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Daddy's Little Girl



One little girl would not let go of her daddy's hand, so she stood final formation with him before he departed for Fort Dix, New Jersey with his unit, Company G, 104th Aviation Regiment. More than 80 soldiers from the unit have been mobilized in support of Operation Enduring Freedom, and will receive further training at Fort Dix before leaving for their deployment station. See related stories and photos on pages 3, 4 and 14. (Photo by Capt. Lou Martinez, 65th PCH)

2nd GS Battalion receives accreditation recommendation

**SGT. 1ST CLASS DEBBI NEWTON
STATE SENIOR PANCO**

"We recommend that you receive full accreditation," Sgt. Maj. Kevin Simmons told the staff of the 2nd General Studies Battalion and the senior staff of the 169th Leadership Regiment during an outbriefing at Camp Rowland.

Simmons was part of a two-person team that came to Connecticut for four days in February to inspect the Basic and Advanced Noncommissioned Officer Courses and the 2nd GS Battalion before recommending the accreditation. The school must go through the rigorous process every three years to maintain its status as a fully-

accredited NCO Education System facility.

The next step is for the Simmons and Sgt. 1st Class Gerald Bolter to take their findings and recommendations back to the United States Sergeants Major Academy, (USASMA) for the final approval. The battalion and regiment should have the official word by mid-March.

Simmons noted several strengths of the battalion during the outbrief. They include a professional and dedicated staff, faculty and Small Group Instructors, ATRRS, Visitors' books, a strong Equal Opportunity/Sexual Harassment Program and billeting for the ANCOC students.

"The professionalism, courtesy and honesty extended to this accreditation team are greatly appreciated," said the

recommendation paperwork. "The staff and cadre are motivated personnel willing to do what it takes to learn and ensure that their academy is conducting business to Army standards.

The report singled out several soldiers for outstanding work: Sgt. 1st Class Charles Busscher, First Sgt. Dan Morgan, Sgt. 1st Class Mitch Uzwick, First Sgt. John Butler, Master Sgt. Joe Chamberlain, Sgt. 1st Class Chris Pelletier, Sgt. 1st Class Dan Freeman and Master Sgt. Christopher Casey of the Connecticut Army National Guard. Also, Sgt. 1st Class Brett Goldstein, Sgt. 1st Class Edward Young and Sgt. 1st Class Michael Blount of the United States Army Reserve.

Up Front with the Adjutant General



Connecticut's Women 'Pioneering the Future'

MAJ. GEN. WILLIAM A. CUGNO
ADJUTANT GENERAL

Times have changed. Today women make up ten percent of the National Guard nationwide. The role of women in the American military dates back to Revolutionary War times when women handled many of the combat support missions. Some of these missions included basic medical services, cooking, mending clothes and re-supplying soldiers with ammunition.

One of the most prestigious Field Artillery awards is named after the wife of one artilleryman from the Revolutionary War. Molly Pitcher served on the battlefield with her husband, and on one particularly hot and humid day during battle, she supplied the soldiers with pitchers of water to drink and to keep the barrels of their guns cooled down. Soldiers would call to her, "Molly, pitcher!" as they ran out of water and that became her nickname from that point on. When Molly's husband was hit by gunfire, she took over his position on the artillery firing line.

Clara Barton is probably one of the best-known non-military women in American military history. She followed soldiers out onto the battlefield to nurse their wounds and set up field hospitals.

The formal entrance of women into the military came during the Spanish American War in 1898 when a professional military Nursing Corps began. During World War II, women were allowed to enter military fields other than nursing for the first time.

Women were finally allowed to join the ranks of the National Guard in the early 1970s and the first women to attend West Point and the other service academies were

admitted in the summer of 1976.

Connecticut's female soldiers and airwomen are currently adding to an already rich history of women serving this great state, and we couldn't complete our state and federal missions without them.

There are 783 women serving the Connecticut National Guard as of 21 February, representing fifteen percent of our total force: 567 in the Army Guard and 216 in the Air Guard. Of those, 51 Army Guard and nine Air Guard are AGR; 54 Army Guard and 48 Air Guard are technicians. These women spend their day-to-day lives serving their communities, their state and their nation.

Now, many of them have been called upon to do even more.

All of our full-time staff has greatly increased its workload to assist units in their preparations for mobilizations and deployments in support of Operation Enduring Freedom, Operation Just Cause and AEF rotations. But many of these women, both full-time and traditional Guardswomen, are finding themselves in the units receiving their nation's call.

A total of 63 Army Guard and 38 Air Guard women had been called to duty as of 21 February. Of those, 18 were full-time members of the Guard. Undoubtedly, as we face an uncertain future, many more Connecticut women will answer the call to serve their country.

The number of women finding rewarding careers in the military is on the increase, and the number of women being deployed is increasing as more and more military specialties are being opened up to women.

We, in Connecticut, are very proud of our female soldiers and airwomen, and know they will represent Connecticut and the

National Guard well, no matter where they are or what they are doing.

March is Women's History Month, and on Friday, 21 March, the Connecticut National Guard, in conjunction with the United States Postal Service, will present a program honoring women entitled "Women Pioneering the Future." The program will be held at Hartford College for Women, the home of the Connecticut Women's Hall of Fame.

This year's keynote speaker is Special Agent Kathy Shumaker of the Federal Bureau of Investigation. A certified hostage negotiator, Shumaker is assigned to the Crimes Against Children Unit, which is part of the FBI Cyber Crimes initiative.

The program will take place from 11 a.m. to 1 p.m. and recognizes pioneering American women from the past who led and won struggles for equality and civil rights, created and advanced educational and professional opportunities, and made great contributions to the arts, sciences and humanistic causes, as well as innovative women of today who continue to further these efforts and expand the frontiers of possibility for generations to come.

I look forward to seeing you at this celebration of the richness women have added to our state and nation, as we remember all of our own Guardswomen who have been mobilized or deployed, and those who work hard every day to ensure all of our soldiers and airmen and women have the training, equipment and confidence they need to accomplish their missions, whether at home or abroad.

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First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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Perspectives



STAFF SGT. DANA LONGO
AVCRAD

I would have dinner with Sgt. 1st Class Alice Sylvester because she is the most responsible E-7 I know. She is friendly, smart and extremely hard working.

SENIOR AIRMAN TYRELL HICKS
103RD SECURITY FORCES SQUADRON

Poet Maya Angelou. She is strong in her beliefs. My cousin recited her (Angelou's) poem 'Phenominal Woman' while applying for college and it was inspiring ... everyone has their faults but try to be yourself no matter what.



SPC. ELDICA BAKER
AVCRAD

My mother, because my family moved this summer and I do not get to see her.



SPC. SHANNON O'NEIL
AVCRAD

I would have dinner with my Grandmother because I do not get to see her that often and she has interesting stories to tell.



STAFF SGT. AARON GOW
COMPUTER COMMUNICATIONS JOURNEYMAN
103RD AIR CONTROL SQUADRON

Past British Prime Minister Margaret Thatcher because she is a public leader that represents the qualities of a woman with caring and leadership. She was a good leader.



Accelerated NCO training: BNCOC and ANCOC students get 'fast-tracked'

PVT. JORDAN E. WERME
65th PCH

For any soldier who wished to advance through the ranks of the noncommissioned officer there is a very defined, and usually long, path to follow. For some members of the Connecticut Army National Guard that journey has been accelerated due to the possible mobilization of some area units.

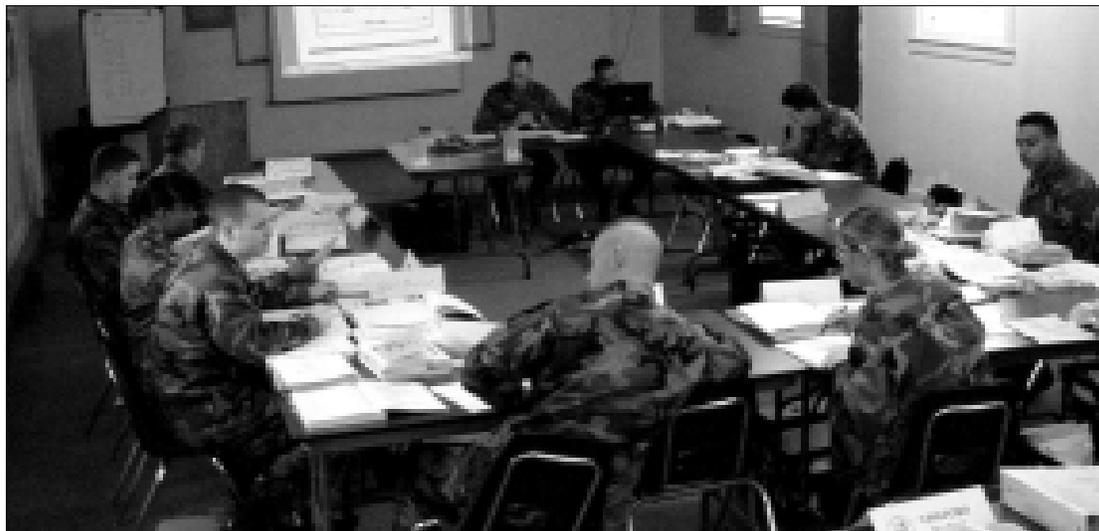
For promotion-hopeful NCOs enrolled in the current Basic and Advanced Noncommissioned Officer course at Camp Rowland, Feb. 2 through Feb. 5 will be remembered as four of the longest days of their military careers...and some of the most important and rewarding, as well.

"Both courses prepare soldiers selected for promotion with the opportunity to acquire the leadership, technical and tactical values, attributes, skills and actions needed to become leaders," said Master Sgt. Christopher Casey, ANCOC manager, 2nd General Studies Battalion, 169th Leadership Regiment.

Both of the courses are normally six-month programs, designed to cover all the training necessary to produce the most effective NCOs possible during monthly drills. Due to the uncertain nature of future unit mobilizations however, the final three training periods were consolidated into a four-day accelerated course offered to students already enrolled that knew they were being deployed, or had received word that their unit probably would be in the near future.

"During the accelerated course, none of the students missed any of their scheduled training," either with the school or with their units, said Master Sgt. Joseph Chamberlain, course manager for BNCOC.

The training schedule includes six to 10 hours of classroom learning per day, as well



Members of the Connecticut Army National Guard who had already started the six-month BNCOC program at Camp Rowland, but who recently found they were to be deployed, were given the opportunity to complete the course through an intensive, four-day consolidated session. The students not only had to complete the program, they also had to complete all their pre-deployment work with their units as well, to include such things as physicals, records checks, and showdown inspections. (Photo by Sgt. Greg Harrison, 65th PCH)

as a minimum of three hours per day of evaluations, leadership skills assessments, drill and ceremonies and physical fitness. In addition to the on-site training given, each student was responsible for learning through home study. According to Chamberlain, areas included in the home study portion of the course were joint operations, NBC operations, developing tactical re-supply, and planning non-tactical unit movement.

"There are very important lessons not learned in the classroom," said Chamberlain. "Each student had to be able to learn at home, too."

The intensity of the shortened training period and the very real possibility of

deployment for the participating soldiers has raised other concerns as well.

"We fully understand the hardship of being activated," said Chamberlain. "We want to give these soldiers as much time with their families as possible. Many of them are nervous, but they've all stepped up to the plate."

In addition to the intense amount of study the soldiers were faced with, they also had to continue their preparations for deployment, undergoing such things as physicals and showdown inspections with their units. Not all the student soldiers eligible for the accelerated program took advantage of the offer, choosing instead to concentrate all their efforts on getting ready for the possible deployments and spending more uninterrupted time with their families.

"We see the possibility for outside distractions from family and from mobilizations," said Sgt. 1st Class Daniel Freeman, a senior small group leader who stressed the importance of minimizing stress on the students. "We just try to keep the distractions to a minimum. This is a very intense four days."

But for all the intensity of the program, it is just phase one of the soldiers' road to promotion.

"Once the student has completed this phase, the soldier will have to pass through at least one more phase of training to achieve promotion," said Chamberlain. "Phase 2 is an MOS training course which takes place wherever that MOS school is located."

After each phase has been successfully completed within each soldier's MOS there is only the wait for a suitable position to open before assuming the new responsibility he or

she has been training for.

The accelerated program could not just be run on the whim of the battalion staff members. According to Command Sgt. Maj. Daniel Norkun, command sergeant major for the 2nd General Studies Battalion, permission had to be obtained from the United States Sergeants Major Academy (USASMA) which oversees all NCO training in the Army. Then staffing had to be found. With the small group atmosphere of the battalion, qualified instructors had to be found so that the student/instructor ratio met with USASMA guidelines. Support staff also had to be brought in such as supply, administrative, and cooks.

"It didn't take much to get staff to come in for these student soldiers," said Norkun. They are all on staff here during the normal training cycle, and many of them took time off from their civilian jobs to be here for their students."

"There is a lot of value in the small group process (of BNCOC and ANCOC)," said Casey. "Each soldier learns different skills and gets to see different leadership styles." In addition to the training benefits, Casey sees other positives in the courses.

"We're teaching more skills to retain soldiers. Reading and writing are a big priority now. We're also teaching more stress management and people skills."

Casey is also very impressed with what he sees from the students.

"They're very well prepared. This is the most motivated group I've seen."



Students in the Basic Noncommissioned Officers Course at Camp Rowland plow through the mountains of courseware necessary to complete the course. The program, which normally takes six months to complete, was consolidated into a four-day program so these students, many of whom may be deploying, could finish the course early. (Photo by Sgt. Greg Harrison, 65th PCH)



Members of the 103rd Fighter Wing get strapped in on the C-17 that will take them and their equipment to Southwest Asia in support of the War on Terrorism, February 24. (Photo by Capt. George Worrall, 103FW PAO)

More Connecticut airmen deploy

CAPT. GEORGE WORRALL
PUBLIC AFFAIRS OFFICER, 103RD FIGHTER WING

During February, more members of the 103rd Fighter Wing were activated and deployed to various locations within the U.S. Central Command Area of Operations for the war on terrorism.

Nearly 200 have deployed since December 2002, while more than 100 remain activated at home station awaiting potential deployment.

Given the high worldwide operations tempo, uncertainty and unprecedented security precautions, this current round of deployments is different from the unit's Southwest Asia rotations of the past several years.

Different, because in many cases members who deploy cannot tell family where they are going beyond the region where the desert uniforms are worn, or, with any certainty, when they will return.

"I wish I knew how long it would be for," said Susan, whose husband is a senior airman, jet engine technician, in the 103rd Maintenance Squadron. "It is a lot scarier because of the unknowns and the condition

of the world right now is scary."

Even for those embarking on their third trip to the region, this deployment is different.

"I am a little more tense about this one since nobody is certain about how long we are going to be over there and can't say where," said Brian, a staff sergeant, avionics attack control specialist, with the 103rd Maintenance Squadron, departing on his third Southwest Asia deployment. "I am just getting ready to fly to parts-to-be-announced."

Brian's father Donald was reassuringly calm about the deployment.

"I am not worried too much about him because I know he can do his job, and he always takes care of himself."

Moving military members and equipment half-way across the planet is always difficult; but, due to a high number of deploying people and equipment stressing the system military airlift is more unpredictable on this deployment.

"Our deploying folks have definitely shown a great deal of patience as we try to get them into the theatre," said Col. Daniel

R. Scace, commander, 103rd Fighter Wing. "They have worked to prepare and show up where they need to be when they need to be there, but, we still don't always get the airplanes. They often get a little extra time to say good bye, but have to do it several times and that can be stressful."

As many prepare for a long time away from family, at least two airmen will not have to call home to speak to a family member.

"I am glad I am going with a family member and kind of excited about deploying," said Victor, a senior airman, electrical and environmental control technician, with the 103rd Maintenance Squadron, who is going on his first overseas deployment with his sister who is also on her first deployment.

"I am a little bit nervous but proud I can serve my country," said Maureen, munitions storage specialist, who, like her brother, is a senior airman with the 103rd Maintenance Squadron.

Of course for the rest of the family, it means two family members are away at the same time.

"Sending both a son and daughter is emotional," said Bruce, Victor and

Maureen's father. "I am proud of them and am quite certain they will come home safe and sound. War is always a risky business, but faith will get us through."

What does not change is the pride members and their families feel in serving the nation.

"I am just proud to serve in honor of those who served before me," said Paul, a senior airman, jet engine technician, in the 103rd Maintenance Squadron. His wife Susan added, "I don't like it but I am supportive and proud of him."



Matthew (left) a technical sergeant, munitions storage specialist, 103rd Maintenance Squadron, and Jesse (right) pass the time waiting for his flight coloring with their daughter Mackenzie, 4. (Photo by Capt. George Worrall, 103FW PAO)

Orders to the desert

SPC. JEFFREY AUSTIN
65th PCH

While sitting on a cafeteria bench, Sgt. Franklyn C. Perry contemplates life without his daughter for the next nine months or so.

"Leaving my daughter is time lost, time that I can never get back, it's more than money," said the unit supply sergeant for the 1109th Aviation Classification Activity Repair Depot (AVCRAD).

On Feb. 1 at Camp Rowland, members of the AVCRAD updated medical records and powers of attorney, and reviewed other administrative paperwork as they began their final preparations to join other U.S. Army, National Guard and reserve units in the Middle East. The soldiers were responding to the president's order to support Operation Enduring Freedom.

