants but also witnesses to a higher calling that resides in each one of us.

## Safe GUARDing Connecticut's Future

By MAJOR CHUCK STRONG,  
DRUG DEMAND REDUCTION ADMINISTRATOR

### Marijuana Growing Season Upon Us

April is the beginning of the outdoor marijuana growing season, which makes for a busy year for growers and law enforcement officials battling the illegal crop. In light of this, parents, commanders and NCOs need to be aware of the following information regarding the hazards of marijuana use.

Share the following information with your soldiers, your children and your friends:

#### Extent of Use:

Marijuana remains the most commonly used illicit drug in the United States. According to data from the 1999 National Household Survey on Drug Abuse, more than 72.0 million Americans (33 percent) 12 years of age and older have tried marijuana at least once in their lifetimes, and almost 18.7 million (8.6 percent) had used marijuana in the past year.

#### Effects of Use:

Within a few minutes of inhaling marijuana smoke, users likely experience dry mouth, rapid heartbeat, some loss of coordination and poor sense of balance, and slower reaction times. Blood vessels in the eye expand. For some people, marijuana raises blood pressure slightly and can double the normal heart rate. This effect can be greater when other drugs are mixed with marijuana

Effects on the Brain: THC suppresses the neurons in the information-processing system of the hippocampus, the part of the brain that is crucial for learning, memory, and the integration of sensory experiences with emotions and motivation. Researchers have discovered that learned behaviors deteriorate after chronic exposure to THC. Chronic abuse of marijuana also is associated with impaired attention and memory, while prenatal exposure to marijuana is associated with impaired

verbal reasoning and memory in preschool children. Recent research findings also indicate that long-term use of marijuana produces changes in the brain similar to those seen after long-term use of other major drugs of abuse.

Effects on the Respiratory System: Someone who smokes marijuana regularly may have many of the same respiratory problems that tobacco smokers have. Regardless of the THC content, the amount of tar inhaled by marijuana smokers and the level of carbon monoxide absorbed are three to five times greater than among tobacco smokers. This may be due to the marijuana users' inhaling more deeply and holding the smoke in the lungs.

#### Effects of Marijuana Use on Learning and Social Behavior

Longitudinal research on marijuana use among young people indicates those who used marijuana have lower achievement than the non-users, more acceptance of deviant behavior, more delinquent behavior and aggression, greater rebelliousness, poorer relationships with parents, and more associations with delinquent and drug-using friends.

Research also shows more anger and more regressive behavior (thumb sucking, temper tantrums) in toddlers whose parents use marijuana than among the toddlers of non-using parents.

#### Addictive Potential

A drug is addicting if it causes compulsive, often-uncontrollable drug craving, seeking, and use, even in the face of negative health and social consequences. Marijuana meets this criterion. More than 120,000 people enter treatment per year for their primary marijuana addiction.

More information on the hazards of marijuana use and that of other drugs can be found at the National Institute on Drug Abuse website: [www.nida.nih.gov](http://www.nida.nih.gov)

**THERE IS NO PROSPERITY  
WITHOUT ADVERSITY.**

WELSH SAYING

## Nguyen Takes Soldier of the Year Honors

STORY BY PVT. 2 SHIRROD RICHARDSON,  
65TH PCH  
PHOTO BY SGT. 1ST CLASS DEBBI NEWTON,  
STATE SENIOR PA NCO

Applying for a position in the FBI, and a degree in psychology are just some of the future plans that Soldier of the Year Spec. Gunarso P. Nguyen has in mind.

A student at Central Connecticut State University, Nguyen joined the Army National Guard in April of 1998.

"It was a decision that changed my life a great deal," said Nguyen.

Soon after, he attended basic training at Fort Jackson, S.C. He was placed in Delta Company of the 3/69<sup>th</sup> training battalion.

"The things I learned in basic training I will always have with me," said Nguyen. "I did what I had to do, and it only helped me in preparing to test for this award."

The Soldier of the Year Board consisted of various questions such as first aid, general knowledge, Nuclear Biological Chemical, and was very demanding on him.

"I am very proud of this accomplishment and I hope it will be the start of a great career," said Nguyen.

Nguyen, whose hobbies include fencing and reading books on true crimes are just some of the things that occupy some of his time.

A member of the National Guard attached to Headquarters/Headquarters Company 1st Battalion, 169th Aviation Battalion, Nguyen is motivated to do all he can for his unit.

"I hope I will make them proud," he said.

Nguyen also hopes that his parents, Nho and Sue Nguyen are proud of what he has accomplished.

The next accomplishment for Nguyen



hopefully will be at the First Army competition in Atlanta. "The next level," said Nguyen.

Nguyen hopes to show the Army board what a Soldier of the Year from Connecticut is made of.

## Retired Connecticut National Guard Commander, John Freund, Dies

John F. Freund of Avon, a much-decorated combat veteran of World War II and Vietnam and retired head of the Connecticut Army National Guard, died of cancer Thursday, March 22, 2001 at his son's home in New York City. He was 82.

Freund served as adjutant general of the Connecticut Army National Guard from 1972 to 1982, when he reached mandatory retirement age. As adjutant general, he was the Commander of the Connecticut National Guard.

A career U.S. Army man, Freund served 36 years on active duty before retiring in 1973 as a major general. His final command was as chief of the Army Air Defense Command's 1st Region, headquartered at Stewart Air Force Base in Newburgh, N.Y.

