

FY13 NDAA includes new airframe for CTANG

By Capt. Jefferson S. Heiland
103rd Airlift Wing, Public Affairs

President Obama signed into law the Fiscal Year 2013 (FY13) National Defense Authorization Act (NDAA) January 2, 2013. The NDAA affects Connecticut on several fronts, including the Connecticut Air National Guard as well as several Connecticut-based businesses.

The final conference report supports an Air Force plan to base eight C-130H cargo aircraft at the Air Guard's 103rd Airlift Wing at Bradley Air National Guard Base in East Granby. In the 2013 budget, the Air Force proposed eliminating the unit's previously planned post-BRAC mission—the C-27J Spartan cargo aircraft—and assigning it a unit of MC-12 intelligence gathering aircraft as part of a larger reorganization of the Air National Guard. That plan was heavily criticized for its unbalanced approach to the Guard, and both the House and Senate versions of the bill froze the plan pending further review. A subsequent plan submitted by the Air Force to Congress on November 2 made substantial changes to their original plan. The conference report allows the Air Force to implement that plan, including the eight C-130H aircraft for the Connecticut Air National Guard, with additional changes

meant to augment the airlift capabilities of the Air National Guard as a whole.

Passage of the bill also ensures steady submarine production in 2014 for Groton-based Electric Boat and authorizes up to 10 Virginia Class Submarines as part of a multi-year contract for 2014-2018. The NDAA includes \$4.8 billion in funding for the Virginia-class attack submarine program, including \$3.2 billion to build two submarines in 2013 and \$1.6 billion in advanced production funding for submarines in 2014 and 2015 — including \$777.8 million above the President's budget request to restore a second 2014 submarine that was removed as part of the budget request earlier this year. Additionally, the bill authorizes \$565 million for the Ohio Replacement Program, which will develop the replacement of the current fleet of Ohio Class Submarines. These submarines are expected to begin

construction in 2021, with significant research and development work at Electric Boat over the next several years.

The conference report also authorizes \$5.9 billion for 29 F-35 Joint Strike Fighters, which are powered by Pratt and Whitney engines. Of that total, the report authorizes \$3.4 billion for 19 Air Force variants, \$1.1 billion for the Navy variant, and \$1.5 billion for the Marine Corps STOVL variant.

Helicopter produc-

tion is also impacted: \$1.2 billion for 59 UH-60 Black Hawks for the Army and Guard; \$454 million for 18 Navy Knighthawk helicopters, a multi-mission Sikorsky-built chopper used by the Navy for combat search-and-rescue, special-warfare support and airborne mine countermeasures; and \$1.01 billion for 24 Navy Seahawk helicopters. The Seahawk features advanced radar, missiles and low frequency sonar.

Other big news is that there will be no new BRAC. While the 2013 budget request asked for authority to hold two new base closing rounds in 2013 and 2015, the final report rejects this request and does not provide any new base closing authority. In addition, the conference report expands limitations on the DOD's ability to conduct major installation changes outside of the BRAC process.

Finally, the bill authorizes a 1.7% pay increase and extends bonuses and special pay for our men and women in uniform and also rejects Administration proposals to increase some TRICARE fees and establish new TRICARE fees.

—Information from a Press Release from the office of Congressman Joe Courtney



A C-130 Hercules from the North Carolina Air National Guard's 145th Airlift Wing equipped with the modular airborne firefighting system takes off from McClellan Airfield, Calif., on a firefighting support mission. The Connecticut Air National Guard's 103rd Airlift Wing is slated to fly the C-130 as early as fiscal year 2013 following the passage of the FY13 NDAA. (U.S. Air Force photo/Staff Sgt. Hector Garcia)



A line of C-130 Hercules aircraft prepare to depart Ramstein Air Base, Germany, March 5, 2008, for mass tactical training. The Connecticut Air National Guard's 103rd Airlift Wing is slated to fly the C-130 as early as fiscal year 2013 following the passage of the FY13 NDAA. (U.S. Air Force photo/Senior Airman Melissa Sheffield)