"I'm a little apprehensive about leaving my family, but I'm very mission-focused. I keep reminding people that I'm doing this for them," said Sgt. Jennifer Wackerman. "We are soldiers and this is what we have trained for. The mission is named Enduring Freedom so we can stay free in the United States and spread freedom to our friends in other nations of the world."

The AVCRAD is mobilizing hundreds of soldiers, however, many soldiers and civilians will continue to operate the AVCRAD in Connecticut until the deploying members return, according to Col. Tage Erickson, commander of the AVCRAD.

One non-deploying soldier that plans to make a difference is Sgt. 1st Class Kelly-Lynn Ives. Ives will become the family support group liaison for all deployed soldiers of the AVCRAD.

"I will be sending out newsletters to update families about deployed soldiers, checking mailing lists for address changes and advising families about correcting any personal issues," she said. "I'm here for the families. Any worried family member can call me anytime."

Soldiers can always look back on their past experiences to prepare for the upcoming deployment.

"It's always going to be a hard thing to leave your family, just for three weeks can be tough," said Staff Sgt. Paul O'Neal. "But I'm really excited to serve my country and it's an honor to do so."



Young boys, perhaps with dreams of one day being soldiers, too, wave flags as members of the AVCRAD stand in formation behind them during send-off ceremonies in Groton. (Photo by Staff Sgt. Steve Markowski, 65th PCH)



Five-year-old Star Vella tells her 3-year-old brother, Amir, "Let's go find daddy," as she walks through the 1109th AVCRAD formation. (Photo by Capt. Lou Martinez, 65th PCH)



Goodbyes are never easy as First Sgt. Dan Joyce hugs his two little girls, Danielle, 7-years-old and Kristin, 4-years-old, during send-off ceremonies for the AVCRAD. Joyce and his fellow soldiers have been ordered to active duty for up to a year in support of Operation Enduring Freedom. (Photo by Capt. Lou Martinez, 65th PCH)

Another tearful good-bye

CAPT. LOU MARTINEZ
65th PCH

On a bitter cold Sunday morning, with the thermometer only hitting in single digits; with blinding sunlight from the reflection of the icy snow, more than a thousand people filled the main hanger at the 1109th Aviation Classification Repair Activity Depot (AVCRAD) in Groton, to say farewell to their loved ones and friends.

More than 200 soldiers of the 1109th AVCRAD got their deployment orders in support of Operation Enduring Freedom. This is the largest single deployment of Connecticut National Guard soldiers so far this year.

People watched with a somber look, with their eyes welling up, in some cases tears rolling down their cheeks, as soldiers of 1109th stood in their final formation before departing to Fort Drum, New York and then to Southwest Asia.

Jenny Mowatt looked on with pride as her 21-year-old son, Pvt. Murray Mowatt, an avionics mechanic with the 1109th AVCRAD, was leaving on his first deployment.

"I signed him up (with the guard) before he graduated high school. He was 17-years-old when he went to boot camp. I thought the Army National Guard would be a good experience for him, but I never thought he was going to war," said Jenny Mowatt. "He's a good kid, but I have to let him go."

The Mowatts had a going away party for Pvt. Mowatt on his last night at home.

"It was great. I saw a lot of people, friends and family for the last time before I left," said

the young soldier.

On this day, anxiety has set in for Pvt. Mowatt. It is hitting home that he is leaving home. "I look forward to getting this over with. I am going to make the best of my first deployment."

The 1109th AVCRAD is no stranger to Southwest Asia. The unit was mobilized and activated for Operation Desert Storm in 1991. As it did then, the AVCRAD will provide aviation maintenance support, workload expansion capabilities, and provide support at ports where aviation units leave for or return from deployments.

Spc. Amy Charest is not deploying alone. She actually has a loved one going with her, her dad Staff Sgt. John Charest.

"Nice to know Amy will be with me. I have been on many deployments, now when I have lonely moments I won't have to hug a pillow. It will be nice to know she can talk to me," said the elder Charest.

Maj. Gen. William A. Cugno, the Adjutant General of the Connecticut National Guard gave the deploying men and women of the 1109th a direct order during the send-off ceremony.

"I order you to write home. Call when you can."

Cugno pledged his support to the families of the soldiers departing.

"I owe it to our soldiers to take care of you while they are way," said Cugno.

The 1109th AVCRAD will most likely be gone for up to a year, and families and friends have already started the countdown for their safe return home.



Connecticut wants to put you behind bars: Gold bars

SGT. 1ST CLASS DEBBI NEWTON
STATE SENIOR PANCO

"It is our job to ensure that the candidates possess the knowledge, skills and attributes necessary to be entrusted with the lives of the soldiers under their future commands," said Lt. Col. Leslie Bliven.

"This is not something that a selfish or self-centered person should undertake. Two things have to come before self...mission accomplishment and the welfare of the people you lead. That takes dedication."

Bliven was talking about Connecticut's Officer Candidate Program run through Company A, 1st OCS Battalion, 169th Leadership Regiment at Camp Rowland.

The program is currently accepting applications for Class 49, which officially begins in July with Phase I. Connecticut, however, offers an optional Phase 0 which will begin in April.

The 1st OCS Battalion's mission is to train and evaluate candidates in the fundamentals of leadership and advanced military skills. The program provides advanced training in leadership, training

management, communications, land navigation, combat survival, logistics, and combat service support.

The training a candidate receives will not only assist them in their military career, but will also provide the candidate with skills that are adaptable to their civilian careers. They will learn how to manage, evaluate, and motivate subordinates to get the job done.

"This program is a challenge, it will push your career to the next level," said 2nd Lt. Shaun O'Dea, a graduate of Class 46 who currently serves on the OCS staff. "Whether you choose to follow the NCO or OCS path, you are always pushing to the next level."

The Connecticut OCS program consists of four phases.

PHASE 0

Phase 0 is three drill weekends and is conducted at Camp Rowland from April to June. Administrative in-processing is conducted during this phase to ensure all applicants meet the minimum enrollment criteria.

An APFT will be administered. Classes will be conducted to prepare the applicants for Phase I. Individuals will be attached (only drill with OCS) and administratively promoted to E-6 when all enrollment criteria are met. If a candidate disenrolls, he reverts to his rank at the time he entered the OCS program.

PHASE I

Phase I is a two-week annual training period that is held during July at Camp Rowland and Stones Ranch. Training focuses on basic leadership, land navigation training and testing, drill and ceremony and Army Training Doctrine.

This phase also includes a Field Leadership Exercise at Stones Ranch.

During this phase, Connecticut candidates are integrated into a consolidated OCS program that includes other candidates from throughout Region A. Candidates will come from the seven other Region A states: New York, New Jersey, Massachusetts, Rhode Island, Vermont, Maine and New Hampshire, as well as from other states throughout the country.

PHASE II

Phase II runs for 12 drill weekends and, again, is held at Camp Rowland from August through to the following May.

Candidates will perfect skills learned and concentrate on military subjects such as Leadership and Ethics, Training Management, Personnel Management, Military Management, Military Justice, Administration, Tactics and Patrolling, Artillery Capabilities and Utilization, NBC, Combat Service Support Functions, and Combat Orders.

PHASE III

Phase III is the final two-week annual training period of the OCS program. It is conducted at Fort Benning, Georgia or Fort Lewis, Wash. in June. Once again, it is a consolidated program bringing together the candidates from throughout the region.

At Phase III, leadership ability in a tactical environment will be evaluated. Areas of study include Leadership, Combat Orders, and Offensive and Defensive Tactics on the squad and platoon levels.

Activities such as Water Survival Training also take place during this phase.

When asked what kind of time the average candidate

can expect to spend on the program outside of the scheduled training and classroom, O'Dea's answer was simple.

"There are no average candidates in OCS," he said emphatically. "You can't be average and succeed here."

Time management becomes a big factor in the OCS program he said.

There are various class committees such as fund raising and Dining In committees, class meetings at least once a month, and class positions to include president, vice-president, secretary and treasurer.

There are also leadership positions that every candidate will take on throughout the course such as platoon leader, that require plenty of outside planning to be ready for the weekend. There are also the class S1, S2, S3 and S4, among others.

There are projects, papers and missions to prepare. "It is stressful," said O'Dea. "With proper time management, it is not going to engulf you. You need to learn to delegate."

Many candidates successfully navigate through the entire program while maintaining a normal life. Some are able to work full time jobs, go to school, have marriages and families that work, and still excel in OCS.

The secret, according to O'Dea and Bliven, is time management.

The Connecticut OCS program is actively seeking potential candidates for the upcoming class. The school has been holding monthly open houses, with the next ones scheduled for Saturday, March 15 and Saturday, April 26 from 10 a.m. to noon at Camp Rowland.

So far, 50 soldiers have attended the open houses. "We can handle about 40 candidates here in Connecticut," said Bliven. "That does depend on the number of staff we have because we have to maintain the appropriate student to cadre level. We've been getting class sizes of between 10 and 15 lately."

Bliven did say there is a shortage of second lieutenants, not only in the Connecticut Army National Guard but also in the Army.

"I don't have the figures for Connecticut, but the Army is short about 7,000 second lieutenants," said Bliven.

The Requirements

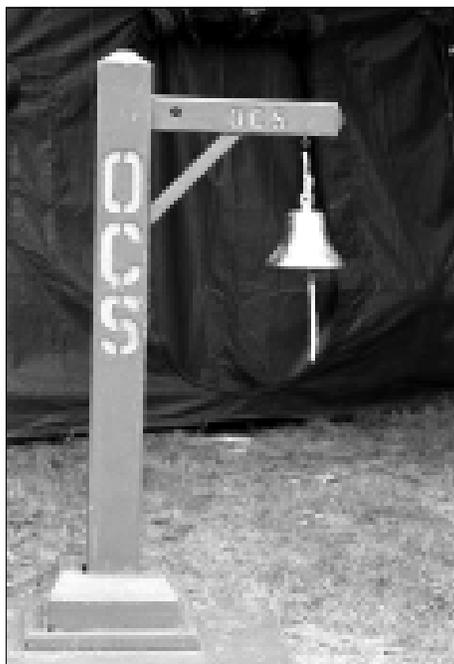
Leadership means more than just barking orders. Leaders must inspire trust and confidence so soldiers will follow them under any circumstance. Leadership takes a special person with special qualities. Leaders must be mentally and physically prepared to face constant challenges.

Therefore, soldiers applying to OCS need to meet the following requirements:

Be 18 to 35 years old, be a U.S. citizen by the end of the course, have a 110 GT score on the ASVAB, have a bachelor's degree or qualifying ACT/SAT score, have at least 60 college credits, have at least 90 college credits by the end of the course, meet height/weight standards, have a passing APFT score, have a secret security clearance by the end of the course, and must have completed Basic Training and AIT.

Those that meet this criteria may contact Maj. Fran Evon at (860) 691-4320 for an application packet, or can attend one of the two upcoming open houses.

"One of the best statements I've heard about OCS came from one of my staff, Sgt. 1st Class Ed Tylor," said Bliven. "He said taking the steps necessary to moving up in your career is like the difference between being a marksman and a sniper. 'Work hard, develop discipline and in time, you will become a sniper.' That's what OCS is all about."



Officer Candidate School Frequently Asked Questions

Q: What type of pay will I receive during OCS?

A: When you are attached to OCS you will receive E-6 pay (unless you are in a higher pay grade, then you will get the same pay), The Montgomery GI Bill Kicker of \$350.00 per month (if eligible for MGIB Basic Benefits and not AGR or Technician), in addition to receiving your free college tuition and your MGIB Benefits.

Q: I do not have a degree yet. Can I still attend OCS?

A: Yes, you must have a minimum of 60 college credits to enroll in OCS, and you must have 90 college credits before graduation.

Q: How long is OCS?

A: CTARNG OCS is 15 months long. It starts in the spring and ends the next summer.

Q: Do I drill with my unit while I attend OCS?

A: No, you will be attached to the 1st OCS Battalion and drill only with OCS.

Q: Will I be required to stay overnight during the OCS drill weekend?

A: Yes, you will be in a training environment.

Q: What is Phase 0?

A: Phase 0 is the administrative phase of OCS. During this phase you will be instructed on what to expect during OCS. This is also when you will have the opportunity to finish any last minute paperwork issues and prepare for Phase I.

Q: What do I need to bring to Phase 0?

A: Yourself in the Army Physical Fitness Uniform, a complete copy of your OCS application, and the equipment outlined in the OCS packing list.

Q: Do I need to attend Phase 0?

A: No, although it is strongly recommended you attend. This will give you the best opportunity to successfully complete Phase I.

Q: Once I start OCS, can I disenroll from the program?

A: Yes, OCS is not for everyone. It is a demanding program that requires a lot of personal initiative and discipline. If there are personal issues that require you to disenroll, you may be released from the program.

Q: Can I get back into OCS after disenrollment?

A: Yes, if you are released without prejudice you can get back into the program on a case-by-case basis. You may be allowed back into the program from the point of last completion (i.e. completed Phase I, disenrollment Phase II, start back in Phase II.)

Q: Do I need new or extra uniforms?

A: Yes, you will be training to be officers. An officer must be and look professional. You are authorized a supplemental uniform issue of three BDUs. Your initial issue of four uniforms and the supplemental issue of three will bring you up to the seven total BDUs required for OCS.

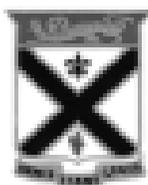
Help Wanted

The 1st OCS BN, 169th Leadership Regiment is looking to fill the following vacancies for:

Phase I Annual Training at Camp Rowland 12 - 26 July 2003

Phase III Annual Training at Fort Benning 14 - 28 June 2003

AVAILABLE ADSW VACANCIES



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If interested, please contact:

Maj. Fran Evon
169th Leadership Regiment
(860) 691-4320
fran.evon@ct.ngb.army.mil



Officer Candidates stand in formation in the field during last year's Phase I at Stone's Ranch. (Connecticut Guardian file photo.)

What a doll! Memories of GI Joe

SPC. JEFFREY AUSTIN
65th PCH

Can you remember some of your fictional heroes as a child?

It may have been the early 1940's "Superman" cartoons and TV series. Maybe it was watching the popular 1960's cartoon series "Johnny Quest." Maybe the latest "Batman" movies and cartoons are what you enjoy the most.

Still others may remember the joy and excitement they felt when they received their very first G.I. Joe.

While young girls had Barbie dolls on their Christmas wish lists, young boys wanted to find G.I. Joe under their trees.

G.I. Joe began as an idea to help promote a television show called "The Lieutenant."

Later, in 1964, the Hasbro Company decided to create a 12-inch action figure named after the film, "The Story of G.I. Joe."

The toy was designed with more than 20 movable parts to make it more life-like. G.I. Joe's popularity has grown over the years, making the character known throughout most of the world, and helping the toy reach the status of "hot collectible."

The early models were based on personnel from the four military services: Army, Navy, Air Force and Marines. Action figures such as the "Green Beret" and the "Deep Sea Diver" were among the favorites for young boys in the 1960's.

In 1969, G.I. Joe left his warrior roots for a

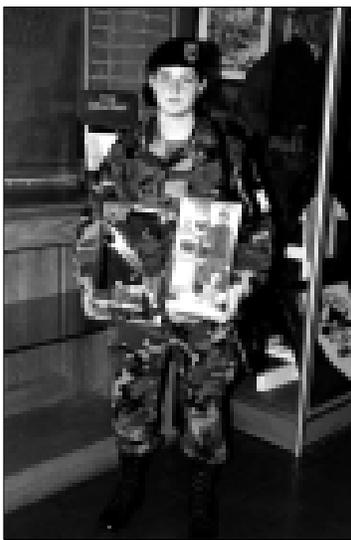
more adventurous lifestyle. His emphasis now centered on "The Adventures of G.I. Joe."

"The Adventure Team" appeared in 1970, followed by G.I. Joe with the "Kung Fu Grip" in 1974 and then the "Super Joe" that was created in 1977.

In 1978 the toy line was discontinued due to an oil crisis. Oil is the essential element needed in creating the plastic G.I. Joe figures.

A little known fact is that Hasbro created a G.I. Nurse that did not sell well during its production but its rarity on today's market has caused it to become a collector's item according to the Yesterdayland website.

"G.I. Joe was cool," said Cpl. Vidal Velasquez, Jr., 143rd Military Police. "It was better than Action Jackson or Ken. I started



Pvt. Julie Spinnato, Company B, 143rd Military Police, looks at two of today's G.I. Joes and remembers the joy and fun she had watching the G.I. Joe cartoons as a child. (Photo by Spc. Jeffrey Austin, 65th

my collection over again and I'm trying to find a complete, modern-day military G.I. Joe. I have a World War II Mp and a Vietnam MP. A modern MP will complete my set. I gave my father a Korean War-era soldier because he served in Korean during the Korean War."

In 1982, Hasbro re-created the G.I. Joe series as a small, mobile strike force that began with nine three-inch action figures in the collection. Two additional figures were created and belong to the enemy collection known as "Cobra."

The re-creation of the G.I. Joe series was due to the success Hasbro had with the "Star Wars" action figures.

Much like the "Star Wars" figures, each of the G.I. Joe figures comes with helmets,

weapons and a card with personal information about the figure.

"Did I have one? I had the whole Army!" said Spc. Maurice Smith, Headquarters/Headquarters Detachment, STARC. "I had Flint, Roadblock, a Ninja, and a cowboy that flew helicopters. I had a lot of the action figures and Cobra, too. I had so many Joes that I used to bury the ones that died in play fighting and hold memorials to others. Yeah, I kind of miss them. I wish I still had my collection."