That same year, Gov. Thomas J. Meskill named him Adjutant General of Connecticut. In the early 1980s, Gov. Ella Grasso reappointed him to a two-year term following his original eight-year appointment.

As head of the guard in the state, the Adjutant General is under the Governor's command unless the troops are federalized for a national emergency, as many units were during World War II. Guard members in that situation become part of the active Army.

During his many years in the Army, Freund served the Joint Chiefs of Staff and the Secretary of Defense and received many decorations. His decorations include the Distinguished Service Medal, Silver Star, Legion of Merit with two Oak Leaf Clusters, and the Purple Heart. He has also been awarded seven campaign ribbons and ten foreign decorations.

He received his bachelor's degree from the U.S. Naval Academy in 1940. He took his commission as a second lieutenant in the Army in 1940. Freund earned a master's degree in aeronautical engineering from the University of Southern California in 1949.

## Sgt. Cyr Named NCO of the Year

STORY BY SPC. JEFF AUSTIN, 65<sup>th</sup> PCH  
PHOTO BY SGT. 1ST CLASS DEBBI NEWTON,  
STATE SENIOR PA NCO

A decorated noncommissioned officer (NCO) of the Connecticut Army National Guard continues the long tradition of excelling as a soldier and setting an example to other soldiers through his hard work and dedication.

Sgt. David F. Cyr, a squad leader with Company A, 1st Battalion, 102nd Infantry (Light) was selected NCO of the Year in the State of Connecticut at the National Guard Armory in Hartford on March 3.

The 26-year-old Cyr was born December 27, 1974 at St. Francis Hospital in Hartford and raised in Middletown, Conn.

First he attended and graduated from Middletown High School. After leaving high school, Cyr worked a civilian job for two years; he then joined the active component of the Army and attended basic and advance individual training (AIT) at Fort Benning, Ga. During his time at Fort Benning he received infantry and airborne training. He was a member of Delta Company 1/507 Parachute Infantry Regiment during his airborne training at Fort Benning.

Cyr's first duty station while on active duty was Fort Bragg, NC.

After years of outstanding military service, he later enlisted in the Connecticut National Guard August 9, 1998.

"My first drill was to Fort Bragg for urban warfare training, I just

couldn't escape Fort Bragg", said Cyr with a smile.

During his service in the National Guard, Cyr attended Primary Leadership Development Course (PLDC) in September 2000 and, later he received additional training in the winter phase of the Mountain Warfare School located at Ethan Allen Firing Range, Jericho, Vermont.

According to Cyr, the Mountain Warfare School was a pretty good school. The training included ice climbing, cross country and downhill skiing and land navigation.

"The land navigation training was the hardest I ever encountered", said Cyr.

According to Cyr, you not only go through flat land, but you use an altimeter because the mountain's area of high and low areas.

"A point may be 800 meters away but you may have to travel 2000 meters to get there."

Other training he received included fixed ropes, and extreme cold weather survival.

"I highly recommend the school", said Cyr.

On the recommendation of Cyr's platoon sergeant, Cyr participated in and won the Battalion Soldier of the Year competition held at Camp Rowland in December 2000.

He also won the 85<sup>th</sup> Troop Command Board and was later runner-up in Soldier of Year in the State of Connecticut. Both boards were held in February.



On Cyr's recent accomplishment as NCO of the Year in the State of Connecticut, he suggested the best way to prepare was visualizing being in front of the board. Above all, learn to stay calm, according to Cyr.

Cyr's medals include the Army Achievement medal, Army Commendation Medal and the Humanitarian Service Medal.

Cyr urges fellow soldiers to take the guard and military seriously.

"What you put in it is what you get out of it", said Cyr.

## The Lamp

# NGACT Announces 2001 Scholarship Program

### Will We Be Ready?

Alarming. The Pentagon states the National Guard's preparedness is bad.

After three years and \$143 million, the Army National Guard does not have an Anti-Terrorism Team ready to respond to nuclear, chemical or biological attacks. The National Guard was found to have the filters in the protective masks in backwards and they were using parts not compatible with the masks issued.

The Pentagon is moving very fast and has established an additional 22 teams to get this situation resolved. President Bush wants the Guard and Reserve more involved with home security.

It has been determined that trying to get the teams ready in a hurry results in failure. The Guard should be ready to assist local authorities in responding to terrorist attacks by identifying nuclear, chemical or biological agents. A congressional commission recommends focusing the National Guard on protecting the U. S. territory from weapons of mass destruction.

Will we be ready? Are we trained for it? When will we be ready? These are questions we all must ask. I challenge all soldiers to ask these questions.

Our nation depends on us, *we must be ready.*

**W**ell done is better than well said.  
*Franklin*



### ESGR

By Lt. Col. (Ret)  
Harry Ritson  
ESGR Public Affairs

The Army and Air National Guard have declared 2001 as the "Year of the Employer".

In support of that program, the Connecticut Committee, Employer Support of the Guard and Reserve has designated May 2001 as "Employer Appreciation Month" to focus our recognition of the important contribution made by those employers who employ and support members of the various reserve components. Without that support it would make recruiting, training and retention of our reserve components an even more difficult task.

