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ACS returns home

Lt. Col. Charles McKellar
Public Affairs Officer HQ CTANG

Approximately 49 members of the 103rd Air Control Squadron (103rd ACS) returned to their home station at Orange, Conn. on August 11, to a welcome home party where they were received by the adjutant general of the Connecticut National Guard, unit personnel, family members and friends.

The 103rd ACS deployed personnel and equipment on April 2, 2003, to Afghanistan in support of "Operation Enduring Freedom." The mission was to provide air control and surveillance within their assigned area of responsibility.

Supporting air control and surveillance of aircraft in hostile environments is nothing new for members of the 103rd ACS. Operating in Afghanistan has its challenges, but the 103rd ACS is a "can do" squadron with members who feel that with every challenge there is an opportunity to prove that they are still the best at achieving their mission. This is because while working in a joint environment is a new experience for many units; it is not for the 103rd ACS. Working jointly is how they have trained and operate in conducting peacetime and wartime tasking.

During the welcome home ceremony, Maj. Gen. William A. Cugno, the adjutant general, Connecticut National Guard, expressed his



A returning airman spends some quality time with his son. (Photo by ROTC Cadet Anne Dressel)

appreciation to the members and their families for the service they are performing for the country and he thanked the airmen for a job well done.

"I thank you who have returned and we must not forget we have both soldiers and airman still serving in various locations in Southwest Asia," said Cugno.

He talked about his recent visit to Kuwait,

the temperature being 130 degrees and the blowing sand.

"It is not a nice place, no matter what anyone says." He ended his comments by saying, "Good luck! I wish you well and again, thanks for a job well done."

The consensus view of the returning men and women is that there are many positive changes taking place in Afghanistan that are improving the lives of the Afghan people. However, Afghanistan remains a difficult and dangerous environment.

"But when you see the smiles on the children faces or hear about girls that can now go to school, it reinforces your belief that we must stay committed to helping the people of Afghanistan, because by helping them we are making America safer and it brings meaning to what we are doing," said Master Sgt. Larry J. Mayes, operations coordinator, 103rd ACS Operations.

"I was excited and hesitant at the same time. I knew I would get to serve my country, but I also knew I would have to leave my wife. It is the price we and our nation must pay for the freedom we have," said Capt. Glenn B. Sherman, weapons director, 103rd ACS Operations.

The children welcoming home their moms and dads can now say, "The war is over," and embrace their parents each day as only children can do.

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Jumper talks uniforms, ops, tankers

Airman Christie Jurgens
92nd Air Refueling Wing Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. (AFPN)—Air Force Chief of Staff Gen. John Jumper talked to airmen here about upcoming changes in the Air Force during a visit to the base Aug. 22.

He shared his thoughts on the new fitness program, the new uniform, deployment issues and the acquisition of new tankers.

All of these changes were brought on by the transition to a more expeditionary Air Force, Jumper said. The transition to a new fitness program gets back to the basics with a 1.5 mile run, push-ups and sit-ups.

"We can run, do push-ups and sit-ups anywhere; it's not practical to bring a bicycle with there's a person out there who actually likes the bike test. I know I don't."

Jumper also talked about new physical training gear to be introduced in January.

"We are going to try to take advantage of some of the new moisture-control fabrics without having them cost too much," he said. "What we are trying to do is make them part of the kit (airmen) get when they come out of basic training, but when you go to replace them, I don't want you having to pay \$40 for a shirt."

Another major change in the fitness program will be to place responsibility on the chain of command to ensure physical standards are met.

"I want the squadrons to help each other take the test," Jumper said.

Another change the Air Force is researching is a replacement for the current battle dress uniform.

"Anyone who wears the current uniform knows the first time you take it to the dry cleaners that will be the last time any air passes through it. And a lot of times we find ourselves out on ramps in 115-degree temperatures," he said.

Researchers are experimenting with the same materials the Marines use in their new uniforms.

"With the borrowing of the material, we also borrow the durability and wash-and-wear characteristics, which saves our people money," said Jumper.

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WMD/CST Open House offers unique opportunity



Spec. Joseph Waller
65th PCH

What would you say to joining a highly trained and specialized team of soldiers who work and train with the best civilian and military minds; and who dedicate approximately 240 hours of training per month to maintain and improve their proficiency?

Oh yeah, and the team is tasked to assist civilian emergency personnel in responding to and reducing the effect of Weapons of Mass Destruction throughout Connecticut.

Connecticut has been authorized to create a full time Civil Support Team (CST). The team is a 22-member unit comprised of Air and Army National Guard members. The unit has seven officer positions available along with 15 enlisted openings.

In order to allow soldiers and airmen the opportunity to learn

See WMD/CST Page 4

Sgt. 1st Class Michael Straite of the 14th CST discusses some of the unique opportunities his unit offers. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)

Up Front with the Adjutant General

Message to Connecticut's deployed units



Maj. Gen.
William A. Cugno
Adjutant General

I wanted to take the opportunity to address some of the issues that have recently been brought to my attention.

Let me begin by saying that over the past two months I have had the distinct pleasure of meeting hundreds of members of the family support groups of your deployed units.

To date the Family Support Program has coordinated family dinners for the 248th EN Company, the 143rd MP Company, and the 1109th AVCRAD. In September I will meet with the families of G 104 Aviation and the 247th EN Company.

At the dinners I present family members an update on the unit's current mission status, address their questions and concerns, and show numerous photos of the units in action.

All are satisfied with the level of support and care being provided by the Family Support Coordinator and the Family Support Program. I have promised all family members a quick response to any problems they might have.

Let me reiterate that your families are an outstanding and dedicated group of patriots that acknowledge the great humanitarian effort and sacrifice your units are a part of.

I often receive emails, phone calls, and

letters from many of the higher headquarters that you are working for stating how outstanding a job Connecticut National Guard soldiers are performing.

Many state that they are blessed with the attachment of your units. In particular they mention that the units are giving nothing less than the very best and it shows in your performance.

As a former Combat Veteran, I understand your fears and concerns regarding personnel and equipment.

I am continuously addressing equipment upgrades and have been since my visit to the equipment site in Kuwait.

During July State Command Sgt. Maj. Zastaury and I traveled in theater for a command visit to all deployed units.

Unfortunately due to hostilities at the time my clearance to travel into Iraq was denied. Rest assured that you are not forgotten.

Daily, my staff continues the effort to track all operational, medical and family issues. Currently the staff is working with First Army to backfill unit vacancies with replacements.

We share some of the same common frustrations, many of which are attributed to miscommunications where family members are notified of unit situations well before being received through official channels.

During the past seven months Connecticut

Guard units have been the focus of the monthly *Connecticut Guardian* newspaper. Much of the information that we receive comes directly from the units.

I understand that your current environment does not always facilitate your sending information and photos for the *Guardian*.

I ask that as time permits that you continue to email, write and send photos not only to my PAO but also to your family members and loved ones back home. (Send email to ctguardian@ct.ngb.army.mil)

Please continue to keep the communication lines open. Feel free to email me anytime. I want to be informed on any issue concerning your unit and its mission.

Your families and I look forward to your safe return home that the Secretary of Defense has stated will be one year from the date you were mobilized.

If you continue to focus on that date you will not short change yourselves, your performance, your family members or the mission at hand.

God speed to all of you.

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First Company Governors Foot Guard

Second Company Governors Foot Guard

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Perspectives

How do you plan to remember the second anniversary of 9/11?



JOHN BOICE
SECURITY SUPERVISOR
It is a time to move on.

AIR FORCE COL. THOMAS G. HEATH
HQ, CTANG
That particular day is a day of sadness, it is a somber day. In spite of the tragedy we try to build on lessons learned so that it does not happen again. That is why we do what we do. That is why we are in uniform.



1st SGT. JOHN J. BUTLER
SUPPORT SERVICES
We plan to have signs and posters to commemorate and remember its time. We want to forget it, but don't want to. We want to remember not relive.

SGT. LISA H. WACKERMAN
SGT. 1st CLASS MICHELLE L. THOMPSON
HHD STARC SUPPLY
It will be on our minds all day and we'll remember those who gave their lives and continue to fight for our freedom.



103rd ACS is key player at Grecian Firebolt 2003

LT. COL. CHARLES MCKELLAR
PUBLIC AFFAIRS OFFICER HQ CTANG

Thirty-nine members of the 103rd Air Control Squadron (103 ACS), an Air National Guard unit based in Orange, Conn., deployed to Fort Meade, Md., Fort Dix, N.J., Fort McCoy, Wis., and Fort Gordon, Ga. to provide communication connectivity and tactical telephones for Grecian Firebolt 2003 participants during June 8-20, 2003.

Grecian Firebolt is a joint Army and Air Force communication exercise that is held annually with more than 5,000 participants from locations in Georgia, Maryland, New Jersey, Wisconsin and Korea.

The exercise, which is designed to test the units' capability, included the 311th Signal Command, the 1108th, 1st and 261st Signal Brigades, the 1110th, 307th, 304th, 41st and 198th Signal Battalions, the 103rd ACS and the 285th Combat Communications as major participants.

"You pick up your phone, you dial the digits and you expect the person you are calling to answer on the other end of the line. This happens so often that we no longer think of anything else occurring. However, many actions are taking place to make this connection possible," said Master Sgt. Barry T. Jones, communications supervisor at the 103 ACS.

The 103rd ACS met its challenge of replacing the Army Guard's 280th Signal Battalion of Westbrook, Conn. by operating flawless during 24-hour operations.

While Grecian Firebolt is the premier communications exercise, it is also the best opportunity for the 103rd ACS communications personnel to interface in a joint environment, which offers some of the best training they receive each year.

"We are very pleased with the training and performance of our personnel who participated in this year's exercise and we await next year's opportunity to participate in Grecian Firebolt 2004," said Maj. Taniel Lowe, detachment commander at the 103 ACS.

"I am also pleased and extend my congratulations to Master Sgt. Mark Kiczyski, vehicle maintenance craftsman, and Staff Sgt. Ryan Key, satellite and wideband technician, for receiving the Army Achievement Medal for their outstanding performance during the exercise. To these members, a job well done."



Members of the 103rd Air Control Squadron supporting Grecian Firebolt 2003 at Fort Dix, N.J. (Photo by Senior Master Sgt. John D. Cuomo, 103 ACS)

You pick up your phone, you dial the digits and you expect the person you are calling to answer on the other end of the line.

Master Sgt. Barry T. Jones



A 103rd Air Control Squadron tactical station showing the TRC-170 set up at Grecian Firebolt 2003, which is also, called the "tropo," because it bounces its waves off of the troposphere. (Photo by Senior Master Sgt. John D. Cuomo, 103 ACS)



An AN/TRC-170 Tropo System being erected by airmen of the 103 ACS during Grecian Firebolt 2003, at Fort Dix, N.J. From left to right: Tech. Sgt. Mark Blanda, Staff Sgt. Steven Lemanski, Staff Sgt. Ryan Key and Staff Sgt. Paul Grillo. (Photo by Senior Master Sgt. John D. Cuomo, 103 ACS)

WMD/CST holds open house

From Page 1

more about the mission of a CST and the equipment and training involved, a two-day open house for just that purpose was created and held at Camp Rowland and the Hartford Armory last month.

Master Sgt. Kenneth Rubano, the Senior Operations Noncommissioned Officer for the 14th Civil Support Team of Massachusetts was there to answer questions and assist in the open house. He outlined why a CST is important to both the National Guard and the community.

"For the National Guard, it's another presence in the community. For the community it provides support and a structure that is currently unattainable in the civilian world. It will be a dedicated unit, working together day in and day out, each individual would receive 600-700 hours of training, although through the course of their work they could receive more."

The unit's mission will be to respond and deploy to incident sites related to weapons of mass destruction and respond to hazardous material incidents and assist civilian emergency authorities.

According to a brochure put out by the 1st CST from Massachusetts, who was on hand to answer questions, a CST "Provide[s] technical advice concerning treatment of victims, protective measures for responders, safeguarding the civilian population, and mitigating the hazards." Civil authorities would initiate all this support.

The team will have specialized equipment that can detect and identify nuclear, biological, chemical, and radiological contaminants. They have the capability of modeling and surveying any impact while accounting for the effects of the weather, provide superior communications support, and specialized medical assistance to civilian emergency responders.

Capt. Martin Spellacy, Operations Officer for the 1st CST, spoke about the challenges of being a member of a CST.

"It's challenging intellectually. It is technical, not tactical." The training that a member would receive would be unmatched in the civilian world due to resources, and the overlap of civilian and military certification creates a unit unique in its expertise and capabilities in both worlds.

One of the many individuals to attend the open house, Pvt. Dorteia Baez a member of the 143rd FSB went to check out the medical team.

"It all sounds interesting, I heard about it through a flyer and I wanted to check it out. I was interested in learning about the medical team, their job sounds exciting."

Staff Sgt. Anthony Carriere, Survey Team Chief for the 1st CST, on hand to provide assistance has been on the Massachusetts team since 1999, and he estimates he has completed approximately 1,300 hours of training. He spoke a little of why he was interested in joining and what kind of person a CST needs.

"What interested me most was the mission, and who we would be working with. All of the agencies, and the training that you could do with them. You need strongly motivated people, that are initiative driven, physically fit, think on their own, and are able to work with people in stressful situations."

Was it worth it?

It was...the gratitude, and the knowledge that the team that I am apart of is important makes it worth it," said Carriere.

All of the enlisted slots are at least an E-5, but the unit will work with qualified lower enlisted soldiers to train and promote them. There are positions open for both Army and Air National Guardsmen.

If interested in the CST contact Sgt. 1st Class Michael Straite at (860) 524-4951.



Members of the Connecticut Army National Guard attended an open house sponsored by the 14th Civil Support Team to learn more about the CST/WMD unit. Soldiers and airmen from the Massachusetts team came to Connecticut to share their expertise with those interested in the new Connecticut unit. Open houses were offered in Hartford and at Camp Rowland. (Photo by Sgt. 1st Class Debbi Newton, State Sr. PA NCO)

Brig. Gen. Edward Madigan remembered June 12, 1928 – August 25, 2003

Brig. Gen. Edward Francis Madigan died on Aug. 25 at the age of 75.

Madigan had been a member of the Connecticut Army National Guard, retiring in 1984 as the Chief of Staff.

Madigan began his military career in May 1947 and quickly moved up the ranks to sergeant first class, spending time on active duty in Germany. Not long after that, he was commissioned as a second lieutenant.

As a member of the Connecticut Army National Guard, Madigan served as battalion commander of the 242nd Combat Engineer Battalion before going on to become the State Maintenance Officer. He later served as the Assistant Operations Officer and the Assistant Intelligence Officer at the state headquarters. He then served as the Personnel Officer, Operations Officer, and finished his career as the Chief of Staff.