Today, the 12-inch models are back, and more highly collectible than ever. Aficionados today collect the Vietnam Wall Memorial G.I. Joe, the Ernie Pyle G.I. Joe, the Gen. Dwight D. Eisenhower G.I. Joe, the JFK PT 109 G.I. Joe, the British Royal Marine Commando G.I. Joe and the Omaha Beach Army Infantry G.I. Joe, just to name a few.

Use any Internet search engine, type in "G.I. Joe" and hundreds of websites pop up. Collectors' clubs are everywhere, and collecting G.I. Joes (and G.I. Janes) has become one of the fastest growing past times around.

So check your closets, your attics, your basements. You never know where your memories may be, or what may have sparked your interest in the military.

Could it have been a doll? Oh, I forgot...don't ever call a G.I. Joe a doll...he was, and always will be, an action figure.

Burning the candle at both ends...

SGT. 1ST CLASS DEBBI NEWTON
STATE SENIOR PANCO

I could have died a couple of weeks ago. And my daughter could have died. And I could have burned my house down. But I didn't.

I was lucky. And I was stupid.

I was at home and decided I wanted pizza. So I preheated the oven, with the pizza stone in it, and when the stone was warm enough, I put on the oven mitts and reached in for the stone.

I was in a hurry, so I didn't bother pulling the oven rack out first...just jammed my whole arm into the oven to grab the stone.

But I was in such a hurry, I didn't think about the fact that I had an oversized bathrobe on and the sleeves were hanging down.

Next thing I knew, my right sleeve was in flames! Staying calm...I've never been one to panic until after the fact...I reached over with the other oven mitt-clad hand and started wiping the flames away. But the left arm had an equally oversized bathrobe sleeve on it, and that burst into flames, too.

Still not panicking, I put both arms out and continued on my mission of retrieving the pizza stone from the oven.

That's when I heard this weird popping and crackling behind me. I turned my head

just enough to see this bright orange glow over my shoulder, and realized my back was on fire.

Still calm, I called for my 20-year-old daughter, saying something ridiculously stupid like, "Hey Kiley. Can you come in here for a minute? I think I need your help."

As she turned around, she could see into the kitchen, and remaining calm herself said, "Oh @#*%, Mom, you're on fire!"

By the time she got up off the floor and into the kitchen, I had peeled the bathrobe off, inside out, and dropped it on the floor. The flames immediately went out, but the stench remained.

I was lucky...the fire did not burn through the robe, so I did not get burned. Of course I kept playing with my hair all night and my back itched like it had been sunburned for a couple of days.

That night, I just chalked it all up to a freak accident.

The next morning, as I was telling Lt. Col. Mark Russo about my stint as a human campfire, it dawned on me that it wasn't just a freak accident. A week earlier, I had burned one of my fingers on the heating element in the oven, again reaching in without pulling the rack out.

That morning I realized that these accidents were happening because I was

tired and going a mile a minute.

That's when I realized I had to share this story with everyone.

We're all tired...some of you even more so than I. We've all been working non-stop since 9-11, and even faster in the past few months getting units ready for mobilizations and deployments.

That we can't do anything about. That's a pace that is beyond our control. But it's part of a life we, as soldiers and airmen, chose for ourselves. It won't last forever. And our fellow soldiers and airmen are counting on us.

But so are our families, loved ones and friends.

So we do need to slow down, when and where we can.

Like when we're taking pizza stones out of a 450-degree oven while wearing oversized bathrobes.

At home and at work, while driving and playing, we need to slow down and think about what we are doing before we get hurt, or worse, kill ourselves and others.

Don't get so caught up in the big things that are going on in all of our lives right now that you forget the little things that will help keep you healthy and safe.

I know I don't need to tell you any of this...you're all adults. But I didn't think

anyone needed to tell me, either, and look what happened.

I was lucky. My daughter was lucky. But how long can luck hold out?

I've learned my lesson...

I will be sure to pay attention in the future to the little things.

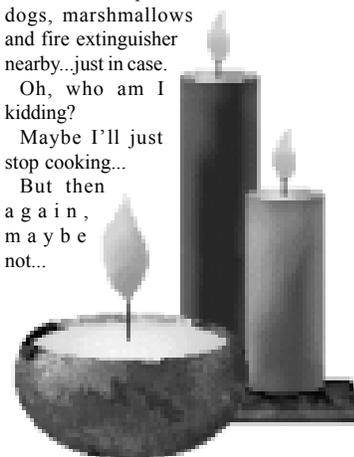
I'll roll up my bathrobe sleeves before I stick my arm in the oven. I'll pull the oven rack out before I try to take anything out of the oven.

And I'll keep the hot dogs, marshmallows and fire extinguisher nearby...just in case.

Oh, who am I kidding?

Maybe I'll just stop cooking...

But then a g a i n ,
m a y b e
not...



Connecticut National Guard maintains emergency readiness

CAPT. LOU MARTINEZ
65TH PRESS CAMP

The Connecticut National Guard mixed training with some real life events during an annual Unified Defense Training Exercise, (UDX).

In conjunction with First Army, the Connecticut Guard practiced its support to civil authorities during notional terrorist events in New Haven Harbor.

The UDX staff used real world weather conditions, an elevated homeland security alert, and troop mobilizations to determine how best to respond and contain the notional terrorist attack.

The table top exercise ran from February 6 through February 12, with multi-agencies participating such as Department of Defense (DoD), Federal Emergency Management Agency (FEMA), United States Coast Guard (USCG), State Office of Emergency Management (OEM) and the Connecticut National Guard (CTNG), as well as representatives from Massachusetts and Rhode Island.

The UDX demonstrated the military and civilian authority's proficiency in planning, directing, and coordinating support to the incident commander in the event of an actual terrorist attack.

Maj. Gen. William A. Cugno, the Adjutant General of the State of Connecticut supported the exercise with a significant level of participation from his domestic support staff sections.



John Wiltse (c) listens to remarks and looks over his notes during the unified defense exercise held at the Hartford Armory. (Photo by Maj. John Whitford, State PAO)

FEMA offers tips for creating a disaster plan, supply kit

Knowing what to do to protect yourself and household in the event of a disaster is essential.

According to the Federal Emergency Management Agency, one of the most important steps you can take in preparing for an emergency is to develop a household master plan.

Below are FEMA's tips for creating a disaster plan.

- Learn about the natural disasters that could occur in your community from your local emergency management office or American Red Cross chapter. Learn whether hazardous materials are produced, stored or transported near your area. Learn about possible consequences of deliberate acts of terror. Ask how to prepare for each potential emergency and how to respond.

- Talk with employers and school officials about their emergency response plans.

- Talk with your household about potential emergencies and how to respond to each. Talk about what you would need to do in an evacuation.

- Plan how your household would stay in contact if you were separated. Identify two meeting places: the first should be near your home - in case of fire, perhaps a tree or telephone pole; the second should be away from your neighborhood in case you cannot return home.

- Pick a friend or relative who lives out of the area for household members to call to say they are OK.

- Draw a floor plan of your home. Mark two escape routes from each room

- Post emergency telephone numbers by telephones. Teach children how and when to call 911.

- Make sure everyone in your household knows how and when to shut off water, gas, and electricity at the main switches. Consult with your local utilities if you have questions.

- Take a first aid and CPR class. Local American Red Cross chapters can provide information. Official certification by the American Red Cross provides "good Samaritan" law protection for those giving first aid.

- Reduce the economic impact of disaster on your property and your household's health and financial well-being.

- Review property insurance policies before disaster strikes - make sure policies are current and be certain they meet your needs (type of coverage, amount of coverage, and hazard covered - flood, earthquake).

- Protect you household's financial well-being before a disaster strikes - review life insurance policies and consider saving money in an "emergency" savings account that could be used in any crisis. It is advisable to keep a small amount of cash or traveler's checks at home in a safe place where you can quickly gain access to it in case of an evacuation.

- Be certain that health insurance policies are current and meet the needs of your household.

- Consider ways to help neighbors who may need special assistance, such as the elderly or disabled.

- Make arrangements for pets. Pets are not allowed in public shelters. Service animals for those who depend on them are allowed.

Tips for Those With Special Needs

Those with a disability or special needs may have to take additional steps to protect themselves and their household in the event of an emergency.

- Find out about special assistance that may be available in your community.

Register with the office of emergency services or fire department for assistance, so needed help can be provided quickly in an emergency.

- Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure they know how to operate necessary equipment.

- Discuss your needs with your employer.
- If you are mobility-impaired and live or work in a high-rise building, have an escape chair.

- If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you evacuate the building.

- Keep extra wheelchair batteries, oxygen, catheters, medication, food for guide or hearing-ear dogs, or other items you might need. Also, keep a list of the type and serial numbers of medical devices you need.

- Those who are not disabled should learn who in their neighborhood or building is disabled so that they may assist them during the emergencies.

- If you are a care-giver for a person with special needs, make sure you have a plan to communicate if any emergency occurs.

Creating Disaster Supply Kits

In the event of an emergency, you may need to survive on your own for three or more days. Therefore, it is imperative to have your own water, food and emergency supplies. Following are FEMA's tips to creating disaster supply kits.

- Try using backpacks or duffel bags to keep the supplies together.

- A disaster supply kit with essential food, water and supplies for at least three days should be kept in a designated place and be ready to "grab and go" in case you have

to leave your home quickly because of a disaster, such as a flash flood or major chemical emergency. Make sure all household members know where the kit is kept.

- Consider having additional supplies for sheltering or home confinement for up to two weeks.

- You should also have a disaster supply kit at work. This should be in one container ready to go in case you have evacuate the building.

- You should also have a car kit of emergency supplies, including food and water, to keep stored in your car at all times. This kit would also include flares, jumper cables, and seasonal supplies.

- The basic supplies that should be in a disaster supply kit are water, food, first-aid supplies, tools and emergency supplies, clothing and bedding, and specialty items.

- You will need to change the stored water and food supplies every six months, so be sure to write the date you store it on all containers.

- You should also re-think your needs every year and update your kit as your household changes.

- Keep items in airtight plastic bags and put your entire disaster supply kit in one or two easy-to-carry containers such as an unused trash can, camping backpack or duffel bag.

Here are some important points offered by FEMA to remember as you pack your supplies.

- Water: Stocking water reserves should be a top priority. Drinking water in emergency situations should not be rationed.

See FEMA Page21

Gustavson named Soldier of the Year

PVT. JORDAN E. WERME
65TH PCH

The 141st Medical Unit of New Britain, Conn. has reason to be proud. One of their own has just been named CTARNG Soldier of the Year for 2003. Pfc. Gregory R. Gustavson, a Health Care Specialist in the 141st, has received the Soldier of the Year award barely eighteen months out of Basic Training.

Gustavson enlisted in the National Guard in 1998, but due to a knee injury his training was delayed till September of 2001. That injury has not held him back any.

"I just wanted to complete school, something in the medical field. Hoping to be a surgeon," Gustavson said of his goals at the time of his enlistment. Those goals have not changed, and he is currently enrolled part-time as a freshman at Eastern Connecticut State University, and also taking classes at an area community college.

While Gustavson has kept his eyes on the goals he set for himself some new challenges have presented themselves. On May 31, 2001 he became the father of a baby girl, Kayla.

While pursuing his long-term career goals, Gustavson is also working full time as an EMT for American Ambulance. All of this responsibility - full time EMT, full time single father, part time student and CTARNG Soldier of the Year - would be exhausting to the average person, but Gustavson seems to enjoy the challenges. Without his military training, this juggling act may not have been possible.

"I wake up easier in the morning," Gustavson says of his life now compared to before he enlisted. "I'm more responsible. I can do what needs to be done before I think about playtime. I'm much more responsible now." This new sense of responsibility has introduced new goals on top of the old ones. "I hope to advance up the ranks and do the best I can to help people out."

However, there is something the young soldier wants for himself.

"I want to earn the Expert Field Medic Badge. That's probably a few years down the road, though."

With all of this responsibility, how did he make it through basic training and A.I.T., especially with a new baby left behind?

"My parents were great," he says. "I got lots of letters from home. Everyone was very supportive and encouraging." His father offered plenty of support but was not forthcoming with what to expect. "He wouldn't say anything," Pfc. Gustavson said with a smile, "He didn't want to spoil the surprise."

The award for Connecticut's Soldier of the Year is presented to the soldier who best demonstrates his knowledge and ability during an interview process conducted by a board consisting of several high ranking NCO's, including State Command Sgt. Maj. Raymond Zastaury.

"We all really appreciate these soldiers going through the whole process," said Zastaury. "It's good to see them get involved. It's a valuable experience." Zastaury's hope is to see more units get involved in the selection of candidates for the Soldier of the Year award. According to Zastaury, before any candidate can be considered by the state board, he or she must first pass unit, battalion, and MACOM boards. "They were all winners," said Zastaury of all the candidates.



Pfc. Gregory R. Gustavson

"I feel good, excited. Proud." Gustavson said of his award. "I didn't walk in thinking I knew it all, I just followed what I'd been taught and tried to stay calm."

The Soldier of the Year award process is something Gustavson feels every soldier should experience. "Everyone should try it. Just prepare ahead of time, relax. The experience can only help, it will never hurt you."

Gray named CTANG NCO of the Year

CAPT. GEORGE WORRALL
PUBLIC AFFAIRS OFFICER, 103RD FIGHTER WING

"I was shocked," said Staff Sgt. Jennifer K. Gray, licensing section supervisor, 103rd Logistics Squadron. "I did not know they (squadron) had put me in for it... I think I turned bright red."

Gray enlisted in the Connecticut Air National Guard five and a half years ago as part of a family tradition and for the other benefits.

"My family is patriotic with my brother in the Navy, my father was in the Army four years and my grandfather was in the Air Force," said Gray. "I did not think I wanted to go to active duty because I wanted to begin college, and then found out the Guard was paying."

Gray quickly saw the Air Guard fulfilling what she wanted to do.

"I so wanted to travel and so far I have seen Texas, Missouri, Illinois, Kuwait, Saudi Arabia, and Massachusetts," explained Gray. "I really do like deployments, as everyone who knows me knows. Because you are active duty, but you get to go home after."

According to the award while deployed Gray demonstrated her leadership and job performance by earning selection as first guard member to run the deployed 363rd Vehicle Operations Training Section, which has operated over ten years. In that capacity she took the initiative to retrain vehicle operators to recover 178 vehicles and bring the base-wide vehicle incommision rate to 91 percent.



Staff Sgt. Jennifer K. Gray

"I love my job, training airman, showing them, seeing new places and being in new climates," said Gray. She added with considerable enthusiasm "I just love it ... I am sick in the head for it ... I am a lifer."

She credits her supervisor and her shop at the motor pool for her success.

"My supervisor is the reason I have this award ... he recognized the things I have done," said Gray. "My shop and the motor pool has been my second family. They are uncanny, they just took me under their wing after basic and showed me the way."

Hall named CTANG Senior NCO of the Year

CAPT. GEORGE WORRALL
PUBLIC AFFAIRS OFFICER, 103RD FIGHTER WING

"I am very honored, pleased and surprised I was selected for the state," said Senior Master Sgt. Robert B. Hall, communications systems superintendent, when asked how being selected made him feel. "I did not think I was going to win ... not expecting it."

Hall joined the Connecticut Air National Guard in 1990. As the Air Force began to downsize he decided to bring his nearly 11 years of active service home to Connecticut and continue serving.

"I got divorced and as a staff sergeant my kids were away on the East coast and me in Colorado," reasoned Hall. "I did not want to give up my career entirely ... I just wanted to get closer to my family."

The skills Hall earned in active service also helped him start a civilian career.

"They (skills) certainly have helped me in civilian employment technically and to develop the managerial skills I use with my civilian employer, Durham manufacturing."

Hall expertly applied those skills during the units' activation following 9-11. In the award, the skills Hall demonstrated are credited with maintaining an operational rate of 99 percent throughout the 11 months of the activation.

Creating impact beyond his role in the unit, he negotiated a support agreement with the U.S. Navy saving \$65,000 in parts by allowing Air Force personnel to



Senior Master Sgt. Robert B. Hall

troubleshoot more effectively.

A leader and senior NCO first, he dismisses his substantial individual accomplishments as his source of pride.

"The thing I have taken the most pride in over the past five years is that consistently someone from our section has been selected as the units airman or NCO of the year," said Hall. "My real goal as a senior NCO is to develop the junior enlisted."

Greenwood named CTANG First Sergeant of the Year

CAPT. GEORGE WORRALL
PUBLIC AFFAIRS OFFICER, 103RD FIGHTER WING

"I am not a person who looks to get these things," said Master Sgt. Victor T. Greenwood, first sergeant, 103rd Security Forces Squadron, when asked how being selected made him feel. "I am very appreciative to my commander for recognizing me."

Greenwood joined the Connecticut Air National Guard as a 103rd Civil Engineering Squadron traditional guardsman in 1992 following 10 years active duty Marine Corps with Gulf War service.

"I joined because with 10 years service I could not let go," said Greenwood who further cited continuing his service through the guard as a prescription for his personal life. "I was trying to repair a failing marriage, so came here, interviewed, and was hired."