COMMANDER'S COLUMN

New Year...New Mission

By Col. Frank N. Detorie
Commander, 103rd Airlift Wing

Flying Yankees,

I'll start by wishing all of you a very Happy New Year! We are only a few weeks into 2013 and it is abundantly clear that this year will be one of significant change for the 103d Airlift Wing. Earlier this month, the 2013 National Defense Authorization Act (NDAA) was signed into law. The Act provides important force structure changes for the Air National Guard and some of those changes will certainly impact us. The NDAA refers to a document called the "SECAF Compromise Plan" as the baseline for ANG force structure. That plan calls for our C-27s and our Air Operations Group to be "divested" and for an eight airplane (8 PAA) C-130 unit to be established here at Bradley. This is a significant change from the path we had previously laid out and I wanted to share some of my thoughts on what this all means for the Wing going forward.

First, there may be some of you asking why we should put any stock in *this* plan.

After all, we have been promised C-27s, then MC-12s, then C-27s again, and now C-130s. Why should we believe that this C-130 plan won't change again in the future? I completely understand your skepticism and share your frustration. Personally, I think this latest plan is much more likely to be fulfilled than any of the previous basing plans. It has been agreed to by leaders from the Air Force, NGB, and the Congress. It involves airframes that are already part of the USAF inventory and can easily be transferred to Connecticut. Our current bridge mission, the C-21, still does not have any programmed funding against it and is becoming more difficult to sustain. This provides an urgency to bed down an enduring mission here. Finally, the credibility of those senior leaders who negotiated the entire "SECAF Compromise Plan" is clearly at stake now that it has been signed into law; they have a vested interest in ensuring that it is fully implemented. In short, I am far more confident that we will soon see C-130s on our ramp than I have been in any of the previously promised flying missions for Bradley.

The next question many folks may be asking is whether this development is good news or bad news for the Wing. My personal opinion is that it is GREAT news for the Wing, although I must acknowledge that there are some downsides associated with it. Chief among those downsides is the divestiture of the AOG. The men and wom-



Col. Frank N. Detorie
Commander, 103rd Airlift Wing

en of the 103d AOG worked diligently for years to establish themselves as the premier CAOC force providers in the Air Force. They have proven themselves invaluable to the entire CENTCOM AOR and will now be asked to stand down. We must never forget their incredible service and the significant contributions they have made to the war effort. Their divestiture will provide some of the manpower for our important new airlift mission. The other key downside to the NDAA's impact on Connecticut is that we will no longer be receiving brand new airlifters right off the assembly line. Instead we will be getting legacy C-130s that are, in some cases 25+ years old. While we would all prefer brand new airframes, we will now be inheriting a mature weapons system with a well-established support network. Many of our anticipated problems with

(See CC column on page 3)

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The 103rd Airlift Wing Mission is to train, organize, and equip personnel to provide an operationally-ready component of the militia to:

Access the Yankee Courier online at www.103aw.ang.af.mil

- Deploy and employ as directed in support of national objectives
- Support the office of the governor and provide resources in emergencies
- Participate proactively in programs benefiting the community and its members

Martin Luther King, Jr. and his day

By Maj. Kristina Garuti

103rd Airlift Wing, Equal Opportunity Office

Martin Luther King, Jr., born Jan. 15, 1929, was an activist and prominent leader in the American civil rights movement. He was the son of the Reverend Martin Luther King, Sr. and Alberta Williams King. In his adult life, King was a Baptist minister that became a civil rights activist early in his career. He led the 1955 Montgomery Bus Boycott and helped found the Southern Christian Leadership Conference in 1957, serving as its first president. In 1963, King led a march on Washington, where he delivered his "I Have a Dream" speech. There, he raised public consciousness of the civil rights movement and established himself as a great orator. In 1964, King became the youngest person to receive the Nobel Peace Prize for his work to end racial segregation and racial discrimination through civil disobedience and other non-violent means. By the time of his assassination on April 4, 1968, King had refocused his efforts on ending poverty and opposing the Vietnam War, both from a religious perspective. He was posthumously awarded the Presidential Medal of Freedom in 1977 and Congressional Gold Medal in 2004. Martin Luther King, Jr. Day was established as a U.S. national holiday in 1986.