Ed, as he was known to his friends, was a devoted husband, father and special friend to many. He was a man with a big heart who put others before himself.

Madigan is survived by his wife of 49 years, Maryanne, and their three sons; David, Edward and Robert.

Guardsmen to walk in memory of Master Sgt. Sharon Stroman

Last year, Master Sgt. Sharon Stroman shared her story of breast cancer survival with the readers of the Connecticut Guardian.

This year, her courageous voice has been silenced, but her legacy will live on.

On July 9, Sharon lost her second battle with cancer, leaving behind her husband, their son and many friends.

Shortly after her story was published last year, Sharon led a group of Connecticut Guardsmen in a Breast Cancer walk through Bushnell Park, raising close to \$1,000 for breast cancer research. Those who walked with her watched silently as Sharon approached the survivors' tent and tied a pink ribbon with her name on it to the survivors' wall.

They watched in awe as Sharon briskly walked the five-mile route, determined to make it all the way through to the end, which she did, triumphantly crossing under an archway of pink balloons, arms raised, hand-in-hand with two of her fellow walkers.

This year, on Sunday, Oct. 19, those who walked with Sharon last year, will again walk the five miles through Bushnell Park in Hartford to raise money for breast cancer research. This time, however, they will walk with Sharon's memory.

If enough people are interested, t-shirts with Sharon's name on the back will be ordered.

To join the team, or to sponsor a member of the team, contact team captain Sgt. 1st Class Debbi Newton at (860) 524-4857, or team co-captains, Sgt. 1st Class Hope Busher in the Personnel Services Center or Spec. Brenda Scott in the HHD Orderly Room.

The Connecticut Guardian welcomes assistant design and layout editor

The staff of the *Connecticut Guardian* is pleased to announce the addition of Assistant Layout and Design Editor, Spec. Jesse J. Stanley.

Stanley is a recent Honor Graduate of the Basic Public Affairs Writers Course at the Defense Information School, Fort George G. Meade, Maryland.

Stanley is also a graduate Central Connecticut State University and holds Bachelors Degree in English.

In addition to his layout and design duties, Stanley will be assigned stories and photo shoots in the field.

He has been a member of Detachment 1, 65th Press Camp Headquarters since July 2002.

National Guard MPs and Iraqi police keep the peace in Kadhymiya

MAJ. WILLIAM WALSKI
TASK FORCE 1-13

BAGHDAD, Iraq -- "The 2nd Platoon of the 143rd MP (military police) Company is the best military police unit I have worked with during my 20 years of active duty service in the Army," said Lt. Col. Francis Sherman, Jr. the commander of the 1st Battalion, 13th Armored Regiment.

"I have worked with a variety of MP units, including those from active duty and the reserves, and there are none better than the ones I have working for me right now in Kadhymiya (Baghdad)," he said.

What makes this Connecticut Army National Guard team based out of Hartford, Conn. so effective is their ability to integrate both their civilian and military background into the roles they perform in order to successfully complete them all.

Included in this 27-person MP platoon are soldiers whose civilian jobs include working as state troopers, policemen, police academy instructors, corrections officers, and many of the soldiers are criminal justice majors.

The knowledge they bring from their various law enforcement related civilian jobs is instrumental in allowing them to understand how to do the civil-military jobs they are asked to do in Baghdad.

These jobs revolve around two fundamental roles: their military security missions and their Iraqi Police Force (IPF) training mission.

The platoon's National Guard military experience allows them to work hand in hand with the 1st Battalion, 13th Armored Regiment task force to fulfill the security requirements of the Kadhymiya district of Baghdad.

Routinely, the task force calls on the MP platoon's expertise to conduct patrols, detain prisoners, and set up traffic control points to secure select sectors within the unit's area of responsibility. They accomplish these missions by employing their military police

expertise through a focal lens of Iraqi cultural norms so that they do not alienate the people they are trying to protect.

According to Sgt. Erina Hevey, a loss prevention specialist and criminal justice student in the civilian world, an example of this is that female MPs are responsible for the search of female suspects.

"The females here are very sensitive as to who is allowed to touch them. They respond better to me because I give them the respect they don't get from the males in their society even though they are not used to seeing a woman as a figure of authority."

According to Lt. Michael Rossi, the MP platoon leader, the keys to their success in fulfilling these military security missions while attached to Task Force 1-13 are directly attributed to co-locating with the task force as a direct support MP platoon,

which has allowed the MPs to be based in the very sectors that they are responsible for policing.

"The task force has given us outstanding support in continuing the 18th MP Brigade mission of standing up the IPF and promoting law and order in Baghdad," Rossi said. "In return, we provide them with a highly mobile asset for tactical operations and a close link with the Iraqi people through our connection with the Iraqi police and our daily interaction with the citizens of Baghdad. In addition, we act as a liaison between the maneuver unit and the Military Police, increasing the communication and coordination between the two."

While importance is given to the military functions they perform in Baghdad to keep the sector secure, the knowledge which they provide from their civilian jobs to the newly formed IPF is even more instrumental. The MP's police mission involves the training and mentoring of the IPF.

Their efforts in this area are critical since



Soldiers of the 143rd Military Police Company patrol city streets in support of Operation Iraqi Freedom. (Photo courtesy of 143rd Military Police Company)

the success of the US mission hinges on the ability of this newly formed police force to provide an internal security force to Baghdad, independent of the coalition military forces currently providing that security.

One of the keys to the MP platoon's success is that they work daily to understand the culture of the police force they are dealing with. Joint patrols normally start and end with the traditional hugs between compatriots as the MPs continue to try and foster a cooperative environment between the two forces.

They then go out to complete their daily joint police operations, which, according to Sgt. Jason Bjornberg of Old Saybrook, Conn., a sociology and criminal justice student who spends his summers working for the Department of Environmental Protection, can range from serving warrants to responding to all types of criminal activities including shootings and carjackings.

Bjornberg also said that the military police are instrumental in building a sense of respect among the Iraqi police.

"The Iraqi police seem to have had trouble gaining or holding the respect of the local populous during Saddam's regime," he said. "Now that the locals see the IPs working with us, doing things correctly, taking pride in their work, and respecting the civil rights

of the people like they never did during Saddam's reign, the Iraqi public now respects the IPs, and that in itself will help bring law and order to the country," Bjornberg said.

Hevey believes that the MPs interaction with the local police force also gives the IPs a sense of courage.

"When we first got here, the IPs were afraid to work by themselves," she said. "As time goes on, the less they need us because they have found courage in themselves and trust in their partners."

The 2nd Platoon, 143rd MP Company continues to seamlessly integrate into the Task Force 1-13 security plan through its direct interaction with the battalion.

It also serves as the bridge between the IPF and the task force in order to ensure all of their security operations work toward the fundamental goal of the entire Coalition presence: an Iraq run by Iraqis.

Sherman calls them the best MP platoon he has ever worked with in his military career. That's a good thing, because it will take all of their multiple qualities to successfully complete the mission they have been called to do and safely return home to their loved ones once that mission is complete.

As time goes on, the less they need us because they have found courage in themselves and trust in their partners.

Sgt. Erina Hevey



Members of the 143rd MPs make friends with local residents while on patrol. (Photo courtesy of the 143rd Military Police Company)

Reporting from the front: The prevailing force of the 248th

SPEC. TYE V. FRAZER
248th ENGINEERS

When the news came to move from the sand barren tent city of Camp Virginia, Kuwait, to Iraq morale grew tremendously. Work to fortify the vehicles to ensure our safety and cargo began.

Soldiers labored around the clock placing sand bags and steel plates where it provided the most protection. Standard operating procedures came down the chain of command stating what was needed for the convoy.

The convoy consisted of thirty-one heavily armored vehicles and more than one hundred soldiers. Checks of the fortified vehicles began and were continuously done until they met the standard to begin moving the convoy.

It was early morning when the 248th rolled out and started the five hundred mile journey. The soldiers were ready, eager and yet hungry to see what would lie ahead at their final destination deep within Iraq.

The convoy made only a few stops for vehicle maintenance and refueling. These stops proved how necessary and efficient the maintenance crews were to the success of the convoy.

Maintenance worked as if they were in an Indianapolis 500 pit. This was necessary because of previous intelligence reports about enemy forces attacking other convoys with rocket-propelled grenades (RPGs) and sniper fire within the same day.

The 248th successfully reached their destination in Iraq, Al Alasad Air Base (80 miles east of the Syrian border), after a three-

day voyage that screamed through stretches of deserted sand covered earth. Some remote villages were passed through containing little to no life.

Other areas, that were heavily populated, were driven through as well with no harm inflicted to either side.

The vehicles were all fortified, the soldiers were constantly alert and all weapons systems remained at the ready.

Finally, within the perimeter of the previously occupied Iraq base the soldiers were able to climb out of the trucks and move their legs again. Immediately following came the orders to begin the setup of the company's area of operations.

Sweaty, thirsty and hungry the soldiers began to clean what the defeated Iraqi army left behind. The tasks were extremely tedious and labor intensive, but not impossible. Orders came down the chain of command like an unforgiving monsoon.

It took two days of relentless work and perseverance to make the buildings habitable. The soldiers dug deep within themselves to carry out the orders and accomplish their missions.

This attitude may very well be the reason why the United States is the world power it is today.

Soldiers used their civilian acquired skills combined with their military training to make the most out of nothing.

The eagerness and teamwork could be seen in the eyes of everyone.

For example, when the 248th first arrived at their new home, an abandoned clothing issue

facility for the previous Iraqi army, it had no showers or latrines and the compound was covered with Iraqi items left behind.

These items ranged from military uniforms, boots, garbage and old supplies to huge pieces of scrap metal. The 248th took the initiative.

The aspects of area improvement were performed for both the platoons and the company. Those that will take the area over will appreciate these deeds.

Along with these missions were missions that were handed down by the unit the 248th was newly attached to.

Missions were completed with

astonishing results. Showers and latrines were built; plumbing projects were repaired and installed. Many electrical problems were solved and rerouted.

Precisely carved areas of earth were shaped and sculpted by heavy machinery. Once again, the soldiers found themselves working long hours.

The company provided for the missions, soldiers and themselves. Personal opinions of the whole experience may slightly differ, but one statement is a fact.

Mission accomplishment has and will be continuously met by the soldiers of the 248th Combat Heavy Engineers of Connecticut.



Soldiers of the 248th Engineers work at night to complete their missions while on deployment in the Gulf. (Photo courtesy of the 248th Engineers)



A member of the 248th Engineers moves construction debris to make room for better structures in Iraq. (Photo courtesy of the 248th Engineers)

G Company, 104th Aviation Regiment sends battle update

MAJ. DAVID E. WOOD
COMMANDER

Since 12 February 2003, the soldiers of G Company, 104th Aviation Regiment have been deployed in the War on Terrorism.

These men and women of the Pennsylvania and Connecticut National Guard have had the unique experience to serve in both Operation Iraqi Freedom and Operation Enduring Freedom in Afghanistan.

The unit's heavy-lift cargo helicopters, called CH-47 Chinooks, have been the workhorse of logistics and transportation across the desolate environments in the theaters of war our country is engaged in.

The professionalism and dedication of these soldiers have proven their mettle has a confident, solid unit that can be counted on in times of Peace and War.

The unit was mobilized on 12 February 2003 has part of Operation Iraqi Freedom. On 16 February, the unit's soldiers and equipment left Ft Indiantown Gap, PA and reported to Ft Dix, NJ, for training and movement overseas.

On 21 April, G/104 AVN arrived in Kuwait. Here, the unit participated and supported the successful effort to topple the Saddam

Hussein Government. After the combat operations switched to stabilization support, G/104 was ordered to redeploy to Afghanistan in order to provide support for the 82nd Airborne Division.

G/104's advance party arrived in Kandahar, Afghanistan on 21 May, 2003. By 19 June, all of their equipment and soldiers were ready for business. The unit's tactical call sign of "Nomads" was changed to the "Yankees" as a way of identifying our aircraft and soldiers within our aviation task force.

Our aircraft were modified with specialized equipment to help meet the needs of flying in an environment that contained everything from vast flat desert wasteland to snow-covered mountains at altitudes in excess of 14,000 feet.

Flying in these conditions is considered the most challenging to helicopter operations. Add in a measure of enemy activity, and our soldiers and aircrews are working in the most difficult of circumstances. The mission however, goes on.

Deputy Secretary of Defense Def Paul Wolfowitz spoke recently to the Senate Armed Forces Committee, "...the campaign in Afghanistan to kill, capture and disrupt terrorists has helped us protect the American people, and how we are helping the Afghan people help themselves to ensure Afghanistan does not once again become a terrorist sanctuary."

Our soldiers here know the importance of their job, and they are determined to work hard while called upon to do their duty.

The number of anticoalition forces remains speculative, but we know they are out there. Kandahar is the birthplace of the Taliban movement, and rocket and mortar attacks on U.S. Firebases in the region continue to be a factor in force protection.

Our Chinooks are maintained at the highest level of readiness, and our crews are on short notice for alerts and quick response.

Nevertheless, our mission has been an exciting one. We are responsible for resupplying the numerous Fire Bases located all over the southern part of the country.

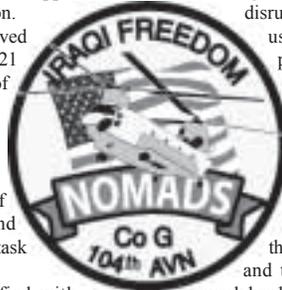
Without the Yankees, many of the American soldiers defending these "small bastions of freedom" would not have the food, water, and ammunition necessary to survive.

We also participate in "deliberate operations;" missions in which we move large numbers of troops and equipment to areas that are designated to be swept through by coalition forces.

Over the past three months, the unit has participated in three deliberate operations or campaigns against hostile Taliban and Al Qaeda forces. Results of the operations although classified, have left us with great satisfaction.

The Yankees continue to work diligently in supporting America's War on Terrorism here in Afghanistan.

e look forward to returning to our homes and loved ones, and hope that our contributions will make an impact to the future of our children and this great nation. God Bless America!



Members of Company G 104th Aviation Regiment fill sandbags in the desert while on deployment in support of Operation Iraqi Freedom. (Photo courtesy of G/104th)

Grants, internships, scholarships grouped on new Web site

STAFF SGT. MARCIA TRIGGS
ARMY NEWS SERVICE

Information on more than \$570 million in internships, scholarships and grants can be found at a federal government Web site, thanks to an Army major.

Maj. Barry Williams, currently serving as a White House Fellow, created the "e-scholar" site to give people a wealth of information without having to spin their wheels with numerous search engines.