Although he joined for personal reasons, his example of the Air Force Core Value of "Service before Self" helped earn him this recognition and illustrates his dedication. The award states "in the midst of a successful civilian career and promotion he took a \$30,000 pay cut and had to move from his residence when he volunteered for mobilization to take care of his troops," who in contrast were involuntarily mobilized.

Greenwood credits the mobilization with allowing him to demonstrate his leadership skills.

"In the guard this last year has been a big resurrection for me militarily," said Greenwood. "It has allowed me to lead after 9-11, when the Guard has had to adopt



Master Sgt. Victor T. Greenwood

leadership that we sometimes put to the wayside before."

Also for Greenwood, the mobilization that has highlighted his performance has given the security forces a chance to demonstrate what it means to be a citizen soldier.

"This is our Superbowl," said Greenwood. "They (traditional guard members) are seeing what the one weekend-a-month and two weeks-a-year of training (has been) for."

The success of his leadership and job performance comes from what he enjoys. Although success is easily quantified in his award as ensuring unit retention was the highest in the Connecticut National Guard, 100 percent, only he can explain what he enjoys.

"The one thing I enjoy the most in life, leadership, is everything for me," said Greenwood.

Boeding named CTANG Junior Officer of the Year

CAPT. GEORGE WORRALL
PUBLIC AFFAIRS OFFICER, 103RD FIGHTER WING

"I have been too busy to let it sink in," said 1st Lt. Brian M. Boeding, pilot, 118th Fighter Squadron, when asked how being selected made him feel.

Boeding joined the Connecticut Air National Guard in 1998 because he "wanted to fly fighters."

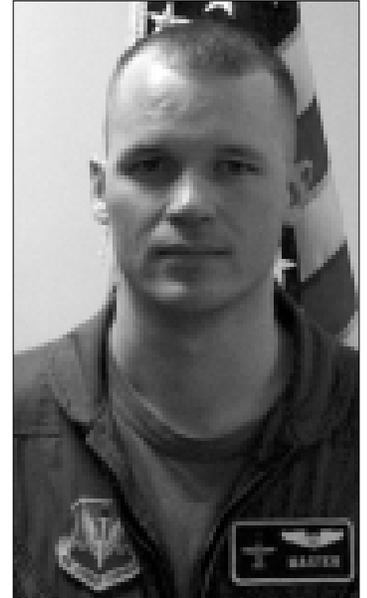
Although one might imagine the list people who do not share a desire to fly a fighter aircraft is short, the list of new pilots who actually fly as well as Boeding is shorter still.

The award recommendation lists the near unprecedented speed with which Boeding earned his qualifications to pilot an A-10 in its mission and qualify as a flight lead. Rarely does a pilot earn the skills needed for a flight lead qualification as a lieutenant.

"Next to weapons school, flying with this unit is the best experience," said Boeding, to explain how he has developed his skills and emphasizing the "experience level here among the 118th pilots is the best, more even than weapons school."

Proud of the unit not just now, but the rich history that came before, Boeding has dedicated much of his off-duty time to recognizing past Flying Yankee accomplishments.

Contacting dozens of former Flying Yankees who flew in WWII and Korea he has collecting memorabilia, which is now on display in the squadron where today's pilots pass by before departing on a mission.



1st Lt. Brian M. Boeding

Also, to ensure the unit's history is part of today's flying he was instrumental in putting the units WWII black lightning patch back on the uniforms of 118th Fighter Squadron pilots.

For Boeding though, serving with the unit is his reward for all the hard work.

"It is just great to be in the best A-10 squadron in the country," said Boeding.

Voity: 'It takes dedication' to be NCO of the Year

SGT. GREG HARRISON
65th PCH

It takes dedication, perseverance, and discipline to become eligible for consideration as non-commissioned officer of the year, let alone what is required to be chosen as the actual awardee.

The competition is tough and each candidate has to be well versed in a wide variety of subjects, including current world events, leadership qualities, and common task training (CTT). To be awarded this honor even once in one's Army career would be a highly respected feat. Imagine winning this honor eight times. This distinction belongs to Sgt. Frank T. Voity of Company A, 143rd Forward Support Battalion based in Southington, Conn.

Voity, who is 29-years-old and grew up in Southbury, Conn, is an automated logistics specialist and has been in the Army National Guard since July of 2003. Voity originally started his military career in 1991 in the Marine Corps, in which he was a gunner in the Artillery.

After an injury, which got him medically

discharged from the Corps, Voity did not consider the military again until 1995 when he joined the Active Army. During his time in the Army, he served in Camp Casey, Korea, and did a brief stint training with the Japanese Self-Defense Force at Camp Zama in Japan. After being discharged in 2001, Voity took a year off from the military to see how he would fare in the civilian sector.

It was during this time of reflection that Voity realized the value of higher education, which became part of his motivation to join the Army National Guard.

Voity has since received a bachelor's degree in business administration through online distance learning.

Another motivation for Voity to reenlist was the desire to join the elite Special Forces.

"I tried three times to join. I made it through to the 19th day of the 21 day pre-qualification course and then my body just caved in!"

Voity was not discouraged. He felt certain that he could still continue to make a valuable contribution in the service of his country.

Voity has continued to set very high goals for himself:

"My goals now are to pursue a master's degree, get promoted to E-6, and attend air assault school." Constant focus on his goals has contributed greatly to his success as an NCO.

When asked about what it takes to be prepared for the NCO of the Year board, which is conducted by the sergeant majors of the various MACOMS (Major commands) in the state, Voity said "I brought my study material with me everywhere and I read them over and over again. I watched the news regularly. And I actually tried to display the leadership qualities that I was reading about. I try to help the younger soldiers out by being open to their problems. I show what being a soldier means to me and what I was shown about leadership coming up through the ranks."

Voity feels that National Guard members are ambassadors in their own country and should set a high example as such.

"A leader should put himself in the shoes



Sgt. Frank T. Voity

of a private," said Voity. "He's got to understand what soldiers want. He needs to make them valued, like they have a personal stake in how the unit does. They need to be assured that the unit would not be as good without them."

World War II Fighter Ace and AFL commissioner remembered

Spc. JOSEPH WALLER
65TH PCH

Nearly everyone has heard of the title "Ace" but few are not able to tie it to a name, Brigadier General Joseph J. Foss. He is celebrated for his 26 confirmed kills in the sky, his extraordinary talent for flying, and his courage. And now we mourn his loss. He passed away on Jan. 21st.

He began his love affair with the sky at the early age of 12 according to a privately run website <http://usfighter.tripod.com/foss.htm>. The site claims Foss's interest in flying began with meeting Charles Lindbergh.

After that he developed his natural abilities in the air by taking lessons, and by completing a civilian pilot training program.

He went to college, ending up in the University of South Dakota where he received a degree in business.

Soon after graduation he enlisted in the Marine core, and flew into World War II. He became a fighter pilot, older than the average pilot at 27 years old, he quickly earned the respect of his comrades and the enemy alike.

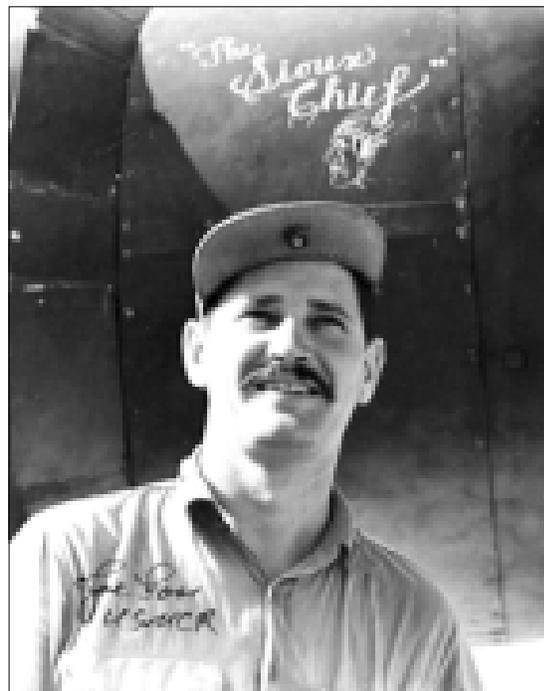
America had found their hero as President Franklin D. Roosevelt awarded him the U.S Navy Medal of Honor on May 18, 1943 at the Whitehouse.

But this was not all for Foss as he was named "America's No. 1 Ace," by Life magazine less than a month after he was awarded. He then went on to become apart of South Dakota's House of Representatives where he held the position for two years, that was in 1948.

In 1954 he began a two-term stint as Governor of South Dakota. This was one year after he was promoted to Brigadier General.

He became commissioner of the American Football League and helped to create one of America's most popular sports events, the Super Bowl.

Not many can claim to have lead such an extraordinary life as did Foss and while he will always be remembered by his country, he will be sorely missed as he passes from being a hero to becoming a legend.



Teens discuss effects of war at NAACP conference

Spc. MARIAN ROSADO
65TH PRESS CAMP

Youth advisors, youth groups, health planners and community leaders gathered to kick off Black History Month with the Connecticut State Conference of the National Association for the Advancement of Colored People (NAACP).

The 7th Annual "Operation Youth Storm 2003" was held at the University of Connecticut campus in Stamford to talk about the social, political and economic effects of war on youth.

The agenda consisted of keynote speakers, a Hip-Hop Poetry Slam Contest and three sessions that talked about College Admissions, Hip-Hop and the Effects of War on Teens.

Reverend Dr. Tommie Jackson, pastor of the Faith Tabernacle Missionary Baptist Church of Stamford, one of the keynote speakers at the event, spoke to almost 250 teens about previous wars America has been involved with and their effect on the economy.

He ended his speech with a quote from Dr. Martin Luther King, Jr. "Unless we learn to live together as brothers, we will perish as fools."

The mistress of ceremonies and youth advisor for the Greenwich Youth Council, Dorothy G. Ninns, added by saying "peace is not the absence of tension, for tension brings good things, but peace brings out justice. The absence of justice anywhere is the absence of justice everywhere. Remember, we are our brothers keeper."

The teens later split up into groups and



Tim Eubanks, a member of the International ANSWER Coalition, served as one of the guest speakers at the NAACP "Operation Youth Storm 2003" conference. (Photo by Spc. Marian Rosado, 65th PCH)

participated in one of the three sessions of their choice where they could discuss any concerns that they may have.

The two speakers for the session "The Effects of War on Teens" were retired Army Lt. Col. Archie Elam and Tim Eubanks a member of the International ANSWER Coalition.

During the debate, Lt. Col. Elam discussed previous and current conflicts America has

had with Saddam Hussein. He said that we (the United States) should be careful whether or not we go to war because we are putting other people's lives in danger.

"War is one of the unfortunate tosses you need to face," he said. He ended by saying that war is not an easy thing to do or face. "There are no real winners."

With a different perspective on the issue Tommie Eubanks explained the reasons why he was against the potential war.

"This is a crucial time for the U.S.," he said.

He was concerned for the myths people had about the current conflicts with Iraq.

He handed out pamphlets and encouraged people to march against the war.

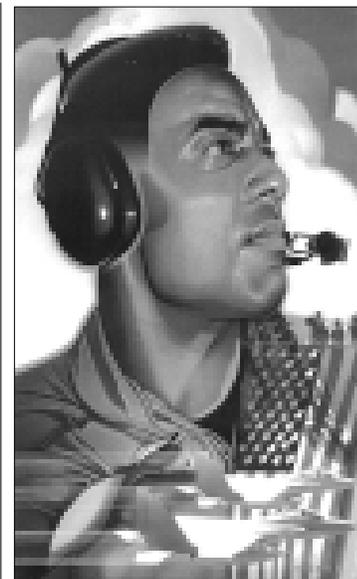
Although both parties could not come to an agreement on whether or not the U.S. should go to war, they did agree on the fact that people need to educate themselves and practice their right to vote.

The conference ended its activities singing the Negro National Anthem by James Weldon Johnson, "Lift Evry Voice and Sing". Teens, group leaders, activists and war veterans all stood up and sang...

*"...Sing a song full of the faith that the dark past has taught us,
Sing a song full of the hope that the present has bought us.*

Facing the rising sun of our new day begun,

Let us march on till victory is won..."



INFORMATION
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For deployment-related

questions,

call

1-800-858-2677

Connecticut Military Department News

General Samuel L. Pitkin: a troubled scion

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

(Thirteenth in a series of profiles of the Adjutants-General of Connecticut)

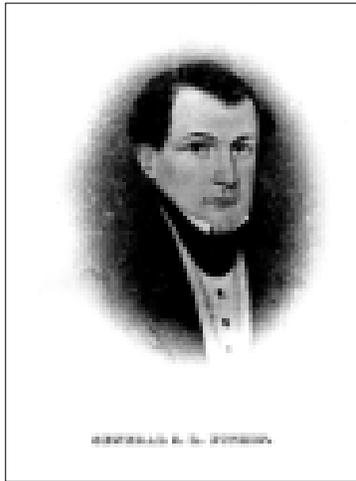
Samuel Leonard Pitkin was born in East Hartford on April 1, 1803. The Pitkins were among the most prominent and enterprising family in Connecticut.

In 1659 William Pitkin arrived from England. In 1664 he was appointed Attorney for the Colony and bought considerable lands on the east side of the Connecticut River. His descendants included members of the colonial council, judges and a Governor. The Pitkins were successful in commerce, establishing the first cotton mill in Connecticut and a prosperous wool and gunpowder mill.

The Pitkin family also had a long and distinguished record of military service. Col. John Pitkin, brother to Governor William Pitkin, was lieutenant colonel of a Connecticut Regiment, which participated in the 1755 expedition against Crown Point in the French and Indian War. His nephew led another expedition against Canada in 1758. Colonel George Pitkin, son of the governor, commanded a regiment of militia, which was at the siege of Boston in 1775.

The father of Samuel L. Pitkin was a 1779 graduate of Yale who held numerous political offices and represented East Hartford in the State Legislature. He was also a Major in the State Militia.

Samuel L. Pitkin graduated from a military school at Harwich, Vermont. He had a



successful career in commerce and was a co-partner with his father in the manufacture of gunpowder. He was elected a director in the United States Bank and afterwards became President of the Farmers and Mechanics Bank in Hartford.

In 1821 he was a sergeant in the Fourth Company, First Regiment of the State Militia. A year later, he was made ensign at by the age of twenty he was a captain. By 1830 he had risen to the rank of colonel, and was a major general by the age of 33.

In 1839, Governor William Ellsworth appointed him Adjutant General. He served only one year due to health problems. He was an efficient administrator and a skilled officer. In later years, much credit for the good

showing of Connecticut troops in the Mexican War was given to his efforts while leading the State Militia.

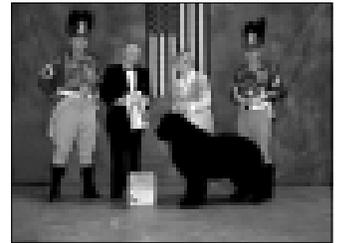
The Feb. 19, 1845 Hartford Times reported the following:

"Painful Suicide.

The friends of General Samuel L. Pitkin, of East Hartford, became alarmed at his absence on the night of the 18th inst. He left his house, with the intention of visiting his Powder Mills, situated on the Hockanum River, in Scotland Society in that town. He appeared to be in a depressed state of mind when he left and his friends started after him, when they found he did not return at the proper time. The result of their search was in finding his corpse in the Hockanum River, a short distance from the mills. A razor case was also found on the bank, near his overcoat, in which he had placed his money and papers he had about him. His throat was cut sufficiently to deprive him of life. For many years General Pitkin had been troubled with an hypochondriac affliction, which has at time unbalanced his mind....Gen. Pitkin was a most amiable and gentlemanly man, with an unstained character. He had many warm friends wherever he was known. ...His fellow citizens not only respected, but also placed high confidence in him. His sudden death has thrown a gloom upon the society in which he moved. He was 42 years of age."

A coroner's jury concluded "the deceased came to his death by his own hand, and from the best information that can be had, in a state of partial derangement."

Pitkin left a widow, Mary A. Lewis Pitkin of New Haven, and five children.



Color Sergeant Roger Conley and Sgt. Rick Marshall award the best in show to a Newfoundland at the First Company Governor's Foot Guard 73rd annual Dog and Obedience show. (Photo by Cpl. Kevin Cormack, 1st Co. GFG)

First Company Governor's Foot Guard holds Dog Show

STAFF SGT. MICHAEL CONDON
1ST COMPANY, GFG

The First Company Governor's Foot Guard Athletic Association sponsored their AKC sponsored 73rd Annual Dog and Obedience show on Feb. 16, 2003 at the Hartford Civic Center Exhibition Center, Hartford Civic Center, Hartford, Conn.

A portion of the proceeds will be donated to the University of Connecticut Pre-Veterinary Scholarship Fund.

During the opening ceremonies, the Foot Guard presented the Annual Stubby Award for canine heroism.

This year's winner was Shadow, a 6-1/2-year-old black Labrador retriever owned by G. Edward & Ida Lussier from Willimantic.

One summer morning, Shadow started barking frantically in the breezeway and once released ran to a neighbor's yard. The Lussier's followed and found their 80-year-old neighbor, Elizabeth Tyler, lying in her driveway, tangled in her garden hose. Shadow stayed at the neighbor's side while the Lussier's called 911. The couple later learned that she had a broken hip, a broken rib, and was dehydrated from lying in the sun.