Several projected activities are planned around the annual "Armed Forces Week and Luncheon" and are being coordinated with

By LT. COL. BILL SHEA,  
PRESIDENT  
WILLIAM.SHEA@CT.NGB.ARMY.MIL OR  
PRESIDENT@NGACT.ORG

The National Guard Association of Connecticut (NGACT) is sponsoring its Annual Scholarship Program. This is the third year that NGACT has sponsored this program. This past year, five \$500 scholarships were awarded to members of NGACT or their sons or daughters. Scholarships will be awarded in the amount based on available funds for the upcoming 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.

Eligibility to apply for a scholarship includes the following:

- NGACT Members.
- Unmarried sons and daughters of NGACT members.
- Spouses of NGACT members.
- 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.

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.

The application process is relatively simple.

The NGACT Scholarship Application form must be completed in its entirety. A copy of the application is attached below. All applications must 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.
- One (1) letter of academic reference (should be from a principle, counselor, dean or professor).

If the recipient does not complete the school term for which the scholarship is awarded, due to any cause other than sickness, physical injury or military deployment, the recipient will refund the award to the National Guard Association of Connecticut within sixty (60) days from the date enrollment was terminated.

All scholarship applications will be sent to the NGACT Executive Director, NGACT, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795. Each application will be reviewed for completeness and forwarded to the scholarship committee. Applications must include all materials.

Deadline date for all applications for

scholarships will be observed in all instances. **The deadline date for submitting applications is 15 August 2001.** Applications must be postmarked NLT 15 August 2001. Applications may be obtained by e-mail request to [debby.newton@ct.ngb.army.mil](mailto:debby.newton@ct.ngb.army.mil) or by calling the NGACT office at the number below.

If you are a student or a member of your family meets the criteria to apply, please take the time and effort to apply. This is a great opportunity for you and your family to directly benefit from being a member of the NGACT. If you have any questions, please contact our association office in the Hartford Armory at (860) 247-5000. Also, please take a look at our association's web page at

<http://www.ngact.org>.

The National Guard Association of Connecticut held its annual conference recently at the Bradley Air National Guard Base and the following people were elected to positions on the Executive Board:

#### Army Officer Member:

**Maj. Vincent O'Neill**

#### Army Enlisted Member:

**Sgt. 1st Class Debby Newton**

#### Air Officer Member:

**1st Lt. Wayne Ferris**

#### Air Enlisted Member:

**Master Sgt. Sabrina Gilfurt**

#### Retired Member:

**Sgt. Maj. (Ret.) Ray Veilleux**

## Employer Appreciation Month

the headquarters of the Guard and Reserve Components located here in Connecticut.

The cornerstone event will be our annual presentation of the DOD Awards to those employers who have displayed "above and beyond" support of their employees participation in the Guard and Reserves. There will be ten State Awards, and one

Pro-Patria Award presented to that employer who has demonstrated the greatest level of support. In the past, these awards have been presented by the Governor, and the awardees and their Guard or Reserve nominators have been treated to a flight on a KC-135 and have witnessed an in-flight refueling first hand. We're planning on a similar program this year.

One aspect of our program includes various speaking engagements to civic, fraternal and other social organizations to inform and highlight the growing need and importance of the Guard and Reserve and the related importance of support from their employers. If you belong to such an organization and would like to have an ESGR Speaker, please call me at (860) 659-1737 to make arrangements.

Other programs are being formulated that include employer visits to several military bases and training sites throughout New England to view the latest equipment and the high levels of training required to make our reserve components an equal and integral parts of our Nation's defense forces. We also want them to meet and realize the

caliber of today's reservist and the dedication they bring to their service.

Employers hold the key to retention! About one-third of retention losses are attributable to "employer conflict". We must get the word out on how important their support is to a continuing and strong defense force. On the other hand, we must also get the word out as to how much we appreciate those who go beyond the necessary to support their employees who are also serve in the Guard and Reserve. Those who do are patriots in their own right. If you have suggestions on additional ways of doing this, please call.

I would appreciate and enjoy discussing it with you.

# Looking forward to the MRE?

STORY BY SPC. KARYN REYNOLDS, 65<sup>th</sup> PCH  
PHOTOS BY SPC. JEFF AUSTIN, 65<sup>th</sup> PCH

The 1/102<sup>nd</sup> is! The 65<sup>th</sup> Press Camp of Hartford has been following the training of the 1st Battalion, 102<sup>nd</sup> Infantry since November of 2000. Training this March at Stone's Ranch in Niantic provided members of the 65<sup>th</sup> the opportunity to both interact and train with the 1/102<sup>nd</sup> and the Training Support Battalion (TSB) of Ft. Drum, New York.

Members of the 65<sup>th</sup> were able to do what they do best, act as civilian reporters trying to get a story on the scene as it unravels. Members of the TSB were employed as Operations Controllers (O.C.'s) and took command of the SASO training which was the final exercise in the "Crawl Phase" of training for deployment.

During the exercise, Staff Sgt. Steve Markowski and Spc. Karyn Reynolds of the 65<sup>th</sup> Press Camp were allowed to interview members of the 1/102<sup>nd</sup> on their base of operations as they encountered a civilian disturbance. Spc. Jeff Austin and Pvt. 2 Shirrod Richardson also of the 65<sup>th</sup> acted as investigative photographers supporting the reporters. Part of the training itself was how the soldiers and public affairs officer handled the media, specifically, what information they could disseminate and how to handle tricky situations that may erupt.