Williams, a former brigade operations officer in South Korea, began his stint as a White House Fellow in September.

He was selected after competing against hundreds of other applicants and undergoing numerous of interviews. To date e-scholar has been his greatest contribution to the program, he said.

"This Web site is for America - students, parents, career professionals and those with disabilities," Williams said. "From age 16 on up, from all walks of life, we want to give people a taste of what the federal government has to offer."

E-scholar, which can be found at www.studentjobs.gov, went online March 28 and gets about 12,000 hits a day.

Individuals can search for grants, internships, jobs and volunteer service by indicating what type of positions they're looking for, salary expectations and geographic preferences.

Other tools located at the site include "Create a Profile" and "Create a Resume." By entering a profile, individuals can be notified if what they are looking for is posted at a future date.

Also, individuals can send their resumes out electronically.

This Web site is going to build on the

partnership that the federal government is trying to establish with the community, Williams said.

For instance, career professionals such as teachers can participate in internships and work with renowned scientists, lawyers or doctors who are working on current projects, he said. Then they can take that experience back to the classroom or laboratory, he added.

Williams, 36, pledges that the site will only improve. His year-long tour as a White House Fellow will be up in six months, but the federal Office of Personnel Management will continue to maintain the site.

"It launched with \$400 million in opportunities, and in three weeks we've added \$170 million more. So I'm sure that there are other programs out there that we haven't added to the site," Williams said. "We're also asking for input from our users to help us make the site better."

Long hours were put into creating the site, Williams said, to launch it before the summer. But according to the White House Fellow's application, work assignments for fellows are challenging, often require long hours and at times unglamorous duties.

With six months left as a fellow, Williams said he's looking for more challenging assignments during his current tour.

"There's not a day that goes by that I don't think about the Army and soldiers, but it's comforting knowing that I'm able to serve my nation in a different manner," said Williams, a 13-year veteran.

"I don't know where my next assignment will be, but I'm looking forward to using the leadership management tools that I've gained at OPM in the military."

CTARNG breaks ground on multi-million dollar training center: commissions 8 soldiers to rank of second lieutenant

MAJ. JOHN WHITFORD
STATE PAO

Maj. Gen. William A. Cugno, the Adjutant General of the Connecticut National Guard with Col. Robert Nett, Wayne Fraser, the 1st Selectman of East Lyme, and P.J. Delahunty, from the Department of Public Works broke ground on a 3,700 square foot training support building at Camp Rowland.

The building will be named The Robert B. Nett Leadership Hall, after World War II Medal of Honor recipient, Col. (Ret.) Robert B. Nett a life-long Connecticut Guardsman.

Nett Hall is part of Camp Rowland's master construction plan. This leadership hall cost \$1.2 million funded with state and federal dollars. It will house a large classroom meeting area, conference room and office

space to train officers and non-commissioned officers.

Just before the ground breaking of Nett Hall, Cugno commissioned eight officer candidates to the rank of second lieutenant. These candidates completed 14 months of training to earn their gold bar and commission into the National Guard.

The newly commissioned officers are: 2nd Lt. William Baker of Farmington, Conn., 2nd Lt. Marcin Baran of Middletown, Conn., 2nd Lt. Jesse Burnham of Canterbury, Conn., 2nd Lt. Robert Caruolo of Vernon, Conn., 2nd Lt. Brian Hampton of Norwalk, Conn., 2nd Lt. Adam McOmber of Woodbury, Conn., 2nd Lt. Christopher Muska of Somers, Conn., and 2nd Lt. Elizabeth Turner of West Hartford, Conn.



Dignitaries from the architectural firm and the town government join Maj. Gen. William A. Cugno and Col. (Ret.) Robert Nett in using entrenching tools to break ground on the Nett Leadership Hall at Camp Rowland. The building is being named after the Connecticut National Guard's only living Medal of Honor recipient, Col. Nett. (Photo by Staff Sgt. Steve Markowski, 65th PCH)

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

Combat-Related Special Compensation Update

More than 12,000 applications have been received by DoD for Combat-Related Special Compensation, a program that began June 1.

At least 100 will be approved to receive payments July 1.

The number of approved applications should increase significantly each month as the applications move through the review process.

DoD has three suggestions to improve the quality of an application, which will aid in managing the requests.

First, be careful to classify disabilities as awarded by the VA. A retiree who does

not have this information should contact the VA regional office and request a listing of their disabilities by VASRD code (VA Schedule of Rating Disabilities). The VA has notified regional offices to expect and support such requests.

The VA has been very helpful to DoD and the two Departments are working closely to achieve an effective flow and exchange of information needed to operate the CRSC program.

Second, especially for Post-Traumatic Stress Disorder (PTSD), a retiree should try to find and submit a copy of the first VA rating decision on the disability that shows

the basis of the award.

More recent ratings may show only that the disability has been increased in percentage with no information about the origin of the disability or basis of the award.

Third, retirees should avoid submission of unrelated documents. The retiree should try and provide only those supporting documents that deal with qualifying conditions. This is especially true for medical records.

The review board may find it difficult to document a combat disability if the retiree sends in all his/her medical records.

Eligible members are those retirees who

have 20 years of service for retired pay computation and who either have disabilities because of combat injuries for which they have been awarded the Purple Heart or who are rated at least 60 percent disabled because of armed conflict, hazardous duty, training exercises, or mishaps involving military equipment.

Members must apply to their own branch of service using DD form 2860, Application for Combat-Related Special Compensation (CRSC).

Information is available at <http://dod.mil/prhome/crsc.html> [http://www.defenselink.mil/prhome/crsc.html]

Air Force celebrates 56 years: 103rd Fighter Wing turns 80

MAJ. GEORGE WORRALL AND TECH. SGT TODD HANSON
103RD FIGHTER WING PUBLIC AFFAIRS AND WING HISTORY OFFICE

The history of the 103rd Fighter Wing actually begins with the activation of the 43rd Aero Service Squadron and its participation in the aerial offensive of World War I.

After the war's end, the 43rd Aero Service Squadron, under the National Defense Act of 1921 - which provided for a number of National Guard Aviation Squadrons - was re-designated as the 43rd Division Air Service Squadron. Initially assigned to Rhode Island, the unit was reassigned to Connecticut after the completion of Brainard Field in Hartford in 1923.

The 118th Observation Squadron was organized as its first component, and is the point from which we measure the unit's lineage. The unit's first aircraft, the JN-4 Jenny, arrived on June 13, 1924. The unit's insignia, the Flying Yankee was originally hand-painted on the side of one of those Jennies.

Called to federal service in 1940, the Flying Yankees were first assigned to the Army Air Corps Anti-Submarine Command. The unit flew long-range antisubmarine patrols in single engine aircraft (O-11, O-38, O-43). Late in 1944, the Flying Yankees began to train for a fighter/bomber mission utilizing P-40 and P-51 Mustangs.

The unit was then assigned to the China-India-Burma Theater of Operations. Ultimately in the war, the unit, then designated the 118th Tactical Reconnaissance/ Fighter Squadron, became a component of the 23 Fighter Group better known as The Flying Tigers - under the command of Gen. Claire Chennault. The squadron flew daily ground support missions against the Imperial Japanese infantry and cavalry forces.

In 1946, the unit was reassigned a Connecticut National Guard unit and designated the 103rd Fighter Wing with the 118th Fighter Squadron as its flying component flying the P-47 Thunderbolt.

Activated once again in 1950, this time in response to the Korean Conflict, almost all of the Flying Yankee aircrews were further assigned to combat units overseas flying the P-47 or P-51.

Following this activation, the unit was returned to state control and redesignated the 103 Fighter Interceptor Wing and assigned to the Air Defense Command with the F-84.

From 1956 through 1971, as Air Defense members, the Flying Yankees stood 24-hour runway alert flying F-84, F-94, F-86, F-100 and F-102 aircraft.

In the spring of 1971, the unit was reassigned to Tactical Air Command and the F-100. After flying the F-100 D and F models, the Flying Yankees, in keeping with the U.S. Air Force's goal of modernizing the Air National Guard, was reassigned the Fairchild-Republic A-10 Thunderbolt II - the Warthog, in September 15, 1979.

As the unit went through the eighties the unit deployed overseas for training to prepare for potential wars in Korea and Germany. As the eighties closed and the nineties opened the unit prepared for another aircraft changes, to F-16s, a change cancelled after the Gulf War proved the need to maintain the Warthog. All through the nineties as the aircraft were updated, the unit was tasked for combat missions in the post cold war world. Twice deploying to fly missions over Bosnia in '94 and '96, and then beginning the string of Southwest Asia deployments that culminated in 2003 with Operation Iraqi Freedom.

Operation Iraqi Freedom tested all the nearly 24 years of experience the unit has with the A-10. Over Western Iraq, the unit flew the traditional close air support missions it was designed for, drop bombs including laser guided, which were unknown on the A-10 just six months before, scoured Western Iraq in search of ballistic missiles, and sat alert for Combat Search and Rescue.

Beyond the flying, Operation Iraqi Freedom validated the training began in the seventies with Operational Readiness Inspections. Before the aircraft could deploy, all the support functions from Connecticut and other guard units set up a bare base in the desert to receive the aircraft and personnel. Beginning their deployment sleeping on the hangar floor, the base and facilities were prepared so the unit could fly from the first day of the conflict.

In a span of 80 years, paralleling the development of military aircraft, the Flying Yankees have transitioned from canvas and wood biplanes to the armored night and precision-capable A-10. The Flying Yankees themselves remain the same - civilians in peace, the air warriors in war.



Two A-10's taxi into Bradley Air National Guard Base next to the aircraft they replace, the F-100's, September 15, 1979. (103 FW file photo)



The newly completed buildings at Hartford's Brainard Field in 1927 with two 118th Fighter Squadron aircraft taxiing toward hangar 1. (103 FW file photo)

AVCRAD providing theater aviation and

BOB WHISTINE
AMC-LSE-SWA, PUBLIC AFFAIRS OFFICER

In early March the 1109th Aviation Classification Repair Activity Depot (AVCRAD) from the Connecticut Army National Guard in Groton, Conn. arrived at Camp Arifjan, Kuwait.

Their Supply Support Activity (SSA) made up of 24 soldiers initially reported to Camp Arifjan. Due to infrastructure issues the soldiers working in the SSA and all assets were moved to Camp Doha.

After a very productive five months at Camp Doha, the SSA has reunited with its fellow guard members at Camp Arifjan.

"This move was needed to consolidate the AVCRAD and to help expedite the repair of Class IX Air parts.

"By co-locating the SSA with the shops that will repair the retrograde parts, the turn around time is greatly reduced and the logistical trail is minimized," stated Maj. Vincent Vannoorbeeck, Flight Operations Division Chief and the acting Material Management Division Chief.

"The current location of the SSA at Camp Doha was also very scattered over two different warehouses and several bulk storage lots. The move consolidates and

reduces the overall footprint of the SSA. With the future closing of Camp Doha, the move helps to consolidate all theater logistical assets here at Camp Arifjan."

The move of the theater Class IX Air SSA expedited the move of other key parts of the theater transportation system.

"A Theater Distribution Center (TDC) and Central Receiving and Shipping Point (CRSP) will have to be established here at Camp Arifjan.

"For the time being all parts requiring shipment out of the theater will have to be moved to Camp Doha.

Additional room will be required in the near future for the vast amounts of returning retrograde parts. As the number of soldiers requiring housing at Camp Arifjan diminishes, warehouse space will become available and most parts will be moved indoors," said Vannoorbeeck.

While stationed at Camp Doha, the SSA accomplished several important tasks.

"With no assets, structure, facilities or infrastructure, the SSA was fully functioning in less than two weeks at Camp

Doha and just in time for the commencement of Operation Iraqi Freedom.

"At the highpoint of the conflict, the SSA maintained in excess of 3,000 lines of aviation and Patriot missile Class IX repair parts," said Vannoorbeeck.

During this time, the SSA also trained many of their soldiers on the Standard

Army Retail Supply System 1 (SARSS-1). This system ensures that soldiers are able to provide accurate and timely status on all requisitions submitted in the system.

The SSA processed more than 236,000 individual orders with over 78,000 receipts, 82,000 issues and 75,000 items stored.

The SSA successfully executed the transfer of 1,400 lines of Patriot missile parts, 1,200 lines of aviation parts, and 1,000 lines of Air Traffic Control parts, according to Vannoorbeeck.

The SSA developed a functional relationship with the 32d Army Air and Missile Defense Command, the headquarters for all Patriot Missile Systems in theater, resulting in the high readiness rates of the Patriot batteries and their ability to track and destroy incoming Iraqi Scud missiles.

The SSA also maintained constant coordination with elements of the Aviation and Missile Command to ensure that accurate figures were transmitted with regards to stockage levels.

"They played a key role in the retrograde of aviation parts within theater by facilitating the movement of over 5,000 parts from the SSA to the 1109th AVCRAD for repair or to the States for repair at the appropriate depot," said Vannoorbeeck.

As an element of AMCOM, the 1109th AVCRAD supports deploying aviation units by classifying and inspecting aviation stocks and components, expanding the aviation maintenance capabilities of Corps

With no assets, structure, facilities or infrastructure, the SSA was fully functioning in less than two weeks at Camp Doha and just in time for the commencement of Operation Iraqi Freedom.

Maj. Vincent Vannoorbeeck



Sgt. Anthony Fairley, Stock Controller, 1108th AVCRAD, MSARNG, Gulfport, Miss., is finishing stocking the supply shelves in Warehouse 12, Camp Arifjan, Kuwait. (Photo by Gerald Thompson)

patriot missile supply support activity

Christi Army Depot and providing aviation maintenance capabilities for contingency and stability and support operations around the world.

In Kuwait, they also provide back-up aviation unit maintenance, back-up aviation intermediate maintenance and limited aviation depot maintenance.

Back in the States, the 1109th AVCRAD provides support to 92 units at 23 Army Aviation Support Facilities in 14 Northeast states and the District of Columbia.

They provide maintenance support to UH-60A/L (Blackhawks), UH-1H/V (Hueys), OH-58 (Kiowas) and CH-47D (Chinooks).

In the last 12 years, the 1109th AVCRAD has been deployed to 13 countries. During Operation Desert Storm, they were activated in Feb. '91 with 376 soldiers. They shrink-wrapped 1,726 aircraft, loaded 1,651 aircraft on ships and agriculturally inspected 923 aircraft.

They also classified and returned to the

wholesale supply system in excess of \$201 million in parts.

The 1109th AVCRAD also maintains a supply warehouse to support maintenance performed at the 1109th AVCRAD and by the AASFs located in the northeast region.

The ordering and shipping of these parts is a major function of the 1109th.

