



# Connecticut Guardian

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## Connecticut receives Civil Support Team

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

Connecticut has a new weapon in its arsenal in the Global War on Terrorism.

It is fast. It is self-contained. It is highly mobile. It is highly technical. It is expertly trained. It is capable of assessing hazards, assisting in incident command decisions and detecting deployed weapons of mass destruction at a contaminated site. It is made up of 22 highly-skilled and trained members.

It is the 14th Civil Support Team.

"We lobbied very hard in Washington, D.C. during the last two years to bring this team to Connecticut," said Maj. Gen William A. Cugno, adjutant general.

"This is another tool in the box that will be a tremendous asset in responding to incidents with a level of confidence we previously did not have."

The Department of Defense announced the fielding plan for 12 new Weapons of Mass Destruction/Civil Support teams



*Sgt. 1st Class Michael Straite answers questions from potential members about the WMD/CST during an open house last summer. (Connecticut Guardian file photo)*

(WMD/CSTs) on March 9. Thirty-two teams had already been stood-up and certified, and Congress authorized an additional 23 teams in the 2003 National Defense Authorization Act. Funding for the first 12 teams was authorized by Congress in the 2004 Defense Appropriations Act.

Connecticut was among the 12 to receive a 22-person full-time (Title 32 AGR)

team, along with New Jersey, Maryland and Rhode Island.

The decision regarding which states would receive the teams in 2004 was based on the Defense Threat Reduction Agency analysis of objective criteria such as population density, port and coastal security challenges, location of DoD installations, protection of critical infrastructure and the presence of symbolic sites of national significance.

Cugno has appointed Maj. Joseph Danao as commander of the unit.

Danao has more than 22 years of experience in the fire, EMT and HAZMAT field and serves as Deputy Fire Chief of the Gardner Lake Volunteer Fire Department in Salem, Conn.

Maj. Robert Ware has been appointed deputy commander, making this a true "purple" organization as Danao is Army Guard and Ware is Air Guard.

*See WMD/CST Page 21*

## ANG welcomes new command chief

**ARMY MASTER SGT. BOB HASKELL  
NATIONAL GUARD BUREAU**

ARLINGTON, Va. (AFPN) — Confident that he still has a lot to give to this country, Chief Master Sgt. Richard Smith is preparing to move from his home in rural Lexington, Ohio, to Washington to become the ninth command chief master sergeant of the Air National Guard.

"My appetite to serve is still there," said Smith, 52, who on Aug. 1 will succeed Chief Master Sgt. Valerie Benton as the senior advocate for the Air National Guard's 97,000 enlisted Airmen. He will work for Lt. Gen. Daniel James III, ANG director.

Chief Smith is a traditional guardsman, who will leave his position as command chief master sergeant of the Ohio ANG to succeed Benton, who has held the ANG's top enlisted position since June 7, 2001.

Benton will retire after 25 consecutive years of service in the ANG and active Air Force. Smith said he will begin learning the ropes of his new job when he begins working with Benton in early June.

Smith may be new to Washington, but he has learned plenty about the challenges Airmen encounter during their deployments worldwide.

He is chairman of the ANG's Enlisted Field Advisory Council, and he has been the command chief for the Ohio ANG since July 2000.

About 2,000 Ohio Airmen, 38 percent of that state's force, were on duty in this country and abroad a year after terrorists attacked the World Trade Center and the Pentagon, Smith said.

Although he has remained a traditional guardsman since enlisting in 1971, the chief has worked virtually fulltime, about 300 days a year, as Ohio's command chief, he said. That was possible because he retired after 28 years in the banking business in 1998.

"About 70 percent of our force is traditional or part-time," Smith said. "I bring that perspective to this job. I'm a traditional guy, who is coming from the field. I've never been a full-timer. I understand, for example, the concerns that we have about our civilian employers."

*See SMITH Page 10*

## Martin promoted to Brigadier General



*Brig. Gen. Thaddeus J. Martin gets pinned by his wife, Lt. Col. (Ret.) Kerry Martin. (Photo by Master Sgt. Jeanne Daigneau, 103rd Communications Flight)*

**LT. COL. PAMELA K. TITUS  
JFHQ PUBLIC AFFAIRS**

The promotion pinning ceremony of the Assistant Adjutant General-Air to the rank of brigadier general was held on March 13, 2004 at 2:00 p.m. in the Officers Club of Connecticut, Hartford, Conn.

Brig. Gen. Thaddeus J. Martin had the rank pinned on by this wife, Lt. Col. (retired) Kerry Martin, and his parents Tom and Joan Martin. Friends and family from twelve states traveling from as far as California, celebrated the occasion with him.

Martin's career began on active duty when enlisted in the United States Air Force in 1977. He was commissioned in 1980 and trained as an Aircraft Maintenance Officer. Martin's twelve year active duty career included several squadron and wing level assignments, a MAJCOM headquarters tour and an Assistant Professor assignment in Aerospace Studies for the University of Utah.

*See Martin Page 10*

## Up Front with the Adjutant General

### WMD-Civil Support Team: New opportunities in defense of the Global War on Terrorism

On March 9, the Department of Defense announced the fielding plan for 12 additional Weapons of Mass Destruction-Civil Support Teams (WMD-CSTs). Congress directed the establishment of 23 additional teams in the National Defense Authorization Act for FY03 and funded the establishment of the first 12 in the Defense Appropriations Act for FY04. Connecticut was named as one of the 12 based on Defense Threat Reduction Agency analysis of objective criteria, specifically the port and coastal security challenge. Currently there are 32 certified teams that are unique to the National Guard.

A WMD-CST is a team of 22 highly skilled, full-time members of the National Guard. The team is highly mobile and equipped with specialized equipment, allowing rapid detection and identification of the presence of toxic chemical, biological, radiological, and explosive agents (CBRNE) at a contaminated site. The team is federally resourced, trained and evaluated, but fall under the command and control of the governor. WMD CSTs assist local first responders and Incident Commanders in determining the nature of potential toxic agents, in the provision of medical and technical advice, and in the identification and arrival of follow-on state and federal response assets. The fielding of WMD CSTs is part of a Department of Defense (DoD) initiative to support local, state and federal civil authorities in the event of an incident involving suspected weapons of mass destruction in the United States.

The team's 22 full time members will truly be "Purple" in nature, consisting of both Army and Air National Guard members. I am proud to announce Maj. Joe Danao will

be assigned as the unit's first Commanding Officer of the team. Joe has more than 22 years of experience in the fire, EMT, and HAZMAT field and currently serves as the Deputy Fire Chief of the Gardner Lake Volunteer Fire Department in Salem, Conn.

Maj. Robert Ware will be assigned as the Deputy Commanding Officer. He currently commands the 103<sup>rd</sup> FW Security Forces Squadron at the Bradley Airbase and recently returned from a deployment to United States Central Command, MacDill Air Force Base, where he served as an action officer on the Joint Security Directorate. While there he wrote detailed Force Protection and Antiterrorism guidance for the entire CENTCOM AOR.

Each team will require 18 to 24 months to man, equip, and train personnel to be ready for their First Army validation. All unit members will complete an eight-week common core Civil Support skills course at the Maneuver Support Center, Fort Leonard Wood, Missouri in addition to Advanced HAZMAT and Emergency Response to Terrorism Courses.

I foresee this unit actively engaged in community training with local first responders with a major emphasis on participating in WMD exercises throughout the state. In the past three years teams from across the country have deployed in support of the Sept. 11 World Trade Center attacks, the 2002 Winter Olympics, the Space Shuttle Challenger accident, and both this year's World Series and Super Bowl.

The unit will be stationed in Windsor Locks adjacent to Bradley International Airport in the old state warehouse. The FMO will coordinate more than \$1.5 million in MILCON dollars to refurbish the building

and turn it into a readiness center for both personnel and equipment.

The WMD-CST is equipped with high-end detection, analytical, monitoring and protective equipment. In addition, the unit possesses satellite, secure digital and voice communications. More than 80 percent of the equipment is non-standard military and consists of leading edge technology in order to provide rapid assessment and advice to the Incident Commander when responding and operating in an area suspected of containing unknown contamination.

I highly encourage soldiers and airmen to apply for positions in this operational unit. In addition to seven officer positions, there are 15 positions available for enlisted members, none of which is below the grade of E-5. The unit performs duties in support of emergency preparedness programs to prepare for or to respond to emergencies involving weapons of mass destruction or threat of terrorist attack in the United States that could result in catastrophic loss of life or property.

Citizen Soldiers who desire to provide full-time services to our great State and Nation have an unprecedented opportunity in the CST. Seize the moment and apply. National Guard: Always Ready! Always There!

Interested Connecticut National Guard members should contact Maj. Joe Danao at (860) 524-4951.



Maj. Gen. William A. Cugno  
Adjutant General

## Connecticut Guardian

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

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

Captain-General  
Gov. John G. Rowland

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

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

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

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

State Command Chief Master Sergeant  
Chief Master Sgt. Wanda Wawruck

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

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

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

#### Contributors

Det. 1, 65th Press Camp HQ, CTARNG

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

103rd Communications Flight, CTANG

First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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## Perspectives

What will the new CST/WMD unit mean to Connecticut?

SPEC. BRENDA SCOTT  
JFHQ

I think it's a great thing to have a team that could rapidly respond in the event of an attack on our state.



SENIOR MASTER SGT. THOMAS J. MORELLI  
BASE DISASTER PREPAREDNESS SUPERINTENDENT  
103RD CIVIL ENGINEERING SQUADRON

Tremendous improvement in response time ...anything that might happen in Hartford or at the nuclear power plant will have much improved response time. It will be all the more effective than support from Maine or New York trying to get here in an emergency.



STAFF SGT. TUFIG PAONE  
INFORMATION MANAGEMENT  
103RD MAINTENANCE SQUADRON

It will enhance our capability as a state. This new joint capability can really increase our effectiveness and value to the state.

CPT KM S. ROLSTONE  
FIRO-CTARNG

As a "heavy" team, the 14th CST (WMD) will provide a unique "rapid reaction" capability to our state and nation. It will further enhance the CTARNG support to our state and national security. Let's not dwell on its "reaction" mission - it will serve as a deterrent as well.



# Air base to remain open vows Connecticut's Congressional delegation

MAJ. GEORGE WORRALL  
103<sup>rd</sup> FIGHTER WING PUBLIC AFFAIRS OFFICER

On March 4, a story about a plan to close Bradley ANG base and merge the A-10 operations at Barnes ANG Base in Mass. topped area newscasts and appeared in print.

The following day, two representatives of Connecticut's congressional delegation came to Bradley ANG base to discuss the issue with the unit's members and the press.

"Any thought of relocating the 103<sup>rd</sup> Fighter Wing just doesn't make sense," said Sen. Joseph I. Lieberman, D-Conn. "We (Connecticut's congressional delegation) will do everything we can, and we are not going to accept anything here but total victory, to make sure the 103<sup>rd</sup> continues to be based right here."

Besides the clear message to keep the unit in Connecticut, they expressed other feelings about the unit.

"We thank you so much for your sacrifice," said Rep. John Larson, D-1. "We owe you an eternal debt of gratitude. That is why it is so important for us, and all members of the delegation to make sure that the 103<sup>rd</sup> stays right where it is and continues to perform outstanding service."

With Connecticut's elected officials clearly poised to fight any closure plan, what exactly is the closure plan?

The answer is complicated in that, although the media reported a plan, the potential closing is closer to an idea than an actual plan.

"In early December in conversations that were held at a conference (in the Washington D.C. area) it became readily

apparent that one of the items that might be on the table was the combination of the two units (Bradley and Barnes)," said Brig. Gen. Thaddeus Martin, Assistant Adjutant General-Air, who characterized the discussions as informal conversations held between the general officer staff at the conference.

"General Cugno further researched the issue at that conference and decided the most prudent way to proceed was to notify the congressional delegation and ask for their help. The support has been overwhelming ... it has made a huge difference," he said.

The Air National Guard is currently evaluating itself for relevancy under a strategy called VANGUARD.

With the DoD's Base Realignment and Closure (BRAC) program at the early stages for 2005, the two can easily be confused.

According to the VANGUARD Engagement Strategy document, VANGUARD is the strategy to keep the ANG relevant for the 21st century.

The VANGUARD Engagement Strategy is the transformation vision for the ANG. Within the VANGUARD Engagement Strategy five Transformational Focus Areas (listed below) were introduced to provide the state's guidance on where to concentrate their efforts in locating efficiencies.

1. Transformational Organization & Technology Improvements- Organizational efficiencies should be gained through the elimination of redundant practices and discarding capabilities rarely utilized.
2. Geographically Separate Units (GSU) -



Staff Sgt. Walter J. Cichon (left), security specialist, 103<sup>rd</sup> Security Forces Squadron, explains some of the weapons used by the security forces squadron to Sen. Joseph I. Lieberman (right center), D-Conn. and Rep. John Larson (center), D-1<sup>st</sup> Conn. during their visit to the 103<sup>rd</sup> Fighter Wing March 5, while escorted by Col. Daniel Scace (right), commander, 103<sup>rd</sup> Fighter Wing. (Photo by Master Sgt. Jeanne E. Daigneau, 103 CF/SCS)

Today there are over 100 Geographically Separate Units in the Air National Guard, excluding state headquarters. We should engage in efforts to reduce the number of GSUs where it makes sense by relocating some and combining the activities of others. We will explore civilianizing and contracting civilian services for some of these activities.

3. Air National Guard Units with Like Missions & Equipment - This is the area where we can reap the greatest benefits. By integrating units with like missions and equipment, utilization rates can be improved while excess equipment and manpower should be redirected.

4. States with Multiple Flying Units - We will examine these units to find out if advantages can be gained through co-locating and integrating some of the Base Operating Support functions, as well as sharing equipment and manpower.

5. Air National Guard Units Located on or Near Active Duty Bases or Other Military Installations - These units should review their operations and streamline "like" activities.

BRAC, on the other hand, is the DoD-wide process that will close and realign bases. This process has just begun and will last for several years.

The selection criteria were published early in 2004 so it is too early for anything, except rumors of course. Under BRAC every military installation worldwide will be reviewed.

The 103<sup>rd</sup> Fighter Wing provided the first round of data in February and the next data request is expected in June of 2004.

No decisions have been made at this point. So, with this BRAC round too early to

comment upon and the Guard's VANGUARD program underway, what do either mean for Bradley?

"To date, Maj. Gen. Cugno has not been informed of any negative changes nor does he expect to be," said Martin adding "we attribute this to the outstanding work of the entire Connecticut congressional delegation."

With the third Transformational Focus Area of VANGUARD, *Air National Guard Units with Like Missions & Equipment*, situations like the nearby A-10 units at Bradley and Barnes are obvious integration targets.

An obvious question based on the situation came from a reporter to Sen. Lieberman, "what case would you make to keep both 103<sup>rd</sup> and 104<sup>th</sup> open only 30 miles apart?"

"This is an extraordinary, really unique facility, therefore this unit, the 103<sup>rd</sup> should not be moved out of here. I will leave it to the planners in Washington to decide whether or not the 104<sup>th</sup> should be moved down here.

"The facilities here are unmatched in the region... there is going to be an increasing homeland security responsibility mission that will need to be located somewhere in the region and this is the best place to do it," said Sen. Lieberman who serves on the Senate Armed Services Committee, where he is Ranking Member of the Subcommittee on Air-Land Forces and sits on the Subcommittee on Emerging Threats and Capabilities.



Sen. Joseph I. Lieberman (left), D-Conn., addresses 103<sup>rd</sup> Fighter Wing members March 5 with Rep. John Larson (center), D-1<sup>st</sup> Conn., about a potential guard reorganization's impact on the wing, while Brig. Gen. Thaddeus Martin (right), AAG-Air, looks on. (Photo by Master Sgt. Jeanne E. Daigneau, 103 CF/SCS)

# Guard officials recognize engine manufacturer, tour facility

COL. FRED MICLON  
103<sup>rd</sup> MAINTENANCE GROUP COMMANDER AND  
STAFF SGT. CAROLYN A. ASELTON  
103<sup>rd</sup> FIGHTER WING STAFF WRITER

As part of General Electric Co.'s annual Engineering Recognition Day, members of the 103<sup>rd</sup> Fighter Wing visited the company's engine division in Lynn, Mass. Feb. 24.

GE produces the TF-34 jet engine parts, which are used on the wing's A-10 aircraft.

Col. Fred Miclon, commander, 103<sup>rd</sup> Maintenance Group, was a featured speaker during an awards ceremony that drew more than 800 GE engineers and other employees.

Senior Master Sgt. John Saccente, propulsion element chief, 103<sup>rd</sup> Maintenance Squadron, joined Miclon in presenting GE Transportation president and CEO, Dave Calhoun, with a plaque and U.S. flag that had been flown in an A-10 during Operation Iraqi Freedom.

"It was a great opportunity for Capt. Campbell, Senior Master Sgt. Saccente and me to thank the people who work so hard to keep our military strong," Miclon said. "The manufacturing industry sometimes does not get the credit it deserves for the huge role it plays in making our nation the greatest military power in the world, yet it makes it possible for us to do our jobs."

"My main message to them was thanks and job well done, and that even though they did not deploy with us, they were there in spirit."