There were three lanes of task training set up in the field. Each lane consisted of five to 10 tasks. The 65<sup>th</sup> was part of the task training in Lane 1. The SASO training for this lane included setting up a base of operations, counter mobility, establishing internal and external security, using main guard and quick reaction forces, civilian disturbance encounters, media control, and convoy and weapons clearance.

In one particular scenario, members of the 65<sup>th</sup>, as civilian reporters went through the

process of entering the military base and followed procedures just as they would abroad. Security was tight and called for the checking of credentials, while the Public Affairs Officer was called to escort us through the base. On base, the reporters were able to see certain areas of operations such as the mess hall and infirmary and were allowed to talk with the soldiers about their mission and how they liked being there.

While inside the perimeter of the base, a realistic civilian disturbance erupted because resident civilians were up in arms over U.S. forces occupying their land. Though the 102<sup>nd</sup> have been assigned to a peacekeeping mission, it was realistic that these situations may arise even when the very people U.S. forces are trying to protect and serve are sometimes the cause of the conflict. The 65<sup>th</sup> was able to capitalize on this conflict and of course darted questions about what had just happened, which the PAO and other soldiers responded to as instructed. The task was completed with professionalism.

Since learning of their potential deployment to Bosnia, the 1/102<sup>nd</sup> has been stepping up their readiness efforts, which includes SASO and TSIRT training in three phases. This exercise drew to an end the first phase which is called the "Crawl Phase." In the crawl phase, training is concise and comprehensive so that soldiers understand the planning, methodology and strategy of the operations specific to their mission "in-country." After Actions Reports or "Hot-

Washes" are performed at the end of each task and the task is performed again soon thereafter for re-enforcement of proper procedure.

The second phase is called the "Walk Phase," where operations and training are performed at a faster, informed pace and after action reports are performed at day's end. At this stage, weaknesses can be targeted and training modified to strengthen those weaknesses.

The third and final phase of pre-deployment training is called the "Run Phase." This phase involves running through those situations that may be encountered in country and is also called the "MRE". No, it's not the meal ready to eat; few people are ever really prepared for that MRE. The MRE the 1/102<sup>nd</sup> is looking forward to is the Mission Rehearsal Exercise which is the final leg of the 1/102<sup>nd</sup>'s training to be held at Ft. Polk, LA 31 May-20 June 2001.



# FAMILY SUPPORT GROUPS - AN INTEGRAL PART OF EVERY UNIT



By Sgt. Maj. Barbara Montigny

As the number of deployments and extended Annual Training periods increase Family Support Groups (FSG) are increasing their activities. EVERY UNIT should have a group in place even if they have little expectation of being mobilized. Family emergencies can take place on a weekend drill as easily as any other time.

Our soldiers should be able to perform their duties without the distraction of domestic worries. Worrying about the home front might not only cause stress and detract from mission accomplishment, but could even contribute to a lack of focus and an accident.

A Family Support Group can help spouses deal with problems that arise. One of our groups has a couple of male family members (a spouse and a father of soldiers) who have offered their handyman skills and advice to other families who may need help with home problems while their spouse is on duty. This is a perfect example of the kind of contacts that can develop with FSG's. Anyone military or civilian looking for more information on starting or developing a FSG should call the Family Program Office 1-800-858-2677.

The following essay "Why Guard Families

Matter to America" was written by Tech. Sgt. Scott G. Malin, 152<sup>nd</sup> Intelligence Squadron, Reno Nevada.

A guard member raises his or her right hand, swears to support and defend the constitution, to obey the orders of the President. On the surface this is a simple, ceremonial act, significant only to those directly involved. In the same city, in a different city, in a different state, sometimes in a different country other lives are also changed. The lives of mothers, fathers, children, spouses, uncles, aunts, ex wives, ex husbands, stepchildren will never be the same. These people don't raise their right hand, but their love and support is as essential to the successful completion of a mission as the job of any guard member.

These "mission essential" elements we call our dependents aren't really dependent on us we are dependent on them. They must live with the fact that one of the most important people in their life may be asked to pay the ultimate price for the freedom we all hold dear. Most likely we will not be asked to give our life during our career, but the possibility is always there, hanging in the air as we tuck our children in bed every night. No, perhaps the ultimate sacrifice isn't something our loved ones will have

to deal with, but what about the real sacrifice we depend on them to make throughout our career? As the years go on and the separations, moves, long distance phone calls, short notice deployments, postponed vacations, missed family events and nighttime meetings begin to accumulate, the people that come to love us come to know the meaning of the word sacrifice. They do it because they love us; they love our country, and they respect the profession of which they are such an integral part. The honor we feel in doing this job rubs off on them and we draw strength from their support.

So when we raise our right hand we are also raising the right hand of the people who love us. Often they are not given a choice. They support our decision to bring them into this life; they trust our judgement. It's what love is all about. Freedom is bought and paid for with this love. We love our country; our families love us. It's a simple chain, but it has got to be strong. If it's weak, if it breaks down, there are always consequences: a deadline is missed, a classified document is misplaced, or a shot is fired in error. Without support at home the mission suffers.