Martin Luther King Jr. Day is observed on the third Monday of January each year, around the time of King's actual birth date, January 15. It is one of four United States federal holidays to commemorate an individual person. When first introduced to the U.S. House of Representatives, the bill seeking to create this day originally fell short of the required number of votes needed to pass. But with the efforts of The King Center which turned to support from the corporate community and the general public, along with contributions from musician Stevie Wonder with his single "Happy Birthday" to popularize the campaign in 1980, and his hosting of the Rally for Peace Press Conference in 1981, six million signatures were collected for a petition to Congress to pass the law.

At the White House Rose Garden on November 2, 1983, President Reagan signed a bill creating a federal holiday to honor King. It was observed for the first time on January 20,

Dr. Martin Luther King Jr. HOLIDAY

EVERYBODY
can be
great.
Because
ANYBODY
can
SERVE.
You only
need a
HEART
full of
A grace.
SOUL
generated
by LOVE.

REMEMBER! CELEBRATE! ACT!

1986.

At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2006.

Connecticut has a number of free activities occurring within the state. Check your local newspapers and community activity boards for events happening in your own city or town!

(CC column from page 2)

the "newness" of the C-27 are put to rest as we will not have to worry about establishing training pipelines, or technical orders, or supply chains, or RAP tasking plans, or depot schedules, or... the list goes on. The C-130 has been around for a long time and has a robust support network. We will be able to focus on maintaining and flying the airplane. Another big "win" for us out of the 2013 NDAA lies in numbers. Eight airplanes is a significantly higher number than any of the C-27 basing plans

called for. Commensurate with that increase, our overall manpower goes up by 58 personnel. Plus-ups in equipment and manpower are extraordinary in today's difficult fiscal environment and will provide this Wing with substantial capabilities.

My final thought surrounding the 2013 NDAA and its impact on Connecticut is probably more esoteric than the first two. I have struggled with whether it is more important to look forward at the tremendous opportunities this new mission provides, or to reflect backward at what this Wing has endured to get to

this point. Clearly, this achievement is a resounding testament to the hard work you have all done since BRAC 2005. Your excellence in executing all of our mission sets (from C-21 to AOG to combat support), as well as your outstanding success in the many MAJCOM inspections we have endured, finally bear the fruit of an enduring mission for Bradley. Your hard work has now positioned this Wing to be relevant for many years to come and has set the stage for the Flying Yankees to continue to make significant contributions to our state and our nation well into the future.

NGACT Awards & Eligibility



Greetings to all CT ARNG & ANG Members, Family & Friends—2013 is creeping up on us, and I encourage you to nominate a deserving member for one of the NGACT awards listed below. Each winner will be recognized at the 2013 NGACT Annual conference. Nomination forms are due 15 Feb 2013.



The Minuteman Award: The highest honor bestowed on a member of the Association. It recognizes exceptional achievement, a patriotic act, highly distinguished service and/or an outstanding contribution to a military organization, community, the State, the Nation or National Guard Association of Connecticut. Posthumous awards may be made to the next of kin.

Eligibility: Member or former member of the military and NGACT

The NGACT Leadership Award: Recognizes a company grade officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the Officer's Creed.

Eligibility: Company grade officer, member of the Connecticut National Guard, Member of NGACT and recommendation endorsed by the respective chain-of-command.

The Commander Sergeant Major Anthony V. Savino Award: Recognizes a noncommissioned officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the NCO Creed.

Eligibility: NCO and member of the Connecticut National Guard, member of NGACT and recommendation endorsed by the respective chain-of-command.