Capt. Kim "KC" Campbell, pilot, 75<sup>th</sup> Fighter Squadron (based at Pope AFB, NC), also spoke at the event. She related her story about being hit by a surface to air missile while flying an A-10 over Baghdad in support of OIF in April. She described her harrowing return flight to Kuwait and the dangerous landing she had to make to get her crippled aircraft on the ground.

Calhoun said it was "fantastic to have our customer come and tell us how well our products performed during the war."

Included in the visit was a tour of the sprawling engine manufacturing and assembly plant, which is one of the oldest manufacturing facilities in the region.

There, Miclon, Campbell and Saccente met with many of the engineers responsible for the A-10's engine components' design and gave them a briefing about their war experience.

"Having them come and tell us how good we were doing meant more than words can express," said Rick Stanley, vice president and general manager of GE Aircraft Engines Engineering.

At the conclusion of the day's events, the



Col. Fred Miclon, commander, 103<sup>rd</sup> Maintenance Group, Capt. Kim Campbell, pilot, 75<sup>th</sup> Fighter Squadron and Senior Master Sgt. John Saccente, propulsion element chief, 103<sup>rd</sup> Maintenance Squadron discuss an engine fan section with General Electric engineers at the company's plant in Lynn, Mass. Feb. 24. The three thanked plant employees for their work on the A-10's engine parts, which powered the aircraft during Operation Iraqi Freedom last year.

three attended a reception at the Peabody-Essex Museum in Salem, Mass.

Along with producing A-10 engine parts, workers at the plant also build and test Navy F-14, F-17, Air Force F-117 Stealth and

various other military aircraft and helicopter engines.

Col. Miclon and Senior Master Sgt. Saccente deployed with the wing to Southwest Asia from February to May.



# ASG staff walks in the footsteps of Connecticut Regiments<sup>Col.</sup>

COL. THOMAS STEFANKO  
143<sup>rd</sup> AREA SUPPORT GROUP

Barlow's Knoll, Culps Hill, Cemetery Hill, The Wheatfield and The Bloody Angle are all well known engagements during the three-day Battle of Gettysburg.

Less well known is the pivotal role played by the volunteer Regiments from Connecticut during each of these desperate struggles.

For two blustery days in March, the senior staff of the 143<sup>rd</sup> Area Support Group from Newington walked the terrain that was occupied by the five Connecticut Regiments that fought throughout this epic battle.

By applying the Principles of War, Military Decision Making Process and terrain analysis, the staff could put into context the how's and why's that influenced the commander's decisions and the valuable lessons learned, that leaders, at all levels, can apply today.

The instructions began on the battlefield north of the town which included the heroic stand by the 17<sup>th</sup> Connecticut at Barlow's Knoll.

While attempting to secure the high ground to the front of the Union XI Corps, the 17<sup>th</sup> was flanked by an entire Confederate Division and was forced to retire through the town, to the base of Cemetery Hill, where they were again engaged the following evening, in a hotly contested and rare night battle, which very nearly succeeded for the Rebels.

The line held, however, at a great loss of life, and the Confederate troops would be forced to turn their attention elsewhere along the Union Line. The lineage and honors of the 17<sup>th</sup> Connecticut are maintained by the 192<sup>nd</sup> Chemical Battalion.

Moving just east of Cemetery Hill to a position occupied by two Connecticut regiments, fighting side by side, the staff learned that the 5<sup>th</sup> and the 20<sup>th</sup> Connecticut were part of the Union XII Corps that helped to secure the "barb" of the Union fishhook which was anchored on Culps Hill.

After working all night to construct a fortified defensive trench line, the units were withdrawn on 2 July to help reinforce the

Union center and left flank which was in danger of collapsing. That evening, with the Union line secure, the Connecticut Regiments attempted to reoccupy their former trenches, and came under fire by a determined group of Confederates who had seized them earlier in the day.

The fighting resumed before dawn on 3 July with a series of charges and counter charges in an effort to regain the line. By 11:00 a.m., the fighting for Culps Hill was over and resulted in a complete withdrawal of the Rebel attackers.

The Union line again had not broken. The lineage and honors of the 20<sup>th</sup> Connecticut are maintained by the 102<sup>nd</sup> Infantry Regiment.

Moving farther south on the battlefield, to the imposing Round Tops, it is easy to see the importance of holding the high ground in Civil War Combat. For several hours during the afternoon of July 2<sup>nd</sup>, the fighting in the area of The Round Tops and Devils Den was hand to hand. In an attempt to flank the Union left, the Confederates repeatedly sent wave after wave of Infantry against the fortified Union line.

Slightly to the north of Devils Den lies a small Wheat Field where another Regiment of Connecticut's finest would secure a place in history.

The 27<sup>th</sup> Connecticut had been decimated at the Battle of Chancellorsville, just two months earlier, and had the distinction of being the smallest regiment, at 75 members, to fight on either side at Gettysburg.

Despite their small numbers, they were ordered to retake the Wheat Field, which eventually changed hands twelve times throughout the afternoon.

The 27<sup>th</sup> conducted a successful counter charge while losing their acting Regimental Commander and half of their available strength in the process. The 27<sup>th</sup> gains, however, would be short lived as they were withdrawn in an attempt to stabilize the Union lines.

More than 3,000 soldiers would fall on both sides, in this relatively small area, during several desperate hours.

The gallantry exhibited by this small "Band of Brothers" continues to serve as an inspiration for generations. The lineage and honors



of the 27<sup>th</sup> Connecticut are maintained by the 102<sup>nd</sup> Infantry Regiment.

The staff ride concluded by walking the one mile of open terrain towards the center of the Union line to the famous "Copse of Trees" and the "Bloody Angle". These landmarks would be the focal point, on July 3<sup>rd</sup>, for the 12,000 Confederates under the commands of Pickett, Pettigrew and Trimble, although only one general would bear the name of this infamous charge.

Less than 100 yards north of the objective for the Confederate Army stands a monument for the fifth, and final, Connecticut Regiment of volunteers to be engaged at Gettysburg. The 14<sup>th</sup> Connecticut lay behind a low stone wall and endured a two hour long artillery duel that could be heard as far away as Philadelphia.

When the smoke cleared, they watched in awe as the Confederates, in parade ground formation, advanced straight towards their line.

The commands, Load, Aim, Fire, were soon drawn out by the din of battle and the Rebel yell. The fighting was hand to hand.

Several regiments advanced to within feet of the Connecticut position, but still the line held.

In less than an hour, it was over, and the greatest charge in history ended with a Confederate defeat.

The 14<sup>th</sup> Connecticut captured scores of prisoners and battle flags, but at a huge price in killed and wounded. The lineage and honors of the 14<sup>th</sup> Connecticut are also maintained by the 102<sup>nd</sup> Infantry Regiment.

All five Connecticut Regiments eventually moved out with the Union Army and were involved in chasing General Lee back to Virginia.

Only the 14<sup>th</sup> Connecticut (after which the 14th CST is named) however, would remain with the Army of the Potomac and would have the distinction of participating in the

greatest number of battles while losing the largest percentage of killed and wounded of any Connecticut Regiment.

It was at the 14<sup>th</sup> Connecticut Monument where this staff ride concluded with a reading of the "Role of Honor" of the Connecticut Volunteers who were killed during the battle, and to honor their sacrifice with this prayer...

"Lord, we thank you for the opportunity to gather here on this great battlefield to the military craft as professional officers and NCO's.

We pause to honor the memory of the men who fought and died on this hallowed ground, especially the brave men from our home towns in Connecticut. We ask you Lord to protect us from the same fate as these soldiers although we know fully that we stand ready to serve and give our lives to defend the same ideals as our brothers in arms.

We ask you also that if we are called upon, to give us the wisdom to always make the right decisions and the courage to carry them out.

We pray for your blessings and thank you for our freedom. God bless The United States of America."

Staff rides and terrain walks, such as these, are a valuable opportunity for leaders at all levels to practice their military craft. Equally important as the Military Decision Making Process is an understanding of the contributions of these Connecticut volunteers during the most desperate period in the history of this country.

One cannot help but be deeply moved by the individual and collective acts of heroism throughout this campaign. Regardless of the period in history, the lessons of leadership, duty and esprit de corps remain constant.



# A meaningful extension under difficult circumstances

1SG CHAUN S. JONES AND  
SFC MARC A. PUCINSKI  
143rd MPs

The US Colors you see flying in the photos are not your everyday colors that are either purchased or issue. Although they started out that way, the colors have a significant history.

As expected to be found on any military installation, the colors were on display in an office in the Pentagon. Col. Philips, the current 89<sup>th</sup> MP BDE Commander, was assigned to work at the Pentagon.

During the morning of September 11<sup>th</sup>, 2001, Philips had walked out of his office. He told his secretary he was going to a meeting. Less than five minutes later, the Pentagon was struck by a high-jacked commuter plane. Philips' office was in the wing of the Pentagon that was hit by the commuter plane.

As he told the story to the 143d MP CO, assembled outside of the Camp Graceland, Battalion Headquarters, you could hear the deflection in his voice; you knew it still haunted him. The colonel and a Warrant Officer made their way through the debris, fire and smoke in an attempt to save his staff. Sadly, the smoke from the fires was too thick and they were unable to negotiate their way back to his office. With their lungs filled with thick, black smoke, both soldiers realized that they could not go any further. Philips looked up and through all the debris saw a lone standing object that gave him strength. Standing near a wall in all its glory, he saw the US Colors.

Philips retrieved the colors and negotiated



Sgt. 1<sup>st</sup> Class Daniel Lawler, Staff Sgt. David Rosati, Sgt. Santo Defelice, Sgt. Karl Rhyhart and Spec. Angel Escobales all took their oaths administered by Lt. Col. R. Todd Harrison, the 168<sup>th</sup> MP BN Commander, with Sgt. Angel Navarro posting those Colors behind each Soldier as they raised their right hand. (Photo by Sgt. 1<sup>st</sup> Class Marc A. Pucinski)

his way out of the devastated offices with the Warrant Officer.

Philips lost his secretary and two administrative clerks on that morning. Three years later, Philips still suffers from respiratory problems as a result of his attempt to save his staff during the most horrific attack on our nation by terrorist extremist.

Philips carried these colors to every post he has served since, including taking command of the 89<sup>th</sup> MP BDE, now responsible for every MP from Baghdad to the Iranian, Syrian and Turkey Borders.

On 7 March 2004, 5 soldiers from the 143d MP CO took their Oath of Extension in Baghdad, Iraq. Philips was there with the

Colors that were salvaged from the Pentagon.

As Lt. Col. Harrison administered the Oath of Extension to each individual Soldier, Philips closed his eyes, tilted his head back, and smiled just a little, as if he were remembering his friends and co-workers lost during the attack on the Pentagon.

At the end of the ceremony, the company congratulated those that had just extended and lined up to take photographs with that amazing piece of cloth that means so much, to so many, the US Colors.



Col. Phillips with his Pentagon flag. (Photo by Sgt. 1<sup>st</sup> Class Marc Pucinski, 143rd MPs)



The 143rd Military Police Company helped provide firefighting gear to local Iraqi firefighters with the help of their brothers and sisters back in the United States. The Bridgeport and Oxford Fire Departments both donated gear. The Seymour department donated use of their gear washer to clean up anything donated needed cleaning before it was sent overseas. More equipment is being collected and donations are being looked for to help with the shipping costs. (Photo courtesy Sgt. 1<sup>st</sup> Class Marc Pucinski, 143rd MP Co.)

## Grube receives the Order of the Marechaussee

FIRST SGT. C. SCOTT JONES  
18<sup>th</sup> MILITARY POLICE BRIGADE

On Feb. 17, 2004, 1<sup>st</sup> Lt. J. Michael Grube of the 143D Military Police Company was presented with the Legend of the Order of the Marechaussee Award. The award is usually presented to Field Grade Officers and very senior Non-Commissioned Officers within the Military Police Corps. No one within the 18<sup>th</sup> Military Police Brigade had knowledge of a Reserve Component soldier ever receiving the award. So the fact that Grube was even considered for the Award was an honor in itself; actually receiving the award was phenomenal.

Grube not only distinguished himself during combat operations during Operation Iraqi Freedom as the platoon leader of fourth platoon, but he also led the company after the Company Commander was injured by an improvised explosive device for three of the most dangerous months in Baghdad since President Bush declared an end to

hostilities. Lt. Col. John F. Garrity, Battalion Commander of the 709<sup>th</sup> Military Police Battalion felt that Grube's performance in Baghdad was so outstanding that he should be considered for the award and pushed the paperwork forward through the chain of command.

Grube has proven himself to be a dynamic and competent leader, and has won the respect of his peers, Active Duty and Reserve Component alike. He leads his troops from the front and always sets the example for all soldiers to emulate. I will eagerly watch Grube's career progress for he is definitely a shining star within the Connecticut Army National Guard.



## Infantry unit comes home from ONE III...

Pfc. JORDAN E. WERME  
65<sup>th</sup> PCH

With spring slowly returning to New England and warmer weather approaching, Connecticut also begins to welcome some of its returning soldiers.

Alpha Co., 1<sup>st</sup> Battalion, 102<sup>nd</sup> Infantry (Light) has finally returned from a deployment that began in April 2003.

"Fourteen days after the order was given we were at [Fort] Dix for [pre-mobilization] training," said Capt. Michael Sipples, Alpha Co. commander. "We were able to kick out 85 PAX right off the bat."

That gave the unit two weeks to prepare for what would turn out to be a deployment of 243 days.

"Once we got on the ground we assumed the mission within seven days," said Sipples.

Alpha Co. of the 102<sup>nd</sup>, Connecticut's only infantry unit, began serving as Force Protection at the United States Military Academy at West Point, New York, as part of Operation Noble Eagle III.

"It was a good experience," said Spec. Ross A. Faber, automatic rifleman, Alpha Co. "We got to deal with different kinds of people and had a lot of good training."

While at West Point the unit's mission was to provide gate security as well as security details for special events, including

concerts and sporting events, said Spec. Guy Quensel, saw-gunner, Alpha Co.

"We mainly assisted the gates with traffic," said Quensel. "It had its ups and downs, but we couldn't have had a better chain of command."

The unit also underwent extensive training in areas including Military Police tactics, vehicle searches, infantry tactics, reflex fire, platoon level battle drills and night ambush live-fire courses, said Sipples.

"We were afforded the opportunity to conduct platoon level training continually," said Sipples. "They trained us to the best of their ability at West Point."

"West Point gave us everything we ever wanted for training purposes," said Quensel.

In addition to the platoon-level training done, some of the individual soldiers took advantage of the opportunity to participate in the German Badge Competition, said Sipples.

The competition included firing a 9mm pistol, 300-meter swim, 18.7-mile road march, 55-meter sprint, long jump and shot-put throw of 22 meters. Two of Alpha Co.'s soldiers were awarded gold medals in the competition, including Faber.

Many of the soldiers were awarded the German Proficiency Badge for successfully completing the competition, said Sipples.

Other soldiers were able to take part in



Maj. Gen. William A. Cugno presents Soldiers of the 102nd with medals for their service to ONE. (Photo by Pfc. Jordan Weme, 65th PCH)

Pathfinder, Airborne and Air Assault training maneuvers.

For many soldiers the deployment has left a lasting impact. His original contract already passed, Faber is planning to reenlist.

"I have done too many important things to throw them away," said Faber. "I want to make the most of my military career."

Alpha Co. was welcomed home in a ceremony held in their home army in New

Britain on March 21.

As is the case with every deployment, foreign or domestic, soldiers must leave their families and jobs behind to fulfill the duties of service. For Sipples, that family had just gotten bigger when the order came.

"My son was born 12 days before we left," said Sipples.

And now Sipples and Alpha Co. are home just in time for Michael, Jr. to celebrate his first birthday with his father.

## ...While others head out for OIF II

*On with the mission...39th Brigade Combat Team Soldiers arrive safely in theatre*

2ND LT. CHRIS J. HEATHSCOTT

More than five months after the men and women of the 39th Brigade were mobilized, they have now set foot in theatre ready to take on their much-anticipated mission in the desert. Deploying in support of Operation Iraqi Freedom II, the last of the Brigade's Soldiers arrived safely at a temporary stop in Kuwait late Friday evening. The Brigade includes members of Connecticut's 102<sup>nd</sup> Infantry.

With watches set forward nine hours

ahead of Central Standard Time, the near 15-hour flight dominated the process, which brought the final main body of the 4,200-member brigade into the Iraqi theatre. Following in-processing at their first stop in Kuwait, the day closed with a two-hour convoy across the desert to a temporary staging area just south of the Iraqi border.

"The movement of such a large number of troops is a challenge in itself," said Brig. Gen. Ron C. Chastain. "Getting our Soldiers here safely is the first of many planned successes."



Soldiers with the Arkansas National Guard's 39th Brigade Combat Team line up to board a Kuwaiti-bound aircraft at the Alexandria International Airport in Louisiana on Tuesday. The Brigade will move forward to Iraq soon to join the 1st Cavalry Division in support of Operation Iraqi Freedom II. (US Army Photo by Staff Sgt. Rebaka-mae N. Bruns)

While a small percentage of the Brigade is already located in Iraq, the rest of the Soldiers will remain in Kuwait for a short period of time prior to movement forward. Time spent at this location will allow the Brigade to do further weapons familiarization and equipment preparation, while getting acclimated to the weather and environment prior to the push forward into Iraq.