It is no coincidence that there is now a mandate to create family support programs on every installation in this country. It

should have happened long ago. Every year should be Year of the Family; every day should be Day of the Family. This concept isn't quite as dramatic as it would seem. To keep our military families strong they need to be considered in all we do each and every day. Anything mission essential should be protected, preserved, and nurtured

There are resources available through the Family Program Office to help individual soldiers, families or units deal with the pressures facing families, resolve situations and move forward together.

## Help Wanted

The 169th Leadership Regiment is looking for soldiers as adjunct staff to assist with Officer Candidate School during Annual Training 2001. The dates are July 14 through July 28 at Camp Rowland. Soldiers willing to work in lieu of their own annual training, or in an ADSW capacity should contact Sgt. First Class Smith at (860) 691-4214. Soldiers in the following MOSs, or those who possess a military driver's license for trucks are especially needed: 75H, 71L, 92G, 31C and 91B.

## Your Connecticut Army National Guard Education Services Officer

By 2<sup>nd</sup> Lt. PAUL DRAPER,  
EDUCATION SERVICES OFFICER

I am 2<sup>nd</sup> Lt. Paul Draper and I am your new Education Services Officer. There are many new and outstanding programs offered to you and your fellow CTARNG members. The most important new program is the Army National Guard Institute. The Department of the Army funds this Institute to take care of you, the Army National Guard soldier. This program is a great way to earn your college degree and get tremendous assistance in achieving your educational goals. My office is here to serve you and help you become all that you can be. Please do not hesitate to call me at (860) 524-4816 or e-mail me at paul.draper@ct.nbg.army.mil with your questions.

### The Army National Guard Institute (ARNGI)

The Army National Guard Institute was established to serve as a full service on-line Education Center, offering a wide variety of support and materials to the ARNG community. Unlike the active duty branches of the military, ARNG soldiers do not typically serve at major installations where Post/Base Education Centers are available to meet their educational needs

### ARNGI Mission Statement

To provide timely, concise, comprehensive, expert yet understandable advice and guidance to members of the Army National Guard and their spouses so as to facilitate degree completion and/or accomplishment of their personal academic achievement goals. Provide complete advisory support to the Army National Guard community in all matters regarding higher education, including but not limited to financial assistance programs, tuition assistance and GI. Bills, ACE evaluation of military training and experiences, independent study and external degree programs, college level testing programs, traditional college systems, DANTES and SOC support of the military, and professional or vocational certification. Marketing and promotion of the services available through the Institute to the 54 states and territories is instrumental in reaching those in need of support.

### Who Qualifies for ARNGI Support?

ARNG soldiers, their spouses, and civilian employees of the ARNG are all eligible for support from the ARNGI.

### Associate Degree Planning

Using partnership colleges and universities who offer military credit recognition degree programs, the ARNG Institute will combine college credit earned through local colleges with credit earned through military training and experience and college level testing to accelerate the soldiers path to degree completion. Four colleges and universities are presently partnering with the Institute to provide Associate in Arts, Associate in Science, Associate in Applied Science, and Associates in Occupational Studies degree programs. These programs allow maximum application of credit already earned and have no residency requirements—this allows the soldier or spouse to use a local college to meet the requirements for the degree or use the free video and audio courses found in the Student Guide to Success.

### Bachelor Degree Planning

Three of the four colleges offering military credit recognition Associate Degrees also offer baccalaureate degrees in the same manner. In fact, it is possible for a soldier or spouse who has never set foot on a college campus to complete all the requirements for

a Bachelor's Degree by using the courses listed in the Student Guide to Success and their associated examinations. Many who have been attending local colleges may find a significant portion of the requirements for these degrees may be met through military training and college level testing, as well, thereby accelerating their progression to degree completion. Because these are regionally accredited colleges, the soldier or spouse who completes a Bachelor of Science or Bachelor of Arts Degree using the ARNGI Institute partnership program may be able to seek admission into a Master's Degree program using their local college or one of the many universities also engaged in a partnership with ANGI.

### ARNGI Web Site: [www.arngi.org](http://www.arngi.org)

The ARNGI has Testing Information, Scholarships, Grants, and Loan Information, Vocational Certification Information, Admissions Examinations Information, ARNGI Power Point Presentations, Posters for Printing, Tuition Assistance information, Montgomery GI Bill information, The ESO Support Center, ARNGI Application Forms, Links to other sites of interest, and much more!

# Safe-GUARD Brings Teens to Weekend Retreat

STORY AND PHOTOS BY SGT. 1ST CLASS DEBBI NEWTON, STATE SENIOR PA NCO

Several teens from a central Connecticut town descended on Camp Rowland recently for the first of two weekend retreats sponsored by Safe-GUARD, a program run by the Drug Demand Reduction (DDR) section of the Connecticut National Guard.

This program is designed to present quality life subjects dealing with substance abuse prevention, character education, physical fitness, self-confidence and the designing of a community service outreach project. Over time, the program has evolved into two phases.

The Phase I primary focus is to expose youth, ages 11 – 14, to these healthy lifestyle subjects. The secondary focus of the program is for the youth to plan a community service outreach project that is conducted prior to Phase II.

Phase II is a weekend retreat designed with team building and group dynamic exercises with an emphasis placed on skills learned during Phase I. The youth present the results of their community service outreach project during the retreat. In addition, the youth have the opportunity during the second weekend to build their self-confidence further by completing a ROPES Course – the Rugged Outdoors Personal Experience System.