Col. Robert Ruthven and his wife, Helen Ruthven, riding in the Branford Veteran's Day parade in a 1967 M151A1. (Photo by 1st Sgt. Robert Devaney, 2nd Co. GFG)



The First Company Governor's Horse Guards will perform its "Musical Ride" on March 15, 2003 at the University of Connecticut at Storrs.

The program will be presented as part of a three-day equine symposium to be held at the University.

The "Musical Ride" is composed of intricate formations including figure eights, serpentine and the "Virginia Reel" done to a musical accompaniment while each trooper holds a colorful lance.

The performance will be done indoors. The troop has been practicing for several weeks including an indoor session at the Farmington Polo Club.

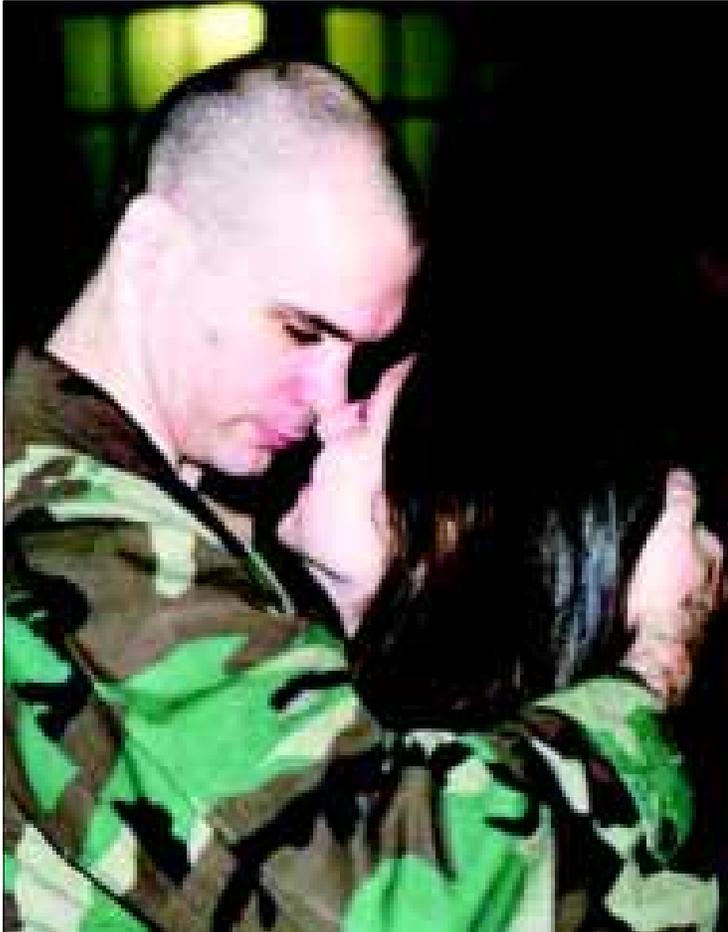
1st Lt. Steve Meltzer and Staff Sgt. Bob Mazzara prior to performing the "Musical Ride" at Camp Rowland in 2000.



A color guard from the 2nd Company Governor's Foot Guard commemorates the visit from the Washington Light Infantry of South Carolina. (Photo by 1st Sgt. Robert Devaney, 2nd Co. GFG)



Saying good-by



A soldier from the 143rd Military Police Company spends a quiet moment with a loved one before heading out to Fort Drum, N.Y. for further training in preparation for Operation Enduring Freedom. (Photo by Capt. Lou Martinez, 65th PCH)



Troops from Co. B, 242nd Engineers make final phone calls to family members before departing to their mobilization station at Fort Drum, New York. (Photo by Spc. Elvis Braga, 65th PCH)



Good-byes are never easy for the loved ones left behind when soldiers head off for the unknown. This woman quietly shed her tears of sadness while listening to Gov. John Rowland talk about his pride in the soldiers of Company G, 104th Aviation. (Photo by Capt. Lou Martinez, 65th PCH)

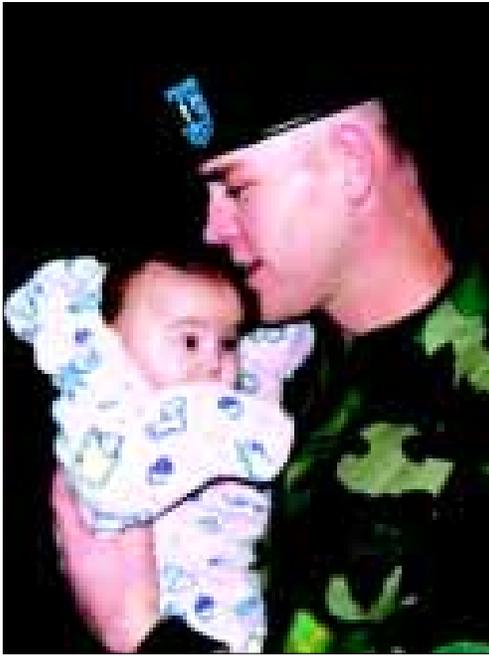


Soldiers from Company B, 242nd Engineers in Rockville, Conn. load the bus with all the necessary military equipment to support Operation Noble Eagle. (Photo by Spc. Elvis Braga, 65th PCH)



Spc. ...
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104th

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Capt. Gregory Samuels , commander of the 143rd Military Police Company, gives his niece a final hug before departing for Fort Drum, N.Y. (Photo by Capt. Lou Martinez, 65th PCH)



Even the youngest of children showed their patriotism during send-off ceremonies for Company G, 104th Aviation Regiment as they prepared for deployment in support of Operation Enduring Freedom. (Photo by Capt. Lou Martinez, 65th PCH)



Michael Uhrig comforts his girlfriend, Brooke Carbererry, one time before deploying to Fort Dix, New Jersey with Company G, 104th Aviation Regiment. (Photo by Capt. Lou Martinez, 65th PCH)



One father took special time with each of his daughters during the send-off ceremonies for the 143rd Military Police Company. Here he is with his youngest daughter. The MPs are at Fort Drum, N.Y. preparing for the next step in their mobilization in support of Operation Enduring Freedom. (Photo by Capt. Lou Martinez, 65th PCH)



ANNUAL REDLEG BALL



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

Date:	Sunday, 27 May 2003
Time:	1800-1900 Social Hour/Open Bar 1900 Dinner Presentations Social Hour (followed by Cash Bar)
Place:	Trumbull Marriott 180 Hunting Lane Trumbull, CT 06621
Music:	Special Police Bk of Beef Rock Concerts Mon Orchestra Saverella
Dress:	William's Class A or White Shirt and Bow Tie, Army Blue/Green Army Uniform: Semi-Formal
Cost:	\$60.00 per person \$75.00 after RSVP
RSVP:	28 April 2003

Directions and Hotel Information on back of this form.

**Additional Information: Tel: Felix 202-966-1492
Jack Bowen 242-279-2847**

Please detach and return along with checks made payable to:
Connecticut Sappers
1 Lakeside Dr East
Seymour, CT 06488-0017

Name: _____ Rank: _____ Unit: _____

Grade: _____

Address: _____

Use cell _____ cell not _____ e-mail _____

Special Claims: _____
 Special Police Bk of Beef
 Rock Concerts Mon
 Orchestral Saverella

Army Engineer Association news

The membership of the *Charter Oak Sappers* chapter voted to conduct an AWARDS BANQUET for all interested soldiers. The event will be held on 9 May 2003, at the Branford Armory from 1800-2300. In addition to social activities, the chapter will present awards to chapter members as well as selected soldiers of the 242d and 192d EN battalions. Tickets will be priced by rank with lower enlisted pricing subsidized by senior ranks as well as advertising. Tickets will be available from members or by contacting AEA Awards Banquet Committee, 242d EN CBT BN, 63 Armory Rd, Stratford, CT 06029-1702.

In other news, Pvt. Marc D'Amato was presented the AEA's "Sapper Spirit" award this past summer at Ft. Leonard Wood, Mo. The AEA awards one soldier in each OSUT Co for demonstrated ability to significantly motivate others, consistent enthusiasm toward mission accomplishment under demanding conditions, creativity when developing solutions to problems, and performance of all assigned tasks to standard. D'Amato was the recipient from among the 180 soldiers of Foxtro Co, 35 EN BN (Class 02-02). D'Amato, currently assigned as a 12B (combat engineer) at Bravo Co, 242 EN CBT BN (Rockville) is a full-time student at CCSU majoring in business administration. D'Amato was listed in the Sep issue of AEA Magazine along with winners from other units within 1 EN BDE. Additionally, he was awarded the Engineer Regimental Coin as well as the Command Sergeant Major's coin from the NGB liaison command sergeant major.

Prior to the founding of this chapter, in 2000, Cadet Jason Tucker of Branford received this same award. Cadet Tucker, currently assigned as a 12B (combat engineer) at Charlie Co, 242 EN CBT BN (Branford) is a full-time UCONN student enrolled in the Army ROTC simultaneous membership program. Active Component battalions are proud to list a single Sapper Spirit recipient as a credit to their unit; the 242 EN can be doubly proud.

The next quarterly chapter meeting is slated for 15 MAR 03 at the Point, Camp Rowland, at 2000 hrs. Interested personnel are invited.

Officers Club of Connecticut announces March events

Monday, March 10
House Committee Meeting at 5:30 p.m.

Friday, March 14
Club Night - St. Patrick's Day Dinner Dance featuring dancing to the sounds of the Vagabonds Music. Dinner includes corned beef and cabbage, parsley boiled potatoes and carrots, Guinness Irish stew, tossed green salad, Irish soda bread, chocolate grasshopper cake, coffee and tea. Cost is \$19.95 plus tax and tip per person. Cocktail hour begins at 6:30 p.m. followed by dinner at 7 p.m. Reservations are required by calling (860) 249-3634

Monday, March 17
St. Patrick's Day corned beef and cabbage lunch

Thursday, March 20
Board of Governor's Meeting at 5:30 p.m.

Monday, March 24
House Committee Meeting at 5:30 p.m.

Saturday, March 29
Officer Candidate School Dining In at 6 p.m.

National Guard Association of Connecticut

9TH ANNUAL CONFERENCE

March 22, 2003
Foxwoods Resort Casino

I will attend the 9th Annual NGACT Conference. Enclosed is my check for \$10.00.

Name: _____ Rank: _____

Membership Status: Life _____ Annual _____ New _____
Resubmit: For new year or renew day of the Conference

Unit: _____

Home Address: _____

E-mail Address: _____

Registration Fee: \$10.00

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

NGACT
National Guard Assoc
260 Broad Street
Hartford, CT 06105-1085

Connecticut celebrates 'Women Pioneering the Future'

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

Since its beginnings, the United States has been blessed by noteworthy women who played defining roles in shaping our Nation.

These contributions have enriched our culture, strengthened our nation, and furthered the Founders vision for a free and just republic that provides opportunity and safety at home while influencing safety and security abroad.

The history of American women is an expansive story of outstanding individuals who sacrificed much and worked hard in pursuit of a better world.

This pioneering nature of determination that shaped these pursuits continues to serve as an example to those who seek to better our nation.

Women's History Month provides our country the privilege of honoring the countless contributions American women have made throughout our history.

On March 21st, 2003 The Connecticut National Guard in conjunction with the United States Postal Service will host its 2003 Women's History Month Celebration at the Hartford College for Women - The home of the Connecticut Women's Hall of Fame.

The 2003 National Theme of "Women

Pioneering the Future" recognizes pioneering American women from the past who led and won struggles for equality and civil rights, created and advanced educational and professional opportunities, and made great contributions to the arts, sciences, and humanistic causes – as well as innovative women of today who continue to further these efforts and expand the frontiers of possibility for generations to come.

This year we are very pleased to have Special Agent Kathy Shumaker of the Federal Bureau of Investigation join us as Keynote speaker.

Special Agent Shumaker began her career with the FBI in January 1986 where she notably became the first female to be permanently assigned to the Violent Crimes Squad with the Phoenix Division.

Her many assignments include work with drug and money laundering projects with the Chicago Division and assignment as coordinator of the Northern Connecticut Violent Gang Task Force.

Presently she is assigned to the Crimes Against Children Unit, which is part of the Federal Bureau of Investigation Cyber Crimes initiative.

Special Agent Shumaker holds an undergraduate degree in Communications

from West Virginia University and a graduate degree in Communications from Auburn University.

She was formerly a member of the faculty of Southwest Texas State University where she taught Communications. She is also a certified hostage negotiator.

Also joining us this day will be Dr. Leslie Lindenauer, Executive Director of the Connecticut Women's Hall of Fame who will showcase the collective achievements that Connecticut Women – well known and less famous – have made to their communities, the state, and the nation. Dr. Lindenauer is an historian with more than two decades of experience as an educator and museum administrator.

She came to the Connecticut Women's Hall of Fame from Yale University where she was an editor with *The Papers of Benjamin Franklin* and an associate research scholar with the university's Department of History.

Leslie directed departments of education and interpretation at several history museums, including the South Street Seaport Museum in New York City and Historic Hudson Valley in Tarrytown, New York.

As a Senior Associate with the American History Workshop, a museum planning firm, Leslie worked as an interpretive specialist, developing exhibits and multimedia programs, and writing grants and curricula for a wide range of public history institutions.

In addition to her duties with the Connecticut Women's Hall of Fame, Leslie is a member of the history and women's studies faculty at Hartford College for Women/ University of Hartford – home to the Hall of Fame — where she teaches courses in women's and American history.

Leslie holds an A.B. in History from Brown University and an M.A. and Ph.D. in American History from New York University.

This program is open to the general public. We encourage all members of the Connecticut National Guard and civilian community to join us as we celebrate "Women Pioneering the Future."

The program will conclude with a reception of light refreshments in the Connecticut Women's Hall of Fame Gallery.

We are confident this event will be a most enjoyable and educational experience.

To confirm your attendance, please contact Tech. Sgt. Claire Potier at (860) 878-6713.

We look forward to seeing you there.

The Connecticut & United States
National Guard & Postal Service

2003 Cordially Invite You To The
Women's History Month
Celebration

Women
Pioneering
The Future

March 21st, 11am-1pm
Hartford College For Women

Military Matters

Taking one in the arm for the troops

Maj. Gen. William A. Cugno, Adjutant General, receives the first in his series of anthrax shots from Sgt. Jason Green, CTARNG Medical Command. This was the first in a series of six shots that the general will receive over time.

"The anthrax vaccine is safe and effective. The health and safety of our men and women are my highest priorities," said Cugno.

"I want all our soldiers and airmen to know that this vaccination offers the best currently available protection against the deadly threat of anthrax.

"We owe every one of our soldiers and airmen nothing less than the optimal safeguard that this vaccine represents."

(Photo by Capt. Lou Martinez, 65th PCH)



Education Essentials: Troops to Teachers

1st LT. PAUL DRAPER
EDUCATION SERVICES OFFICER

Troops to Teachers provides referral assistance and placement service to military personnel, including the National Guard and Reserves, interested in beginning a second career as a teacher in K-12 public education.

The President signed the No Child Left Behind Act of 2001 on January 8, 2002. This bill provides \$18 million from the Department of Education to continue the Troops to Teachers Program.

The Program is managed by the Defense Activity for Non-Traditional Education Support (DANTES).

The DANTES Troops to Teachers office helps registrants identify teacher certification requirements, programs leading to certification, employment opportunities, and financial aid for eligible participants.

The goal of Troops to Teachers is to help improve American education by providing mature, motivated, experienced and dedicated personnel to teach in those schools where their skills are most needed.

The program has three objectives:

- **Help relieve teacher shortages**, particularly in math, science, special education and other "high needs" subject areas

- **Provide positive role models** for the nation's public school students

- **Assist military personnel** to successfully transition to teaching as a second career

The funding provided will maintain the network of Troops to Teachers State Support Offices to assist participants with certification requirements and employment leads.

In addition, financial assistance may be available for eligible participants - a stipend of up to \$5,000 to reimburse costs associated with becoming certified to teach.

Recipients of these stipends must agree to teach for three years in a school located in a "high-need" district.

Bonuses of \$10K are available to those who agree to teach for three years in a school that serves a high percentage of students from low-income families.

Additional information on Troops to Teachers may be found at the DANTES web site at <http://voled.doded.mil/dantes/ttt/>.

This site links with other sites providing employment opportunities, a Troops to Teachers network, and a database of participants.



Standing up a new command

Lt. Col. Alan B. Tancreti accepts the colors of the 1st Battalion, 85th Troop Command, while assuming command of the unit during an activation ceremony held on Feb. 2, 2003 at the New London Armory. The new battalion is responsible for units such as C/280th Signal Company, 712th Maintenance Company, 1048th Transportation Company, and the 208th Adjutant General Detachment. It is expected that the battalion will be headquartered in the Waterbury armory. (Photo by Spc. Elvis Braga, 65th PCH)

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

CAMP ROWLAND POST EXCHANGE

MONDAY: Closed
TUESDAY - SATURDAY: 10:00 - 5:00
SUNDAY: 10:00 - 4:00

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

WESTOVER AIR FORCE BASE

Chicopee, Mass.
MONDAY - FRIDAY: 10:00 - 5:00
SATURDAY: 10:00 - 5:00
SUNDAY: 11:00 - 5:00

COAST GUARD ACADEMY

New London
MONDAY - FRIDAY: 9:00 - 5:00
SATURDAY: 9:00 - 3:00
SUNDAY: Closed

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

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

COAST GUARD STATION

120 Woodward Avenue
New Haven, CT
MONDAY - FRIDAY: 9:00 - 4:30
SATURDAY: 9:00 - 2:00
SUNDAY: Closed

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



CHIEF MASTER SGT.
WANDA WAWRUCK

Enlisted Update

Recognizing excellence

March is my favorite time of year because we officially recognize our members who make Connecticut shine – our Outstanding Airmen of the Year (OAY). We have many members who strive for excellence and achieve it, but each state is limited to selecting one individual per category.