The five months of training has already proven useful as two soldiers with the 39th located and identified an unexploded ordnance (UXO) within the base camp during physical training Thursday evening. Apparently placed prior to Desert Storm and buried under a blanket of sand for years, the mine had once again raised its head after the blanket was pulled back by the wind.

The Soldiers identified the UXO and notified the 468th Engineer Detachment of the 1st Cavalry Division, which disarmed and destroyed the deadly device. The Soldiers are members of the 2nd Battalion, 162nd Infantry of the Oregon National Guard, part of the force of 700 from Oregon deploying with the 39th.

"This is why our men and women have trained so hard over the past five months," said Gen. Chastain. "We are now in a combat zone. We have many challenges

ahead of us. Our Soldiers have worked hard to prepare for these challenges and are ready to accomplish this mission."

During their temporary stay in Kuwait, access to communications back home is unfortunately limited.

"All we have here is tactical Internet access," said Maj. Steve Redman, Communications Officer for the Brigade. "It is not at all constructed for (Morale, Welfare, and Recreation) Communications."

Redman continued in saying Internet cafés should be available for our Soldiers at our forward location via an Internet Service Provider contract renewed by our higher headquarters, the 1st Cavalry Division. Anticipated service provided by Iraqi businesses is another possible means of future email access.

Telephone service is currently available at the Kuwaiti base, but the time difference coupled with the large number of troops to compete with, make this communications option a little less attractive.

Soldiers and their families are encouraged to write home the old fashioned way...even once better access to the Internet is available to them.

"The Internet and the use of email is a fast way to communicate and will be used by families often," said the Brigade Chaplain, Lt. Col. David McLemore.

# Ecstasy: It's not always a good thing —sometimes it's a killer

SPEC. JESSE J. STANLEY  
65<sup>TH</sup> PCH

Adam, Georgia Home Boy and Cid are not friends of yours or your children. Special K isn't a cereal and Ice isn't something you put in a drink.

In today's new age of designer drugs they are clever slang words used to describe some of the most common drugs teens and young adults are using, abusing and dying from. They make no distinction between the homeless people on the street or your 15-year-old honor role student.

These drugs are also known as club drugs for their popularity among people who attend all night dance parties called raves have become more popular recently. These drugs, Ecstasy, Gamma-hydroxybutyrate (GHB), Rohypnol, Ketamine, Methamphetamine and LSD are the six most common club drugs people are using today. By understanding them and the signs of abuse, parents and friends can become involved in helping someone before it is too late.

Parents need to be perceptive of their children's behavior. There are certain changes that can be attributed to the normal stresses of life, but there are other signs that cannot be ignored. School grades

dropping suddenly, being too tired to go to school, skipping school and dropping out of usual activities. These are all sudden and strange changes that involve a sudden lack of motivation.

Also personalities tend to change, a child may be anxious, depressed, hostile or irritable more often. Sometimes new friends are suddenly around who are not introduced or the person becomes secretive, locking

their door often and taking a long time to answer.

Noticing these signs is important, but more important is education and communication educating parents and children is a preemptive approach to preventing drug abuse in teens.

Taking these drugs is like playing Russian roulette. The first time someone tries them could easily be their last. Many honor role,

4.0 GPA, scholarship students have died going to one party or dance and trying a drug for the first time.

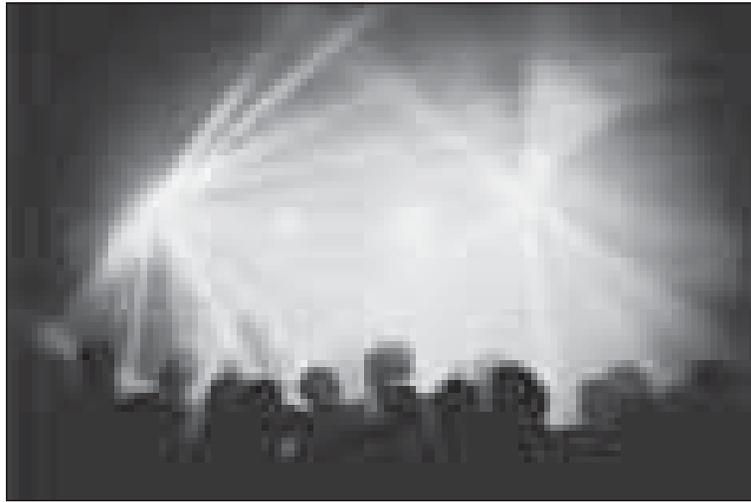
These drugs hide behind their innocent names and seemingly innocent affects.

However, what many do not know is that they all have lasting affects, can be highly addictive and can kill, even on someone's first use.

Something that starts out as an experiment with drugs ends in a tragedy that ends a life and shatters a family.

Not only are they perceived to be harmless, but you don't always get what you pay for. Each time someone buys one of these drugs they are getting a new batch that could be mixed differently or have something added to it that is not usually there. Because of the way it is made and distributed the quality of the drug changes frequently.

The number of emergency room visits for these drugs has been multiplying steadily and the people being seen in these cases range in all ages. Children as young as 10 have experimented with many of these club drugs. All the while their parents were unaware. It is through education of both the child and the parent that illegal drug use can be stopped before it is too late.



## *The 6 most common Club Drugs used today*

**Ecstasy** (X, Adam, MDMA), the most popular club drug, is a stimulant and a hallucinogen. It is common to call being on MDMA "rolling."

People use it to experience feelings of pleasure, improve moods and get energy to keep dancing all night.

It suppresses the need to eat, drink or sleep. It is common for kids to think it is harmless because it appears to have little real side affects; however, it is shown that using MDMA damages the brain's ability to think, sleep, retain memories and regulate emotion.

It can also cause strokes, kidney failure or death.

The drug often leads to dehydration and death usually occurs due to the increased body temperature of more than 109 degrees some experience while using it.

**GHB** (Georgia Home Boy, Grievous Bodily Harm, G, Liquid Ecstasy) is a depressant. It is odorless, colorless and tasteless making it very easy to slip into someone's drink. It has been known to be used as a date rape drug. When combined with alcohol it can cause people to stop breathing. Coma and seizure can also accompany use.

**Rohypnol** (Roophies, Roche) has become better known lately because of its use as a date rape drug. When mixed with alcohol, this odorless and tasteless drug incapacitates its victim. It can also produce what is called, "anterograde amnesia." This means people will not remember what has happened while under its affects. It is also difficult to detect because it does not show up in a urinalysis.

**Ketamine** (K, Special K) is a veterinary anesthetic, which causes a dream-like state and hallucinations. It also causes delirium, amnesia, depression and possible fatal respiratory problems.

**Methamphetamine** (Speed, Ice, Meth) is often made in home labs. This drug causes erratic or psychotic behavior, heart problems and aggression.

**Lysergic Acid Diethylamide** (LSA, Acid) affects people's personalities greatly. Sometimes long after it is taken a user will have flashbacks. Other health risks include numbness, weakness and increased heart rates. The affects on each person are unpredictable.

# Doc Young's letter home

LT. COL. RICHARD YOUNG  
118TH MEDICAL BN.

## Dear Family and Friends, The Flight

We said goodbye to the ice and snow of Fort Drum and boarded a United 747 to Kuwait. Prior to boarding, Uncle Sam treated us to a steak dinner which we ate while balancing it on our knees. Chaplain Lambert distributed Bibles, Saint Christopher medals, and Korans and said a final blessing. We struggled up the ice covered stairs with 70 pounds of body armor, chemical suits, laptops, kevlar, and weapons. After a 24 hour flight with a stop in the Czech Republic, we arrived in Kuwait. Personnel in processes you by swiping your ID card; this entitles you to hazardous duty pay and family separation pay and winds up the "90 days boots on the ground" clock.

## Camp Virginia

Camp Virginia is one of several sprawling complexes carved out of the desert. It is a temporary home to 10,000 soldiers distributed in 12 pads; each pad containing a dozen or more 70 person tents. This is an egalitarian arrangement: colonels bunk next to privates; Blacks, Hispanics, Whites and Asians all mix together in the great American potpourri. We are instructed to sleep in alternate head and toe positions to reduce contagion. As Col. Lallich says, "I am sleeping 12 inches away from a 19-year-old who is younger than my daughter."

At night, there is a bazaar of DVD's and a medley of rock music emanating from the younger soldiers. Several have flat screen videos; many have laptops to store digital photos. Laundry, both male and female, dries on makeshift clotheslines. Food at the DFAC (Dining Facility) is bountiful with ample salads and fruit. My battle buddy, Dr. Gerry Curran, has an ability to use his college Russian to converse with coalition soldiers from Poland and the Ukraine; I speak with the forces from El Salvador. We wave to the soldiers from Japan, Thailand, and Mongolia.

## Bathroom Humor

Water is scarce in the desert and there are no flush toilets. Several days ago, while I sat in a recently cleaned porta potti, I heard the adjacent door open and slam shut. I could sense my neighbor's excitement when he examined the unsoiled crystal clear blue toilet fluid, and exclaimed, "Wow, a clean porta potti!!" Ah, the simple pleasures of life.

## Convoy Drill, Friday the 13<sup>th</sup>

During the next several months, a quarter million U.S. Soldiers will enter/exit Iraq. We convoyed to open desert to practice evasion tactics in the event that our convoy draws fire. Live ammo was distributed and weapons were loaded and placed on safety. This is a novel experience for all to walk about with "live" ammunition in a weapon. We practiced driving in convoys, maintaining 100 meter distances, signaling a threat, dismounting, and crouching behind the tires. We circle our vehicles like the Conestogas crossing the prairies. We fire M16 magazines out the windows of the Humvees at pop up targets reminiscent of "Bonnie and Clyde."

We must discriminate between mock ups of innocent civilians and terrorists. The course is taught by former Army personnel who tell "war stories." During the two day drill, our diet consists of MRE's and water. We conclude that Camp Virginia wasn't so bad after all. At night, we sleep on the bed of our humvees. The stars are brilliant in the desert and one can easily see Orion's belt, the big dipper and North Star. There is much beauty.

## Dust Storms

The dust storms must be experienced. It would be analogous to explain a snowstorm to someone living in the desert. Fine dust whips up in the afternoon and lodges in your nose, eyes, ears, and every other orifice. Visibility drops to 10 feet. You are disoriented going to the porta potti. As you lie on your cot and gaze upward, the undersurface of the tent undulates like a belly dancer with a rhythmic flap, flap. Soldiers wear masks and face scarves looking like mummies.

During the sandstorms, closing the porta potti door is like reefing a sail in a strong wind. If you attempt to pull the door shut, you are afraid it will slam shut on your fingers. As a result, you simply do your business with the door open. Sgt. Baldoni commented, "It doesn't matter...I never close the bathroom door at home anyway."

## A Visit from Liz

Upon returning from the field, I was delighted to see a note from my daughter, Liz, lying on my cot. We had a "father and child" reunion 4,000 miles from home. Together, we waited in line at the PX, waited at the phone bank to call Doty and the boys,

and had lunch and supper together. We went to the MWR (morale, welfare and recreation) tent to write

postcards home. The usual distractions of home (telephones, beepers, malls) are absent, so I had wonderful talks with her. Her Soldiers began calling me, "Dad". All of them chuckle when they look at our identical name-tapes and realize that Capt. and Lt. Col. Young are a father-daughter combination. I smile proudly when her Battalion Commander compliments her on the job she is doing. Later that day, we attended the "Full Gospel" service. I thank the good Lord for allowing us to share some precious time together at Camp Virginia.

## Troop Medical Clinic (TMC)

With 10,000 soldiers on post, the TMC is rocking. The Docs assist the permanent medical staff and it feels great to be practicing medicine once more. The problems are generally routine: blisters, skin infections, fractures, sprains, back pain, coughs and colds, and stress disorders. There is great camaraderie and all of us find working/teaching the Medics enjoyable. Accidents remain a major cause of injury, and second only to deaths from firefights. Yesterday, we had a mass casualty when a bus turned over.

## Off to Baghdad

Tonight, we received orders to move to Baghdad. DVD's are turned off; there is a sense of urgency. Ceramic plates are distributed for our IBA (Individual Ballistic Armor) vests. We divide our 120 vehicles into several segments, each containing a Doc, a PA, and an ambulance. Weapons are cleaned and loaded. Sandbags are placed under our feet. We pray for a safe journey to Baghdad, but there is a good deal of trepidation as we are losing several soldiers each week to IED's (Improvised Explosive Devices).



Dr. (Lt. Col.) Richard Young and his daughter, Capt. Liz Young, meet up in Kuwait.

## Medical battalions have TOA ceremony

SPEC. JAMES TRUITT  
13TH COSCOM PUBLIC AFFAIRS

Reprinted from the Anaconda Times

The 109th Area Support Medical Battalion (ASMB) from Iowa City, Iowa conducted a transfer of authority ceremony at LSA Anaconda with the 118th ASMB on March 4.

"The Soldiers of the 109th and all OIF Soldiers can be extremely proud of their service to their country and to the people of Iraq," said Command Sgt. Maj. Randy Oswiler of the 109th ASMB. "It's a sense of pride few civilians will ever understand."

Elements of the 109th ASMB arrived in theater on March 29, 2003. The rest of the battalion was deployed in theater by the second week of April 2003. Over the last year, the battalion has performed optical, mental health, and preventative medical services for more than 100,000 patients for all services requiring medical attention and for Iraqi detainees.

During 109th ASMB's operations, their Soldiers ranged thru the northern 2/3 of Iraq and had as many as 25 teams located in up to 19 different locations. The 109th ASMB is now getting set to redeploy.

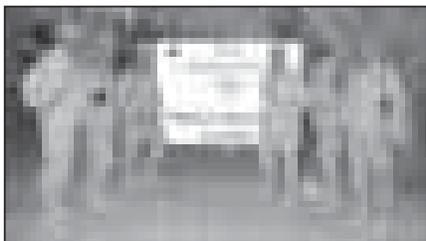
"[The battalion] faced adversity and overcame it," said Oswiler. "It was a big job and I'm extremely proud of the Soldiers because of what they've accomplished."

This is the first deployment for the 118th ASMB since the Korean War in 1950. The 118th ASMB is a National Guard unit from Newington, Conn., that is beginning a one-year deployment in Iraq.

"I look forward [to continuing] what the 109th will be leaving behind such as maintaining the quality of level one and level two [medical] treatment," said Sgt. Maj. Kim Walker of the 118th ASMB.

"The 109th has really paved the way for us," said Spc. Pedro Santiago, 118th ASMB, communications specialist. "Originally they lived and worked in ruins. But look around [the headquarters and living areas], they really built this place up and it's only going to get better."

"It's going to be exciting to see my kids again," said Staff Sgt. Robb Moyer, 109th ASMB, Nuclear Biological & Chemical NCO and father of two.



It is a rare day when you have the four units serving in support of Operation Iraqi Freedom at the same location at the same time.

The 143rd Military Police have been located mainly in the Baghdad area and will be the first of these four units to re-deploy.

The next unit to re-deploy will be the 247th Engineer Detachment (Well Drillers) who should leave theater sometime next month. The 248th Engineers Cbt (Hvy) will be the next to leave and should return to the U.S. in May. The 118th Medical Battalion (Area Support) arrived in theater in February of 04 and will continue their missions through February 05.

With representatives from the four units being at LSA Anaconda being such a rare event, Lt. Col. Robert Cody, (Commander 118 Med Bn) decided to host them all for an evening at our Troop Medical Clinic.

In the photo are: Sgt. 1st Class John Lane, CDR 247 Eng Det, Sgt. Maj. Kim Walker, CSM 118 Med Bn, Lt. Col. Robert Cody, CDR 118 Med Bn, 1st Sgt. Robert Desjardin, 248 Eng Co, 1st Sgt. Chaun Jones, 143 MP Co and Capt. Greg Samuels, CDR 143 MP Co (Photo by Maj. Kevin McMahon 118th Medical Bn.)

## Focus task force 'jump starting' future

GARY SHEFTICK  
ARNEWS

(Editor's note: This is the third in a series of articles on Army Chief of Staff Gen. Peter Schoomaker's focus areas.)

The "Current to Future Force" initiative is about more than accelerating futuristic technology for use in today's Army, according to a leader of the task force.

"We're creating a new way of doing business," said Ed Mazzanti, deputy of the Capabilities Development Directorate at the Training and Doctrine Command's 'Future Center.'

Mazzanti and his focus area task force identify promising capabilities under development and attempt to "rapidly spiral" them for use in the current force. They are looking closely at certain aspects of the Future Combat Systems, such as unmanned aerial vehicles and robotics.

The UAVs and robots brought into use today may not have the "threshold capabilities" intended for 2010, Mazzanti said, but they will provide current leaders an opportunity to experience application of the technologies while research continues.

"It really gives us a jump-start toward bringing that future to being," Mazzanti said.

His task force also examines "lessons learned" from Iraq, Afghanistan and other operations to help steer development of future capabilities to what is needed.

"It's really a continuation of Army transformation," Mazzanti said. "It embraces the notion of adjusting the Army's transformation to what has occurred in the operational environment," especially after Sept. 11, 2001.

This is something Mazzanti's task force calls "current to future," which differs in principle from the "future to current" acceleration of technology.

"Today's Army is very capable, well proven," Mazzanti said, explaining that proven capabilities deserve to stay around for the future. For instance, he said the M-1 Abrams tank will be around for "decades into the future."