This particular group of students was involved in Phase I, where early Saturday morning they were administered a physical fitness test consisting of one minute of push-ups, one minute of sit-ups and a one-mile run. Following this test, they entered a decision making class.

R2D2 is used as a mental reference for the

youth in the decision making process: R2 being the Risks and Rewards, and D2 being the Dos and Don'ts. Discussion is held on how decisions are based on individual experiences and external influences. Whether decisions are good or bad are determined based on the outcome of the decision, and the understanding that individual decisions can affect other people.

Another portion of the program is from the Character Counts! Program where the students learn that getting respect means giving respect.

"Violence takes a toll on America's young people," Maj. Chuck Strong, DDR administrator and leader of the retreat told the students. "We've lost one thing in this country as far as being human – showing common decency – civility – being polite and courteous...Today's theme is that everybody's somebody...Everybody is somebody period!"

*(Editor's Note: The students planned a community service project, the results of which will be published in a later issue of the Connecticut Guardian. Also, because of the situations that brought some of these students to the program, their names and the town they are from are not being published.)*



## National Unit Referral Program Debuts

By MASTER SGT. TONY B. DeANGELIS, HEADQUARTERS CTANG, RECRUITING OFFICE SUPERVISOR

The Air National Guard has a new National Unit Referral Program.

All Air National Guard members with the exception of those working in Recruiting and Retention, are eligible to participate in this program.

Members simply refer leads to the recruiting office, which will manually track referrals. Members will then receive credit for the referral after the lead is enlisted or appointed. The program began January 01, 2001, and will run through December 31, 2001.

Awards are given on a graduated scale for one, three or five accessions. Merchandise awards can be viewed on the personnel web page: <https://airguard.ang.af.mil/dp/>

One Accession - Backpack (with ANG slogan and logo)

Three Accessions - Outerwear Jacket (with ANG slogan and logo)

Five Accessions - Black Leather Franklin Planner and Starter Kit (with

ANG slogan and logo)

Awards are cumulative for the whole calendar year. For example, if an individual refers three people who join, the individual does not get both the Backpack

and the Outerwear Jacket. They will receive the highest award they for which they qualify. The referrals also only count in the year referred, so they do not roll over for next year.

Tech. Sgt. James Minneo, Tech. Sgt. Ivan Anglero, and myself want to sincerely thank each and every unit member who has referred people to the recruiting office in the past. Without the help of each of you, our success would not be possible. Thanks to members of the Connecticut Guard unit referrals have and will continue to be one of our greatest sources of lead generation.

If you have any questions about the ANG Lead Referral Program or anything else, please call us in the recruiting office at 860-292-2444, 2502, or 2509. Thanks again and keep those referrals coming!

## Gaining Strength Through Diversity

By CHIEF MASTER SGT. TONY PALLADINO STATE HUMAN RESOURCE ADVISOR

The Chief of the National Guard Bureau, Lt. Gen. Russ Davis has already begun preparing for the National Guard's next major theme year "The Year of Diversity," which members of the Air and Army will salute in 2002. Gen Davis has said that the Guard's diversity is its greatest strength and both are manned with an extremely diverse force: geographically, racially, culturally, ethnically, and religiously.

The Connecticut National Guard has begun preparations of its own to celebrate the Year of Diversity and is hosting a Northeast Regional Diversity Workshop on 16-18 November 2001. This event is open to all personnel, Air and Army, in the Northeast regardless of rank and will be held at the Farmington Marriott Hotel & Conference Center, which is located off I-84 Exit 37. The workshop will feature MG Paul Weaver, the Director of the Air National Guard, as the keynote speaker for the Saturday evening banquet dinner.

The world-renowned diversity consultant, Dr. Samuel Betances, will conduct the

workshop training. Dr. Betances gives meaning to the history of heritage groups, historical personas, and events marking the need for collaboration and the reduction of prejudice and racism. He changes negative mindsets with his problem solving methodology and extensive grasp of issues. Dr Betances has worked in all 50 states and U.S. territories, and in seven countries including Japan. His eloquence, passion, uplifting humor, flawless stage presence, and affirming spirit describe his ability to be inclusive in his illustrations and practical in his recommendations.

Personnel from the Connecticut National Guard formed a committee in October 1999 to prepare for the workshop. The committee meets monthly, primarily in the Officer's Club at the Hartford State Armory, and anyone is welcome to attend. The next meetings are scheduled for 10 Apr 01 and 22 May 01 at 1700hrs.

For further information please contact Chief Master Sgt. Tony Palladino, CTANG, at [tpalidno@aol.com](mailto:tpalidno@aol.com) or Capt. Anne-Marie Garcia, CTARNG, at [anne-marie.garcia@ct.ngb.army.mil](mailto:anne-marie.garcia@ct.ngb.army.mil).

### Announcing the Inaugural Aviation Command Military Ball

A military ball, hosted by the 1109th AVCRAD, will be held Friday, May 11, 2001 at the Marriott in Rocky Hill, Conn. The event begins at 6:00 PM and ends at 12:30 AM. It is open to all military personnel, their spouses or guests and military retirees. Highlights of the evening include recognition of some retirees and the command enlisted personnel.