The Meritorious Service Award: Bestowed on an individual, firm or organization for outstanding service to the Connecticut National Guard and/or NGACT.

Eligibility: Any individual, firm or organization; military or civilian.

The President's Corporate Member Award: Recognizes a corporate member that distinguishes itself through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current corporate member of NGACT.

The President's Retiree Award: Recognizes a retiree member who distinguishes themselves through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current member of NGACT.

Click on this link for the National Guard Association of Connecticut 2010-2011 Awards Program Nomination Form:

<http://www.ngact.org/documents/2011AwardsProgramCover.pdf>

Dunk Tank fundraiser a huge success

By Maj. Evan M. Hunt
Commander, 103rd Maintenance Squadron

Sometime in December 2011, a committee was put together in support of the Wounded Warrior project. It took strong individuals to think outside the box and come up with this type of idea to donate to charities that a lot of people wouldn't think about. One of these individuals is our own Tech. Sgt. Kevin Carabetta. He came up with an idea to raise money at our UTA Christmas party by having a Dunk Tank and by nominating leadership to go in it for short periods—all in good fun and for a good cause. This fantastic idea involved not only the 103rd Maintenance Group, but other units as well. Members of the Security Police, the Air Operations Group, the Operations Group and Mission Support Group all made their way over to the CRF to witness the dunking of their "favorite" leader. Some of the high-profile Dunk Tank targets over the December UTA included Col. Detorie (103 AW/CC), Col. McDonald (103 MXG/CC), Col. McManaman (103 OG/CC) and Col. Walton (103 MSG/CC). In 2011, the Tank Team raised \$1800. This year, they surpassed their goal and raised \$2405.

How and why was the dunk tank started?

"Our Christmas party committee in the engine shop thought it would be fun to get a dunk tank and in doing so we could raise money and donate everything to a charity."



Col. Jerry McDonald, 103rd Maintenance Group commander, taunts fellow Flying Yankees Dec. 2, 2012, as they try to send him swimming in a Dunk Tank as part of a fundraiser to benefit the Wounded Warrior Project during the unit's Christmas party at Bradley Air National Guard Base, East Granby, Conn. (U.S. Air Force photo by Master Sgt. Erin McNamara)

What was your motivation with selecting this charity?

"The charity we selected was the Wounded Warrior Project. We decided we wanted to give back and help out our fellow veterans."

What does this charity mean to you personally?

"The charity means a lot to me and I know it means a lot to others in our unit as well. I'm

glad there is an organization like the Wounded Warriors that's out there to help our military personnel."

How has this impacted you?

"The impact of this for me is very gratifying. Ask anyone that has helped out with the event and they will probably tell you that it makes them feel good as well as knowing that you are helping out your brothers and sisters and their families that have been affected by any type of casualty they may have endured while serving our country."

Has this made you want to donate to other similar charities?

"Just to know that these types of charities are out there and you know that you are helping out veterans that need it makes any type of donation worth it, and if the opportunity presented itself it wouldn't be a problem."

In my opinion this exemplifies our Core Values. Tech. Sgt. Carabetta has set up a charity (**INTEGRITY FIRST**) with the help of others, including Staff Sgt. John Righi and Senior Airman Peter Caruso, in support of others (**SERVICE BEFORE SELF**) and he succeeded with it (**EXCELLENCE IN ALL WE DO**). Dunk Tank Team, we applaud you!

Record donations collected for Combined Federal Campaign!

A message from Chief Master Sgt. Kevin Salsbury, CFC Coordinator

We have set a new "all-time" record amount raised by the Connecticut National Guard with a total of \$40,700!

So congratulations are in order along with a BIG Thank You to all for taking the time to support such a worthwhile cause. It is not an easy task to ask others to consider charitable donations, especially in the workplace.

To the group of you who truly went above and beyond...THANKS! Your efforts made a difference and it shows in the participation rates for your organizations. If you have any tips that you want to share with the rest of us, please do so!