The third function of his task force is to look at "current to current" capabilities, Mazzanti said. This means finding capabilities being used successfully in one corner of the Army and adapting them for wider application. Mazzanti said this includes some battle command initiatives fielded to forces in Iraq.

Every six months, his task force — with members from the Pentagon, Army Materiel Command, Joint Forces Command, Army Testing and Evaluation Command, TRADOC and elsewhere — will

team up to conduct a "capabilities assessment" and determine what technologies are ripe for fielding.

"We're casting a very wide net," Mazzanti said, explaining that his group not only has "tentacles across the Army," but is also looking at academia and foreign armies, such as a South African mine detection capability.

The task force is also looking at a Counter Mine Change Detection Work Station which would process information collected by infrared imagery, cameras and other sensors and analyze the terrain to determine if it has been disturbed. The software will alert forces to the probability of land mines being present.

They are looking at a lightweight mortar radar that can be disassembled and carried by two Soldiers.

Active Protective Systems for combat vehicles are being examined, but not necessarily for near-term fielding, Mazzanti said. APS could sense incoming rounds or missiles and enable countermeasures, Mazzanti said. He said this type of capability could eventually be added to current combat vehicles, once it is developed further.

One way Mazzanti's task force aims to accelerate the fielding of technology is to "team early" the research and development folks with the acquisition corps.

"The intent is to accelerate," Mazzanti said, "but there are certain statutory requirements in acquisition."

"We still have to operate within the statutory requirements," Mazzanti said. He also stressed that change is never recommended for the sake of change itself.

"You have to be careful about the pace of change," Mazzanti said. He said that the task force weighs the added capability of a change to ensure it merits the turbulence it will create.

Change affects materiel, doctrine and the way units conduct business, Mazzanti said. He said the task force constantly balances risk between today and tomorrow.

"It's a mindset," Mazzanti said, "a continuum of activity that pushes the Army toward the future."

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

## Martin promoted

From Page 1

More recently, Martin held positions as a member of the Connecticut Air National

Guard at the 103<sup>d</sup>

Fighter Wing, East

Granby, Conn. Martin

has served as 103<sup>d</sup>

Logistics Group

Commander, 103<sup>d</sup>

Maintenance

Squadron

Commander, Chief of

Maintenance and

Chief of Supply.

Martin led logistics effort for the 103<sup>d</sup> FW

for deploying Air National Guard aircraft and

personnel on the ground, providing active

forces contingency relief in support of

Operations DENY FLIGHT in 1993,

DECISIVE ENDEAVOR in 1996, and

SOUTHERN WATCH in 1999. Martin also

did a staff tour at the National Guard

Bureau.

"Taking command of the Logistics Group

in 1995," was the achievement of a career

goal said Martin. Leadership opportunities

continued with Martin serving as the Vice-

Commander of the 103<sup>d</sup> FW until January

2003. He was the first non-rated Vice

Commander in the FW's 80-year history.

Martin was sworn in as Assistant

Adjutant General by Maj. Gen. William A.

Cugno on May 6, 2003. Martin's current

responsibilities include providing

operationally trained, equipped and mission

ready forces in support of both federal

mobilization requirements and state

emergency operations.

On behalf of the adjutant general, he

implements policies, programs, and plans

and the direct link to all state assigned ANG

resources providing information and

evaluation, issue resolution and action

recommendation.

Personnel recruiting, retention and

readiness are key issues being focused on

by Martin.

"BRAC, transition of internal operations

to joint operations and movement toward a

greater presences for the military department

for the state in homeland security," are

goals said Martin.

"We can use jointness to the greatest

advantage of the Army and Air. It's an

exciting opportunity," Martin said.

Martin will work on BRAC, "to ensure

that the CTNG survives and benefits from

the process as an area for national growth,"

he said.

Additionally, Martin said, "we need to

position ourselves for down the road,"

regarding the eventual change from the A-

10 airframe to another aircraft in the long-

range future.

"Thad has hit the ground running and

has made a great impact on my senior staff

already, said Cugno. "I'm proud to serve

with him and look forward to our future

successes."

## Air Guard gets new Command Chief

From Page 1

He also has been a chief master sergeant since January 1990. Smith has helped the ANG mature into a global force during the nonstop deployments that began in August 1990 with operations Desert Shield and Desert Storm. He deployed to England in January 1991.

"The first Gulf War was the turning point," Smith said. "Now we have the same equipment that the active Air Force has, and in some cases we're getting more modern equipment. We're a totally professional force that is just as good, if not better, than the active component. Our Guard people, on average, are older and have more experience.

"A lot of the Air Guard people have

worked in the same shops for years. They know those planes and our other systems, inside and out because they don't transfer to new assignments every three years," he said.

Smith served in the medical field during his first 27 years in uniform, and he was the chief of medical services for the 317th Contingency Hospital in England for the first three months of 1991.

He said he returned to Ohio in April 1991 after it was clear that the Gulf War would not result in nearly as many casualties as officials had feared.

"I was an Eagle Scout, and I taught courses in basic first aid. I couldn't get into the finance career field when I joined the Guard, so the medical field was a good alternative," Smith said. "I was lucky,

because it gave me the chance to do something different during drill weekends and annual training while I was working as a loan officer in a bank."

He said he believes the Air Guard's enlisted force is in solid shape, and he is impressed with the young people who are putting on blue uniforms.

"The force is the most professional it has ever been. The morale and patriotism have never been higher," the chief said. "I'm excited about the younger generation. Their enthusiasm and knowledge amazes me."

Smith and his wife, Debbie, have been married for 25 years. Their son, Richie, is a senior at the U.S. Air Force Academy, Colo., and their daughter Katie is in high school.

## NCO of the Year considering officer corps



Sgt. Steven Leach

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

If Sgt. Steven Leach becomes a commissioned officer this year, he will do so shortly after becoming Connecticut's 2004 Noncommissioned Officer of the Year.

He earned the NCO of the Year title on March 13th at the State Armory in Hartford, which coincidentally marked his 13th anniversary of becoming a National Guardsman.

Leach completed Officer Candidate School in July 2002, so he still has some time remaining to consider becoming a second lieutenant before the two-year window closes. But, the more immediate concern on his agenda is the Area 1 NCO of the Year competition, to be held in Portsmouth, NH on April 3rd.

While pondering the potential career move to the officer corps, Leach, who is

married with three children, has plenty on his mind. In addition to the requirements of his family life, he said he will try to make time to study for the Area 1 NCO of the Year competition, as he is also working on completing his Associate of Science degree in Engineering at Manchester Community College.

Originally a Florida Guardsman, Leach is now a "Blackhawk" helicopter mechanic with the maintenance section with Company G, 126th Aviation, based at the Connecticut Guard's Army Aviation Support Facility in Windsor Locks.

For the past four years, he has been a full-time mechanic at AASF, where he works on "Blackhawks" and other types of helicopters, such as "Hueys" and "Chinooks." Leach lives in Ellington.

Leach said he has not had a lot of time to study for the NCO of the Year competition, but has relied on his 13 years of experience

as a Guardsman. He said that the NCO of the Year competition brought him his first experience appearing before any type of board.

"It's exciting. It really gets the adrenaline pumping," Leach said.

Leach will stay focused on the NCO of the Year competition as long as he is active in the program. If he comes out on top at the Area 1 competition, he will be eligible for the First Army competition in Washington, D.C.

But, he has also been looking at other ways to advance in his Guard career. He said his main concern is his full-time job, but that he still might accept his commission in July. He said he is also looking into the warrant officer program.

Whatever route he chooses, he expects to extend his enlistment and make a career out of the Guard.

"Where else would I go?" Leach said.

## A Devine quest for training leads to Soldier of the Year honors

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

After completing his four-year active duty enlistment in September 2001, Spec. Joshua Devine returned to his hometown of Holyoke, Mass., and sought to continue his service by joining the Massachusetts Army National Guard. He spent four years on active duty as a network-switching systems operator/maintainer, and wanted a new military occupational specialty as an information systems analyst.

But, a lack of funding to send him to school for the new MOS caused him to seek opportunities in the Connecticut Guard, Devine said. He joined Headquarters, Headquarters Detachment, of the 143rd Area Support Group to become an information systems analyst, and his opportunities may just be getting started.

Devine is the 2004 Connecticut National Guard Soldier of the Year. He earned the title on March 13th, and his next step is to compete in the Area 1 competition, which includes all of New England, as well as New York and New Jersey. That competition will be held on April 3rd.

As a full-time financial adviser for American Express Devine works "50 - 65 hours per week, or more," so his ability to study for the Soldier of the Year competition has been limited. In fact, he said he had very little time

to study for the ASG competition on February 21st, or even less time to prepare specifically for the state competition three weeks later. But, he adds that being a good soldier means being a prepared soldier.

"I maintain my skills on a regular basis my marksmanship training, being physically fit and basic soldier skills - the skills that everyone should know and be proficient in," Devine said. He also said that he would make time available for himself to prepare for the Area 1 competition.

His experience with the Primary Leadership Development Course at Fort Dix, NJ in January 2004, allowed him an opportunity to work on his soldiering and leadership skills.

"My unit told me before I left for PLDC that I had to be prepared for (the Soldier of the Year competition), just in case. When I returned, they told me that I was definitely going to the competition," Devine said. While he said that PLDC helped him prepare, it was not until he went to the ASG competition that he appeared before a board to answer questions about his knowledge of soldier skills.

"I was somewhat nervous, but my training and confidence in my abilities were my focus, and got me through it," he said.

Devine turned 25-years-old on March 21st. The first quarter of 2004 has been a

busy time for him in the National Guard, considering that he spent about half of January at PLDC, and then competed in the Soldier of the Year competitions in February and March. But, keep in mind that this is his part-time job.

He was hired as a licensed financial adviser for American Express on February 18th. This was after he studied extensively to meet stringent standards in earning his license to sell life insurance and health and accident insurance in Massachusetts. As a new and aggressive employee, he expects his work time to reach 70 hours a week in the near future.

But, he said his employer is more than happy to allow him time off for his National Guard obligations, including going out of state for the regional competition.

"My employer will give me any time I need for this purpose. In fact, they paid me for this," Devine said, referring to the Saturday morning on which he won the Connecticut Soldier of the Year title. "American Express is very supportive of me."

Devine lives and works in Holyoke, Mass., so his daily commute to the American Express office is much shorter than his monthly commute to drill in Newington. But, his switch to the 143rd ASG has paid off in travel time as well as the aforementioned opportunities in the Connecticut Guard. By



Spec. Joshua Devine

driving from Holyoke to Newington, rather than Holyoke to Milford, Mass., he is saving a lot of time and money in commuting costs.

"(The ASG headquarters) is actually an hour closer to my house," Devine said.

If he does as well at the Area 1 level as he has done in Connecticut, he may be commuting to Washington, D.C. for the First Army competition.

**"A leader is one who takes every order and mission to heart, rehearses with his troops, never assumes and learns by listening. A leader should never guess who lacks moral or physical courage. He helps them build the courage needed to fight, survive, leave no one behind, and win. He is not afraid to die on the battlefield, and would be honored to die in the hands of any of his fellow comrades. A leader won't care if he is recognized or rewarded for a mission well done. He will be a friend of criticism, sharpen his skills and knowledge with it, and never make the same mistake twice."**

SGT. 1ST CLASS KEN MALONE  
TASK FORCE 192

## Record of Connecticut Men in the War of Rebellion

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

### IV. HISTORY AS A REGIMENT

March, 1864—August, 1866

The regiment arrived at Stevensburg, Va., March 24th, and was assigned to the First Brigade, Third Division, Cavalry Corps, Army of the Potomac (Sheridan's Cavalry), with which it served until the end of the war. During the summer General Wilson commanded the division and General McIntosh the brigade. March 29th, Sergeant Fish, Company H, was wounded on picket at Grove Church. As he lay helpless on the ground the rebels brutally shot him repeatedly with his own revolver. He received twenty-one wounds and was left for dead, but lived long enough to tell the tale. May 4th the army crossed the Rapidan. Next morning the First Connecticut, as advance guard, met Longstreet's advance at Craig's Church and opened the Wilderness battles on our left. Major Marcy, with about 200 men, reconnoitering, was cut off. As the only chance of escape, he ordered sabers drawn and a charge through the enemy. This feat was most gallantly accomplished, with the loss of about forty men. The division fell slowly back, the First Connecticut covering the rear, to Todd's Tavern, where it made a stand and checked the enemy. The terrific infantry fighting of the next two days being ended, the First Connecticut led the advance in Grant's movement toward Spotsylvania Court House, and early in the morning charged into the town, driving out the enemy there and capturing thirty-five prisoners, mostly infantry; but supports failing to come up, the division presently withdrew. That night the regiment received Spencer's and Sharp's carbines in place of the much inferior Smith's, General Wilson saying it "had earned the right to carry them." At daylight on the 9th, stripped of all incumbrances, with one feed of oats in their nose-bags and two days' hard tack and five days' salt in their haversacks, the cavalry started on Sheridan's raid to Richmond. Stuart followed, and engaged us at Beaver Dam Station on the 10th, and on the 11th at Yellow Tavern, where he was killed. On the 12th the corps, with the First Connecticut in the extreme advance nearest the city, fought nearly all day within the defenses of Richmond, withdrawing across Meadow Bridge at night with much difficulty. On the 15th it met supply steamers at Haxall's Landing on the James, and rejoined the army at Hanover Court House on the 25th. The First Connecticut lost about 150 horses used up on this raid; their riders, except as they took the places of the killed and wounded, being sent to Dismount Camp. May 31st, at dusk, the brigade charged on foot up a steep slope,

driving the enemy at all points. The First Connecticut, which had been on the skirmish-line away from horses and haversacks nearly all day, remained there all night, General McIntosh saying he "must have a regiment there that he could trust." The next day, at Ashland; while en route in the woods, the brigade was surprised by an attack in its rear. The First Connecticut had orders to support Fitz Hugh's U. S. A. mounted battery, and was the only force between it and W. H. F. Lee's cavalry division. It was a splendid prize, and Lee determined to have it. He charged furiously on the brigade pack-train in the rear of the First Connecticut, stampeding several hundred led horses and mules through the regiment, causing great confusion. But the regiment quickly rallied, and by a gallant counter-charge checked the enemy. It was a hard fight, a regiment against a division, but with seven distinct rallies in about a mile, now in line and now by counter charge, and at a loss of about one-fifth of its men engaged, the regiment won; time was gained and the battery was saved. Among the killed was the heroic Captain Warner, shot twice before he fell and fighting to the last, and the gallant Color-Sergeant Whipple, shot dead proudly facing the foe. Lieutenant-Colonel Blakeslee being wounded in this fight, Major Marcy assumed command.

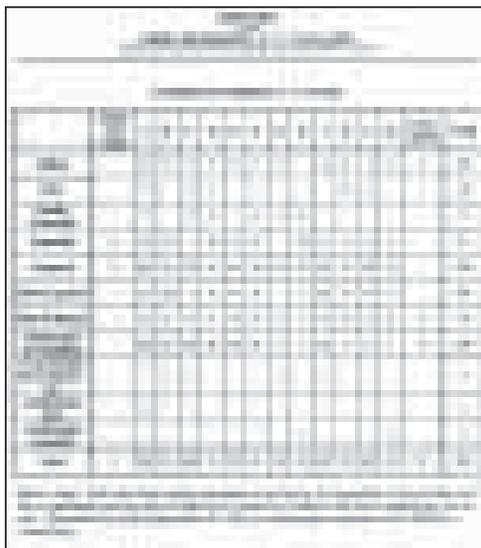
The division was now on the extreme right of the army, where it remained on severe duty as rear guard during Grant's hazardous movement across the James. On June 10th, in one of its many skirmishes, the much-lamented Captain Backus was instantly killed while gallantly leading his men. His body left a short time in possession of the enemy, was stripped by them of everything but his shirt. The division, almost worn out with fatigue, crossed the James on the 17th at 1 o'clock A. M. On the 22d it started on Wilson's daring raid against the South-Side Railroad, and, without rest even to water the horses, marched for twenty-four hours by a circuitous route to Ford's Station, fourteen miles west of Petersburg. It destroyed the railroad from there westward. At Nottoway Court House a heavy fight occurred while the First

Connecticut was tearing up the track towards Danville. An attempt to destroy the great bridge across the Staunton at Roanoke Station by daylight having failed, General Wilson called for Captain Moorehouse and seventy-five men from the First Connecticut to burn it by night. They responded cheerfully, though knowing that but few probably would return alive. Fortunately, while they were preparing the combustibles, the attempt was thought so desperate that the order was revoked. The retreat across the country to Stony Creek, on the Weldon railroad, now began. The First Connecticut Cavalry distinguished itself in the unsuccessful but hotly-contested attempt to break through the

through his cap. The First Connecticut was the first regiment to make a stand against the enemy. It formed line, rallied stragglers, and holding the enemy back covered the retreat of the rest of the division. This desperate rear guard service was continued all night, and, with the fighting of the day before, cost the First Connecticut over three score men. Private Clarke, Co. A, wounded twice and captured was deliberately and repeatedly shot by the rebels while a prisoner, and with seventeen bullet-wounds in his person was left for dead, but after almost incredible hardships, survived. The command recrossed the Nottoway, and with a detour of 100 miles reached Petersburg July 2d, utterly exhausted. The First Connecticut brought into camp but eighty-five men; the rest came straggling in for days as best they could. The expedition was gone ten days, marched 300 miles, destroyed sixty miles of railroad track with tanks, saw-mills, and depots, fought four battles and many skirmishes, rested at no place over six hours and during the last four days not over four hours, had but little food or forage, and went for whole days and even for forty-eight hours without water under a blazing sun and with but one slight shower, not enough to lay the dust on the way. It was at the windup of such an expedition as that that the First Connecticut rallied and covered the rear, and was specially thanked by General Wilson for its services. The regiment now had a month in camp and on picket duty in the rear and on the left of our army at Petersburg, and was then ordered with its division to the Shenandoah valley. Colonel Blakeslee rejoined it en route at Washington, where it was remounted and thoroughly refitted, being fully armed with Spencer carbines.