The meal includes hors d'oeuvres, salad, choice of stuffed filet of sole, chicken Kiev or sliced london broil in peppercorn sauce, and cheesecake.

Tickets are available by contacting Maj. Scott Panagrosso at (860) 441-2955.

A discount room rate is available for \$74 per night, or \$84 per night to include a breakfast buffet for two the following morning.

	Single	Couple
PVT-SGT	\$25	\$48
SSG-SFC	\$28	\$54
MSG-SGM	\$32	\$60
WO1-CW3	\$32	\$60
2LT-1LT	\$32	\$60
CW4-CW5	\$34	\$66
CPT-GEN	\$34	\$66



## ANNUAL REDLEG BALL



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

**Date:** 19 May 2001

**Time:** 1800-1900 Cocktails

**1930 Dinner Presentations Social Hour**

**Place:** The Hilton  
1294 Strongtown Road  
Southbury, CT 06488

**Menu:** Roast Prime Rib of Beef  
(Served with au jus & horseradish cream sauce)  
Chicken Marsala  
(Sautéed chicken breast in marsala sauce with fresh sliced mushrooms)  
Surf & Turf  
(Sautéed scallops with grilled filet mignon)

**Dress:** Military: Class A w/ White Shirt and Bow Tie, Army Blues/Dress Mess

**Cost:** \$50.00 per person

**ESTD:** 27 April 2001

*Directions and Hotel Information on back of this flyer.*

**Additional Information: Tim Yahn (203) 968-1456**

Jack Dawson (903) 270-1240



*OEM from page 1*

of Transportation notified the trucking industry and the State Police were given the word to stop unauthorized tractor-trailers from movement across the state. Tractor-trailers hauling perishable goods and emergency supplies, such as fuel oil and hospital supplies, were not included in the ban. The ban was lifted Tuesday at noon.

The storm held back for a while, but hit the state full force by Monday evening. Things weren't looking any better for Tuesday. Once again, many of the state's residents got a chance to stay home. The theme of the two-day storm was to avoid all unnecessary travel.

Because of the proactive measures taken to keep as many people off the streets as possible throughout the storm, the 630 State Department of Transportation road crews were able to clear the state roads with little interference. State Police also credit the very low number of accidents to the governor's proactive emergency actions. There was a significant decrease in the number of accidents during the March nor'easter than was seen just one month before when numerous tractor-trailer and other accidents left many motorists stuck on the state's highways for eight hours or more.

Bradley International Airport remained open

throughout the storm, though most flights were cancelled, and Metro North rail transportation continued running.

The American Red Cross opened two emergency shelters in East Hartford and Middletown. A reception center in Stamford opened for individuals seeking a hot meal. With a Flood Warning in effect for Connecticut's coastal communities, Maj. Gen. William A. Cugno, adjutant general, staffed the armories along the shoreline. The armories in Stratford, Branford, Westbrook and New London were opened to the public in the event residents were ordered to evacuate.

Key agencies represented at the EOC included: the Office of Emergency Management, Connecticut National Guard, State Police, the Departments of Transportation, Agriculture, Consumer Protection, Environmental Protection, Public Health, the Office of Policy and Management, Northeast Utilities, United Illuminating, SNET, the American Red Cross and the Federal Emergency Management Agency.

State Emergency Management Director, John T. Wiltse closed the State Emergency Operations Center at 6:00 PM Tuesday, after a 42-hour activation. This was the longest State EOC response since Y2K.

**Opportunity Knocks**  
**COOKS NEEDED!!**  
**\$\$ Benefits & Bonuses \$\$**  
**1-800-716-3550**

**POW Recognition Day April 9**

The annual POW Recognition Day will be held at 10 a.m., Monday, April 9 in the Hall of Flags, State Capitol Building, Hartford.

There will be a ceremony inside the Hall of Flags, including the presentation of colors and guest speaker Robert Mazzacone, a former prisoner-of-war from the 100th Bomb Group, 8th Air Force. This will be followed by an outdoors ceremony during which former POWs place a wreath and miniature flags at the POW monument on the west side of the capitol grounds.

Headquarters/Headquarters STARC (State Area Command) will provide a firing squad and color guard, and the 102nd Army Band will provide music.

This event is open to the public



To the members of the Connecticut Army National Guard:

The Guard is family...

Random acts of kindness do not always go unnoticed.

I would like to take this opportunity to thank all those involved with the Dinning In held in November 2000. Thank you to the 143<sup>rd</sup> FSB for hosting and dedicating the event to my children. To all who contributed through fines, challenges, and donations, thank you for your generosity.

On behalf of my children, Elizabeth, Richard, Veronica, and Carolyn, a heart-felt thank you for your continued support and hard work. We all know what people say about family, and the Guard truly IS family.

Sincerely,  
**Claudette Cordon**

**COMMISSARY & EXCHANGE DIRECTORY**

Here is a current directory of area commissaries and exchanges along with their phone numbers. Always call ahead to verify hours as they may change without notice. A valid i.d. card is necessary to use these facilities. Contact your unit administrator if you or your dependants need a card. If you have trouble, contact the State Family Program Office at 1-800-858-2677.