I will begin this month's article announcing our OAYs, followed by introducing a new member of our Guard family, and close with an update from our Enlisted Field Advisory Council (EFAC).

CONGRATULATIONS to our members who were selected as Connecticut's finest airmen!

Our Outstanding Airmen (by category) are:

Airman of the Year - Senior Airman Richard Marks, 103rd Security Forces;

Noncommissioned Officer of the Year - Staff Sgt., Jennifer Gray, 103rd Logistics Squadron;

Senior Noncommissioned Officer of the Year - Senior Master Sgt. Robert Hall, 103rd Air Control Squadron;

First Sergeant of the Year - Master Sgt. Victor Greenwood, 103rd Security Forces.

Early this month, their records will compete at a national review board for potential recognition at the National Guard Bureau. As outstanding airmen, these individuals will represent Connecticut at several conferences and events throughout the remainder of the year.

Please take a moment to extend your congratulations and wish them well in the upcoming National competition.

Since 9/11, many agencies within and outside our National Guard family have taken time to write and develop educational forums to help assist families in preparing for deployments.

The Fighter Wing hosted a "town hall" meeting where many families of deployed and deploying members shared their experiences. We hold these forums for one very important reason – Guard is Family.

Informed and connected families keep us strong and stress free to focus on the mission.

Since the retirement of Master Sgt. Julie Janes our ombudsmen, first sergeants, and volunteers have kept Family Support programs on track while we finalized a contract to hire a full-time Family Coordinator.

We are pleased to announce that Donna Rivera has filled this vital position. If you haven't met her yet, I encourage you to

do so. She is located in the State Headquarters section at the Fighter Wing (next to the BX) and can be reached at 292-2730. Give her a warm welcome and offer your assistance.

Most recently, I had the opportunity to attend an Enlisted Field Advisory Council meeting.

For those who are not familiar with EFAC, it is a council comprised of State Command Chiefs from across the country that meet quarterly to discuss solutions, changes, and other policy actions that impact enlisted members.

The composition of the council is broken into six regions – Connecticut is located in Region 5 and our region representative is Chief Master Sgt. Louis Boykin, the State Command Chief from Pennsylvania.

What makes this council effective is the word "Field" in EFAC. All issues submitted by you as the customer, received by our regional representatives, are validated and processed accordingly through the National Guard Bureau and/or field units.

One particular initiative in development is a formal feedback system that will affect every traditional guardsman.

Everyone deserves an opportunity to receive periodic feedback from their supervisor on how they're doing, what's expected of them, and what's required to reach that expectation or goal.

So often, we do not receive feedback until we're being considered for promotion or reenlistment – that is usually too little, too late.

For those of you who have prior Air Force service, this is a familiar program – one that has value and easily managed on an annual basis or pre-determined schedule arranged by the supervisor and subordinate.

While this initiative is still in the draft stages, I ask that you take the time to review Air Force Pamphlet 36-2627, Airman and NCO Performance Feedback System (EES).

Please provide your feedback and recommendations to our Human Resource Advisors: Chief Master Sgt. Tony Pallidino and Senior Master Sgt. Gene Stellon.

Once more, CONGRATULATIONS to our OAY winners and THANKS to each and every one of you for the jobs you do and the time spent away from your families.

Our senior leadership recognizes your efforts and is appreciative. I look forward to seeing you over the UTA.

Guard Voices

Brother, where are you bound?

KIMBERLY PHILLIPS

My brother, sister and I used to dig snow forts in my parents' front yard. The pile of snow along the edge of the driveway, sometimes six feet high by the end of February, was the perfect place to dig miniature igloos for us.

We'd sit in there and remark about how warm the snow actually kept us, even though our mittens were wet, our fingers frozen, and noses red. I don't remember playing house or any kind of game inside those igloos. The three of us simply would rest there after spending the afternoon building our fortress.

That was about 15 years ago, when I was 11, my brother was 9 and my sister was 6. I wish the three of us could snuggle together once again inside those snow forts. Life was much simpler back then.

This week's snowstorm likely will be the last my brother sees for a good year. He's not fond of the snow, suffers from the winter blues. But on Monday, he told my sister-in-law he'll appreciate winter forever now because it's kept him home for an extra day.

My brother, a member of the Connecticut Army National Guard, has been activated and, by the time this column is printed, deployed to a classified location for a classified amount of time.

As I sit here writing this the day before he's scheduled to leave and the day I dug myself out of the snow, I'm reminded of the time we, kids, used to spend in the snow forts. Our biggest challenge back then was remembering to go to the bathroom before we suited up for the outdoors.

Now, my family has had the challenge of packing my brother with both military and civilian accoutrements, grappling with emotions that have run the gamut from tears to smiles, and tracking down a couple of pairs of 100 percent cotton long johns because a polyester blend would burn faster in the event of an accident.

All of us have imagined the worst case scenarios of going off to war, and to list them here would be too painful both to write and read. So I've simply been telling people my

brother is a fighter, has been since the day he was born with siblings, parents, teachers, supervisors, anyone who may have contested something my brother said or did.

And his wife has been a rock through his first telling her he was leaving to delays in that departure, from packing lists that have changed to emotional breakdowns in the wee hours of the morning. She's to be admired.

I've wrestled with what to say to him when it's time to say good-bye. I love you. Be safe. You've made me proud. Kick some butt.

But a simple sentiment came naturally last week when I gave him a laminated photo of the whole family on his wedding day and a four-leaf clover my grandmother found in her garden.

I told him that although we, as brother and sister, may not be as close as we once were for whatever reasons that don't matter now, it's my objective to be closer in our hearts this next year even though we physically will be further away from each other.

I then cried on his shoulder and he enveloped me in a hug.

Yes, the year will go on – Easter will come in April, my birthday in August, a family reunion in September. But there'll be a noticeable absence at the family dinner table whether a special occasion or not.

This will make the family stronger, I'm certain. We'll all have a kinship like never before when he returns.

Maybe next winter, my brother, sister, and I will rekindle what we had years ago and build a snow fort in our parents' front yard, resting there after we built our fortress.

(Editor's Note: Kim's brother is Sgt. Michael Phillips and he is a member of Company G, 104th Aviation Regiment, CTARNG. This article is reprinted with permission of the author and The Thomaston Express and appeared in the Feb. 21, 2003 issue)



The Phillips family poses for a family photo prior to Sgt. Michael Phillips leaving with his unit, Company G, 104th Aviation Regiment. Kim is on the far right side of the photo with her hand on her sister's shoulder. Mom and Dad (also a member of the CTARNG) are also on the right. To the left of Michael is his wife and her family. (Photo by Sgt. 1st Class Debbi Newton, State Senior PA NCO)

Homefront

In defense of Connecticut's children: Internet Alert: What Your Kids May Be Learning, But You Don't Want Them To Know

CAPT. ANNE-MARIE GARCIA
DRUG DEMAND REDUCTION ADMINISTRATOR

The large number of young Americans accessing the Internet has encouraged illegitimate entrepreneurs, including drug offenders to market and sell their products to young people through this powerful medium.

Drug-related activity is widespread on the Internet and even the novice user has easy access to all information needed to produce, cultivate, purchase, sell or use any illegal drug, even relatively obscure ones. Many sites offer not only chemical formulas for drug production, but also easy-to-follow guidance about where and how to obtain precursor chemicals and necessary equipment without arousing the suspicion of law enforcement.

Information about drug use is readily available on the Internet. Adolescents and young adults who are curious about a particular drug may research it on the Internet and thereby become exposed to thousands of sites that expound upon the positive effects of the drug and downplay or deny any negative effects.

The Internet provides access to a vast amount of information about drug production, including processes; any individual with an Internet connection can

easily access recipes, ingredients and substitute chemicals to produce drugs. Adolescents and young adults can easily search for user or wholesale quantities of drugs and find suppliers on the Internet.

Illegal drugs and controlled

substances are openly advertised and suppliers arrange sales with customers via bulletin board discussions. Drug production equipment, chemicals and other paraphernalia also are readily obtained through online stores.

Marijuana appears to be the most common drug promoted on the Internet and information regarding its cultivation, use and sale is widely available. Information regarding drug paraphernalia, most of which is marijuana paraphernalia, is also widespread.

Information about MDMA (ecstasy), LSD, GHB and psilocybin mushrooms, all popular "club drugs", so called because they are available at dance clubs and raves, are also commonly exchanged via the Internet.

Throughout the 1990s, high energy, all-night dances known as raves, which feature hard-

pounding techno-music and flashing laser lights, increased in popularity among teens and young adults. Many raves are advertised on the Internet. Rave promoters often avoid using the term "rave" in their advertisements and may advertise these events as techno parties or music festivals in order to avoid detection.

It is particularly difficult for law enforcement to identify illegal drug-related Internet activities because information can be exchanged and sales consummated quickly and with relative anonymity over the Internet. The use of the Internet to facilitate the production, sales and use of illegal drugs presents challenges to law enforcement unlike any previously encountered and these challenges are likely to increase as Internet use among teens and young adults expands and new Internet-related technologies are developed.

The Connecticut National Guard Counterdrug Program has many drug information resources that are available to the public. If your Community Organization, Educational Institution or National Guard unit would like to become involved in any of the Drug Prevention Programs that the Connecticut National Guard has to offer please contact Capt. Anne-Marie Garcia at 860-493-2724.



CHAPLAIN'S
CORNER



Celebrating Women

Chaplain (Col.) David Feyrer

This month's focus for the Guardian is women in the military. As I was thinking about this, I can remember that some years ago, during annual training period at Fort McClellan, I was present for the ceremony that marked the end of the Women's Army Corps (WACS) and began the modern era of women in the army. At the time, this change and the expected results, were not viewed positively by all.

Certainly as with any institutional change, the integration of women into the totality of the military's life did cause stresses and strains, yet as we look back, the military is better and stronger as a result of this change. Women take nearly every role and perform these roles with efficiency and distinction.

What does this successful process have to say to us today as we continue to face institutional change?

First, it shows that the military can accomplish major institutional change and therefore need not be afraid of change.

Secondly, it shows that as we become more inclusive of diverse groups (ethnic, cultures) and diverse services (Army, Navy, Air Force, Marines, Coast Guard) we are enriched, not reduced.

During this month of celebration, may we offer our thanks for all the women who have served, particularly the pioneers, they have made our military stronger and we are a better society as a result of their service.

TGIF: The Guard is Family: Suggested Reading References

National Guard Almanac, 29th Edition

An informative guide to Benefits, Entitlements, Retirement and Other Essential Information for Families of National Guard members.

Uniformed Services Almanac, INC. PO Box 4144, Falls Church, VA 22044
see also: www.militaryalmanac.com

When Duty Calls

A Guide to Equip Active Duty, Guard and Reserve Personnel and Their Loved Ones for Military Separations

Carol Vandesteeg
2001 WinePress Publishing, PO Box 428, Enumclaw, WA 98022

Service Etiquette, Fourth Edition

Oretha D. Swartz
1988 Naval Institute Press, Annapolis, Maryland

Temporary Military Lodging Around the World

Travel on Less Per Day... The Military Way!
L. Ann Crawford & William "Roy" Crawford, Sr. PhD
1998 Military Living Publications, P.O. Box 2347, Falls Church, Virginia, 22042-0347
see also: www.militaryliving.com

U.S. Forces Travel Guide to U.S. Military Installations

L. Ann Crawford & William "Roy" Crawford, Sr. PhD
1997 Military Living Publications, P.O. Box 2347, Falls Church, Virginia, 22042-0347
see also: www.militaryliving.com

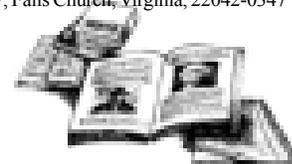
U.S. Forces Travel Guide to Overseas U.S. Military Installations

Everything you need to know to visit 125 U.S. military locations in 25 overseas countries where American forces are stationed.

L. Ann Crawford & William "Roy" Crawford, Sr. PhD
1996 Military Living Publications, P.O. Box 2347, Falls Church, Virginia, 22042-0347

Military RV, Camping & Outdoor Recreation Around the World, Including Golf Courses and Marinas

L. Ann Crawford & William "Roy" Crawford, Sr. PhD
1998 Military Living Publications, P.O. Box 2347, Falls Church, Virginia, 22042-0347
see also: www.militaryliving.com



Connecticut Army National Guard Officer Candidate School Class 48 Dining In

WHAT: A formal Dining-In

WHEN: Saturday, March 29, 2003, 1800hrs, Hartford Armory Officers' Club

WHO: All Officers' and Senior Enlisted of the Connecticut Army National Guard, both active and retired are invited to attend.

DRESS: Mess dress, Dress Blues or Class A with black tie and white shirt (JAW AR670-1). Retirees may wear appropriate uniform or semi-formal civilian attire.

Cocktail hour begins at 1800hrs

Mess opens at 1900hrs

After Dinner drinks at 2200hrs

COST: \$35 per person

DIRECTIONS: From I-91 South:

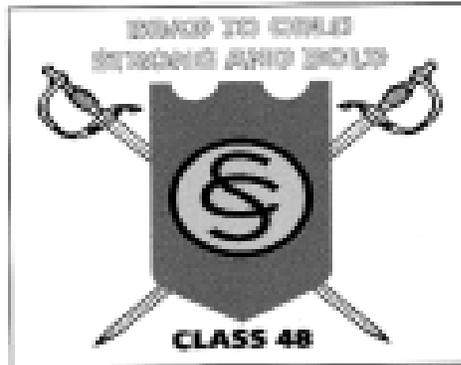
Take Capitol Area Exit 28. Follow on passway to the rotary. Travel around the rotary, take second right on Elm Street.

Take left at light onto Trinity Street, stay in the right lane. Your right onto Capitol Ave.

The Armory is one block on the right. From I-91 North: Take Capitol Area Left exit 29A.

Same directions as 91 South. From I-84 East: Take the Capital Avenue Exit 48B. Take a right onto Capitol Avenue.

The Armory is one block on the right. From I-84 West: Take Ayrham Street Exit 48. Right at the light at the end of the ramp. Your left at the "Y" in the road. Take left at the next light onto Broad Street. The Armory is two blocks on the left. Or on the web @ usa.mil.state.ct.us/armory.htm



DINNER MENU: Your choice of Prime Rib Au Jus, Chicken Francaise with lemon caper in a white wine butter sauce, or Baked Stuffed Shrimp served over rice. There will also be soup or salad, permé with marinara, a vegetable and a potato and coffee or tea.

POC: MAJ Fran Ewon at 860-691-4230 or OC William Baker at 860-678-7984

Must be paid by March 15, 2003

MAIL TO: Make checks for \$35 per person payable to OCS Class 48 and send to Officer Candidate Elizabeth Turner, 94 High Farms Road, West Hartford, CT 06107.

Name _____ Rank _____

Organization _____

Prime Rib

Chicken Francaise

Baked Stuffed Shrimp

WANT TO JOIN OUR TEAM?

CALL 1-800-716-3530

Connecticut's Army National Guard

FEMA offers disaster plan, supply kit advice

From page 9

- Store water in thoroughly washed plastic, fiberglass, or enamel-lined metal containers. Don't use containers that can break, such as glass bottles. Never use a container that has held toxic substances. Sound plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums.

- Food: If activity is reduced, healthy people can survive on half their usual food intake for an intended period or without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

- If it is not necessary to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes, and other staples on your cupboard shelves. Be sure to keep canned goods in a cool, dry place.

- Food items you may consider including: ready-to-eat-meats, fruits and vegetables; canned or boxed juices, milk, and soup; high-energy foods like peanut butter, jelly, low-sodium crackers, granola bars, and trail mix; vitamins; food for infants or persons on special diets; cookies, hard candy; instant coffee, cereals, and powdered milk.

- First Aid Supplies: Assemble a first aid kit for your home and for each vehicle. The kit should include basic first aid supplies, prescription medications (be sure they are stored to meet instructions on the label and be mindful of expiration dates), non-prescription medications including aspirin and non-aspirin pain relievers, anti-diarrhea medication, antacid for stomach upset, syrup of ipecac, laxatives, and vitamins. Also, you may want to include an extra pair of glasses or contact lenses.

- Tools and Emergency Supplies: Basic tools and kitchen items may prove to be useful in times of emergency. Also, remember to pack sanitation and hygiene items. Important household documents and contact numbers should also be included.

- Clothes and Bedding: One complete change of clothing and footwear for each household member. Shoes should be sturdy work shoes or boots. Rain gear, hat and gloves, extra socks, extra underwear, thermal underwear, sunglasses. Also, blankets or a sleeping bag and pillows for each household member should be included.

- Specialty Items: Remember to consider the needs of infants, the elderly, disabled and pets. Also remember to include entertainment and comfort items for children.

Guarding Your Rights

Legal Affairs: Understanding the JAG Corps

CAPT. TIMOTHY TOMCHO
JAG OFFICE

To many, the acronym JAG evokes a glamorous, Hollywood image of military attorneys battling injustice, terrorists and petty dictators.