The campaign in the valley under Sheridan was a busy one. August 16th, just after dark, while fighting dismounted, the First Connecticut was cut off and almost surrounded by a large body of infantry, many of whom were within easy speaking distance. Escape seemed impossible, but aided by the darkness and by a swamp which hindered the march of the enveloping column, it was effected at the last moment, greatly to the surprise of both friend and foe. On the 25th the regiment fought at Kearneysville, and was complimented by General McIntosh for "the handsome manner" in which it charged through the woods; and on September 14th Captain Rogers' squadron, by a rapid dash, helped to surround and capture the Eighth South Carolina Infantry with its colonel and colors. Colonel Blakeslee, still suffering from the effects of his wound, now withdrew, leaving Major Marcy again in command.

enemy's lines at this point, and then covered the rear in the perilous withdrawal to Ream's Station. The enemy were met here on the 29th in heavy force. The command was in the utmost danger. Captain Whitaker of the First Connecticut Cavalry, on Wilson's staff, was dispatched to General Meade for succor. With forty men of the Third New York he dashed through the enemy's lines and reached headquarters with fourteen men and two prisoners. But it was too late. Wilson burnt his ammunition and baggage wagons, left his ambulances, spiked his guns and retreated in hot haste. The enemy pressing in on every side, turned the retreat into a rout. Color-Sergeant Hawley, First Connecticut, stripped the flag from its staff, stuffed it into his bosom under his shirt, and escaped with a wounded horse and with four bullet-holes through his blouse and one



# Connecticut Military Department News



## Foot Guard marches in St. Pat's Parade

*Maj. Commandant Dennis Conroy leads the First Company Governor's Foot Guard in Hartford's Annual St Patrick's Day Parade that took place on Saturday, March 13th. Joining Conroy's staff for the parade is 2nd Lt. Rick Marshall. Marshall, platoon leader of C Company of the 102nd Infantry Regiment, has since left to join Operation Iraqi Freedom. A member of the Foot Guard since 1996, Marshall joins fellow Foot Guardsers Sgt. Gerry Santos and Lt. Travis Board in serving on active duty in Iraq. (Photo by Cpl. Frank Castro)*

## First Company Governor's Foot Guard Band centennial concert

The First Company Governor's Foot Guard Band continues its yearlong centennial celebration with a jubilee concert in the true military concert band tradition.

Musical Director and Bandmaster Captain Laura O'Connell's program includes rousing marches, symphonic selections and patriotic medleys that will highlight the musicianship and versatility of the band.

Special guest for the afternoon concert is Captain Lewis J. Buckley, Director of the U.S. Coast Guard Band who will conduct the Foot Guard Band in the performance of his composition, *The D.H.S. March*. Highlighting the concert will be a composition by composer Robert Sheldon, commissioned by the Foot Guard to honor the Band's 100th anniversary.

Maj. Dennis Conroy, Commandant said, "Many consider our band a true Connecticut treasure and the premier Military Band in the State. The First Company Governor's Foot Guard Band leaves the audience inspired and always wanting more."

## Zakheim to resign

The Department of Defense announced in March that Under Secretary of Defense (Comptroller) and Chief Financial Officer for the Department of Defense Dov S. Zakheim will resign from government on April 15, 2004.

In this position, Zakheim initiated an enterprise architecture to achieve a vision of simpler budget processes, activity-based costing, and a clean audit by 2007.

He oversaw three Department of Defense budgets, each totaling more than \$300 billion, and recently proposed a 2005 budget of \$401.7 billion. He played a leading role in raising in excess of \$13 billion for the reconstruction of Iraq, and walked through six wartime supplementals in support of operations in Afghanistan and Iraq.

He further created the Defense Business Board and worked closely with the Office of Management and Budget and the Government Accounting Office on financial management affairs.

"I am proud to have been part of President Bush and Secretary Rumsfeld's senior Pentagon team for the past three years," said Zakheim reflecting on his tour.

"It has been an exhilarating, albeit extremely demanding experience. Even as we have addressed the many concerns arising out of the War on Terror and Operations Enduring Freedom, Noble Eagle and Iraqi Freedom, including winning both military and financial support from the international community for operations in Afghanistan and Iraq, we have also tended to ongoing budget needs to support our forces and defense civilians at home and abroad.

"We have also made great strides in rectifying the department's antiquated financial management system; we continue to anticipate that DoD will receive clean audits in the not too distant future."

Regarding Zakheim's resignation, Secretary of Defense Donald Rumsfeld said, "Dov Zakheim has been a cornerstone to the Department of Defense over the past three years. He has been a leader in helping transform the Department to better address the needs of the 21st century. I thank him for his commitment and his counsel. He will be missed."

Zakheim was sworn in to his current position May 4, 2001.

OFFICE OF CONNECTICUT MILITARY AFFAIRS

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# AFGHANISTAN

Photos by Maj. Fran Evon



# TAG visits G/104th in Afghanistan



SGT. 1ST CLASS DEBBI NEWTON  
STATE SENIOR PA NCO

"G/104th has just done an incredible job," said Maj. Gen. William A. Cugno, the adjutant general after returning from his visit in Afghanistan with the Connecticut Army National Guard unit.

The unit is a CH47 Chinook unit from Windsor Locks that has been supporting the 10th Mountain Division in Afghanistan for the past year. Cugno went to visit the elite unit in January.

While there, he also visited with the 10th Mountain Division's commander in Kabul before continuing on to Kandahar where the division headquarters is located.

There he received a briefing from the battalion commander and staff.

"Connecticut troops have been responsible for 70 percent of the flight missions," said Cugno. "I'm really quite proud of them. Photos of their missions are hanging in the briefing room at Division Headquarters and have appeared in magazines and newspapers and on Web sites around the world."

The unit recently received the prestigious AAAA (Army Aviation Association of America) award as the best reserve component aviation unit in the country. The award was presented to representatives of the Connecticut aviation community in Nashville, Tenn. (See next month's issue of the *Connecticut Guardian* for the full story.)

Cugno went on to Bagram to visit the unit and said he was impressed by what he saw there.

"The whole country is about the size of Texas and our Soldiers are handling the flight missions throughout the whole country. There is no other rotary wing unit there."

G/104th's aircraft are capable of flying 13,000 miles without having to refuel, which makes them a very valuable commodity and highly sought after unit for mission in Afghanistan. They have flown supply runs, transported prisoners, and provided life supply lines. They also fly injured Soldiers to medical assistance

when needed.

"There are only two paved roads in Afghanistan," said Cugno. "You can see why G/104th would be in such demand."

The contrast of landscapes in the country also contributes to the need for the Connecticut aircraft and their crews.

"In the north you have snow covered mountains and in the south is the desert," said Cugno. "The terrain is horrendous, and our guys are flying missions in and out of every kind of terrain you can imagine."

G/104th is assisting in locating the elusive Taliban, who is making its last stand and fighting along the Pakistan border in Kandahar.

"They are actively involved in the fight against the Taliban and the search for al-Qaida," said Cugno. "They are doing an exceptional job and deserve all the accolades and kudos they get."

Cugno said the unit is also responsible for a great deal of the work being done to refurbish the Kandahar Airport.

"They are putting a tremendous effort into restoring the airport and making it a viable asset again," he said.

While with the G/104th, Cugno met with several of the Soldiers who are also Vietnam veterans. It was something he said he was glad to do and that will leave a lasting impression on him.

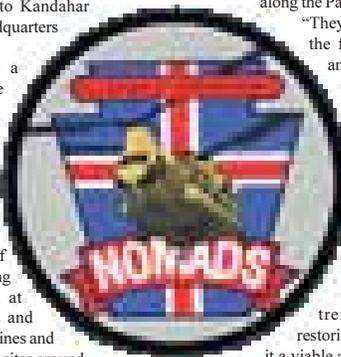
"We talked about the differences in the support of the American people in the two wars," said Cugno. "There is some healing going on there."

Cugno was also impressed by the security measures he saw in place.

"Everywhere you look, everywhere you go, everyone is armed, everyone is wearing body armor," he said. "It is absolutely necessary when you leave the compound, but everyone is wearing it everywhere."

Cugno had the chance to visit with many of the G/104th Soldiers when they hosted an afternoon picnic lunch while he was there.

"I talked to as many of our Soldiers as I could," said Cugno. "They are all doing an exceptional job and are looking forward to coming home, but understand they have an important mission to do there. The morale of the unit is just outstanding."



# Social Security FAQ on a weekend drill

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

Social Security was meant to be a long-term program by which a worker pays into the system through a Social Security (FICA) tax during his/her working career to become eligible to collect a benefit when she/he stops working. The social security benefit is not based on your last five years or your high three years. This is different from many private pension plans that use a relatively small number of years. In general, your Social Security benefit is based on your earnings averaged over your working lifetime.

Following is a step by step explanation of how your retirement benefit is figured [I don't do math].

Step 1- We determine the number of years of earnings to use as a base. If you were born after 1928, that base number is your 35 highest years of earnings. Fewer years are used for people born in 1928 or earlier.

Step 2- We adjust the earnings in these years for wage inflation. We call this "indexing."

Step 3- We determine your average

adjusted (for indexing) monthly earnings based on the number of years in step 1. (If you don't have earnings in 35 different years, some years with \$0 earnings will be used to figure this average amount.)

Step 4- We multiply your average adjusted monthly earnings by percentages in a formula that is set out by law. That formula is a three tier formula that takes a 90 percent, 32 percent and 15 percent of a average monthly earnings figure and adds them together. This will produce your full retirement benefit amount. (If you start your benefits before you reach full retirement age, this amount will be reduced.)

Note: The money amount (or portion of the average monthly earnings) that the percentages are applied changes each year. For 2004, it is 90 percent of your first \$612 of the average monthly earnings; 32 percent of the amount between \$592 and \$3,077; and 15 percent of the remainder.

The formula results in benefits that replace about 42 percent of earnings for people who had average earnings during their working years. The percentage is lower

for people in the upper income brackets and higher for people with low incomes. That's because the Social Security benefits formula is weighted in favor of low-income workers who have less opportunity to save and invest during their working years.

If you become disabled or die before you reach full retirement age, we may use fewer than 35 years of earnings to calculate your average monthly earnings, but the same basic formula is then applied to figure your benefit amount.

How much will you get from Social Security? There are several ways you can find out. Social Security sends a yearly statement to everyone age 25 or older who has worked under Social Security and does not yet receive benefits. You should receive a Social Security Statement every year about three months before your birthday. You also can request a statement by calling Social Security and asking for a form SSA-7004, Request for Social Security Statement, or by downloading the form at [www.socialsecurity.gov/online/ssa-7004.html](http://www.socialsecurity.gov/online/ssa-7004.html) on the Internet. Or, you can calculate your benefit yourself using the programs available at [www.socialsecurity.gov/retire2](http://www.socialsecurity.gov/retire2) on the Internet.



## Officers Club of Connecticut

### April Events

**Tuesday, April 6**  
Quiet Birdmen  
6 p.m.

**Tuesday, March 13**  
Ladies O'Club  
12 noon

**Thursday, March 15**  
MOAA Luncheon  
12 noon  
Board of Governor's Meeting  
5:30 p.m.

**Wednesday, April 21**  
Secretaries Day

**Thursday, April 29**  
Club closed for lunch for private party

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

# NGACT's Annual Conference draws radio personality, Legislators as speakers

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

The National Guard Association of Connecticut (NGACT) held its 10<sup>th</sup> annual conference at Foxwoods Resort and Casino on Saturday, March 20.

The NGACT meets annually to discuss recent accomplishments, legislative goals, receive officer reports, and elect new officers. According to outgoing president, Joe Amatruda, the NGACT had an outstanding year legislatively for 2003. The organization pushed bills that expanded state laws to include provisions for state employees called to federal or state active duty to support recent military operations (activated federally or by the state), to take thirty days of paid military leave to visit their family or take care of personal business.

The NGACT lobbied for and got passed a bill that requires financial institutions and federal banks to keep applications for mortgages open and locked at their current rate for two years in the case that the person (in the National Guard) applying is activated. Another bill that was passed expanded the protection of National Guard soldiers receiving an education. Under the bill, students who are deployed would be allowed to re-enroll in any course they paid tuition for but did not complete because of their activation.

Two more bills were championed by NGACT and passed that expanded the number of veterans and their surviving spouses eligible for a property tax exemption and honorably discharged veterans who have served 90 days active service since August 2, 1990, may now receive Connecticut "war-time" benefits.

Rep. Linda Orange (D-Colchester) was the first state legislator to address the



*Jim Vicevich was the keynote speaker for the NGACT Conference at Foxwoods in March. He reaffirmed his support of the National Guard and vowed to take up the cause of the NGACT. Vicevich has been a staunch supporter and advocate for the 143rd Military Police Company. (Photo by Spec. Joseph Waller, 65th PCH)*

membership at a conference. Orange serves on the Public Safety and Appropriations committees.

"We want to do everything that we can for you," said Orange of the Connecticut Legislature. "We've been working very hard with Bill (Cusack) and Debbi (Newton) this year to help get legislation passed. We want to hear from you. It's because of you that we've been successful with legislation that benefits the Guard over the past couple of years."

Rep. Len Greene (R-Beacon Falls, Ansonia, Seymour) also pledged his continuing support of the Guard.

"Now more than ever your influence is crucial to the future of the Connecticut

injured Connecticut National Guardsmen at Walter Reed, and much more.

Keynote Speaker, Jim Vicevich, a popular radio talk show host and staunch supporter of the National Guard, gave an impassioned speech talking about how he got involved in advocating the Connecticut National Guard and how, in turn he pushes other people to do the same.

"People often come up to me and say they support the troops, but not the war. But I ask, how do you support the troops? Or their families they leave at home?"

He challenged those that say they support the troops to "walk the walk" and assist them in their deployment. Vicevich does that daily on his show as he has adopted the 143<sup>rd</sup> Military Police Company since its deployment a year ago. He pledged to take up the cause of the NGACT next.

Receiving awards at the conference were outgoing President Joe Amatruda for his leadership and Past-President Bill Shea for his service in 2000-2002. Debbi Newton received the Minuteman Award for exceptional service and outstanding contributions to the Soldiers of the Connecticut National Guard and the National Guard Association of Connecticut. Sikorsky received the Corporate Sponsor Award for their untiring support of the NGACT.

Officers elected this year were: President, Bill Cusack; President-Elect, Debbi Newton; Secretary, Claire Potier; Treasurer, Dave Fecso; Army-at-Large members, Kim Rolstone and Mike Straite; Air-at-large member Juanita Hunt; and Army Junior Enlisted member, Jesse J. Stanley.

For more information about the NGACT, contact the association at 860-247-5000.



*Claire Potier visits one of the vendors at the NGACT Conference at Foxwoods and registers for a drawing. This was the second year the conference was held at Foxwoods and the number of vendors increased. (Photo by Spec. Joseph Waller, 65th PCH)*



*Rep. Len Greene and Rep. Linda Orange listen to one of the speakers during the NGACT Conference. The two also spoke to the membership. In the background are Laura Danao and Joe Danao. (Photo by Spec. Joseph Waller, 65th PCH)*

# Military Matters



## Leaders getting tool to help people in distress

**MASTER SGT. MICHAEL BRIGGS**  
AIR EDUCATION AND TRAINING COMMAND PUBLIC AFFAIRS

Leaders throughout the Air Force are receiving a new tool this spring they can use to recognize and respond to people in distressing situations.

Every squadron commander and first sergeant will get a CD copy of the "Leader's Guide to Managing Personnel in Distress," an interactive product that provides general information, summaries of policy and checklists on 35 topics relating to distress.

More than 100 people, including commanders, first sergeants and health experts, spent two years developing the comprehensive guide to help improve the overall fitness, readiness and performance of the force, according to Air Force medical officials.

"It's the only product of its kind," said Lt. Col. Rick Campise, chief of the Air Force Suicide Prevention Program, who oversees

the guide program. "It identifies issues relevant to a particular life-problem area, signs and behaviors for how the person is dealing with the problem, and resources for helping them manage the difficulty."

The idea for the commander's guide came from an Air Force Suicide Prevention Program working group that convened in 2002 to develop a guide for mental-health clinicians.

The group decided to build a second guide all Air Force leaders could use for any situation where people experience distress, Campise said.

"The truth is, everything is suicide prevention," he said of the guide's development beyond the field of mental health. "Anything you do to address quality-of-life issues is suicide prevention, regardless of whether that is romantic relations, finances, substance use, family violence, (or) spiritual well-being."