The 1109th AVCRAD is one of the oldest Army units and ties its lineage back to the Revolutionary War in 1775 as the Norwich Light Infantry.

They saw action in the Civil War and the Spanish American War. During World War I, they served as the Coastal Defenses of Long Island Sound.

In World War II, they were divided into quartermaster, ordnance, artillery and tank destroying units with service in both the Pacific Theater as well as the European Theater. They also participated in the Korean War, as well as in Somalia for Operation Restore Hope.



Sgt. 1st Class Tony Thibodeau, Warehouse NCOIC, 1109th AVCRAD, and Staff Sgt. Roy Paul, Stock Control Supervisor, 1109th AVCRAD issue supplies to Bob Hodges, a civilian contract employee with Dyna-A-Corps from Camp Doha, Kuwait. (Photo by Gerald Thompson)



Sgt. Allen Jenkins, Warehouse Specialist, 1109th AVCRAD, CTARNG, Groton, Conn. moves supply stocks between Warehouses 12 and 11, Camp Arifjan, Kuwait. (Photo by Gerald Thompson)

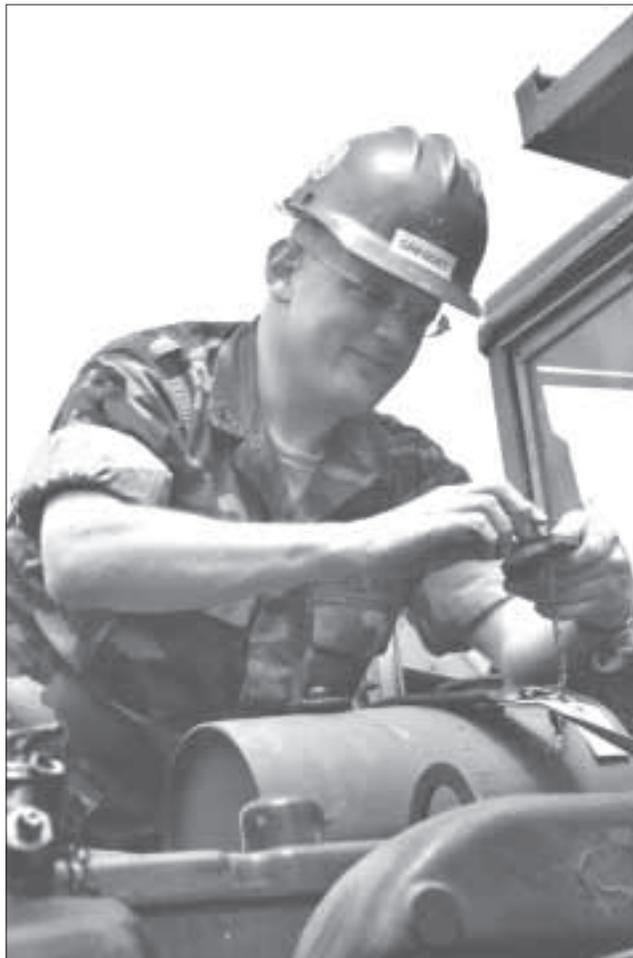


SEABEES

"We Build, We Fight"



Members of the 202nd CBMU Seabees of the Naval Reserve spent much of the summer working at Camp Rowland and Stone's Ranch assisting the Connecticut Army National Guard with construction projects. During their annual training, the Seabees, stationed at the Groton Submarine Base, worked to improve Road Charlie at Stone's Ranch. (Photos by Sgt. 1st Class Debbi Newton, State Senior PA NCO)



Connecticut Military Department News

ESGR visits Connecticut troops at West Point

TECH. SGT. BRYON TURNER
103rd CF/SCS

The Connecticut Committee for the Employer Support of the Guard and Reserve (ESGR) sponsored a trip to United States Military Academy at West Point, New York, August 4th for 19 employers of activated Guard members serving at the facility.

Before the group traveled to West Point to see what their Guardsmen are doing for National Defense while away from their civilian jobs, they were given a guided hands-on tour of several different Connecticut Army National Guard helicopters at the Army Aviation Support Facility in Windsor Locks.

Aircrew were on hand to give the municipal and business employers detailed descriptions of the unique missions and capabilities in the diverse arsenal of the CT Army National Guard, including the UH-60A Black Hawk.

The group was met with open arms and smiling faces after arriving at West Point later in the day. Together, the employers and Guardsmen were treated to a meal in one of the installation's dining facilities. The troops took this time to catch up with their employers and to share some of their personal active duty experiences.

Each visiting employer was presented with a taste of military field rations, the popular MRE, meal ready to eat.

After lunch, there was a briefing by Capt. Michael Sipples, Commander of the 1/102nd Infantry, in which he spoke on the importance of the security mission the troops are providing at West Point.

"Your Guardsmen are ensuring the safety of the Cadets at West Point night and day," said Sipples. "These Cadets are some of our nation's best [and] brightest, in their numbers are future commanders, Congressmen, Senators and perhaps even a future Commander in Chief."

Staff Sgt. Peter Scirpo, a member of the 1/102nd Infantry and a member of the New

Britain Police Department, spoke to the gathered employers, including his own, New Britain Police Capt. Phillip Kennedy, about the leadership opportunities and unique skills each of the Guardsmen will be able to bring back to their individual workplaces after their time of active duty service is completed.

Afterwards, Carl Venditto, Col. (USMCR-Ret) Chairman of the CT ESGR Committee, presented each employer with a "BossLift Veteran" certificate of appreciation on behalf of the men and women of the Connecticut National Guard, in thanks for their unyielding support of the Guard and Reserve.

After a guided tour of the various historical sites at West Point, the employers were brought to Stewart Air National Guard Base where Brig. Gen. Dana Demand, NYANG 105th Airlift Wing Commander, welcomed and thanked ESGR and the employers for their support.

He personally led a tour of the C-5 Galaxy, the Air Force's largest cargo plane, while discussing the important contributions to national defense made by the dedicated men and women in the Guard and Reserve.

The day provided the "Citizen Soldier," members of the Guard and Reserve, a chance to tell their story in the hopes of maintaining and enhancing the high level of support and understanding already offered by their civilian employers.

The employers were afforded the opportunity to see life from the other side, seeing first hand the efforts and sacrifices being made by their people, which could only be accomplished with their help and patriotism.

"I was very impressed with the professionalism and dedication of the Connecticut National Guard troops protecting the Cadets at the US Military Academy," said John Kriss, an employer from the Otis Elevator Company.

"This trip provided a good reminder of the sacrifice these young men and women are making to keep our Nation and families safe," concluded Kriss.



A Connecticut employer enjoys lunch with his employee while visiting with him at West Point. (Photo courtesy of CT ESGR)



One Connecticut employer enjoys a close look inside a military helicopter cockpit while visiting soldiers deployed to West Point in support of Operation Noble Eagle. (Photo courtesy of CT ESGR)



Sgt. Wagner shares a laugh with his civilian employer during an ESGR visit to West Point. The trip was organized to give employers an upclose look at what their citizen soldiers are doing while deployed. (Photo courtesy of CT ESGR)



Employers got to see military equipment, military life and see what it was the Guardsmen are doing at West Point. (Photo courtesy of CT ESGR)

Airmen enjoy return home



Airmen of the 103rd Air Control Squadron were welcomed home with open arms by family and friends after their recent deployment to Afghanistan in support of Operation Enduring Freedom. (Photo by ROTC Cadet Anne Dressel, 143rd ASG.)

ROTC CADET ANNE DRESSEL
143rd ASG

In a coming home ceremony at Base in Orange, couples were held onto their daddy's and the smiles relief that their airmen were home.

Maj. Gen. William A. Cugno, the Connecticut National Guard, congratulated the airmen for their successful deployment and showed a stellar performance.

The airmen provided air surveillance site, supporting its own communications power. On April 2, 2003, the 103rd Air Control Squadron of Orange deployed to Afghanistan in support of Operation Enduring Freedom."

Approximately 50 airmen of the squadron returned home, with the remaining 40 are still in Afghanistan.

Staff Sgt. Jeffrey P. Luca of Westport, Conn., is a maintenance technician with the 103rd ACS. He has spent his deployment to Afghanistan, a place where the temperature and reaches more than 100 degrees.

"It's almost like being thrown in a movie, except this is real," said Luca.

"Two young soldiers were killed and wounded shortly after my arrival in Afghanistan. I saw a firefight on the radio, calls for air support, and medivacs for the wounded and even leave the base with reinforcements. I was setting up the radios, which were used for communication."

The accommodations in Afghanistan were far from those in the comfort of the airman's home. There were eight people per tent.

"The lower one [bunk] is used for sleeping, and the upper one is for junk, gear, whatever," said Luca. "It's not what you would think that the big base is. It's just a huff and puff and blow your hot air."

The airmen had a minimal water supply.

"Showers have been limited to three times a week. Turn on the water, get wet, turn off the water, rinse off, turn off the water. The latrine accommodations vary from a small trailer to the great outdoors. There are no showers in the shower trailer, but it, well there is something other than it stinks."

Local people in Afghanistan were not afraid of the parties and rebels, and Al Qaeda to fear, but also the parties and rebels.

"People literally clear the street to make their rounds," said Luca. "There are no luxuries of Freedom of Speech and the people who protect their rights and protesters are thrown in jail and so on."

On July 23 the 103rd ACS was notified that they were to return home to Afghanistan no later than the second week of August.

Getting an exact return date seen as a relief. Airmen from the 103rd ACS returned home on August 15. The 103rd ACS is still in Afghanistan awaiting their return.

Like those who have already come home, the airmen are looking forward to seeing the smiling faces of their families and friends, celebrating missed anniversaries and birthdays, and enjoying their civilian life back home.



Home

emony at the Air National Guard were holding hands, children held the smiles of loved ones showed ere home.

Cugno, the Adjutant General of the ard, congratulated the airmen on a and showed satisfaction on their

r surveillance from a self-contained communications, maintenance and the 103rd Air Control Squadron (ACS) Afghanistan in support of "Operation

en of the squadron came home while in Afghanistan.

ca of Westerly, R.I., a ground radio with the 103rd ACS, shares detail of istan, a place where it seldom rains 00 degrees every day.

rown into the middle of a war" said Luca.

were killed in action and several y arrival in April. We listened to the ls for air support A-10s and F-16s, led and even watched helicopters enforcements. I'm responsible for ch were used to call in air support."

in Afghanistan were far different of the airmen's homes. They slept

is used for sleeping and the top for id Luca. "The wind blows so hard the big bad wolf is outside trying w your house down."

mal water supply for showers. mitted to three minutes," said Luca.

et, turn off the water, soap up, turn off the water, you're done. The ary from Port-O-Potty's to a latrine rs. There is a latrine trailer next to well there is no nice way to say it

anistan not only have the Taliban t also the police, feuding political

the street when they hear the police aid Luca. "The United States has peech and a safe corps of police, rights and needs. In Afghanistan jail and sometimes shot."

CS was notified that it would leave n the second week of August.

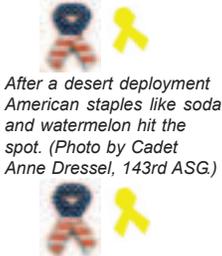
n date seemed impossible, but 50 S returned home safely. Half of the nistan awaiting their redeployment. eady come home, they look forward es of their loved ones, celebrating d birthdays and getting to their



Family, friends and loved ones were all smiles at seeing their airmen return home safely from their deployment. (Photo by ROTC Cadet Anne Dressel, 143rd ASG.)



Spirits were high as airmen recounted their stories, caught up with friends and enjoyed the company of family upon their return. (Photo by Cadet Anne Dressel, 143rd ASG.)



After a desert deployment American staples like soda and watermelon hit the spot. (Photo by Cadet Anne Dressel, 143rd ASG.)



Laughter was heard and smiling faces were seen from everyone in attendance. (Photo by ROTC Cadet Anne Dressel, 143rd ASG.)



Rest, relaxation and recreation awaited members of the 103rd Air Control Squadron at the Air National Guard base in Orange upon their return from duty in Afghanistan. (Photo by ROTC Cadet Anne Dressel, 143rd ASG.)



Warfighter Exercise lands FSB at Fort Leavenworth

Provide medical support, patient evac, ammo during computer simulated training



First Lt. Lynda Hedenberg and Capt. Christine Dumaine resupply the 26th Brigade units and provide medical support and patient evacuation during the Warfighter exercise held at Fort Leavenworth, Kansas. The two are members of the 143rd Forward Support Battalion, CTARNG and attended the training from July 6 to July 22. Fourteen members of the FSB worked split shifts covering 24-hour operations for the computer-simulated exercise. (Photo courtesy of Master Sgt. Peter Blais, 1st Bn, 85th Troop Command)



Lt. Col. Michael Casey, commander of the 143rd Forward Support Battalion, looks at enemy positions as Justin, a civilian staff member at Fort Leavenworth looks on. The FSB participated in a Warfighter training exercise at the Kansas location from July 6 to July 22. During the exercise, the FSB kept members of the 26th Brigade supplied and provided medical support and patient evacuation. Fourteen members of the FSB provided 24-hour operations in split shifts for the exercise. (Photo courtesy of Master Sgt. Peter Blais, 1st Bn., 85th Troop Command).

Officers Club of Connecticut

September Events

Tuesday, Sept. 2

Club reopens
Quiet Birdmen Dinner, 6 p.m.

Saturday, Sept. 6

A Nite at the Busnell
Thoroughly Modern Millie
Dinner, 6 p.m. to include Prime rib and salmon
Theater, 8 p.m.

Monday, Sept. 15

House Committee Meeting, 5:30 p.m.

Thursday, Sept. 18

Board of Governor's Meeting, 5:30 p.m.

Friday, Sept. 19

Club Night/Beef Eater Night
Steamship Round of Beef
Dancing to the music of the Higher Ground Trio
Reservation required

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

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

Welcome our new chef, Saul Brown.

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



November 6, 2003

Aqua Turf Club
Southington, Connecticut
\$49 per person

For more information,
contact MAJ Phil Mawaka
(860) 386-4071 x159

Hosted by the Connecticut 1st Battalion 169th Aviation Regiment

Fitness experts: Start training now for January testing

STAFF SGT. C. TODD LOPEZ
AIR FORCE PRINT NEWS

Air Force fitness experts say airmen must begin preparations now if they want to pass the new fitness evaluations in January. "They need to start training today for year-round fitness to meet mission readiness.

They must include running, push-ups and crunches into their program," said Sylvia Goff, an exercise physiologist at the Bolling Air Force Base, D.C., health and wellness center.

The new Air Force fitness evaluation program, which will replace the cycle ergometry test for most airmen, involves running, push-ups, crunches and a measurement of body composition.