However, ask the average viewer of the television program JAG just what "JAG" means. The response will probably be incorrect. JAG is a military acronym that denotes Judge Advocate General. A Judge Advocate General is a military officer who is certified and branched as a military attorney.

On July 29, 1775, the Second Continental Congress selected Colonel William Tudor of Boston, a Harvard graduate, as the first Judge Advocate of the Army. More than a dozen judge advocates served during the Revolutionary War, including Captain John Marshall, who later became a Chief Justice of the Supreme Court.

Relatively few judge advocates served during the period between Revolutionary War and World War I. During World War I, the JAG Department, shortly thereafter the JAG Corps, expanded to 426 officers. Today there are approximately 4,500 Army JAG Corp officers: 600 National Guard, 1,400 Active Army and 1,400 Army Reserve.

The mission of the JAG Corps is to provide professional legal support at all echelons of command throughout the range of military operations.

This support includes operational law and the six core legal disciplines: administrative law, civil law (including contract, fiscal and environmental law), claims, international law, legal assistance and military justice. The core legal discipline in which most soldiers come into contact with JAG officers is legal assistance.

Legal assistance is the provision of personal civil legal services to soldiers, their family members, and other eligible personnel. Legal assistance issues typically involve such issues as the drafting of legal documents (wills, powers of attorney, living wills), indebtedness, child custody and support issues, taxation, divorce, legal counseling and correspondence, ministerial and notary services and various legal matters.

Legal assistance ensures that soldiers' personal legal affairs are in order prior to deployment. Legal assistance promotes readiness, morale and discipline, thereby



contributing directly to mission accomplishment.

Soldiers often misunderstand the role of JAG officers in relationship to their personal legal matters. Although JAG officers are professional attorneys who legally represent soldiers in many of their legal matters, the Army is the primary client of the Army JAG officer. Laws and regulations limit the type of legal services that may be provided and limit eligibility.

Reserve Component members of the United States Armed Forces (and their family members) are eligible to receive legal assistance if serving on active duty pursuant to orders for more than 29 days.

Supervising attorneys may limit legal assistance to emergencies or to certain categories of cases based on availability of expertise or resources to soldiers (and their family members) serving on active duty pursuant to orders for a period of 29 days or less. If undergoing pre-mobilization legal preparation (PLP) supervising attorneys may limit legal assistance based on availability of expertise or resources. Also, it is important to note, JAG officers do not represent soldiers in civilian (criminal or civil) courts.



NGACT conference at Foxwoods

SGT. MAJ. (RET.) JOSEPH AMATRUDA
PRESIDENT, NGACT

The NGACT regrets the cancellation of the military ball that was to be held at Foxwoods on March 22. However, we feel, as does Maj. Gen. Cugno, that our emphasis must now be on the families and loved ones of our deployed soldiers and airmen. All of our efforts must be directed at ensuring that our soldiers, airmen, and their families are well taken care of and aware that they have a support structure to come to in their time of need. We look forward to working with Maj. Gen. Cugno and his staff in any function that will benefit these patriots.

NGACT is dedicated to ensuring that our soldiers and airmen receive all the benefits that are due men and women who put their lives on hold for the good of the entire country. We pledge a renewed effort to enact legislation that will benefit all veterans; those who fought and served in past conflicts and the deployed soldiers and airmen who will make up our newest group of veterans.

In light of this latest challenge, and in accordance with our constitution and by-laws, we must hold an annual conference in the month of March each year. This year's conference will be held on March 22nd at Foxwoods Resort & Casino. We will be electing seven new members to the executive board. In addition, we will be voting on changes to the by-laws that include the addition of a corporate membership program, a revised awards and recognition program, and the addition of two junior enlisted members.

Foxwoods has gracefully offered to honor any reservation previously made for Saturday night. In addition, they have blocked off additional rooms for Friday night so that nobody has to drive to Ledyard early on Saturday morning.

Now more than ever, we need your support. To ensure the success of this distinctive event, I urge you to submit your registration form prior to March 14. Registration forms are available in the Connecticut Guardian and the NGACT Newsletter.

I look forward to joining you at this year's conference.

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



CARL R. VENDITTO
CHAIR, CT ESGR COMMITTEE

It is most important to realize that the ESGR mission has not changed. The main goal of the Connecticut ESGR Committee is to obtain and to maintain support from all public and private employers for the men and women of the National Guard and Reserves.

One of the ESGR's top priorities will be to concentrate on identified customers (employers) and establish personal relationships with Connecticut business officials.

As the Connecticut ESGR chairman, I have recommended that each committee person contact five employers and develop a personal relationship with that organization. The ESGR Committee will contact these Fortune 500 companies and medium and small-sized companies in an outreach program. We will also be working more closely with federal and state agencies, particularly the postal, legal and law enforcement groups in our state. We will also reach out to colleges and universities, associations, unions, professional, civic and fraternal groups and elevate them to our partnership.

New ESGR emphasis in 2003

During the 9/11 crisis, I found that ESGR's message was well received by corporate CEOs and human resources personnel who were overwhelming in their support because of our personal contact. This personal contact resulted in a willingness to change personnel policies so that Guardsmen who were called to duty had benefits continued, or in many cases, were "made whole" and suffered no major financial hardship.

In some cases, larger companies assumed the responsibility of continuing salary payments for a number of months while the Guardsmen were on duty. Guardsmen should be aware that there is no legal requirement for this action and many companies did so because they felt their soldier employees were special people. My committee wants this emphasis to continue, thus the outreach emphasis we project for the coming year.

I personally believe that maintaining contact with the soldiers of the National Guard is critical and the CT ESGR is committed to doing this with the support of key officers and NCOs. We have refined our informational briefing programs, utilized new technology and are tailoring programming to accommodate small groups and individuals. We are emphasizing the use of video in support of this goal. We have also developed an interactive, on-line training tool on CD-ROM that presents USERRA

training in an easy learning module. I hope to have several hundred of these excellent training tools in the months to come to accommodate individual Guardsmen.

I believe it is essential that we remind soldiers and employers of their respective rights and responsibilities because military duties can disrupt the workplace and private lives of Guardsmen. I would like to have this instructional tool given to human resource managers who will find this extremely helpful when dealing with military issues. It is my experience that many human resources people have not had the opportunity to serve in the military and thus lack vital information on many issues.

National Guard and Reserve commanders must now assume responsibility for Uniformed Services Employment and Reemployment Rights Training (USERRA). By mutual agreement, the ESGR Committee will continue to play an active role in unit briefings. We will also provide handouts and key literature and train Guardsmen in this area when, and if, requested. Our ombudsman service will be available for backup. We now have eight fully trained and certified ombudsmen to assist Guardsmen. A Department of Labor

See ESGR Page 24

Inside OCS

On my way to becoming a leader

O.C. JESSE BURNHAM
OCS CLASS 48

When I joined the Army National Guard, I really had no understanding of its structure. I did not know the differences between officers and enlisted soldiers except that officers were in charge and had a shiny rank on their collars.

For the first year of my military career, I was under the assumption that the noncommissioned officers ran the Army and there was not much need for the commissioned officers. I got this perception mostly from Basic Training and Advanced Individual Training, where the drill sergeants were the only authority with whom I interacted.

When I returned to my home unit, the 250th Engineer (Medium Girder Bridge) Co., I met the platoon leader, a second lieutenant who had the answer to almost every question and pushed my platoon to continually train. This changed my perception of the Army, where the officer became the driving force of the unit.

He must have seen some potential in me, since I was the private ordered to carry out a variety of tasks. He truly inspired me since I felt the tasks assigned to me were

above my Army skill level, however, not higher than my capabilities. I always wanted to question him about how he became an officer, but felt it might be improper for a private to ask such a question.

These interactions with the platoon leader influenced my own decision to become an officer. I want to inspire others to serve their country diligently. I chose to attend Officer Candidate School, OCS, to make my desire a reality.

OCS is broken up into three phases, I, II, and III; where I and III are conducted during Annual Training and Phase II is a year of IDT training weekends.

Phase I was an experience. I was in military training that I could have just walked out of if I so desired to. Getting out was so easy; just go ring the bell as Navy Seals do when they too have had enough.

Just quitting like that was not my style; I had come to OCS with the desire to inspire others so, with my own drive and motivation, I continued to persevere. It was two weeks of excellent training which tested our mental perseverance constantly, while we battled little sleep. On a daily basis, the program demanded us to excel by taking written or hands-on examinations, such as land

navigation.

One particular time during Phase I, I was the platoon sergeant and also served as the platoon leader, since the assigned candidate went to sick call that day. It was the end of Phase I and everyone was ready to go home. My primary form of leadership has always been lead by example and under most circumstances, I have had good results...until this point.

When the forty Officer Candidates wanted to go home, many stopped doing their assigned duties and I was stuck, unable to motivate them to accomplish these tasks. I failed at much of my assigned duties since my subordinates had not done their duties. This taught me that I must be more stern and supervise much more than I had. I was with these other Officer Candidates for two weeks and they had always done their duties, so I failed to check up on them.

OCS provides situations that may not occur exactly the same again, but will be encountered again in a similar fashion in a unit as the platoon leader, company commander, or other leadership role. It was during Phase I of OSC that we participated in standardized training with all of Region A, candidates from all over the northeastern

United States. This form of training allowed us to interact with many different soldiers. Since we were there for two weeks, tensions between us were often apparent. Training in a day-to-day format and with more than a hundred soldiers helps prepare you for what to expect when working with a diverse crowd, before returning to our home states to drill on a monthly basis.

Each month's training presents a new array of challenges. For example, when I was the platoon leader for a month I was given less than a week's notice to make critical changes to the upcoming IDT weekend training schedule.

I was planning to conduct an on-post road march around Camp Rowland in one hour's time; this short march would fit conveniently into the already approved training schedule. A TAC Officer then contacted me less than a week from the scheduled event, stating it was to be an off-post road march.

Such a request makes perfect sense, since we train as we are to fight; however, it threw me off my planned course. To solve this, I had to contact more than half of the officer

See *BECOMING A LEADER* Page 27

Why Diversity?

Valuing Diversity

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

By valuing diversity, we embody all the differences that make us unique individuals. Diversity is not limited to physical aspects of race, ethnicity, gender, age and disability, but also includes culture, religion, education, work experiences, opinions, beliefs, language, communication style, family status, income and nationality. It is important to learn to value and use diversity as a strength.

The National Guard values diversity by acknowledging the benefits of similarities and differences among members while ensuring equal treatment for all. This acknowledgement helps build sustainable relationships among guard members, thereby benefiting the organization as a whole.

For many years there has been diversity in the guard, however, in today's society, as we become more diverse than ever, it is imperative that we embrace our differences and make positive use of them. Leaders should value diversity and model this attitude to their soldiers. Having a diverse group of soldiers simply means recognizing and respecting that all the people are unique in their own way. It's this uniqueness that makes us strong. For

example, when attempting to solve a problem, it is better to assemble a diverse team with many skills rather than a team that has all its strength concentrated in one area. Through diversity, each soldier can offer his/her different way of approaching the problem, thereby expanding the team's available resources.

What can Leaders do to encourage, value, and promote diversity?

Leaders already have a number of roles in our organization; yet, valuing diversity is one of the most important ones a leader must fill. Leaders must provide soldiers with an environment that is conducive to accomplishing the unit's mission. If a soldier feels uncomfortable, unsafe or disrespected, then chances of their success is dramatically decreased.

A "zero tolerance" for anything that is disrespectful, hurtful, or intolerant of diversity, is a must as well as a first step toward addressing diversity within each unit.

In order to value diversity, our organization must strengthen its ability to:

- Continuously and effectively address racism, sexism and other forms of oppression;
- Develop and implement strategies that publicly recognize the cultural traditions and practices of every major group;
- Support processes that allow each group

to address their own priorities, while at the same time, help the different groups find common ground to address shared concerns;

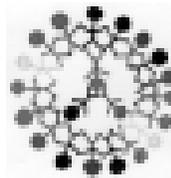
· Understand the dynamics between a group's characteristics and issues related to power, privilege, and oppression and know how to integrate the knowledge into its valuing diversity strategies.

Believe that a diverse workforce enhances the overall performance and success of an organization, and we take pride in our commitment to maintaining such an environment.

Some outcomes derived from valuing diversity are not easily quantifiable; yet clearly demonstrate the benefits that can be realized by the organization.

The following list presents some of these benefits:

- Improved cooperation and communication within diverse work teams.
- Improved productivity through empowering management techniques.
- Better relationships and acceptance among the diverse members.
- Development of new approaches and processes through the contribution of



diverse work teams.

· Improved organization image resulting from a more positive reputation and the presence of diverse soldiers in key positions.

· More effective upward communication to provide new perspectives to senior management for organization operations and treatment of soldiers.

Some areas of concern to soldiers of the National Guard are:

· Organization culture that naturally fosters diversity

· Fairness in the design and application of human resource policies and programs

· Timely, useful and fair performance appraisals

· Cooperative and respectful working relationships between different ethnic groups and genders

· Upward, downward and lateral communications

· Teamwork and the effectiveness of diverse teams

· Training and development for current positions and future positions

· Career development and advancement

· Compensation and reward systems

· Recruitment of a diverse workforce

See *DIVERSITY* Page 26

Health & Fitness

Your Health Matters: *Not the blues*

2ND LT. TARA HOOD
HEALTH PROMOTIONS, 103RD MEDICAL SQUADRON

The winter months typically lead to people "hibernating" indoors in order to stay warm. Decreased activities and shorter hours of sunlight can make some people feel sad and blue.

However, some people are unable to shake these feelings, whether it because of the season, a recent loss, or a situational stressor in their lives. Feelings of hopelessness, sadness, loss of interest, anxiety, and thoughts of suicide could be indicators of depression.

Depression affects an estimated 19 million Americans each year. Yet only a third of people with depression ever seek help. The good news is that depression can be effectively treated about 80 percent of the time.

So why would millions of Americans not seek help for an illness that can be treated? Stigma and concern that others will not understand keep millions away from treatment and brighter lives.

If you are experiencing symptoms of

depression, don't be afraid to contact your family doctor. Being treated for depression is not necessarily a medical condition that would disqualify you from worldwide readiness. There are several thousand Air Force members worldwide currently being treated for depression. These members are on active duty status as well as guardsmen and women currently taking antidepressants prescribed by their doctors. The Guard is concerned about the health and welfare of each member; so don't hesitate to get help.

A new Web site - www.depression-screening.org - launched by the National Mental Health Association will enable anyone with access to the Internet to take a confidential screening test online and find reliable information on the illness. Visitors to the site can search the online directory for health professionals around the country who can provide free one-on-one depression screenings year-round as well as referrals to local mental health professionals. Those without access to the Web may phone (800) 228-1114 for the location of free confidential screenings.

Take care when sledding

Snow tubes are particularly risky!

The snowy winter has been fun for children with sleds looking for hills they can slide down.

Sledding is one of the childhood joys of winter. It should be enjoyed; but it can be more dangerous than many fully appreciate.

An accident in Colchester

this month is a reminder

of the dangers. Two girls, ages 12 and 13, sliding down a steep hill struck a tree. One of the girls died of her injuries, the other was left in a coma.

With this year's snow, some hospitals say they are seeing a rise in children and adults seriously hurt in sledding accidents.

Understanding that a sled may hit speeds of 25 or 30 mph along with a few basic precautions makes sledding a much safer experience.

Avoid crowded hills.

Check for bumps and obstacles, included those hidden by snow, along the sled's

route.

Avoid slopes near roads or ponds.

Don't slide headfirst.

Consider wearing a helmet.

Make sure children have adult supervision.

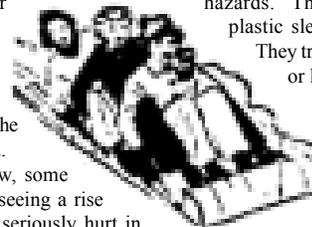
Tube sleds like the one used by the girls in Colchester or snow tubes have special hazards. They can travel faster than plastic sleds or those with runners.

They travel especially fast over ice or hard-packed snow, making it more difficult to judge how far they will go.

Their course can't be controlled and if they hit something, they bounce sometimes throwing their

riders. Riders should hold onto the tube's handles.

It's important that both children and adults appreciate the potential hazards before they push off for that first exhilarating slide down a snowy hill. With a few precautions, sledding is a safe and happy experience.



Fit for Life: HOOAH

There is a new Health Website now available, sponsored by the United States Army. HOOAH! 4 Health has lots of great information on physical and spiritual well-being for all. Here's a brief look at what the site has to offer.

HOOAH! and welcome to the U.S. Army health promotion and wellness web site. Unlike other health-related web sites, this one is specifically designed to address the force health protection and readiness requirements of the ARMY, particularly its Reserve Component.

Citizen soldiers juggle many different balls everyday...but, they cannot afford to drop the one ball that allows them to live a healthier, less stressful life.

In 1998 the U.S. Army Center for Health Promotion and Preventive Medicine was tasked by the U.S. Army Office of the Surgeon General to devise a health promotion partnership that allows individuals to assume the responsibility to explore options and take charge of their health and wellness.

The HOOAH 4 HEALTH program centers around four elements:

BODY MIND SPIRIT ENVIRONMENT

These four elements provide the basis for the HOOAH CHALLENGE, a web-based, interactive correspondence course

that offers correspondence course incentives and continuing education credits.