The 35 topics addressed in the guide include common distress-causing events, but

it lists several not-so-common topics such as coping with car accidents, burglaries and unintentional injuries. The guide breaks the topics down into the categories of topics in distress, specific-life challenges and resilience, interventions and community resources, deployment-related topics, and information for unit people.

Each topic has one-half to three pages of information also condensed to a checklist to give leaders a quick reference source, Campise said.

"A condensed version was added for commanders who receive calls that in five minutes someone will be showing up with that issue, resulting in a need to quickly review what to look for and how to help," he said.

While the guide is not intended to act as a replacement for mental-health, legal or other professional advice, it provides readily accessible and practical guidance to leaders in helping them make decisions,

Campise said.

"The performance of even our best members can be (affected) at times by life's difficulties, and unit leaders must be diligent in providing an environment of support," wrote Lt. Gen. Richard E. Brown III, acting vice chief of staff of the Air Force, in a memo accompanying the CDs. "This tool ... provides leaders with specific actions and agencies they may want to enlist in support of their unit members."

People who are not squadron commanders or first sergeants can access the Leader's Guide to Managing Personnel in Distress on the Web at <https://www.afms.mil/afsp/ products/default.htm> from a dot-mil address.

Campise said everyone can benefit from the guide and suggests people get familiar with it and refer to it whenever they have concerns about themselves or others.

"Read it before you need it," he said.

(Courtesy of Air Education and Training Command News Service)





COMMAND SGT. MAJ.  
RAYMOND P. ZASTAURY

## Enlisted Update

Congratulations to Sgt. Steven Leach from Co G 126<sup>th</sup> Avn. and Spec. Joshua Devine from HHC 143<sup>rd</sup> ASG as winners of the Connecticut Army National Guard NCO and Soldier of the Year for FY 04. Both Leach and Devine will represent the Connecticut Army National Guard April 3-4, 2004 in Portsmouth, NH at the Area I (New England plus New York and New Jersey) NCO and Soldier of the Year competition. I am confident they will both represent Connecticut well and have a very good chance to win the Area I competition and then go on to compete in the First Army Competition in July. Good luck to both Soldiers!

I can honestly say that this past year has really been a blur for me personally. It is hard to imagine that more than a year has passed since Connecticut started deploying our Soldiers and Airmen. Everyone that did not deploy was very busy supporting our deployed Soldiers and Airmen and their families. I would personally like to thank all those Soldiers and Airmen that remain behind and worked many hours and days in support of our deployed Connecticut National Guard Soldiers and Airmen. Our jobs are not complete yet though. That same dedication is now required for repatriating our returning Soldiers and Airmen. We cannot afford to get tired or complacent now. You all deserve congratulations for a job well done and for those things you will continue to do in the future.

I had a wonderful experience flying up to Ft. Drum and visiting with the AVCRAD Soldiers when they returned from Kuwait. All the Soldiers had smiles on their faces when the TAG and I got to Ft. Drum to visit with them. But the best experience was realized when the four buses carrying the AVCRAD Soldiers arrived in Groton on a Saturday afternoon and all their families and friends were there to greet and welcome them home. It was a privilege to shake each and every Soldier's hand as they got off the bus. Brig. Gen. Zembrzanski, Col. Stefanko and I thanked them all for a job well done during their deployment.

I am looking forward to the rest of our deployed units returning home. All the units that deployed last year in support of the Global War on Terrorism deserve our gratitude for the hardships they endured over the past year. I'd also like to thank all of our deployed Soldiers' and Airmen's families for all they went through during the past year. Being very involved with the Family Support Groups Meetings I really appreciate the outstanding support

the deployed Soldiers and Airmen families received from Mrs. Kim Hoffman and her staff. Great Job!

Keeping that in mind, during the next year, we must now direct all our efforts and attention to the 118<sup>th</sup> Med Battalion that arrived in Theater on Feb. 8, 2004 and Co C 1/102<sup>nd</sup> Infantry Platoon that left for Theater on March 22, 2004. I had the distinct honor and the privilege to fly down to Ft. Polk, LA with Col. Stefanko and Command Sgt. Maj. Joseph Aparo from HQ 143<sup>rd</sup> FSB to visit with Co C 1/102<sup>nd</sup> Infantry Soldiers on the morning they were leaving to deploy into Theater. Connecticut can be proud of these men and the jobs they about to undertake. Their morale was outstanding and they were well trained and ready to go to perform their duties. I gave 1<sup>st</sup> Lt. Marshall and Plt. Sgt. O'Toole my standing order given to the leaders of our previously deployed units, "Bring them all back home."

I have heard some of our fellow Guardsmen state that the Connecticut Army National Guard will have a mass exodus of Soldiers as they return from their deployments. For those of you who know me well, you know that I cannot and will not subscribe to that type of negative attitude. I truly believe that if we give our Soldiers a Heroes Welcome Home that they all deserve, we will retain them in the Guard. The Connecticut National Guard deployed many young men and women that will bring back with them a wealth of knowledge and experience that must be shared and taught to all our newly enlisted Soldiers and those of us that did not get the opportunity to deploy. These returning Soldiers learned things during their deployment that is changing Training Doctrine in the Army. We as an organization must learn from them and their experiences so our Soldiers will be better prepared for future deployments that are sure to come.

Every deployed Soldier and Airman of the Connecticut National Guard deserves our thanks and gratitude for what they have done, what they continue to do and what they will be expected to do in the future with fighting this Global War on Terrorism. The Connecticut National Guard's participation in the fight is going to be required for many years to come. We must continue give our Soldiers and Airmen the best possible training so they can properly defend our nation against those that seek to harm our citizens and other people throughout the world.

I ask you to keep all Military Personnel from all the services in your thoughts and prayers daily. They are today's true heroes and patriots and deserve all of our support and our thanks for what they do on a daily basis.

## Guard Voices

### *A letter to the Connecticut National Guard Senior NCO's*

On Saturday, March 20, 2004, the National Guard Association of Connecticut held its annual conference. It was poorly attended. Needless to say, I was extremely disappointed with the Senior Noncommissioned Officers of the Army and Air Guard. There were no more than 10 of them at the conference.

As senior NCO's you are responsible for the welfare of your Soldiers and Airmen. You did not show that responsibility. I cannot understand why you do not support your association that is representing you, your Soldiers and Airmen.

At present there is nothing more important than national and state legislation that brings benefits and entitlements to our Soldiers and Airmen. Our voice cannot be strong with an attendance of 10. With the world situation as it is today, coupled with mobilizations and deployments, our Soldiers and Airmen need to be insured that they will be represented in obtaining benefits they so richly deserve. By your absence, you did not give them that assurance.

You need to do some soul searching. Are you truly looking after your Soldiers and

Airmen? Are you looking out for their needs? Are you looking out for their families' welfare? I THINK NOT!

How many of our senior NCO's are members of our association and the Enlisted Association of the National Guard of the United States (EANGUS)? If you are not, YOU SHOULD BE! You and every one of your Soldiers and Airmen should be members. Remember that the two associations listed are there to lobby for benefits for all of us. They need your support badly. There are a few people working hard for you. They can't do what they have to do without membership and support.

I highly urge all seniors NCO's to join now! I highly urge senior NCO's to get their Soldiers and Airmen to join now!

REMEMBER – Our future and in some cases our past benefits are in jeopardy. You and only you can change that by getting involved.

DO IT NOW!

**Anthony V. Savino**  
Command Sergeant Major (Retired)

### *A Letter of Thanks*

Three weeks into my Soldier's deployment I came home from work to find that we had been burglarized. A flurry of emotions ran through me. For hours I cried on the phone to a friend whose husband has been deployed since last April. Finally she calmed me down and had me call the police. They came and took what little information I could provide and offered little hope for the return of any of our belongings.

When the police left, fear took over. I am now living alone with an elderly family member we care for. All I could think of was this person in our home going through our things. What if they were not finished? What if they wanted more? What if next time we were home?

Our door was a mess. I didn't know what to do. My protector, my hero, my jack-of-all-trades was now in Iraq. If I call a random locksmith now will they know we are home alone too? I called my Family Assistance Coordinator Sgt. Bermudez for advice. Within minutes she had contacted The Handyman Hotline and someone was ready to come to my house and fix my door. Sgt. Bermudez offered her sympathy and her home to both my family member and myself until our door was fixed and we felt safe.

Quickly, I was contacted by Sgt. Maj. Toby Cormier who not only came to my home and fixed my door, but he brought with him everything he needed to do the job. He even

wanted to clean up the mess when he was done. When the sergeant major was leaving I handed him a card in which I placed a small check and I thanked him.

He said, "Please thank your husband for all that he is doing." With that he picked up his things and left.

Just then my phone rang and it was my friend who let me cry on her shoulder just the other day. As I began to tell her how wonderful The Family Assistance Coordinator and Handyman Hotline were I saw the sergeant major's truck pull up in front of my house. I thought he must have forgotten something. When I opened my door sergeant major handed me my check back and said, "I will gladly take the card but I will not take this check, I do this because I want to." I thanked him again and he left.

Just then I realized that all the things that were taken from us were just that - things. But what was given to us means more than I can ever say. On behalf of my family and myself thank you Sgt. Bermudez and Sgt. Maj. Toby Cormier for your unselfish generosity, concern and for restoring our piece of mind.

*(Editor's Note: For the family's privacy and security, the writer's name is being withheld at her request.)*

# Homefront

## In defense of Connecticut's children: *What are Rave Clubs?*

**CAPT. ANNE-MARIE GARCIA**  
DRUG DEMAND REDUCTION ADMINISTRATOR

"Raves" are large all-night dance parties, held in unusual settings like warehouses or railroad yards that feature computer generated high volume pulsating music, known as "techno" or "house" music. Rave clubs got their start in England in the late 1980's and are known for the music and use of drugs like Ecstasy. Rave club goers are known as "Ravers".

All "Ravers" do not consume drugs. The club scene seems to be attracting adolescents from age 13 to young adults in their mid-to-late 20's. Party announcements can be found posted on colorful fliers, through word of mouth, even on the Internet. The phenomenon known as the "Rave Movement" has been compared to the "Peace & Love Movement" of the 1960 and 1970's.

Partygoers often can be found with surgical facemasks (used to inhale various substances), baby pacifiers (used to control the teeth grinding that goes along with Ecstasy use), glow sticks (used to heighten the "high" from hallucinogenic substances). What substances are being used on the Rave dance scene? There are a variety of substances that have been connected with Rave Clubs. This is a brief list of some of the "Club Drugs" by slang names and some of their effects: Ecstasy - Hallucinogen/Stimulant Ecstasy is a synthetic drug that is similar to methamphetamine and the hallucinogen mescaline. Ecstasy can produce a

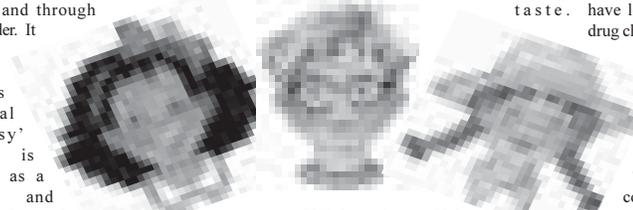
significant increase in heart rate and blood pressure and a sense of alertness.

The stimulant effects, which enable users to dance for extended periods, may also, lead to dehydration, hypertension and heart or kidney failure. Ecstasy can cause brain damage. It is one of the most widely used of the club drugs. Ephedrine - Stimulant: This substance is sold over-the-counter at convenience stores, some food stores and through mail order. It is sold often as a 'Herbal Ecstasy' and is touted as a 'safe' and 'legal' form of Ecstasy.

Ephedrine is in the Amphetamine family and can cause heart attacks, seizures, agitation, palpitations and other health problems. Ephedrine is a common weight-loss substance. The FDA has proposed restrictions on ephedrine after it received more than 800 reports of harmful effects to people, among them coronary problems that could put patients at risk for heart attacks, strokes and death. Ketamine - Hallucinogen: Ketamine is an animal tranquilizer used by vets in pet surgery. Users say the effects of Ketamine are similar to PCP. Ketamine is usually snorted and is frequently used in combination with other drugs like ecstasy, heroin and cocaine.

The high lasts anywhere from 30-minutes to about two hours. Special K or powdered Ketamine emerged as a recreational drug in the 1970s and was known as "Vitamin K" in the underground club scene in the 1980s. It has since resurfaced as "Special K" in the 1990s rave scene.

GHB - Depressant: This substance comes in a liquid form and looks like water and has a salty taste.



GHB is used as a "Club Drug" for effects similar to those of Rohypnol, also known as "Date Rape Drugs." Coma and seizures can occur following of GHB and when combined with methamphetamine.

Rave club owners and promoters sell specialty items to dancers in a way that arguably promotes drug use. They provide bottled water and sports drinks to manage hyperthermia and dehydration; pacifiers to prevent involuntary teeth clenching and menthol nasal inhalers, chemical lights and neon glow sticks, necklaces and bracelets to enhance the effects of the club drugs.

Rave clubs rarely sell alcohol because most attendees are not old enough to purchase

it. Many believe alcohol counteracts the effects of Ecstasy. Although rave club owners and operators clearly cater to "Club Drug" users, there is no direct evidence that they are taking part in direct drug sales or receiving any profit from the sale of any "Club Drugs" within their establishments.

Despite the lack of evidence, law enforcement should remain suspicious of rave club owners because many of them have long criminal histories that include drug charges. At least one Drug Trafficking Organization tried to build its own

rave club in Pittsburgh, Pennsylvania last year. With their high energy atmosphere, rave clubs with names like "The Buzz," "The Artery," "Fever" and "Vertigo" will continue to attract college-age, middle-and upper-class youths. Inside the clubs - usually dangerously overcrowded and dimly lit buildings; the dancers will be exposed to rampant drug use and a high crime environment, risking their health and safety. The likely increase in news reports of rave club deaths may result in greater community and law enforcement pressure against rave clubs and their promoters. There are many resources throughout the State of Connecticut to assist parents and are available through the Connecticut National Guard Counterdrug Program. Contact the Connecticut National Guard Drug Demand Reduction Office at 860-493-2724 if you have any questions or are interested in any of our programs.

### COMMISSARY & EXCHANGE DIRECTORY

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

**AIR NATIONAL GUARD**

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

**CAMP ROWLAND POST EXCHANGE**

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

**WEST POINT, NEW YORK**

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

**SUB BASE, NEW LONDON**

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

**WESTOVER AIR FORCE BASE**

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

**COAST GUARD ACADEMY**

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

**COAST GUARD STATION**

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

**ARMY RESERVE CENTER**

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

# WMD/CST comes to Connecticut

*From Page 1*

Ware has been serving as the commander of the 103rd Fighter Wing Security Forces Squadron and recently returned from deployment with Central Command where he wrote detailed Force Protection and Antiterrorism guidance for the entire CENTCOMAOR.

Since the announcement was made, Connecticut has already been busy posting the 20 new AGR positions to the Web and accepting applications for the positions.

"On April 16, the day after the postings close, we will go right into the board to pick the candidates," said Danao. Then it will be a very busy four-to-six months for those chosen.

"The Soldiers and Airmen chosen will go right into medical screening and the training pipeline," said Danao. "They are going to be facing some extreme intellectual and physical demands in getting trained for this team."

The team members will first go to Fort Leonard Wood, Missouri for an eight-week Civil Support Skills Course that will fulfill the immediate needs of the team.

"This is the foundational course," said Danao. "They will learn about HAZMAT response, incident management systems and medical care for both self and buddy."

Danao said he expects many of the applicants to have experience with law enforcement agencies and fire personnel, which will be a big help in the conduct of their missions.

WMD/CSTs assist local first responders in determining the nature of potential toxic agents, in the provision of medical and technical advice and in the identification and arrival of follow-on state and federal response assets. The fielding of the WMD/CSTs is part of a DoD initiative to support local, state and federal civil authorities in the event of an incident

involving suspected weapons of mass destruction in the United States.

The teams are federally resourced, trained and evaluated, but fall under the command and control of the governor.

They are highly mobile and equipped with specialized equipment, allowing rapid detection and identification of the presence of toxic chemical, biological and radiological agents at a contaminated site.

"We would be dispatched by the adjutant general upon request of the governor," said Danao. "In the case of mutual aid to a neighboring state, the request could go from governor to governor, or from DoD to governor."

Danao said the team could be dispatched anywhere in the continental U.S and territories.

He expects it to take one year before the team is fully certified and operational.

"Until we are fully trained, fully manned and fully equipped, we will not be fully certified," said Danao. During the next year, the team will receive announced and unannounced visits from First Army external evaluators.

"Once our training, manning and equipping is complete, and our external evaluations are complete, we will notify the TAG that we are ready for certification," said Danao. "The TAG will then notify the Secretary of Defense through NGB that we are ready, and the SecDef will look at the evaluations and issue our certification back down through channels."

At that point, the team will be trained for any local contingency, said Danao. They will be able to respond to any chemical, biological, radiological, nuclear or explosive site, whether it be in a city, rural area, port, and within limits, on the water.

"This is not a reconstruction asset," said Cugno. "This is not a post incident team. They will be provide analytical support for first responders. They will have a mobile analytical lab that they will use to identify the threat or agent, and then they will notify the local incident commander so they can handle the

situation or call in experts who can.