Goff said the new fitness standard may cause concern for airmen who have not been to the gym for some time, or who may have never gone.

"There are several concerns," Goff said. "Some are afraid that they will not be able to

meet the ... standard because many don't exercise on a regular basis. Others are concerned about injury they may receive from running."

Tammy DeCoux, the program manager for the Air Force Services Agency's fitness and sports office, said airmen do not need to be concerned about the safety of running — if they do it correctly.

"Running is not an inherently dangerous activity," DeCoux said. "A running program should be entered into slowly at first, with increasing progression of intensity and duration as conditioning occurs. Mild injuries caused by running are often due to things such as inadequate warm up, cool down or stretching; improper technique; poor running shoes; and over-training."

Shin splints, a common ailment associated with new runners, is an inflammation of the tibia. Symptoms include pain in the front portion of the lower leg. DeCoux said the injury is caused by overuse and the shock

from running on hard surfaces.

"The harder the running surface, the greater the shock," she said.

Treatment includes rest and ice, if needed, DeCoux said. Prevention involves varying your running surface, proper stretching, proper shoes and conditioning.

Airmen who are completely unfamiliar with physical training and conditioning, or with proper diet and weight-loss techniques, can find help on base.

Local health and wellness centers, as well as fitness centers, can play a key part in helping airmen prepare their bodies for the demands of the new fitness standards, said DeCoux.

"It is the role of the (health and wellness centers) to develop fitness programs for both individuals and for units," DeCoux said. "Base fitness centers can provide ... the equipment and guidance needed to carry out those

fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one."

Goff said wellness centers also offer programs on nutrition, healthy eating, sensible weight loss, tobacco cessation, remedial strength and aerobic training.

For airmen who want to start preparing for the running portion of the fitness evaluation, Goff recommends combining walking and running.

"Alternate running and walking until you are able to sustain a run," she said. "Some will be able to sustain the run a lot sooner than others. Once you can sustain the run, you want to increase your speed by no more than 10 percent per week."

People who have been sedentary for an extended period of time or those who have health risk factors should obtain a physician's clearance before beginning an exercise program of any kind, she said.



The 19th Army Ten-Miler
Sunday, October 5, 2003
8:00 AM
Washington, DC

Fees: ATM \$25.00 and Kids Fun Run \$8.00; plus online processing fee.

Field: Limited to 18,000 runners.

Web site: www.armytenmiler.com

Join team CTNG!

Contact: 1st Lt. Paul Draper
(860) 524-4816 / 4820

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Hartford Armory
Dates to be held: September 19 or 26, 2003
Time: 8:00 AM to 12:00 Noon
Or 12:00 Noon to 4:00 PM
Please contact MSG Toni Martucci at
telephone number 524-4955 to register

Military Matters



Use or Lose Annual Leave

Technicians, supervisors, and timekeepers please be advised on the policy/procedures for carry over of use or lose annual leave.

Technicians and their supervisors should project the appropriate time off into their schedules before the end of the year to prevent the loss of Annual Leave.

The leave year will end on Sunday, 10 January 2004. Employees requesting to carry over annual leave into the next calendar year (2004) must be able to verify that the leave was requested by 25 Nov 03 and subsequently denied.

When submitting a request to carry over annual leave in excess of the 240 hour limitation, the employee will provide HRO

with the denied leave requests along with a memorandum from their supervisor verifying the exigency of the public business or sickness that caused the denial of the scheduled annual leave.

Intent of this policy is for all technician employees to utilize the annual leave earned to preclude loss of that annual leave through neglect or poor prior planning.

Recommend each technician review their Leave and Earning Statement (LES) to identify their annual leave balance.

The LES indicates use or lose annual leave balances.

Please direct questions to Capt. Jim Guerrero at (860) 878-6738 or james.guerrera@ct.ngb.army.mil

Education Essentials: The effect of mobilization on ARNG education benefits

1. Purpose. To provide an overview of the effect a mobilization has on ARNG education benefits.

2. Facts:

a. MGIB Overview. ARNG soldiers who are mobilized, remain eligible for the Montgomery G.I. Bill - Selected Reserve (MGIB-SR), Chapter 1606, Title 10, United States Code (USC) or the Montgomery G.I. Bill - AD (MGIB-AD), Chapter 30, Title 38, USC, if they were entitled to the benefit prior to the mobilization.

b. MGIB-SR Extension. ARNG soldiers who are eligible for the MGIB-SR who are federally mobilized for 1 day or more will get the period of the mobilization plus 4 months added to their MGIB-SR benefit after the mobilization. To get the additional time added, soldiers must send a copy of their DD Form 214 to their Department of Veteran's Administration (DVA) Regional Processing Office (RPO) and request the extension.

c. MGIB-AD Extension. ARNG soldiers who are eligible for the MGIB-AD (regardless if their original 10 year delimiting period has expired or not) who are federally mobilized and serve 90 continuous days or more (there are some exceptions for less than 90 days) will have a new 10 year delimiting period established at the point of their latest discharge from active duty. To have the new delimiting period established, soldiers must send a copy of their DD Form 214 to their DVA RPO and request a determination of their new eligibility period.

d. Additional Contribution. ARNG soldiers who are eligible for the MGIB-AD who are federally mobilized for 1 day or more are eligible to add up to \$600 to their MGIB-AD account and receive up to an additional \$5,400 in benefits. Soldiers who

converted to MGIB-AD from the Old GI Bill (Chapter 34) or from VEAP may not make the additional contributions. To contribute the additional funds, soldiers must go to their State ESO or Army Education Office while still on active duty and complete a DD Form 2366-1 and submit the form to their servicing finance office.

e. MGIB-AD Enrollment. ARNG soldiers who are federally mobilized (who first entered active duty after 7/1/85) and serve for at least 2 years of continuous active duty may qualify for the MGIB-AD program. These soldiers should consult with their State Education Services Officer (ESO) or Army Education Office prior to coming off of active duty to verify their eligibility and pay the required \$1,200 contribution. These soldiers are also eligible to contribute the additional \$600 contribution.

f. Tuition Assistance - Enlisted. ARNG enlisted soldiers who are federally mobilized are not eligible for ARNG Federal Tuition Assistance (FTA) but are eligible for Army Continuing Education Service (ACES) Tuition Assistance (TA) available from their servicing active Army Education Center. Note: If the Army Education Office denies a TA request from a mobilized ARNG due to lack of funding that soldier may submit a request for FTA through their State ESO.

g. Tuition Assistance - Officers. ARNG officers who are federally mobilized remain eligible for ARNG FTA because they are NOT eligible for ACES TA due to the required two-year active duty obligation incurred after using ACES TA. The tuition assistance and fee reimbursement rate applied to ARNG officers who are mobilized will match the prevailing ACES TA rate at the time of application: currently 100% up to \$250 per credit hour and \$4,500 per year.

6th ANNUAL NGACT OPEN

*All proceeds to benefit
the Connecticut Children's Medical Center
with NGA & CT Child Support*

DATE:
**Friday
5 September 2003**

LOCATION:
**Kenny Golf Course
Hartford, CT**

TIME:
11:00 am Shotgun Start

COST:
\$90.00 person
(\$25.00 dinner only)

FORMAT:
**Four (4)
Person Scramble**

Tournament Day Schedule	
8:00-10:00	Registration, Coffee, Drinks
10:45-11:00	Depart for starting holes
11:00	Shotgun start
4:00 - 5:00	Comedienne Hour
5:00	Business, Awards, Raffle

Tournament Includes:

- > 18 Holes with cart
- > Hot dog & drink at the hole
- > Entrance to follow golf (tees, greens, sand) etc
- > Awards, prizes and raffle
- > \$10,000 Hole in One contest
- > Closest to the Pin contest
- > Long drive contest
- > 9:30 dinner

Hole sponsorships available - see enclosed information

For questions or more information contact: Joseph Amoretti (860) 247-5000, Chris Howters (860) 234-4824, John Gasham (860) 224-4838, Joseph Dumas (860) 853-5973

Return to NLT 15 Aug 03: NGACT Open, 380 Broad Street, Hartford, CT 06103-2095
(Make checks payable to NGACT)

103rd Fighter Wing 80th Anniversary Ball

Theme: Wings of Transition 80 Years of Readiness

WHEN: October 3, 2003 6pm., Foxwoods Resort Casino (Pay by September 26, 2003)

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

DRESS: Mess Dress, Dress Blues or Class-A with black tie and white shirt (MWAFTS-2310 or AFETG-1). Railroos may wear appropriate uniform or semi-formal civilian attire, all civilians wear semi-formal attire.

- Cash Bangers at 8pm.
- Dinner served at 7pm. with Flying Yankees
- History Presentation
- Then dance until 11pm to live entertainment

COST: \$55 per person

DIRECTIONS: Follow signs from Route 36 or 355 to Foxwoods Resort Casino; then follow the signs to the Grand Regent Hotel; after parking (no charge for valet) proceed in the Grand Regent Hotel and upstairs to the main Ballroom.

HOTEL ROOMS: We have arranged 150 Foxwoods Resort rooms at a discount rate of \$107 first come first served. Reserve by September 17 to guarantee the rate with reservation code# **F10800**, at 1-800-FOXWOODS (1-800-389-8663) or book online www.foxwoods.com

MENU: Choice of Petite Filet Mignon or Chicken Stuffies with wild rice and mushrooms, pasta, salads, bread, vegetables, cheese cake, and coffee.

Must be paid by Sept. 20, 2003

MAIL TO: Make checks for \$55 per person payable to the **103rd FWY MWR** and send to Commander, 103rd Fighter Wing, 300 Nicholson Road, Earl Granty, CT 06026-9309

Name _____ Rank or Grade _____

When were you a member or what organization are you in? _____

Meal Choice Filet Mignon _____ or Stuffed Chicken _____ (number of each at \$55 per person)

Guest Name _____ Amount Enclosed \$ _____



CHIEF MASTER SGT.
WANDA WAWRUCK

Enlisted Update

People and professional organizations

Welcome back to our Security Force and Air Control personnel who recently returned from the "sand box." I look forward to personally welcoming you home at the celebration planned for both you and your families. Your participation along with hundreds of other members of the CTNG has provided us with many "lessons learned" during our activations, mobilizations and demobilizations.

Therefore, this month's article will focus on supporting professional organizations.

In some of my discussions over the past couple months with our people, I have come to realize that many of our members are not aware of the organizations in place to assist Guard members. I'm specifically talking about professional organizations such as the Noncommissioned Officers Association (NCOA), Association of the United States Army (AUSA), Air Force Sergeants Association (AFSA), National Guard Association of Connecticut (NGACT), and Enlisted Association of the National Guard of the United States (EANGUS) to name several.

These organizations speak with our US Representatives in both the House and Senate on a daily basis. They lobby on our behalf for such things as improvements to quality of life and equipment.

For example, many members are interested in the bill for Reserve Components (RC) to buy into the TRICARE healthcare program.

Another group of our members are interested in the bill that would revise the age and service requirements for eligibility to receive retired pay. These are just two examples of many that our professional organizations are keyed in on.

Although each organization represents us well, I would like to highlight EANGUS and NGACT and their relationship with

one another.

EANGUS is unique from the other professional organizations mentioned above because their grass roots are you and me....Guard members. Together with our congressmen and senators, these organizations work extremely hard for us. They do this by listening to State Associations such as the NGACT, guardsmen letters to their congressman, and membership.

Why do these organizations support us? Because they care about citizen-soldiers - we are a unique breed that volunteers our time for our State and Country. These organizations want to ensure we have the proper training, state-of-the-art equipment, and benefits to keep us motivated to carry out the business of protecting our homeland.

However, they can't do it all alone, just as we cannot do our jobs alone. They need a strong, vibrant membership; remember we live in a democracy where there is strength in numbers.

In lobbying for our issues, their job becomes easier if they can brag about the membership that reflects a strong constituency.

Membership to any military professional organization is worth its weight in gold when it comes to increased benefits. You will find that these organizations also provide many benefits such as life insurance, hotel, rental car, auto center, Air Force Times, and Army Times discounts to name a few.

Over the next few months, Sgt. Maj. (ret) Joe Amatruda (President, NGACT) and his membership team will canvas our units to help educate our members.

I hope you will take the time to ask questions, read about these organizations or visit their web sites. You will find that the increases in pay, benefits and modern equipment we receive are a direct result of these organizations supporting our cause.

Attention Soldiers, Airmen and Families

The Connecticut Guardian wants your photos!

If you have photos you wish to share with the rest of our Guard family, we would like to publish them in the Guardian.

We are looking for photos of soldiers and airmen who are deployed either relaxing or working. We are looking for photos of family members at home or at play. We are looking for photos of families packing care packages to send to their loved ones.

We will print them in the Guardian as space allows so they can be seen and shared by Connecticut Soldiers, Airmen and families around the world.

Please e-mail your photos to ctguardian@ct.ngb.army.mil

Guard Voices

A SOLDIER'S WIFE

Statement made by Lori Kimbal, Alabama

*"For those who fight for it, freedom has a flavor the protected will never know."
Written on a C-ration box found after the siege of Khe Sahn, Vietnam 1968.*

It could have been any night of the week, as I sat in one of those loud and casual steak houses that are cropping up all over the country. You know the type- a bucket of peanuts on the table, shells littering the floor, and bunch of perky college kids racing around with longneck beers and sizzling platters.

Taking a sip of my iced tea, I studied the crowd over the rim of my glass. I let my gaze linger on a few of the tables next to me, where several uniformed military members were enjoying their meals.

Smiling sadly, I glanced across my booth to the empty seat where my husband usually sat. Had it had only been a few weeks since we had sat at this very table talking about his upcoming deployment to the Middle East?

He made me promise to; come back to this restaurant once a month, sit in our booth, and treat myself to a nice dinner. He told me that he would treasure the thought of me there eating a steak and thinking about him until he came home. I fingered the little flag pin I wear on my jacket and wondered where at that moment he was. Was he safe and warm? Was his cold any better? Were any of my letters getting to him? As I pondered all of these things, shrill feminine voices from the next booth broke into my thoughts.

"I don't know what Bush is thinking invading Iraq. Didn't he learn anything from his father's mistakes? He is an idiot anyway, I can't believe he is even in office. You know he stole the election."

I cut into my steak and tried not to listen as they began an endless tirade of running down our president. I thought about the last night I was with my husband as he prepared to deploy. He had just returned from getting his smallpox and anthrax shots and the image of him standing in our kitchen packing his gas mask still gave me chills.

Once again their voices invaded my thoughts.

"It is all about oil, you know. Our military will go in and rape and pillage and steal all the oil they can in the name of freedom. I wonder how many innocent lives our soldiers will take without a thought? It is just pure greed."