Other program elements include:

HOOAH 4 YOU: Explores statistics and real facts about health and fitness, establishes a health risk assessment baseline, and motivates you to tailor "Your Personal Program" with customized tracking systems to chart progress and achievements.

HOOAH 4 CHANGE: Allows you to use your personal program to target areas for change and provides a simple, stage-based strategy to modify behaviors. Get fit, lose weight, stop smoking, and reduce stress. Achieve "positive, life-long results."

PREVENTION: The Army's goal is to ensure that soldiers are the "Best Protected Species" in the world. This module offers tips for self-examination, preventive health measures, family wellness issues, and links to resources that give you access to cutting-edge, authoritative resources to safeguard your health on a continuing basis.

HOOAH 4 LIFE: Maintaining good health and wellness is a life-long commitment. This support resource includes hundreds of hot links to sites of interest to you. Look for health news and features, quick subject references, conference calendars and summaries, HOOAH community message boards, and photos and articles that showcase the HOOAH community and their achievements.

Events: Information about various health and wellness-related events organized by the Army for you, your family and friends. This area is for sharing information and promoting physical fitness, team work, and a healthy spirit of competition. Mark your calendars and register for the events you would like to attend. For further information, links to event websites have been provided.

Put yourself in the driver's seat and navigate through the modules at your own pace.

Try the interactive quizzes, discover some simple yet amazing health hints that could increase your life span, explore the "new food pyramid", plan a low fat menu with your family, and use the deployment globe to prepare for deployment.

This site is a work in progress. Your comments drive the content and design of the site.

We look forward to your contributions during its continued development and improvement. Please send us your input and comments after your visit. HOOAH 4 HEALTH!

See WWW.Huh?: Services Provide Health Information Web Sites for a review of HOOAH 4 HEALTH and other military sponsored health information websites.



ESGR

From Page 22

representative also works cooperatively with our committee.

My goal this year is to place greater emphasis on our outreach program. The individual soldier will not see this, but his employer will be aware of it through additional Briefings with the Boss programs, seminars, literature and personal contact.

National Guardsmen can assist the ESGR Committee by putting their employers in for awards and citations. I have noted after 15 years of service that many offices in Connecticut proudly display certificates of appreciation that were presented to them. Not everyone has the privilege of wearing the uniform of a Guardsman; however, in each American there is the desire to support our military.

Recognize this fact by giving your employer the recognition he/she deserves for assisting you to serve and not have the worry of job security.

You can obtain a "My Boss is a Patriot" nomination form from your recruiting and retention office, or by contacting me at (860) 621-5953, or by using the ESGR Web site at www.esgr.org. This form will also serve as the basis for possibly inviting your employer on a Boss Lift to observe military operations in this state or at some major base in the U.S.A.

In conclusion, the CT ESGR Committee recognizes that your employer and America's employers are inextricably linked to our successful National Defense. ESGR will develop programs that motivate and increase employer support of the Guard...but we need your help.



Students in the Health and Wellness Program learn new ways to improve their physical fitness. Here they are participating in the "High jump/skip" activity. The students ran for 25 yards periodically doing a high jump, similar to a basketball lay-up, then skipped back to the starting point. (Photo by Sgt. 1st Class Debbi Newton, State Senior PA NCO)

Health & Wellness Program offers a change of life

STAFF SGT. BILL R. LANDRY
CTARNG

The "Health and Wellness Program" is not your father's Fat Body Program of old. I was a member of the first class.

First this program is an education program, and its goal is not only for the soldier to pass an APFT but to become "Fit to Fight, Fit for Life." And a benefit of this training is a healthy soldier, living a healthy life style, passing the APFT, and losing weight without a fad diet; but a healthy diet that affects the soldier's entire family.

How does this benefit the Connecticut Army National Guard, and all of its soldiers?

We are all aware that losing soldiers has always been a challenge, to the companies, battalions and the State...not to mention the challenge to the Recruiting and Retention Command and its outstanding recruiters.

But in today's budget restrictions, it is financially smart to train a soldier that wants to become a better soldier and person (physically and mentally), than to attempt to find a replacement, of which there is no guarantee. And the soldiers that complete and succeed in this program do share their newly found health knowledge with other soldiers, resulting in a stronger military force and a more cohesive team.

And in the case of myself, I feel better about myself; I awaken each morning charging

into my day with zest. And I have so much additional energy (both mentally and physically), that I am able to go further and work longer hours without feeling like I am on the verge of collapse.

I found that this program, the knowledge and the training methods displayed by first lieutenants Paul Draper and Vincent Bellizzi built me up.

These gentlemen did not yell, insult or tear down the students in my class, but challenged us, educated us, and after we all had taken our final examination (Record APFT) we knew that we had changed.

We (the students) found that after we had taken our APFT, we felt good enough that we could have taken a second APFT. And in fact, that APFT was the first test that I had taken in my entire Army career, that I did not require a recovery period and in fact continued my physical fitness that very day, after I had returned to my home.

Can anyone tell me what better results anyone could ask for? Your record APFT does not need to be something to fear, but something to beat back with confidence and excel beyond.

I can't wait for my next APFT; I want to see if I can score higher yet. And if you can't say that about yourself, then call your unit, request to be in on the next class. Waiting only hurts yourself, your unit, your Connecticut Army National Guard.

(Editor's Note: See next month's issue of the *Connecticut Guardian* for an in-depth look at the Health and Wellness Program.)



Soldiers participating in the Connecticut National Guard's Health and Wellness Program listen intently as 1st Lt. Vincent Bellizzi, assistant director, discusses the proper way to conduct the activities they are about to undertake. To the right is 1st Lt. Paul Draper, program director and senior instructor.

This is the second time the program has been run in Connecticut, and it incorporates classes on Lifelong Fitness, Nutrition for Performance, Diet Assessment, Mobility, Individual Program Development, Speed and Agility, Decompression and Mobilization, Endurance and Conditioning. The program is designed to be life-changing, not a quick fix.

One student in the current class said while he had always passed his PT tests, he had done so just at minimum levels, preparing only for a short time before. When he went to the Basic NCO Course, he failed the PT test and was sent home.

"I came back with a different mental attitude," he said. "It wasn't enough anymore just to pass. I want to do well. This is a well-thought out program in which they show us we can be healthy without joining a gym, and without special tools. We can bring the family in on this with us. It is an attitude changing, lifestyle changing, self-improvement opportunity."

(Photo by Sgt. 1st Class Debbi Newton, State Senior PA NCO)

Retirees' Voice

Concurrent Receipt again hits Congress

SGT. 1ST CLASS (RET.) JOHN BEDNARZ

Legislation

Just as predicted the 'concurrent receipt' issue has come up again in the 108th Congress: House Resolution (HR) 303, titled, Retired Pay Restoration Act of 2003.

Again this bill is for the military retiree who is also drawing a disability payment. As it stands now, the retiree's pension is reduced by the amount of the disability payment, thereby nullifying the disability payment.

The only advantage is the retiree need not pay taxes on the amount of the disability payment.

This bill, if passed, would allow the payment of both the retiree's pension and the disability payment without a reduction in either.

The bill has a lot of support in the Congress, as it has 89 cosponsors. None of the cosponsors of the bill is from the Connecticut delegation.

The second bill is a new one: House Resolution (HR) 331, titled Armed Forces Retirement Equity Act.

This bill would eliminate the requirement of reserve retirees to wait until age 60 to collect their annuity (thereby eliminating the 'Gray Area Retiree').

This has a number of advantages besides the pay. It puts the retiree 'on the rolls' with the permanent ID card and gives them all the advantages the card brings with it.

I believe the health care issues would remain the same.

One problem with this bill is, at the moment, it has no cosponsors.

This is not healthy for a bill in Congress.

It indicates that there is no support for the bill, which almost guarantees that it will go nowhere.

Should this bill become law, it would be a

powerful recruiting and retention tool.

What needs to be done is for all of us to write to our Connecticut delegation of Representatives and urge them to cosponsor one or both of these bills.

Tell them in your own words if you think that one or both of these conditions, is inequitable.

It seems to me that it is not right that a retiree's pension should be reduced, and also that every retiree should be drawing an immediate annuity.

Helping our families

On another note, many of our Guard people are being mobilized for active duty to Operation Enduring Freedom.

You can help by being there at their sendoffs.

I was there when my unit (AVCRAD) left for Fort Drum and then for reassignment to where ever.

And I was happy to see dozens of other retirees also there to wish them well.

Other things you can do is get together with their family program people and offer a hand and a word of comfort to the families of those soldiers.

You can give a ride to the doctor's for someone whose car has broken down.

Or you can help with snow removal and lawn mowing for those who can't handle it.

Some family support groups have done babysitting.

You may not be asked to do all those things, but you can help in some way.

Maybe you can put in a few hours at the family program office answering the phone, to relieve the person assigned there.

Show your support for the troops by being there for them while they are away.

Diversity

FROM Page 23

Perceptions of racism, sexism, ageism and other "isms" in the workplace

For leaders, diversity broadens our range of talents and stimulates our creativity, adding to the unit's ability to accomplish its mission.

Diversity Proves Its Value

We find that well-managed, diverse work teams can outperform homogeneous teams in quantity, creativity and quality; that complex problems can best be solved by cross-functional teams typical of matrix organizations; and that people who work, live and learn in integrated settings develop stronger interpersonal communications and teamwork skills.

Diversity enhances confidence and improves the contributions made by people in such environments. Valuing and respecting each individual simply makes good sense. Success and productivity are natural extensions of an organizational culture that truly values all people. The bottom line is: it's up to all of us to do our part in making the cultural climate of our National Guard one that values diversity.

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

Thought of the Month

"Do what you can, With what you have, Where you are" - Theodore Roosevelt

Connecticut Army Medical Department Annual Conference

The Fourth Annual Connecticut AMEDD Conference will be held March 15 from 8 a.m. to 2 p.m. at Leamy Hall, U.S. Coast Guard Academy, New London.

A Dining Out will follow at 5 p.m.

Speakers for this year's conference include Col. Randy Scholze on Preparing for Deployments; Maj. Gerald Curran on Medicine in Afghanistan; Dr. Ray Carre, Flight Surgeon on Psychiatric Profiles and Writings; and Master Sgt. David Fees on 91W Transition.

The conference is open to all Army and Air Guard health professionals to include dentists, MDs, PAs, RNs and medics.

For more information, contact Capt. Paul Thompson, AMEDD Recruiter, Hartford, or Maj. Kevin McMahon, 118th AS Medical Battalion, Newington.



Connecticut National Guard Military Ball

WHAT: A purely social event, starting with our Star Spangled

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

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

DRESS: Mess Dress Uniforms (Blues or Class A with black tie and white shirt (JAW AF135-2500) or AFSC-11. Ladies may wear appropriate uniform or semi-formal civilian attire; all civilians wear semi-formal attire.

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

COST: \$45 per person

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

ROOMS: A limited number of Foxwoods Resort rooms are available for \$79 and \$99, first come first served, reserve by February 28, standard priced rooms start at \$129. Call 1-800-FOXWOODS and say you see with the CTNG Ball for the discounted group rate.

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

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



MAIL TO: Make checks for \$45 per person payable to the National Guard Association of Connecticut and send to: Commander, 103rd Fighter Wing, 100 Nicholson Road, East Granby, CT 06036-9309

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

Cancelled

Coming Events

March

March 3

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

March 4

Black History Month Celebration

March 21

Women's History Month Celebration

March 22

NGACT Annual Meeting and Elections

March 29

OCS Dining In

April

April 19

Breakfast with the Easter Bunny

April 19

Easter Eggstravaganza

April 26

OCS Phase 0 begins

April 27

ANCOC & BNCOC Graduation Ceremonies

May

May 16

Armed Forces Day Luncheon

In the Next CG

Air Base Security

TriCare Dental Program

OCS Dining In

Deployment FAQs

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

Becoming a leader

FROM Page 23

candidates in OCS to have them plan their assigned duties.

The PT Officer Candidate had to plan to prepare us for a longer march. The Training and Operations Officer Candidate had to evaluate the training and make sure it did not conflict with our required classroom training.

The Service and Support Officer Candidate had to ensure that we had a vehicle following us to provide medical support, and that we were properly geared with items such as reflective vests for safety. The Civil Military Officer Candidate had to ensure the community knew we were coming, by informing the local authorities that we would be traveling on the civilian roads. This is just part of the plan, which I am ultimately in charge of. Situations like this add to the

duties we carry out in our civilian lives.

OCS Phase II demands that we balance the military with our civilian lives, what officers must do all the time. So far, I believe OCS has made me a much better leader than I was, and I still have half the program to complete.

OCS has made me a better leader by teaching me to be more authoritative, supervise all activities, create backup plans, and to be prepared for anything.

I take great pride in the fact that I am able to train to the highest standard as a future leader, an officer in the Connecticut National Guard, and still carry out a civilian career. Ensuring completion of training to a high standard is what creates a better officer and graduate of OCS.

Relaxing in the company of family and friends

CAPT. GEORGE WORRALL
PUBLIC AFFAIRS OFFICER, 103RD FIGHTER WING

Family members of deployed Air National Guard members came together at Bradley Air National Guard Base January 30 to relax in the company of those who do understand what it means when the Guard is activated.

"It is extremely wonderful how the Air Force and the Air National Guard work to bring families together to meet and integrate with other families in the unit," said David whose son Christopher is a deployed Senior Airman in the 103rd Security Forces Squadron. "I think it does a tremendous job for both the deployed soldier and the people at home."

Family members had a chance to tie a yellow ribbon on a tree with their loved one's name, videotape a message to send forward to the overseas bases.

"Recording the video message was

important because we want them to know that we are thinking of them, always," said Ed whose son Matthew is a Tech. Sgt. in the 103rd Security Forces Squadron. "I think it was very meaningful for us being here and being able to bring our grandson whose is very close to Matt. I don't think there was a dull moment."

The children and adults ate the potluck meal they brought, which, with what was provided, made for a substantial meal.

"There was so much food, it was wonderful," said Elsa whose son John is a deployed Staff Sgt. with the 103rd Civil Engineering Squadron. "Everybody was great and getting together helped."

Children and parents separated for activities. As the kids settled in for the magic show provided by Senior Master Sgt. (ret.) "Magic" Dan Sclare, the adults got into small groups to meet and talk to each other.

"It was a good experience to get to know people and see how they are doing with their family," said Edwin whose fiancé Tina is a deployed Senior Airman with 103rd Services Flight. "I volunteered to help them email their loved ones if they don't have easy access to a computer."

No event happens without a great deal of work behind the scenes. Summing up why volunteers do events like these Master Sgt. Jane Laborde, contracting specialist and long-time family support volunteer, 103rd Logistics Squadron said,

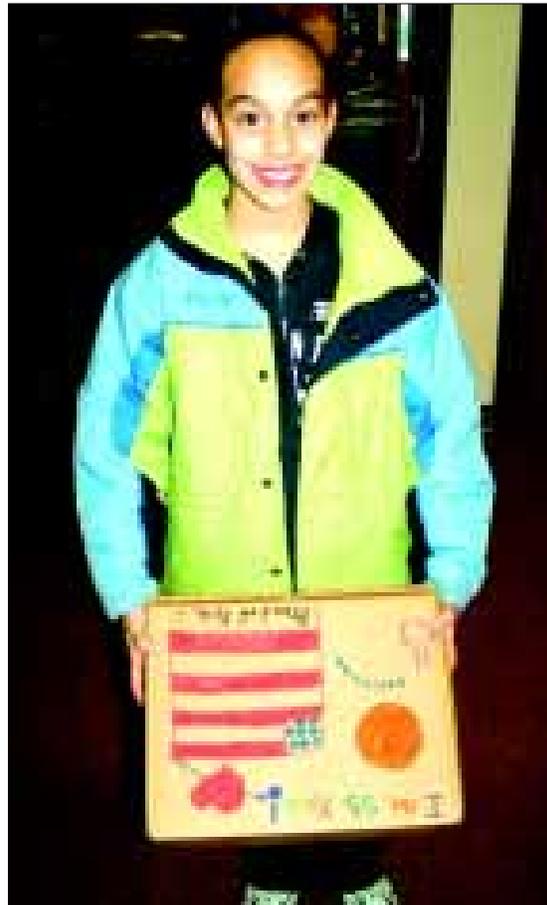
"Volunteering is important for the cause of the people being deployed and helping their families out."

Of course only the families know what they need.

"This is a good thing here and definitely what you want to do in a situation like this," said Edwin whose fiancé Tina is a deployed Senior Airman with 103rd Services Flight.



Joanne Swift, Family Support Volunteer, leads a discussion during the small group part of the evening. Pictured from far right Jenna, Norwin and Pat, the wife, father and mother of Eric a staff sergeant deployed with the 103rd Services Squadron, Joanne Swift, and Tricia and Melissa, the mother and girlfriend of Danny a senior airman deployed with the 103rd Security Forces Squadron. (Photo by Capt. George Worrall, 103rd FW Public Affairs Officer)



In addition to the magician, children made boxes where they can store mementos of some things their family member will miss while away, where according to Christine, "I am going to put some nice things for when she (her father's fiancé Tina) gets back." (Photo by Capt. George Worrall, 103rd FW Public Affairs Officer)



The family members posed for a group photo before departing for the evening. (Photo by Capt. George Worrall, 103rd FW Public Affairs Officer)



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