"This is a rapid-responding, analytical and communicative team that will have great value to the State of Connecticut and the communities within the state," added Cugno, who went on to say that the team could be called on through the Office of Emergency Management and the Domestic Preparedness Steering Committee by the governor in cases of emergencies or suspected weapons of mass destruction incidents.

Connecticut has already had a part-time WMD/CST with a small full-time staff preparing for the future full-time team.

The members of the team have been receiving training that the new team members will get, and have also been working very closely with their mentor state, Massachusetts, which is home to the 1st WMD/CST.

Massachusetts brought their equipment to Connecticut last summer and set-up open houses last summer at Camp Rowland and the Hartford Armory to explain the unit and equipment to potential members.

Several people with varying military backgrounds took advantage of the opportunity to learn about the team.

Danao said the 14th WMD/CST will continue to work with Massachusetts, as well as the team from New York.

"If Soldiers and Airmen are interested in a position with the team, they must keep in mind that if they get chosen, it will mean an incredible commitment on their part," said Danao.

"From the time of notification of an incident, they will have one hour to get to home station, then they must arrive at the incident site within 90 minutes. They must maintain training proficiency and physical fitness. They will be under a great deal of pressure as they will be on call 24-hours a day, seven days a week. That's what makes this team special."



## 20 AGR positions available

14th Weapons of Mass Destruction - Civil Support Team "Heavy" is now forming with a goal of being "mission capable" within a year to year and a half. It is important for all Air and Army personnel to know of the opportunity this highly specialized team presents in AGR employment and mission.

Initial information about the 14th is available at - <http://www.defenselink.mil/releases/2004/nr20040309-0445.html>

Currently 20 positions (Title 32 AGR) are open. They all close on 16 April 2004. This is a joint organization consisting of both Army and Air personnel; all are eligible. Links to the announcements are shown below.

<http://www.ct.ngb.army.mil/jobs/AirVacancyList.asp>

Anyone with questions regarding the announcements should contact the Human Resources Office in person or at 860-878-6739.



Soldiers discuss some of the equipment used by the WMD/CST during an open house held this past summer. (Connecticut Guardian file photo)



During an open house held last summer, a member of the Massachusetts WMD/CST discusses equipment with potential members. (Connecticut Guardian file photo)

# Guarding Your Rights

## Legal Affairs: Bar to reenlistment

CAPT. TIMOTHY TOMCHO  
JAG OFFICE

One of the many administrative tools available to a commander to facilitate the good order and discipline in his or her unit is a bar to reenlistment (commonly referred to as a "bar"). A bar is an administrative action that prohibits substandard Soldiers from reenlisting.

It is a non-punitive probationary device intended to alert the barred Soldier that he or she is not a candidate for reenlistment or extension and that discharge is imminent, unless the basis for the bar is overcome. Any commander in a Soldier's chain of command may initiate a bar. Army Regulation 601-280, "Army Retention Program," and National Guard Regulation 600-200, Chapter 7, Section V, govern bars to reenlistment for National Guard Soldiers.

Only soldiers of high moral character, personal competence and demonstrated adaptability to the requirements of the Army values may reenlistment. Soldiers against whom bars are initiated often have ample documentation indicating their personal lack of reenlistment criteria.

The documentation usually indicates one or a combination of the following: lack of punctuality, propensity for unexcused absences, substandard personal hygiene, involvement in immoral activities, inability to follow orders, apathy, inability to achieve Army standards (weapons qualification, Weight Control Program, Army Physical Fitness Testing and NCO educational schools, etc.) and behavior that brings discredit upon his/her unit and the United States Armed Forces. Three categories of Soldiers may be denied the privilege to reenlist.

(1) **Untrainable Soldiers.** An Untrainable Soldiers is one who has, despite repeated attempts, failed to meet minimum professional standards, exhibits the inability to perform basic tasks associated with their military occupational specialty (MOS), repeatedly failed the Army Physical Fitness Test and/or repeatedly failed to qualify

with his/her assigned weapon.

(2) **Unsuitable Soldiers.** An unsuitable Soldier is one who does not present proper military bearing and who refuses, or is otherwise unable, to adapt to the military lifestyle. Behavior that discredits the Armed Forces may justify a bar. Questionable off-duty conduct not amounting to misconduct may also justify a bar.

(3) **An Unmarried Soldier** with dependent family members or dual military couples with dependents, who are unable to craft an acceptable family care plan, are subject to a bar.

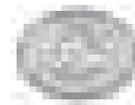
To initiate a bar, a commander must utilize an NGB Form 602-R, summarizing the basis for the action. The bar must be based upon specific dates and times, substantiated by supporting documentation. The commander will refer the bar to the Soldier for a statement, giving the Soldier 30 days to submit any statement the Soldier desire to submit. Upon submission of a statement or, if none, after thirty days, the commander must forward the bar (through intermediate commanders, if necessary) to the approval authority, if necessary. The appropriate unit commander must review approved bars every six months (three months for AGR Soldiers). If the bar is not removed after the second review, the commander will initiate administrative separation proceedings. Soldiers may also appeal the imposition of a bar.

The focus of a bar is the distant future, not the immediate future. It is designed to afford a substandard Soldier the opportunity to correct performance deficiencies before the opportunity to reenlist or extend is granted. Commanders may contact their servicing Judge Advocates for assistance in initiating bars. Soldiers may contact Judge Advocates for help in the preparation of rebuttal statements and appeals to a bar to reenlistment. Before consulting judge advocates for assistance, commanders and Soldiers should be sure to have all the supporting documentation for review.



## NGACT: Working for you

WILLIAM CUSACK  
PRESIDENT, NGACT



On 20 March 2004, I assumed the office of President of the National Guard Association of Connecticut. It's a responsibility that I take very seriously and will, during my term, ensure that our membership receives quality representation at both the State and Federal Levels.

Our fight for upgrades in equipment, training, and benefits is my foremost focus and the Executive Board and I will work closely with NGAUS, EANGUS, the Adjutant General, and the Connecticut Legislature to bring these benefits and entitlements home.

My philosophy is basic; through the legislative process, obtain and implement programs that serve our soldiers and airpersons. More than 40 percent of the Connecticut National Guard deployed in the last 18 months. It's the absolute least we, NGACT can do for these patriots.

In order to accomplish this, my intent is to build a coalition with NGAUS, EANGUS, TAG, the Legislature, and you. Without your support, I can't do anything for you. I encourage all Soldiers and Airmen, Officer and Enlisted, to get involved.

Change can't be affected without your support through membership and participation. I ask our current members to renew, I ask those who haven't joined to join, I also ask that you send me your thoughts. I hate operating in a vacuum and without your input; I have no way of knowing if we're on track and successfully meeting your needs.

In the past 60 days, NGACT and our newly formed coalition, was successful in getting key pieces of legislation, which provide benefits and incentives for all of our Connecticut National Guardspersons serving in the fight against the Global War on Terror, both here in Connecticut and abroad, through committee and on the floor for a vote by the Connecticut Legislature.

We look forward to working with the National Guard Foundation and Family Program to secure benefits for our new Gulf War Veterans. NGACT pledges to support our redeploying Soldiers and Airpersons in any way we can. NGACT will continue its work with charity organizations in support of our communities, where our members live. NGACT now has an Auxiliary, which I ask our Soldiers, Airpersons, and Retirees' Spouses to join. The mission of securing much needed funding to support our troops at both the State and Federal Levels is a daunting task and can't be accomplished without a unified coalition of organizations, which require all eligible members to join and participate.

I look forward to serving our State and Nation in my new position and look forward to hearing from you at 860-247-5000.



RONALD E. LEE, 1<sup>st</sup> SGT. (RET.), USAR  
CT-ESGR PUBLIC AFFAIRS CHAIRMAN

(Reprinted from DOC Newsletter, "P.R.I.D.E. at Work" with permission of Michael Schuberth, LTC, USAR Retired)

The dedication and commitment of the Connecticut Department of Correction in supporting its men and women who also wear the uniform of our country's armed services has been formally recognized. The Connecticut delegate of the National

Employer Support for the Guard and Reserves (CT-ESGR) recently met with Commissioner Theresa Lantz to extend his organization's praise and gratitude by designating the Department of Correction as an outstanding "Patriotic Employer".

A "Patriotic Employer" Certificate will be displayed in the Central Office lobby.

The DOC was recognized for its continued exemplary support of

## DOC rrecognized for support of Armed Services

deployed and active members of the Guard and Reserves. At the facility level where posters daily remind us of those on active duty, and agency wide through Operation Correction Cares, the Department has sought to maintain a high level of care and concern for our fellow staff who continue to courageously serve our country.



(L-R) ESGR Ombudsman Thomas Langley, ESGR Ambassador Anthony Vallombroso, Warden Charles Lee, HCC, Sergeant Major Jon Beaulieu, 1205th Trans. Railway Operations Battalion, Commissioner Lantz, ESGR Emeritus Chair Carl Venditto, C/O Ganesh Persaud, HCC & Staff Sergeant, 1205th Trans. Railway Operations Battalion, Fiscal Manager Michael Schuberth, LTC USAR Retired.

The DOC currently has 57 deployed soldiers, sailors, airmen, and marines. That number had peaked to more than 100 deployed in the months following September 11, 2001. DOC staff has also been activated to serve functions involving the Olympics, Homeland Defense and active component augmentation.

Chairman Venditto commented on the DOC'S PRIDE at Work newsletter which features deployed servicemen and servicewomen, facility fundraisers/collections for the deployed and their families, and the overall outstanding patriotic tone of Correction employees.

## Inside OCS

### Developing a leadership style by example and training

OC ERVIN CAMINERO  
OCS CLASS 49

I entered the military nine years ago. In the early days of my military career, I did not have lots of interaction with officers.

The officers made all of the decisions and they were the most "squared away" soldiers, and even when they were in civilian clothes, their presence was noticeable.

I gained a greater perception of officers through working directly with them when I entered the National Guard in 1999. I realized that officers' decisions had a tremendous impact on the day-to-day operations.

Initially, I joined the National Guard to pay for college. I never anticipated remaining in the military after graduation.

The officers who I worked with gave me the motivation to remain in the military to learn how to lead.

My knowledge of Officer Candidate School (OCS) before participating was that it was one of several commissioning routes, but that it was not for everyone.

It was my understanding that OCS was going to test each candidate and push that person to the limit by demanding more.

The officers I worked with all received their commissions through different routes, but they all advised me to choose OCS because it sustained intensity created good leaders.

The interaction I had with the TAC staff was a great help. They guided me to be decisive and make a decision, right or wrong, and then learn from the consequences. Ultimately your decision as a platoon leader

can cost your soldiers their lives. Additionally, there are hard decisions to be made, and I, as the platoon leader, need to make them.

Upon completion of the OCS program and my commissioning as a platoon leader, I will lead my soldiers utilizing my newly developed leadership style.

By leading from the front and taking care of my soldiers while accomplishing the mission.

My OCS education has reinforced my view of the importance of Non Commissioned Officers. NCOs have lots of experience and tremendous expertise in many areas.

I intend to assess my mission and situation, consult with my NCOs and then make an informed and expeditious decision.

My leadership style has developed

throughout OCS. I will motivate, encourage, empower, and reinforce my NCOs and soldiers in my command.

OCS has illustrated the need to take corrective actions in certain instances, as well as, the need to reinforce positive actions and provide praise.

Throughout OCS I have learned to evaluate and assess a situation quickly and to make proactive decisions, instead of reacting to the situation. Moreover OCS had instilled decisiveness in me.

In addition to the tools that I received through my education and personal challenges, OCS has developed my character and me, as a person.

OCS has given me the tools to succeed in both the military and in my personal life where, "Honor Leads the Way!!"

## Why Diversity?

### Reaching out to our Communities

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

Why does the National Guard need to reach out to our local communities? This might seem like a strange question coming from an organization that had its start as minutemen. In today's ever-changing world the demographics of our communities have changed and we need to change with them. So, if we are to stay a relevant force that can accomplish the missions that come to us, we must promote understanding, teamwork, harmony and pride among the citizens of Connecticut.

That is why the Connecticut National Guard has an extremely successful campaign to cultivate new partnerships with several statewide organizations representing African-Americans, Latinos, and Women. These initiatives have offered the Connecticut Guard a chance to become partners with many minority youth groups such as Aspira and the NAACP. We offer members of these groups access to some of our leadership programs such as YLP-Young Leaders Program and GEAR - Guard and Educators Achieving Results to name a couple. We also provide speakers for their conferences and meetings. These initiatives have made a substantial impact on communities by showcasing one of the Guard's stateside roles - Citizen Soldiers supporting our communities.

We have also taken our Special Emphasis Programs, (which fall under the area of Equal Opportunity), to new heights. These programs originated to inform National Guard members of the many contributions that underrepresented populations have

provided to our society. However, they have now become opportunities not only for the Guard, but also for the many educators who bring their students to our programs.

For instance, the Connecticut National Guard in conjunction with the United States Postal Service hosted its 2004 Black History Month Celebration highlighting the Harlem Renaissance. This era in time featured various artists, musicians, authors and cultural visionaries of the early 1900's. It was one of the most influential and creative movements in Black History.

Similar events have spotlighted Historical figures, top Government Officials and Business Leaders. The 2003 Black History celebration honored the Tuskegee Airmen - a World War II black fighter pilot brigade that fought Nazi Germany abroad and racism in its ranks. The 2003 Hispanic Heritage Month Celebration hosted Judge Jose Cabranes - an appointed Judge to the United States Court of Appeals for the Second Circuit by the President of the United States and the first Puerto Rican appointed to the Federal Bench in the continental United States. Furthermore, The 2004 Women's History Month Celebration recognized American women who have led and won struggles for equality and civil rights, created and advanced educational and professional opportunities and made great contributions to the arts, sciences, and humanistic causes.

These events have been successfully attended by thousands of youth providing educators with programs that meet their needs. We have also recognized the accomplishments of the youth within these underrepresented groups through our essay

contests and academic achievement awards. These events have also helped strengthen our contacts with key state leaders such as State Senators Harp and Newton, State Representative Felipe Reinoso and many State Commissioners.

These vibrant alliances, sustained with relevant speakers and the quantity of youth attending these annual events, are extremely important to the values of Citizen-Soldiers whose mission is to make a difference in Connecticut's quality of life as well as defend our Nation.

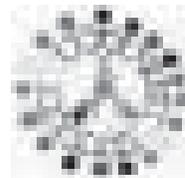
It is also worth noting that in doing these programs the Guard has increased its knowledge regarding these underrepresented populations. According to the U.S. Census Bureau African-Americans and Latinos are reaching almost 20 percent of the overall population while more than 50 percent of the population in Connecticut is female. These facts become even more important when looking at the expected minority population growth estimates by the Census Bureau, which indicate that in just a few more decades, minority ethnic and racial groups will reach about 40 percent of the overall state population. Such indications clearly support further investments through diversity educational initiatives. These realities certainly sustain the guard's current practice of reaching out to Commissions such as the Puerto Rican Affairs Commission, the Permanent Commission on the Status of Women, and the African American Affairs Commission.

The collaborative efforts discussed above have made it possible for

communities from across Connecticut to enhance cross-cultural awareness and recognize the achievements and contributions made by underrepresented groups in our state.

Through these efforts we have had the opportunity to expose the community to the many facets of the National Guard and we look forward to making an even bigger impact in the future. This is truly what being a Citizen-Soldier is all about...making a difference in our communities.

If you are interested in participating in our State diversity initiatives program or have an idea to share please contact Sgt. 1st Class Scott J. Farrell at (860) 878-6718 or E-mail @ scott.farrell@ct.ngb.army.mil



#### Thought of the Month

**"Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that has."**

**Margaret Mead**

# Health & Fitness

## Your Health Matters: *Basic Information About Avian Influenza (Bird Flu)*

CAPT. KATHLEEN L. KING, APRN

Avian Influenza Type A influenza viruses can infect several animal species, including birds, pigs, horses, seals and whales. Influenza viruses that infect birds are called "avian influenza viruses."

Birds are an especially important species because all known subtypes of influenza A viruses circulate among wild birds, which are considered the natural hosts for influenza A viruses.

Avian influenza viruses do not usually directly infect humans or circulate among humans. Influenza A viruses can be divided into subtypes on the basis of their surface proteins — hemagglutinin (HA) and neuraminidase (NA). There are 15 known H subtypes.

While all subtypes can be found in birds, only 3 subtypes of HA (H1, H2 and H3) and two subtypes of NA (N1 and N2) are known to have circulated widely in humans. Avian influenza usually does not make wild birds sick, but can make domesticated birds very sick and kill them. Avian influenza A viruses do not usually infect humans; however, several instances of human infections and outbreaks have been reported since 1997.

When such infections occur, public health authorities monitor the situation closely because of concerns about the potential for

more widespread infection in the human population.

Avian Influenza Infections in Humans Confirmed instances of avian influenza viruses infecting humans since 1997 include:

1997: In Hong Kong, avian influenza A (H5N1) infected both chickens and humans. This was the first time an avian influenza virus had ever been found to transmit directly from birds to humans. During this outbreak, 18 people were hospitalized and six of them died. To control the outbreak, authorities killed about 1.5 million chickens to remove the source of the virus. Scientists determined that the virus spread primarily from birds to humans, though rare person-to-person infection was noted.

1999: In Hong Kong, cases of avian influenza A H9N2 were confirmed in two children. Both patients recovered, and no additional cases were confirmed.