My chest tightened and I stared at my wedding ring. I could picture how handsome my husband was in his mess dress the day he slipped it on my finger. I wondered what he was wearing at that moment. He probably had on his desert uniform, affectionately dubbed coffee stains, over the top of which he wore a heavy bulletproof vest.

"We should just leave Iraq alone. I don't think they are hiding any weapons. I think it is all a ploy to increase the president's popularity and pad the budget of our military at the expense of social security and education. We are just asking for another 9-11 and I can't say when it happens again that we didn't deserve it."

Their words brought to mind the war protesters I had watched gathering outside our base. Did no one appreciate the sacrifice of brave men and women who leave their homes and family to ensure our freedom? I glimpsed at the tables around me and saw the faces of some of those courageous men, looking sad as they listened to the ladies talk.

"Well, I for one, think it is a travesty to invade Iraq and I am certainly sick of our tax dollars going to train the professional baby killers we call a military."

Professional baby killers? As I thought about what a wonderful father my husband is and wondered how long it would be before he was able to see his children again, indignation rose up within me.

Normally reserved, pride in my husband gave me a boldness I had never known. Tonight, one voice would cry out on behalf of the military. One shy woman would stand and let her pride in our troops be known. I made my way to their table, placed my palms flat on it and lowered myself to be eye level with them.

Smiling I said, "I couldn't help overhearing your conversation. I am sitting over here trying to enjoy my dinner alone. Do you know why I am alone? Because my husband, whom I love dearly, is halfway across the world defending your right to say rotten things about him. You have the right to your opinion, and what you think is none of my business, but what you say in my hearing is and I will not sit by and listen to you run down my country, my president, my husband, and all these other fine men and women in here who put their lives on the line to give you the freedom to complain. Freedom is expensive, ladies, don't let your actions cheapen it."

I must have been louder than I meant to be, because about that time the manager came over and asked if everything was all right.

"Yes, thank you." I replied and then turned back to the ladies, "Enjoy the rest of your meal."

To my surprise, as I sat down to finish my steak, a round of applause broke out in the restaurant.

Not long after the ladies picked up their check and scurried away, the manager

Homefront

In defense of Connecticut's children: 10 Years of Aviation Career Education

STAFF SGT. JEANENE MACDONALD
DDR

After ten years, the youth of Groton still get a rise from attending the Aviation Career Education (ACE) Camp.

From July 14th through the 18th the Connecticut Army and Air National Guard, in conjunction with the Federal Aviation Administration (FAA), Department of Transportation (DOT), and the Groton City and Town Police Departments, combined efforts to host their tenth annual ACE Camp for the youth of Groton.

Students from the ages of 11 through 14 spent the week learning about the various aviation career opportunities that are available to them if they lead a drug free lifestyle. The week began at Groton City Hall where Mayor Dennis Popp welcomed students and parents at the opening ceremony.

The students then traveled to the Groton AVCRAD and were introduced to the history of flight, theory of flight, and the effects of weather on flight by FAA instructors. Tuesday the students traveled to the 103^d Fighter Wing, at Bradley Airport where they learned how to recognize and read flight instruments and how to plan their flight. They also spent the day building

model rockets and visiting the New England Air Museum.

Again on Wednesday the

pilots, crew chiefs, and other guard personnel. The students

were also given

tour they are taken directly onto the runway and shown the operations of the airport.

On Thursday the entire day was spent in the air. With the assistance of a pilot the students got hands on flight time in a Cessna flown out of the Groton-New London Airport.

The week ended with the firing of the rockets that were built on Tuesday and a small graduation ceremony where a two hundred dollar achievement award from the Aero Club of New England was awarded to the student who showed the best discipline, leadership and enthusiasm during the week.

This year the achievement award was presented to Chris O'Donnell, of Mystic, Conn. The youth of Groton were introduced to many exciting career opportunities and positively influenced by dedicated volunteers.

With continued support and dedication like this, the ACE Camp hopes to continue their efforts in communicating the message of how important it is to remain drug free for many more years to come.



day was spent at the 103^d Fighter Wing where the students were given the opportunity to tour the base, talk to

tour of the Army Aviation Support Facility and Bradley International Airport. During the

Chaplain's Who is in charge?

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CHAP. (MAJ.) KEVIN
CAVANAUGH

"I never expected to be here."
"I never thought that I would find myself in this situation."
"I never expected this to happen to me."

Over the past several months soldiers' in a prayer that has become a personal favorite of mine. Known as the Prayer of the Anonymous Confederate Soldier, it reads as follows:

I asked God for strength,
that I might achieve...
I was made weak,
that I might learn humbly to obey.
I asked for health,
that I might do greater things...
I was given infirmity,
that I might do better things.
I asked for riches,
that I might be happy...
I was given poverty,
that I might be wise.
I asked for power,
that I might have the praise of men...
I was given weakness,
that I might feel the need of God.
I asked for all things,
that I might enjoy life...
I was given life, that I might enjoy all things.
I got nothing that I asked for, but everything I hoped for.
Almost despite myself,
my unspoken prayers were answered.
I am among all men most richly blessed!

family members and various members of our military family have shared these thoughts with me. Whether counseling family members of a deployed soldier, visiting soldiers recovering from their wounds at Walter Reed or empathizing with a service member whose life is in turmoil, I've never been surprised to find that life unfolds in a different manner from what I planned or expected. As I look back in my own life, I see various examples of how that has happened. When I open the Bible and look for comfort and guidance I find these words in the book of Proverbs: "Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge Him and He will make your paths straight" (Proverbs 3:5-7). The Book of Hebrew's develops this theme further in saying: "Never will I leave you, never will I forsake you." (Hebrews 13:5) Many years ago a soldier reflected on these same themes. Although his name is not known, his thoughts are preserved

Jumper discusses change

From Page 1

"Right now we are still in the test stages," he said. "We are still playing with the different camouflage patterns."

Three hundred uniforms are being tested in hot and cold conditions, and the people doing the testing and suggesting the improvements are airmen doing their jobs out in the field, Jumper said.

"All I ask is that you give (them) a try, and then decide if you like them or not," he said.

Both of these changes are designed to make deployments more comfortable for airmen and increase productivity, Jumper said.

Jumper said a return to the normal air and space expeditionary force cycles is in sight.

"We have two 120-day cycles that are planned right now," he said. "That should get all of our reconstitution done, give people time to catch their breath, and then we should start back into the normal cycle in March."

He added that there would be modifications to the current procedures, but generally the changes are going to continue to make life easier for airmen.

Another change senior leaders are studying is how the service branches can better work together, Jumper said.

"It's a matter of taking a conscious look at what the real requirements and the real

threats are, and responding to those," Jumper said.

Addressing the proposed lease of new aerial refueling aircraft, the general said if the deal is closed, he is confident the transition will be quick.

Air Force officials selected, and the Defense Department has approved, the Boeing 767 as its tanker candidate. The new aircraft will be able to deliver 20 percent more fuel than the 43-year-old KC-135E model. It can be refueled in flight and has the capability to refuel Air Force, Navy, Marine and allied aircraft on every mission.

"We should be able to do the same mission with fewer airplanes, and we don't take away the crews, so the crew ratios will be higher," he said. "If you have a higher crew ratio, you get an airplane that is more reliable (and is) available more of the time, and we should be able to make this job easier even if the ops tempo stays high," Jumper said.

The new fitness program, the new uniform, the potential integration of the newest tanker into the fleet and other changes in the forecast shows the Air Force is continually improving itself for its airmen, Jumper said.

"We have proven in our recent battles that we are the world's greatest Air Force," he said. "And, while it may be tough to constantly improve the best, the Air Force continues to do so."

Youth Camp takes over Camp Rowland!



Ben St. Pierre, Sergio Cano, and Erin McMahon play Twister at Camp Rowland; in Niantic, Conn. Just one of the many games they would play at the Summer Youth Camp. (Photo by Spec. Joseph Waller, 65th PCH)



Seeing old friends and making new ones is what camp is all about. (Photo by Spec. Joe Waller, 65th PCH)


**TWENTY-SECOND ANNUAL
SENIOR NONCOMMISSIONED OFFICERS' DINING-IN**

DATE: THURSDAY, 02 OCTOBER 2003
TIME: 1800 HOURS
PLACE: AQUA TERF CLUB, SOUTHLINGTON, CONNECTICUT
COST: FORTY DOLLARS (\$40.00)
GUEST SPEAKER: CHIEF MASTER SERGEANT RICHARD M. GREEN,
Fourth Command Chief Master Sergeant, Air National Guard
ELIGIBILITY: Senior Noncommissioned Officers (Platoon Sergeants, Chief Petty Officers, Gunnery Sergeants, and Master Sergeants [E-7 and above]). All eligible Army and Air National Guardsmen are expected to attend. Retirees are most welcomed.
UNIFORM: Appropriate **FORMAL** military attire for all services. Retirees may wear the uniform or a business suit.
HOST: Chief Master Sergeant Waanda F. Wawrock,
Command Chief Master Sergeant, Connecticut National Guard
RSVP: Military protocol requires prompt response (within 72 hours of receipt). *Note: No responses accepted after 24 September 2003!*

The formal military dinner ceremony known as the "Dining-In," is an old and traditional military affair believed to have its origins in medieval England. The Dining-In is now recognized as an occasion to foster comradery, goodwill, and camaraderie within an organization and to emphasize their importance in the life of a service member. It is an excellent occasion to bid farewell to service members who have departed, to welcome new ones, and to recognize the achievements of military service and individual members. Please note the guest speaker!

The cost of the affair includes a full course dinner (meat entree - Roast Prime Rib of Beef or a Fish entree upon special request) and refreshments before dinner; a cash bar is available immediately following dinner. Upon receipt of your application to attend, you will receive a "Kiss of the Muse" package specifying uniform requirements and sequence of events. You are expected to know and follow military protocol while in attendance. The Aqua Terf Club is located on Wallberry Street, Southington, Connecticut, a short distance from Routes 18, 84, 123, and 69E.

Seating is arranged with unit integrity or upon specific request (table of ten). Violation of the unit will impose a fine. The President of the Muse or Muse/Madame Vice will determine the amount of fines (one dollar minimum). It is advised that you arrive with single one-dollar bills. Muse/Madame Vice will not make change. All fines will be donated to a charity chosen by the hosting service.

Your support towards the Senior Noncommissioned Officers Dining-In has been noted! It is requested that you continue to support your Dining-In and continue the great tradition. Submit your application to attend as soon as possible - early response enables the committee to better plan the Dining-In and make it a more enjoyable evening for all. Spread the word...look forward to seeing you there!


**TWENTY-SECOND ANNUAL
SENIOR NONCOMMISSIONED OFFICERS' DINING-IN
APPLICATION PROCESS**

Make checks payable to: "CTANG Activities Fund"

Mail application and check (no later than 24 Sep 03):
Command Chief Master Sergeant
Connecticut Air National Guard
National Guard Armory
360 Broad Street
Hartford, Connecticut 06105-3795

Detach between the double lines and mail to address above:

I plan to attend the Senior Noncommissioned Officers' Dining-In on Thursday, 02 October 2003. My check in the amount of \$40.00 is attached.

NAME: _____ **RANK:** _____

HOME ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP CODE:** _____

UNIT: _____ *

(*Retirees, please indicate your unit of assignment prior to retirement)

Indicate your meal preference for fish in lieu of Prime Rib:

Guarding Your Rights

Legal Affairs: *The Peoples' Court in Connecticut: How to use Small Claims Courts*

CHIEF WARRANT OFFICER 2 GEORGE RIPLEY
JAG OFFICE

- Ex-boyfriend says loan was really a gift and won't pay you back?
- Rear-ended by a yuppie in an SUV and you're the one who's paying?
- Home Improvement Contractor took your money and didn't show to seal your driveway?

If you've found yourself in the middle of any of these scenarios, do not despair; we may have the answer for you—Small Claims Court. I'm sure you've watched Judge Judy or the People's Court at one time or another and have taken sides as the story unfolded. Well, the Connecticut Small Claims Court is our version of Peoples' Court and it is available to you to pursue justice in those smaller matters that all of us have at one time or another and don't want to give up without a fight.

What is Small Claims Court and How Does it Work?

The "Small Claims Court" is part of the Connecticut Superior Court and is a forum where individuals, businesses and other organizations can sue for up to \$3500 in money damages. Actions of libel and slander are not permitted and actions that seek relief in other than money damages (e.g. injunctions, evictions, probate matters) are also out of scope.

Small Claims proceedings are designed to secure the prompt and inexpensive resolution of smaller disputes through simple and informal hearings that do not require the services of an attorney. Attorneys may be used, generally at your

own expense, but the court will not furnish attorneys.

Magistrates who are appointed by the Judicial Branch generally conduct small claims hearings. Jury trials are not permitted in small claims. In some courts, Small Claims Commissioners are available as an alternative to the Magistrate. Small Claims Commissioners are attorneys with experience in small claims matters who volunteer their time and are also appointed by the Judicial Branch. They are bound by the same rules of law and evidence as the Magistrate but can generally hear matters more quickly because the Magistrate is obligated to hear motions and uncontested matters before he or she can hear contested cases.

The court system in Connecticut consists of trial courts (courts where civil and criminal matters are initially heard) and appellate courts (courts where appeals of trial court decisions are heard). The trial court in Connecticut is the Superior Court and the appellate courts are the Appellate Court and the Supreme Court. Small Claims is one of the several parts of the Civil Division of the Superior Court. Other parts include summary process (evictions), administrative appeals, jury matters and court matters.

The Superior Court has locations throughout Connecticut and is divided into two levels: Judicial District (serious matters) and Geographical Area (less serious) courts. GA courts handle small claims matters. The location of the small claims court that serves your town can generally be found in the blue pages of your telephone directory under ("Connecticut State of" "Judicial

Department" "Geographical Areas (GA) Criminal Motor Vehicle Small Claims".

Detailed information about the small claims process including FAQ's and the booklet "The Small Claims Process" can be accessed through the Judicial Branch web site at www.jud.state.ct.us "The Small Claims Process" can also be obtained from the small claims clerk's office.

How Do You Begin a Small Claims Case?

To commence a small claims action, you should contact the clerk's office for the small claims court serving your town or city. The form JD-CV-40 "Small Claims Writ and Notice of Suit" must be completed and signed under oath. This form can be obtained and completed at the clerk's office and while they can assist you in completing the form, they are prohibited from providing legal advice. The form can also be down loaded from the Judicial Branch web site. The completed form is given to the clerk's office with a \$35.00 entry fee.

Service of your claim on the defendant(s) is generally handled by the clerk's office, however, if you are suing an out-of-state corporation, a sheriff will be needed and the clerk's office can give you information on this process.