**CAMP ROWLAND POST EXCHANGE**

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

**ARMY RESERVE CENTER**

700 South Quaker Lane  
West Hartford, CT  
MONDAY – FRIDAY: 10:00 – 1:00  
MONDAY – FRIDAY: 1:45 – 4:00  
SATURDAY & SUNDAY: Closed  
Phone: (860) 236-3393

**WESTOVER AIR FORCE BASE**

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

**AIR NATIONAL GUARD**

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

**COAST GUARD STATION**

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

**SUB BASE, NEW LONDON**

Exchange Hours:  
MON., TUES., WED., FRI.: 9:00 – 6:00  
THURSDAY: 9:00 – 7:00  
SATURDAY & SUNDAY: 9:00 – 5:00  
HOLIDAYS: 9:00 – 4:00  
Phone: (860) 694-3811  
Commissary Hours:  
MONDAY: Closed  
TUE., WED. & FRI.: 9:00 – 6:00  
THURSDAY: 9:00 a.m. – 10:00 p.m.  
SATURDAY: 8:00 – 5:00  
SUNDAY: 10:00 – 5:00  
Phone: (860) 694-2244

**COAST GUARD ACADEMY**

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

**WEST POINT, NEW YORK**

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

## Air Guard Sponsors Third Annual Easter EGGstravaganza



**Family members of current and past Connecticut Air National Guard airmen are invited to attend the Third Annual Easter EGGstravaganza at noon on Saturday, April 14 at the Base Dining Hall, 103rd Fighter Wing. The event will feature cookout-style refreshments, crafts, games and more. Respond by April 6 with last name and number of children attending, including ages of the children. Call (860) 292-2574 or 1-800-992-6056, menu item 7 and leave a message. Or email to [marsha.blessing@ctbrad.ang.af.mil](mailto:marsha.blessing@ctbrad.ang.af.mil)**

*Please Join us for...*

### BREAKFAST WITH THE EASTER BUNNY

Sponsored by the Connecticut National Guard Family Program

*Saturday, April 14<sup>th</sup>, 2001*  
Building 28, Camp Rowland, Niantic, CT

*0900 to 1030 – Free Pancake Breakfast and Photos with the Easter Bunny*  
*1030 – Easter Parade to “the Point” for Egg Hunts*

**Reservations are necessary as capacity is limited!**

Please provide the following information with your reservation: Name of sponsor, phone number, how many adults, how many children and their ages.

Email: [kim.hoffman@ct.ngb.army.mil](mailto:kim.hoffman@ct.ngb.army.mil) Or: [sgmbtm@aol.com](mailto:sgmbtm@aol.com)  
Or: Leave a voice message at 1-800-858-2677 with the above details  
Or mail your reservation information to:  
Soldier-Airman Support Center, Family Program Office,  
251 Maxim Rd., Hartford, CT 06114

This event is open to the entire Guard community!  
All Army and Air Guard members, retirees, civilian technicians of the CTNG, state employees of the Military Department and Office of Emergency Management are most welcome!

**CONNELLY from page 1**  
Brig. Gen. I.J. Zembrzuski attended, and presented the Connelly trophy and awards to the 712<sup>th</sup> Maintenance Company's Food Services Section.

The 712<sup>th</sup> Maintenance Company won the U.S. Army National Guard category competing with Army National Guard units throughout the country, ultimately beating out the 245<sup>th</sup> Aviation (AVIM) of Tulsa, Oklahoma.

The unit had to simulate a tactical food service operation that consisted of eight stations and a prepared meal. The evaluation team reviewed each station, food preparation, area of service and other standards that included proper procedures, cooking techniques, service, environmental set-up and guidelines and safety.

The purpose of this competition is to recognize excellence in Army food service and to increase awareness of food service.

The Department of the Army Deputy Chief of Staff for Logistics stated that the 712<sup>th</sup> Maintenance Company deserves special recognition for the unit's contribution toward improving the Army's food service

program, the unit's superior efforts in enhancing the quality of food service provided to our soldiers and displayed high standards of excellence.

"I am very proud of the 712<sup>th</sup> Maintenance Company and their food service personnel for their outstanding efforts and performance in winning this prestigious award," said Maj. Gen. William A. Cugno, Connecticut's Adjutant General and commander of the Connecticut National Guard. "Their professionalism and attention to detail is just another example of the quality of men and women in the Connecticut National Guard."

"This was a great accomplishment for our unit and a great presentation," said Staff Sgt. Davis Foster, first cook of the 712<sup>th</sup> Food Services Section.

Foster, 1<sup>st</sup> Lt. Christine Dumaine, Sgt. First Class Mark Pierce, Sgt. Ernest Arroyo, Spec. Todd Anderson and Spec. Bruce Stowell make up the Food Services Section of the 712<sup>th</sup> and attended the awards ceremony in California.

Over 900 people attended the ceremony

## Armed Forces Day Luncheon 2001

Hosted by the Plainville Naval and Marine Corps Reserve Center

Friday, May 18, 2001  
11:15 A.M.  
Aqua Turf Club  
Southington, CT

\$25.00 in advance  
\$30.00 at the door

Contact your local representative:  
Army: MAJ Robert Pennell (860) 493-2760  
Air: CPT George Worrell (860) 292-2506

**We always admire  
the other fellow  
after we have tried  
to do his job.**  
*William Feather*

**ADMINISTRATIVE SERVICES BRANCH**  
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HARTFORD, CT 06105-3795

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**Accomplishment  
begins with  
action.**  
*Anonymous*