The evidence suggested that poultry was the source of infection and the main mode of transmission was from bird to human. However, the possibility of person-to-person transmission remained open. Several additional human H9N2 infections were reported from mainland China in 1998-99.

2003: Two cases of avian influenza A (H5N1) infection occurred among members of a Hong Kong family that had traveled to

China. One person recovered, the other died. How or where these two family members were infected was not determined. Another family member died of a respiratory illness in China, but no testing was done. No additional cases were reported.

2003: Avian influenza A (H7N7) infections among poultry workers and their families were confirmed in the Netherlands during an outbreak of avian flu among poultry. More than 80 cases of H7N7 illness were reported (the symptoms were mostly confined to eye infections, with some respiratory symptoms), and one patient died (in a veterinarian who had visited an affected farm). There was evidence of some human-to-human transmission.

2003: H9N2 infection was confirmed in a child in Hong Kong. The child was hospitalized but recovered. Characteristics of Avian Influenza in Birds Certain water birds act as hosts of influenza viruses by carrying the virus in their intestines and shedding it. Infected birds shed virus in saliva, nasal secretions and feces.

Avian influenza viruses spread among susceptible birds when they have contact with contaminated nasal, respiratory and fecal material from infected birds; however, fecal-to-oral transmission is the most common mode of spread.

Most influenza viruses cause no symptoms, or only mild ones in wild birds; however, the range of symptoms in birds varies greatly depending on the strain of virus and the type of bird.

Infection with certain avian influenza A viruses (for example, some H5 and H7 strains) can cause widespread disease and death among some species of wild and especially domesticated birds such as chickens and turkeys.

Symptoms of Avian Influenza in Humans The reported symptoms of avian influenza in humans have ranged from typical influenza-like symptoms (e.g., fever, cough, sore throat and muscle aches) to eye infections, pneumonia, acute respiratory distress, viral pneumonia, and other severe and life-threatening complications.

Antiviral Agents for Influenza Studies to date suggest that the prescription medications approved for human influenza strains would be effective in preventing avian influenza infection in humans, however, sometimes flu strains can become resistant to these drugs and so they may not always be effective.

Potential for an Influenza Pandemic All influenza viruses can change. It is possible that an avian influenza virus could change so that it could infect humans and could spread easily from person to person.

### Memorize this "Number" P&S:200X3+18M

Spring is here!!! The snow and ice is gone. We can run. We can bicycle. We can play soft-ball, golf, soccer, walks in the park with significant others, "Frisbee". Outdoor swimming is still a little ways away unless you're a "polar bear" or like looking like a "Smurf". Lake Compounce water temperature last Sunday was 38 .

Over the last few months soldiers have been contacting me, "What is the simplest, easiest, least painful way to stay in shape, pass the APFT (Army Physical Fitness Test), and lose weight. After reading many magazines, books, articles, and military/aerobics training web sites, I found a formula. No, this is not High School Chemistry!!!

P&S:200X3+18M  
P&S = Push-ups and Sit-ups

200X3 = 200 repetitions a day, times three days per week (1200 total repetitions per week)  
+18M = 18 miles per week total mileage (walk, run, jog, mix them up.)

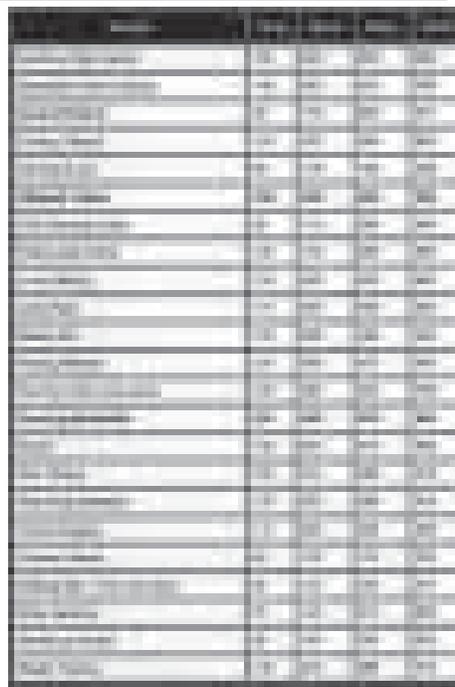
The combination and scheduling can fit into anyone's schedule. You can do all your push-ups and sit-ups for one day in one work out. You can take a day of rest in between then spread your sets of P&S through out the next day 15 each hour. You will still develop the strength and endurance needed for your upper body and abdomen. You can walk, jog or run 2.5 mile every day. You can run 6 miles a day 3 times a week. You will still burn about the same amount of calories. For weight loss and conditioning, the key to running, walking, or jogging is not speed but distance.

According to Kenneth Cooper\* calorie charts and computing your actual burn can be very complicated. Aerobics is based on a simple principal, "Get your body moving so your blood is pumping and oxygenated". In simple language, "If you are breathing hard for a period of training time, you are aerobic!" An individual's muscle compositions (ratio of "fast twitch" to "slow twitch" fibers), the type of workout, and the fuel used (fat, muscle glycogen, blood sugar) makes some difference, but according to the professionals, not much!!! A mile walked, run, or jogged uses about 100 calories for the average person. One push-up or one sit-up is about 1/2 a calorie per repetition. 18 miles a week equals 1800 calories. A total of 1200 push-up and sit-ups in a week equal about 600 calories.

1800 calories + 600 calories = 2400 calories of energy burned per week.  
2400 calories equals about 1 pound of body fat.

If you keep your diet the same and increase your weekly calorie burn per week by 2400 calories, you will lose about a pound each week. In a year 52 pounds or until your body reaches its "fat/protein set-point" (which is another article waiting to be written).

Don't forget to hydrate!!! If you can switch from drinking soft drinks to distilled water to clean out your system like flushing out your radiator. Your liver and your wallet will thank you. See you at the PT Track.



## Women inspiring hope and possibility

Spec. Joe Waller  
65th PCH

Central Connecticut State University hosted the 2004 Women's History Month Celebration on Friday, March 26<sup>th</sup>.

This year's celebration focused on the theme "Women Inspiring Hope and Possibility."

The United States Postal Service and the Connecticut National Guard sponsored the program. The program included several special guests: Susan H. Hoover who is the Special Projects Coordinator for the Permanent Commission on the Status of Women, Steve Markowski the Veterans Service Coordinator to Congresswoman Nancy L. Johnson who read a letter from the Congresswoman, and Secretary of State Susan Bysiewicz.

When asked why she had made the time to come and speak to the attendees of the program Bysiewicz said, "I think it is important to celebrate the history of women...and as it is my job to protect democracy in our state: to celebrate our right to vote, and be in the presence of such wonderful women."

Also included in the program was the unveiling of a new stamp by the United States Postal Service, which was presented by Christine Murphy, Postmaster for New

Britain. The stamp will feature Wilma Rudolph, a young lady who overcame polio, adversity, and then went on to become the first American woman to win three gold medals in the Olympics.

Brig. Gen. I. J. Zembrzusi gave the opening remarks saying, "It is an honor for me to recognize the contributions women have made to our history... Women have served at the front of any major social change in our country."

Also speaking, as the day's Keynote, Linda Schwartz, the Commissioner of Veteran's Affairs for the State of Connecticut. Speaking about women in history she said, "There was no WNBA, no March Madness for women's basketball, no women Huskies."

She went on to talk about the women who the women of basketball "owe a tip of the hat to."

One of the women she described was Lucy Brewer, a woman who fought as a Marine in the war of 1812, dressing as a young man and going by the name of George Baker so that she could serve. Schwartz herself is the recipient of many awards of which she was the first woman to be awarded and is the first woman in 140 years to hold her position in Veteran Affairs.

Three essayists were awarded at the celebration for their pieces portraying

important women in history. The winners, all members of Ms. Patti White's class that teaches about the history of medicine over time at North Haven High school, where Seniors John De Marino and Mike Du Lac, and sophomore Rachel Burns.

Before they were each awarded Burns commented on the honor, "I am very excited, and I was surprised that I got chosen. I can't wait to share what I wrote. To know that women can do anything, that hope is always there is important to know."

Each winner presented his or her essay during the celebration.

Bill Burns, Rachel's father, remarked, "We are very proud. She has worked so hard in school and it is nice she is recognized for something so big."

To learn more about the National Women's History Month you can go to <http://www.nwhp.org/whm/themes/themes.html>, or to learn more about women's history in the United States Military you can visit <http://www.undelete.org/military.html>.



Susan Hoover and Commissioner of Veterans' Affairs Linda Schwarz unveil the Wilma Rudolph stamp at the Women's History Celebration. (Photo by Jesse J. Stanley, 65th PCH)

## The start of the 103<sup>rd</sup> Air Control Squadron

Senior Master Sgt. John D. Cuomo  
103<sup>rd</sup> Air Control Squadron

The 103<sup>rd</sup> Air Control Squadron started as the 103<sup>rd</sup> Aircraft Control and Warning Squadron in 1946.

The Headquarters was first organized in Hartford at Brainard Field, in September of 1946.

The Milford detachment comprised of 10 enlisted and two officers held their first meeting on Sept. 11, 1946, in a house at 51 Pond Street, Milford, Conn. The house belonged to Lt. Joseph P. Doolittle, who was assigned as the first officer in charge of the Detachment #1. The group of Air Guardsmen, composed mainly of Army Air Corp, World War II veterans, attended regular training assemblies without pay. The Detachment was Federally recognized in October 1946.

Three sites were later established along the Connecticut shoreline of Long Island Sound in, Groton at the Trumbull Airport, in Hammonasset, and Milford.

The AC&W obtained the required 20 percent of authorized manning strength necessary for Federal recognition on April 2, 1947.

The Detachment at Groton was started in September 1947 with 46 enlisted, and two officers. A third Detachment of the squadron

was formed at Hammonasset on September 1948.

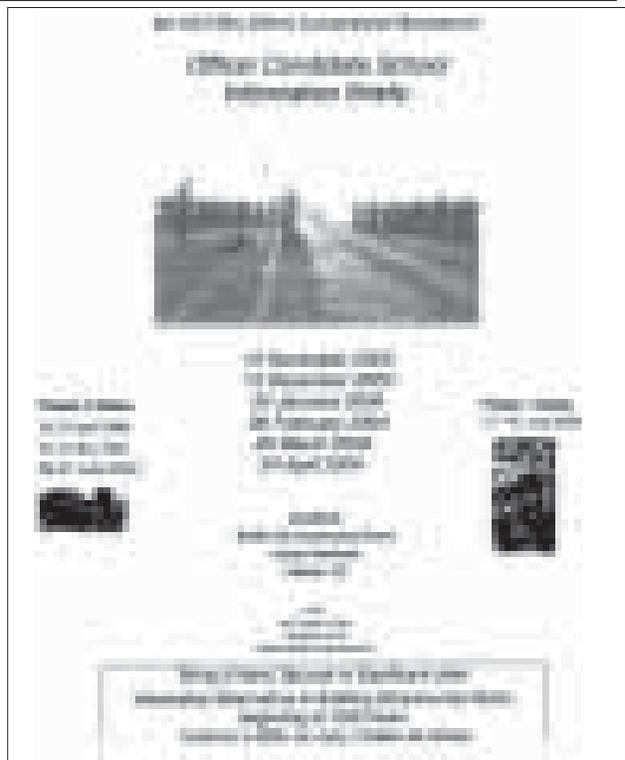
The Milford Detachment moved on Aug. 15, 1948, to the Milford Point Wildlife Fish and Game Reserve. The facilities consisted of one of two rooms in a hanger, a rehabbed barn, a surplus Quonset hut and an old farmhouse with an outbuilding.

The Milford unit was fitted with an SCR270 radar, which was similar to the one used at Pearl Harbor in 1941. It was British built and designed in 1938.

The official recognition operation of the Milford squadron was held on Sept. 1, 1951, at Brainard Field.

The Milford unit was the pioneer in its field of aircraft control and warning radar sites. It was also part of the Connecticut Army National Guard 103<sup>rd</sup> Anti-Aircraft Brigade. Other units of the Brigade were in West Hartford, Norwich, New London, Groton, Niantic, Westbrook, Milford, Bridgeport, West Haven, Ansonia and New Haven.

The Air Force was established as an independent military force on Sept. 18, 1947, making the 103<sup>rd</sup> AC&W the oldest unit of its kind for aircraft control and warning in the Air National Guard.



# Retirees' Voice

## Korean Defense Service, Nike Missile reunion and Col. Nett Hall

Sgt. 1st Class (Ret.) JOHN BEDNARZ

The Department of Defense has announced the creation of the Korean Defense Service Medal (KDSM) to give special recognition for the sacrifices and contributions made by members of the U. S. Armed Forces who have served or are serving in the Republic of Korea.

Members authorized the KDSM must have served in support of the defense of the Republic of Korea and the contiguous waters out to 12 nautical miles and all airspace above the land and water areas. The period of eligibility is July 28, 1954, to a future date to be determined by the Secretary of Defense.

Those eligible must have been assigned, attached, or mobilized to units operating in the area of eligibility for 30 consecutive days or 60 non-consecutive days, or engaged in actual combat during an armed engagement, regardless of the time in the area. Aircrew members flying sorties may count each day of flying one or more sorties in to, out of, or within or over the area as a day toward the 30 or 60-day requirement.

The KDSM may be awarded posthumously, and only one award is authorized for any individual.

Each Military Department will prescribe appropriate regulations for administrative processing, awarding and wearing of the KDSM and ribbon for their service members,

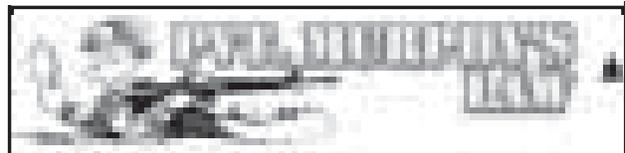
to include application procedures for veterans, retirees, and next-of-kin.

There is a group of retirees and veterans of the Nike Missile System that are planning a reunion in September at the Radisson Hotel in New London, for all those that served on the missile sites in Connecticut. They have an enthusiastic committee putting it together and it should be a great success. This will be their third reunion, the others being in Biloxi, Mississippi and then again a few years ago in Niantic, Connecticut. These are great get-togethers and a good time is had by all.

The missing ingredient? There is a number of former Nike 'Concrete Soldiers' we need to find. I think there are a few still active in the National Guard. If you worked in the Missile System, whether it was in Ansonia, Cromwell, East Windsor Hercules Batteries or any of the Ajax locations let Committee Chairman Bob Mercier know at: 1-860-621-9901.

Or E-mail r.p.mercier@snet.net. Another important event coming up is the dedication of Nett Hall at Camp Rowland on September 11, 2004.

Not only will Nett Hall be dedicated but also there will be a welcome home celebration for all the troops who have returned from their active duty assignments. This is a chance for all of us retirees to thank those who gave up part of their lives for their country.



## DoD establishes additional sexual assault hotline

The Department of Defense announced in March that an additional toll-free telephone number has been established for individuals who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

The number, (800) 497-6261, is staffed from 9 a.m. to 9 p.m. EST, Monday through Friday. The department's hot line will supplement those previously established by each of the Defense Secretary Donald H. Rumsfeld this month ordered a senior-level inquiry into the reported sexual assaults in Iraq and Kuwait, and how the armed services treat victims of sexual assault. The Army and

Air Force have opened similar investigations. Under Secretary of Defense for Personnel and Readiness David S.C. Chu said that the findings of the 90-day review are due by April 30th.

"Every servicemember deserves to be treated with the utmost respect and dignity," Chu said. "Sexual assault is criminal conduct and will not be tolerated in the Department of Defense." Chu believes the information from the call center will assist the task force and defense officials in developing policies and programs to improve assistance for victims of assaults and enhance efforts at prevention.

**For deployment-related questions, call 1-800-858-2677**





**The Camp Rowland PX  
has temporarily moved to  
Building 65**

Visit them there for all the same  
merchandise you stopped for at the old  
location.

**Coming Events**

**April**

**April 9**

Good Friday

**April 10**

Breakfast with the Easter Bunny

**April 11**

Easter

**April 14**

NGACT Executive Board Meeting

**April 22**

Take Our Children to Work Day

**April 24**

Summer Knights Car Show

Benefit CTNG Foundation

**April 26**

NCOES Graduations

**May**

**May 1**

1st Annual Poker Run

Benefit CTNG Foundation

**May 9**

Mother's Day

**May 14**

Armed Forces Day Luncheon

**May 15**

Armed Forces Day

**May 29**

Redleg Ball

**May 31**

Memorial Day

**June**

**June 14**

Flag Day

**In future issues**

143rd MPs Return From War

OCS Dining In

Air Guard undergoes ORE

Breakfast with the Easter Bunny

NCOES Graduations

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



Best friends Sgt. Cavin and Staff Sgt. Rosati pose for a photo in Iraq before returning home.



Members of the 143rd Military Police Company spend some time making new friends in Iraq. The Soldiers of the 143rd are now at Fort Drum processing to return home in April.



Members of the 102nd Army Band rehearse for Maj. Gen William A. Cugno while in Germany. (Photo courtesy Maj. Fran Evon)



Members of the 118th Medical Battalion proudly unfurl the State of Connecticut flag upon arrival in Kuwait before moving on to Iraq.

# Welcome Home 143rd Military Police Company

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