The defendant is required to respond to your complaint by the Answer Date that is assigned by the clerk when you file the complaint. Having your case heard in small claims court is not guaranteed, however. A defendant can file a request (motion) to have



the matter heard in the regular session of the Superior Court presided over by a judge. If the defendant in your case asks to have the case removed from small claims, the services of an attorney may be needed to pursue your claim. In addition to denying your claim, the defendant is also able to file a counterclaim against you that can be heard as part of the same case.

Settlement discussions between the parties can occur at any time prior to the trial even on day of the trial in court. Settlements should be given serious consideration by all parties because often a compromise of the dispute that provides some of the requested damages is better than going to trial where the case may be lost entirely.

Details on preparing your case for trial and conducting the trial are spelled out in the resources referenced above. It should be noted that if you do secure a judgment, collection of the amount awarded is not always easy. Details about this aspect of small claims are also found in the resources mentioned above.

In summary, small claims court is a great place to take those matters where the amount of money claimed is relatively small but the principle of the case is too important to forget. Also, if you want to observe courtroom drama at the most basic level, small claims sessions are open to the public. Finally, if you are a member of the Connecticut Army National Guard and you have questions about pursuing small claims matters, feel free to contact Capt. Timothy Tomcho, HHD STARC, Office of the Staff Judge Advocate for guidance.



CARL R. VENDITTO
CT ESGR CHAIR

In the early days of journalism, a newspaper reporter would end his article by using the numerals "30".

This signified to the editor that the writing was complete and no additional pages or attachments were forthcoming.

I have been with the Connecticut Employer Support of the Guard and Reserve Program (ESGR), for seventeen years, the last six as chairman.

According to ESGR regulations, no chairman may serve more than two terms of three years each. I will conclude my second term this September 30.

The ESGR program has always been alive and well in this state.

David Foster, a Connecticut National Guard general, whom I succeeded, held the post for many years that was appropriate

What the heck does -30- mean? Saying farewell to job and friends

under previous regulations. Dave gave the committee an organizational framework, purpose, and philosophy.

My administration emphasized the role of the ESGR link with the citizen soldiers of this state through a well organized Mission One program and ombudsman service component.

This was coupled with greater public outreach and public affairs and an expansion of the committee membership base.

We "branded" the ESGR image through posters, radio, and TV, ads, trade shows, newspaper and magazine articles and presentations to civic groups.

Much more remains to be done in this vital area.

My successor, Louis Vasquez, a retired USAR lieutenant colonel and management executive with Fleet Bank, assumes the chairmanship on 1 October. Knowing Lew,

he will emphasize technology and management skills used in the corporate world.

No matter what changes take place, one emphasis will not be minimized, that of direct support to the men and women of the Connecticut National Guard.

This committee will be "in the pockets" of unit commanders as a force multiplier and will continue to march.

The CT ESGR team is blessed to have a wonderful group of highly motivated volunteers whose civilian and military work skills and contacts with key state, national, and local business community leaders can only be supportive and complimentary to the men and women whom we serve.

I have been fortunate to have had the wise counsel of many officers and NCO's of the Connecticut Guard. Maj. Gen. David Gay, former TAG gave me wide latitude to support

his programming. Maj. Gen. William Cugno has been in the ESGR corner along with his staff. Col. Dan Scace, Commanding Officer of the 103rd Fighter Wing was a great supporter of ESGR goals. My many thanks go out to the total ESGR committee who carried volunteerism to a new threshold.

My Marine friends often joke that I seem to like members of the Guard as much as those who serve in the Corps. My response is always to remind them that I come from a US Army family and both my uncles served in WW 11.

I truly believe that the Army and Air National Guard members of Connecticut are members of the best fighting force in the world today. I am proud to have had some small role in serving that force which has done so much for our great nation.

Semper Fi
"30"

Inside OCS

Experience is the best teacher, but still a lot to learn from TACs and NCOs at OCS

OC DAVID LORD
CLASS 49

Some say that your experience is the best teacher. It has been my experience, however, that this is only partially true. I have been in the Army, both Active Duty and National Guard, for more than twelve years.

In that time I've been a driver, a machine gunner, an RTO, a team leader, a squad leader and a platoon sergeant. I've been in a Mechanized Infantry Scout Platoon and I've been in a Wheeled Engineer Line Platoon. I've completed all of the NCOES courses through ANCOE II.

And, even with this experience, the one thing I am absolutely certain of is that I don't know it all.

I enlisted in the Army while still in high school. I shipped off to Basic Training and AIT in September 1990, which was less than a month after Iraq invaded Kuwait. I served as a member of 2/6 Infantry's Scout Platoon in Erlangen, Germany for two years. As an enlisted man, I had very little interaction with my lieutenants. In fact, I rarely saw him unless we were in the field. And then I saw him all too often. I often found myself asking, as I'm sure many privates do, "Who is this guy? Why is he giving orders when

he doesn't even train us like the sergeants do?"

During my time in the active component, I decided to go to college. In 1993 I processed out of the Army and into the Connecticut Army National Guard. Initially, my decision for joining the guard was not as selfless as many other soldier's. I had already signed up for the G.I. Bill and Army College Fund, but I knew that the Connecticut Guard had a tuition waiver program. So, my initial enlistment was clearly a financial maneuver to pay for college.

Before I came into the Guard, I was under the impression that the National Guard Component and its soldiers were somehow less efficient, less trained and much less disciplined. Almost as soon as I arrived, I realized, mostly through the examples set by the officers and NCOs, that the Guard was just as professional as the Active Component.

Once I was acclimated to the National Guard, I began to think that the officers were at a significant disadvantage to Noncommissioned Officers. I saw that officers were not awarded an opportunity to train with their respective platoons for very long before they were reassigned to a new

position or unit. At this part of my career I had no intention of attending OCS. I was concerned only with the training of the soldiers in my squad and, later, my platoon.

As I rose in rank, I began to have more and more interaction with my platoon leaders. More and more I began to understand the officer's role. An officer doesn't have the opportunity to train soldiers on individual or crew tasks because he is preoccupied with designing, evaluating and leading collective training for the entire platoon.

Once I was promoted to sergeant first class in 2001, and I knew I was staying in the Guard for at least twenty years, I started to think about how I could have the greatest impact on soldiers and their professional development. I realized that lieutenants are sent to different platoons and units in order to gain the experience to lead effectively quickly. I knew that becoming an officer would allow me to effect soldier training on an entirely new level.

Instead of simply conducting the assigned training I hope to be able to design and implement the caliber of training that will not only satisfy the unit's METL, but increase soldier morale and esprit de corps,

as well.

After I decided that Officer Candidate School was the road for me, I began asking questions about the process. The majority of the officers in my unit were graduates of the OCS program. All of them were willing to give their own insights and advice and all supported my decision and encouraged me to attend OCS as soon as they learned that it was something I was interested in.

The T.A.C. officers and NCOs at OCS are, in a word, professional. They are knowledgeable in their craft and they share their experiences freely. They motivate us to strive for excellence. They set the standard and then encourage the candidates to meet that standard.

For me, Officer Candidate School has emphasized the fact that it is not only your experience that provides the important lessons. Just as important, are the experiences of your teammates and instructors coupled with the inexhaustible willingness to learn that is truly the best teacher. This collective experience is what makes the Officer Candidate School such an effective leadership development program.

Why Diversity?

Hispanic Heritage to be celebrated

On Friday, October 10, 2003, the Connecticut National Guard – in conjunction with the United States Postal Service will host its 2003 Hispanic Heritage Celebration in the Fine Arts Center at Naugatuck Valley Community College in Waterbury, Conn. This event is scheduled to take place between 10:00am and 12:00 pm.

This is a great opportunity to learn about and experience the Hispanic culture. The keynote speaker for this year's event is Rafael Toro, director of public relations for Goya Foods, Inc. Also included is a cultural Hispanic musical presentation by Flamenco Guitarist Val Ramos. The United States Postal Service will unveil the "Cesar Chavez" Stamp. There will be a presentation of awards for winners of the "Recognition of Connecticut Hispanic Students in Academics" contest with a reception following the formal program, during which a sampling of an array of authentic Hispanic foods will be offered.

The leader in Hispanic foods has been Goya Foods Inc. a Secaucus, New Jersey-based Company founded 67 years ago that manufactures, produces and distributes approximately 1,000 food products internationally. They have foods for every different Latino group. Goya is a household name in most United States Hispanic homes and Goya is gaining popularity and recognition even among the non-Hispanic homes. Goya is the largest Hispanic food

company in America.

The cultural Hispanic musical presentation will be by accomplished guitarist Val Ramos. Val Ramos has been playing Flamenco Guitar since the age of 14 when he began studies at the south Bronx Community Action Theater in New York City. For 29 years he has performed as a soloist with his flamenco ensemble at venues such as International Festival of Arts and Ideas and the Music Festival in Connecticut. He has also appeared in several television specials such as the Disney channels Coming On! Series (which was his first professional debut in 1985), and has also released three albums. Most recently, Val has performed with the internationally renowned Puerto Rican singer/song writer and three-time Grammy nominee Danny Rivera.

The United States Postal Service will be unveiling the "Cesar Chavez" stamp. This stamp represents a part of history when a young Hispanic man who grew up during the great depression became the founder of the National Farm Workers Association (NFWA). This organization would lead migrant workers to having better wages for picking vegetables, fruits and working in fields.

We encourage both military and civilian participation at this event, as it is open to the public. Please RSVP to Tech. Sgt. Claire Potier at (860) 878-6713, by Monday, October 6th, 2003.

The Connecticut National Guard & the United States Postal Service
Cordially invite You To The

2003 Hispanic Heritage Celebration

"One Culture Many Races"

Keynote by Rafael Toro
Director of Public Relations for Goya Foods, Inc.

Unveiling of the "Cesar Chavez" stamp
by the United States Post Office

Special Performances by Flamenco Guitarist Val Ramos
with his flamenco ensemble

Reception Will Follow Program
will include a light buffet of authentic Hispanic foods.

October 10, 2003
10:00am - 12:00pm

Naugatuck Valley
Community College
Waterbury, Connecticut



RSVP: TSGT Claire Potier at (860) 878-6713 by October 6th, 2003

Health & Fitness

Your Health Matters: September is Prostate Cancer Awareness Month

CAPT. KATHLEEN KING, ARPN

Most people recognize the pink ribbon that symbolizes breast cancer awareness, but did you know that since 1999 a blue ribbon has been the symbol of the fight against prostate cancer? The blue ribbon, long associated with victory and first place, expresses the commitment to beating prostate cancer. Think of it as "blue is for our boys".

Prostate cancer is the most common form of cancer (other than non-melanoma skin cancer), diagnosed among men in the United States, and is second only to lung cancer as a cause of cancer-related death among men. The American Cancer Society estimates that in 2003, about 220,900 new cases of prostate cancer will be diagnosed and 28,900 men will die of the disease. It is thought that 1 man in 6 will get prostate cancer, and 1 man in 32 will die of the disease.

Since only men have a prostate gland, only men need to worry about prostate cancer. The prostate gland, about the size of a walnut, is located just below the bladder and in front of the rectum, and the tube that carries urine runs through the prostate. The prostate contains cells that make some of the chemicals that a man's body requires as well as the seminal fluid, which protects and nourishes the sperm.

Which men are at increased risk? The causes of prostate cancer are not well understood. Doctors cannot explain why one man gets prostate cancer and another does not. Scientists are trying to determine the causes of prostate cancer and whether it can be prevented. The big three risk factors are:

- Age. Risk increases as age increases.
- Family history of prostate cancer: A man's risk for developing prostate cancer is higher if his father or brother has had the disease.
- Race: This disease is much more common

in African American men than in white men. It is less common in Asian and American Indian men.

Lifestyle choices may affect a man's chance of developing prostate cancer, but scientists have yet to agree on these factors. Some of the factors under study include:

- Use of herbal supplements
- Diets high in fat or low in fruits and vegetables
- Consumption of vitamin E or selenium
- Certain infectious diseases
- Men's hormonal characteristics

For example, some evidence suggests a link between diet and this disease, although this has yet to be proven. These studies show that prostate cancer is more common in populations that consume a high-fat diet (particularly animal fat), and in populations that have diets lacking certain nutrients. Although it is not known whether a diet low in fat will prevent prostate cancer, a low-fat diet may have other health benefits, as well.

Several studies are under way to explore how prostate cancer might be prevented. These include the use of dietary supplements, such as Vitamin E and selenium. Other studies have found that taking Vitamin A supplements may actually increase prostate cancer risk. In addition, recent studs suggest that a diet that regularly includes tomato-based foods may help protect men from prostate cancer.

Some research suggests that high levels of testosterone may increase a man's risk of prostate cancer. The difference between racial groups in prostate cancer risk could be related to high testosterone levels, but it also could result from diet other lifestyle factors.

There are two common tests used by health care providers to detect prostate cancer. One is the digital rectal examination (DRE), and the other is a blood test measuring the prostate-specific antigen (called a PSA test).

Most men dread the digital exam, but although psychologically uncomfortable, it is not painful and takes only a short time. The health care provider can feel for bumps or hard places in the prostate, which often indicate cancer. Most prostate cancers begin in the part of the gland that can be reached by a rectal exam. Although DRE is less effective than the PSA blood test in finding prostate cancer, it does sometimes find cancers in men with normal PSA levels.

The PSA (prostate -specific antigen) blood test measures a protein made by prostate cells. Most men have levels under 4 ng/mL (nanograms per milliLiter) of blood. If your level is above 4, but less than 10, you have about a 25% cancer of having prostate cancer. If it goes above 10, your chances are higher. Factors other than cancer also cause the PSA level to go up, including age, since your PSA level slowly increases as you get older.

Others reasons for a higher PSA level may be a non-cancerous enlargement of the prostate, common in older men called benign prostatic hyperplasia, (BPH), prostatitis or the inflammation of the prostate gland, or too much sex since ejaculation can cause a temporary increase in blood PSA levels. This last reason is so common that some health care providers suggest that men abstain from ejaculation for two days before PSA testing.

Although there is good evidence that PSA screening can detect early-stage prostate cancer (which seems like a good thing), it is possible that early detection does not reduce the number of prostate cancer deaths. Prostate cancer is typically very slow growing, but sometimes prostate cancer can grow and spread quickly, and this is the most dangerous type. Even with the latest diagnostic methods, it is hard to

tell which prostate cancers will grow slowly and which will grow quickly. Prostate cancer screening may have some downsides. These include the anxiety and the cost of follow-up testing occasioned by frequent false-positive results (tests which may indicate a cancer, when in fact there is no cancer), as well as the complications that can result from treating slow-growing prostate cancers that, if left untreated, might not affect the patient's health. The best advise is to consult with your health care provider or a specialist (urologist)

The Facts:

- About 30 percent of all diagnosed prostate cancers are found in men aged less than 64 years old.
- Over the past 20 years, the survival rate for prostate cancer has increased from 67 percent to 97 percent.
- The Prostate cancer death rate is higher for African-American men than for any other racial or ethnic group.
- Decreases in prostate cancer death rates during 1990-1999 were almost twice as great for whites and Asian/Pacific Islanders than they were for African Americans, American Indians/Alaska Natives, and Hispanics. Prostate cancer is most common in North America and northwestern Europe.

If you would like further information, the following web sites are helpful and informative:

- www.cdc.gov/cancer/prostate/prostate
- www.prostate-cancer.org
- www.cancer.org
- www.4npcc.org
- www.pcrn.org

(Sources for this article: American Cancer Society Centers for Disease Control and Prevention National Prostate Cancer Coalition Prostate Cancer Research Institute Association for the Cure of Cancer of the Prostate Prostate Cancer Research Network)

Fit for Life: Owww! My aching _____!!!! Exercise with limited resources

MAJ. JAMES FINN
MASTER FITNESS TRAINER

Which hurts the most when you work out: muscles, motivation, relationships, or calendar? Any physical fitness program takes planning.

Do I run in the morning? Email in the evening? Time with children / spouse on weekends? How do I fit in enough exercise during the week to: lose weight, gain muscle, improve my APFT, look better, feel better, get my abs back. Listed below are the seven common factors of the best programs:

1. Plan your schedule by the year, month, and week. The days seem to take care of themselves. Decide your fitness goal(s) a year ahead. Then plan backwards breaking up the months and weeks into edible bites. Don't schedule the "Ironman" when swimming the length of a pool is life threatening. Be realistic and find a fitness adviser. Use the two week free club passes but don't join any unless you have tried

them all. My wife bought into a club with a contract that her yearly rate can never go up. The lesser known "body shop" may not have all the frills but does have all the equipment you will need.

2. Include others in your exercise program. Family members, aerobic shops, swim clubs, bicycling clubs, gyms, all provide motivation when you "make friends and influence people". The best condition I have been in my life was also some of the busiest. My wife and I worked out together. She bicycled while I ran. (However, she slept while I swam.) We long-walked and hiked together. While she was teaching "jazzercise" class, I worked out in the adjoining weight room. We built our schedule with relationship in mind. Your children, nieces, nephews, in-laws, and out-laws can all be included in your "total schedule".

3. Plan your eating or you will eat what's available. The reason we eat so much "junk food" is convenience. Unless you join a

specific diet program you will save your budget and your sanity by planning a general diet. Increase fresh fruit, vegetables, protein foods, and decrease carbohydrates (particularly sugars: high fructose corn syrup, glucose, dextrose, and sweeteners real or artificial).

4. Stretch!!! Most sports injuries occur from lack of proper warm-up, cool down, and range of motion activities. You can use any of the callisthenic systems including the Army's new one. However, be sure to work all the joints properly.

5. Don't go too far, too fast, too soon. Stretching, weight training, running, like eating can be overdone. Plan small increments over time. Like a savings plan, small improvements over time lead to big pay-offs later. Risky diets or physical training can damage your long-term health just like investing in the wrong corporation can ruin your retirement.

6. Watch and Listen to your body and

your friends. An old proverb says, "in the multitude of counselors there is safety." I add, "but watch out for fads." If your body hungers, aches, or won't cooperate, listen!! Too many soldiers try fad diets and exercise plans wasting time, energy, and money. Simpler, easier to implement, programs are more often completed.

7. Rest and Recover. 100 years ago, farmers got more sleep and rest. Physically, they also worked a lot harder. Electricity, telephones, computers, e-mail, television, movies, and all the activities we like to fill our time, deprive us of much needed exercise and recuperation. Our sedentary, passive entertainments do not provide sufficient exertion. We also stay up too late. Turn off the "box" and go to bed. Or, better yet, spend a while planning your personal wellness program. That will surely put you to sleep... but... you will wake up with a plan; for a new life and a new you.

Retirees



Picnic

2003



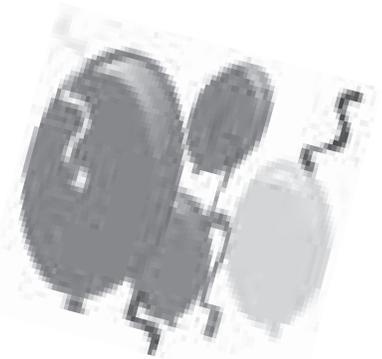
Ret. Brig. Gen. "P.J." Desio (right) was presented a birthday cake to celebrate 90th birthday at the retiree's picnic and lunch at Camp Rowland, Niantic, Conn. on Wednesday, August 20th. He holds up his cake with Ret. Col. Bob Kelly one of the organizers for the picnic. (Photo by Spec. Joe Waller, 65th PCH)



Ret. Master Sgt. Lionel Pepin, once a member of the 1st of the 109th AVCRAD, dances with his granddaughter, Olivia, as a band plays at the retiree's lunch and picnic at Camp Rowland, Niantic, Conn. (Photo by Spec. Joe Waller, 65th PCH)



Ret. Sgt. 1st Class Wilfred St. Martin formerly of the 143rd FSB (Bottom Left), Ret. 1st Sgt. Carl Pelletier once of the 2-102nd (Bottom Right), Ret. 1st Sgt. Lawrence Valletta also a past member of the 2-102nd (Top Left), and Ret. Master Sgt. Patrick Valletta (Top Right) at the retiree's picnic and lunch at Camp Rowland, Niantic, Conn. on Wednesday, August 20th. (Photo by Spec. Joe Waller, 65th PCH)



Ret. Sgt. Maj. Franklin Pratt, previously a member of the 43rd Brigade lowers his head a list of retirees who have passed away this year is read at the retiree's lunch and picnic at Camp Rowland, Niantic, Conn. (Photo by Spec. Joe Waller, 65th PCH)



Connecticut National Guard retirees salute as an honor guard presents the colors while visiting friends the retiree's lunch and picnic at Camp Rowland, Niantic, Conn. (Photo by Spec. Joe Waller, 65th PCH)



Attendees of a retiree's lunch and picnic take off their hats and hold their hands over their hearts as an honor guard presents the colors at Camp Rowland, Niantic, Conn. on Wednesday, Aug. 20th. (Photo by Spec. Joe Waller, 65th PCH)

Retirees' Voice

Updating current legislation and where it stands

Sgt. 1st CLASS (RET.) JOHN BEDNARZ

Lt. Gen. Billy M. Thomas, USA (Ret.) prepared and sent a letter to President Bush to urge his support of concurrent receipt. Thomas is the President of the Uniformed Services Disabled Retirees (USDR).

Fifty-two retired Army and Air Force General Officers added their names to the letter.

Since then several General Officers and one Flag Officer have asked to have their names added to the list.

With this kind of support and a lot of pressure from the grass roots level (You and I), you would think that the President and DOD would back off from their stance on concurrent receipt.

As far as grass roots support goes, Representative Jim Marshall (D-GA) has filed a discharge petition to bring concurrent receipt legislation (H.R. 303) to the house floor for a vote.

A majority or 218 members of the house must sign the petition.

We need a deluge of inputs (calls, letters, etc.) to your representative, urging them to sign the petition, which would force the House to consider H. R. 303.

The Senate version of defense authorization authorizes full concurrent receipt.

With the increasing cost of healthcare it looks as if Medicare Part B premiums will rise from \$58.70 per month to \$66.00.

The Medicare program requires a premium contribution equal to 25 percent of the programs costs.

The cost of the premium for 2004 will be much more than the cost of living allowance

(COLA) from Social Security, Military Retired Pay, Survivor Benefits, and Veteran's Compensation, and Pension Programs.

The Secretary of Veteran's Affairs Anthony J. Principi presented a draft 'National CARES (Capital Asset Realignment for Enhanced Services) Plan' to the independent CARES Commission which is doing a landmark study of the Veterans Affairs health care system, the nations largest health care system.

This is the proposed plan for the future of veteran's health care.

In July 1999, the GAO found that VA was spending hundreds of millions of dollars a year on unneeded and unused facilities.

CARES was developed to identify the infrastructure that the VA will need to care for veterans in the future and redirect resources from unneeded buildings to veteran's care.

The draft National CARES Plan is an interim step to the CARES process, and no final decisions have been made.

During the three months of commission review and hearings, veterans will be given ample opportunity to comment on the plan before it is presented to the Secretary of Veteran's Affairs for his final decision in December.

The House recently passed a bill to require the VA to develop a chiropractic treatment plan or plans and to establish a payment scale for them.

The lawmakers believe that the treatment could prove especially therapeutic for the types of injuries incurred in combat.

I have no word if the Senate has passed or is considering the same legislation.

Cannonball Run to become Sapper Sprint in Sept. '03

After 20 years, the Cannonball Run has a new sponsor. Originally begun by members of 2nd Battalion, 192nd Field Artillery, the four-mile race begins and ends at the Norwalk Armory, home of Co. A, 242nd Engineer Bn. (cvt), and winds through the picturesque countryside of New Canaan.

Lt. Col. Tom Bendernagel, former artillery officer and most recent past commander of 242 EN (cvt), has organized and managed the annual event since its inception.

Starting with the twenty-first iteration on Sept. 7, the Charter Oak Sappers Chapter of the Army Engineer Association will sponsor the race, appropriately renamed the Sapper Sprint. Bendernagel, now an Engineer Officer and vice president of the AEA chapter, will continue to organize and manage the event.

Over the years, the race has raised money for a variety of charities including the American Cancer Society, Multiple Sclerosis Society, and others.

This year, AEA has additionally designated Army Emergency Relief as a recipient of funds raised.

Army Emergency Relief is the Army's own financial assistance organization and is

dedicated to "Helping the Army take care of its own".

AER is a private nonprofit incorporated in 1942 by the Secretary of War and the Army Chief of Staff.

AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers.

AER funds are made available to commanders to provide emergency financial assistance to soldiers when there is a valid need.

The AER assistance program is conducted by major commanders and their installation/organization commanders through AER sections and other related organizations.

Military organizations are encouraged to enter three-person teams.

Last year's event was won by a team from the United States Coast Guard Academy. Additional prizes are awarded in five male/female age groups.

Interested parties may contact Sapper Sprint c/o Norwalk Armory, 290 New Canaan Ave, Norwalk, CT 06850.



Visit the

Connecticut Guardian

on-line at

www.ct.ngb.army.mil

28th Annual Military Department Picnic
 And State Employee Recognition Ceremony
 The Point Camp Rowland
01 OCT 2003
 Rain Date: 02 October 2003

Reservations must be made by 26 September through your Outing Representative

To: Outing Representative
 Name: _____ Cash _____
 Unit: _____ Check _____

Cost is \$10.00 per person payable only to your Outing Representative listed above. Make checks payable to the CT Military Department Picnic: \$15.00 at the door.

A Soldier's Wife

From Page 19

brought me a huge helping of apple cobbler and ice cream, compliments of the table to my left. He told me that the ladies had tried to pay for my dinner, but someone had beaten them to it.

When I asked whom, he said the couple had already left, but that the man had mentioned he was a WWII vet and wanted to take care of the wife of one our boys.

I turned to thank the soldiers for the cobbler, but they wouldn't hear a word of it, retorting, "Thank you, you said what we wanted to say but weren't allowed."

As I drove home that night, for the first time in while, I didn't feel quite so alone. My heart was filled with the warmth of all the patrons who had stopped by my table to tell me they too were proud of my husband and that he would be in their prayers. I knew their flags would fly a little higher the next day.

Perhaps they would look for tangible ways to show their pride in our country and our troops, and maybe, just maybe, the two ladies sitting at that table next to me would pause for a minute to appreciate all the freedom this great country offers and what it costs to maintain.

As for me, I had learned that one voice can make a difference. Maybe the next time protesters gather outside the gates of the base where I live, I will proudly stand across the street with a sign of my own. A sign that says "Thank you!"

Lori Kimble is a 31 year old teacher and proud military wife. She is a California native currently living in Alabama.

Coming Events

September

Sept. 5

NGACT Golf Tournament

Sept. 7

Sapper Sprint

Sept. 11

2nd Anniversary of 9/11

Sept. 13

Deactivation Ceremony of the 192nd Field Artillery

Camp Rowland

Sept. 15-17

NGAUS National Conference

Sept. 17

Connecticut Day at the Big E

October

Oct. 1

Technician Picnic

Oct. 2

Senior NCO Dining In

Oct. 3

Air Guard 80th Anniversary Ball

Oct. 10

Hispanic Heritage Celebration

Oct. 13

Columbus Day

Oct. 19

Breast Cancer Walk in memory of Master Sgt. Sharon Stroman

November

Nov. 4

Election Day

Nov. 6

Officer Dining In

Nov. 11

Veteran's Day

Nov. 27

Thanksgiving

In the Next CG

Mogadishu: 10 years later

Navy Anniversary

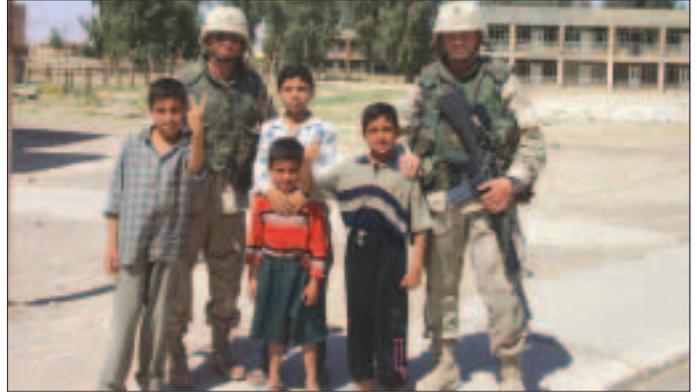
NGACT Golf Tournament

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

Postcards Home



Chief Warrant Officer 4 Dennis Busch is an active duty soldier who flies with Company G 104th Aviation Regiment. (Photo courtesy of Co. G 104th)



Second Lt. Nowakowski and 1st Sgt. Desjardin of the 248th Engineers and some of their new friends. (Photo courtesy of the 248th Eng.)



A flight crew who flies with Company G 104th Aviation Regiment poses in front of its chopper. (Photo courtesy of G 104th)



Sgt. Arnold of the 248th Engineers rides atop his vehicle keeping a watchful eye on his surroundings during a convoy. (Photo courtesy of the 248th Eng.)



A member of the 248th Engineers takes a break by his vehicle during a convoy. (Photo courtesy of the 248th Eng.)

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