Next year there will be significant changes for our CFC program. For example, all of Connecticut and Western Massachusetts will now be one campaign (yet to be named) and all participants should have access to web-based and smart phone payroll deduction and credit card donations.

If you're interested in hosting a CFC Rally or Kickoff event at your facility, please let me know and we'll build it into the schedule for next year.

Thanks again for all the hard work!



Members of the Connecticut Air National Guard check out the displays and information booths for charities during the annual Combined Federal Campaign kick-off event hosted by the 103rd Airlift Wing at Bradley Air National Guard Base, East Granby, Conn., Nov. 14, 2012. (U.S. Air Force photo by Senior Airman Emmanuel Santiago)

Enfield school kids know how to thank a Veteran

By Staff Sgt. Jessica Roy
103rd Security Forces Squadron, UPAR

I had the privilege of attending a very special event in my new hometown of Enfield on the morning of Dec. 11, 2012.

Master Sgt. Chad Wink, 103rd Maintenance Squadron, Senior Airman Kyle Roy, 103 Civil Engineer Squadron and Brian Ellis, a 103rd Fire Fighter, were also in attendance. Edgar H. Parkman School on Weymouth Road was selected for the second year in a row to host a Wreaths Across America ceremony. The town mayor was there as well as many Board of Education members. We formed up outside the front of the school surrounded by at least 200 people. The semi pulled in with its motorcade of policemen, firemen and a veteran's biker club, and everyone cheered. The truck was full of wreaths that would be placed on gravesites Saturday, December 15.



A rubbing of Airman 1st Class Keith Mylott's headstone and a letter by a student is seen posted on the school wall at Edgar H. Parkman School in Enfield, Conn. Dec. 11, 2012, before the start of a Wreaths Across America Ceremony hosted there to honor veterans. (Photo courtesy of Staff Sgt. Jessica Roy)

The kids were also very excited to see service people. Also joining us were Marines, a First Sergeant from Westover Air Reserve Base and many veterans. The American Legion Posts 80 and 154 were there performing Honor Guard duties with two Enfield Police Officers. They did an excellent job as always. Senior Airman Roy and I also got to visit with one class and answered some questions for them while Master Sgt. Wink was able to visit with his daughter.

The school had a class trip to the local cemetery where they did headstone rubs of veterans' grave markers and wrote letters to the deceased and their family thanking them for their sacrifice. Six students out of 354 were chosen to read their letter aloud to the group. It was wonderful to see children who seemed to grasp the true meaning of sacrifice. And while walking the halls, I stopped in my tracks when I saw a picture and letter for

Airman 1st Class Keith Mylott, 103rd Security Forces Squadron.

Also at the ceremony were five gold star families who were given a special gift and escorted by United States Marines wearing their service dress uniforms. The families were all from the Enfield area and had all lost a close family member in action recently. It was hard to watch but very beautiful.



Staff Sgt. Jessica Roy and Senior Airman Kyle Roy visit with Mrs. Cerrato's class at Edgar H. Parkman School in Enfield, Conn. Dec. 11, 2012, before the start of a Wreaths Across America Ceremony hosted there to honor veterans. (Photo courtesy of Staff Sgt. Jessica Roy)

The kids were all dressed in red, white, blue or camouflage colors. They waved their little flags and sang patriotic songs. The entire school was decorated with tributes to veterans. They truly captured the spirit of Veteran's Day and the significance of the Wreaths Across America mission. The event concluded with the haunting sound of Taps played by the American Legion, with the children singing along. It was a great experience for which I am grateful to have been invited.

Connecticut National Guard Human Resources Office
375 Smith Street, Middletown, CT 06457-1500

Vacancy Announcements are posted on the USAJOBS website and Connecticut National Guard website below:

WWW.USAJOBBS.GOV

OR

<http://states.ng.mil/SITES/CT/Pages/Default.aspx>

Click on Careers, and select Fulltime Jobs for the current listing. If you experience issues or do not have a computer available to you, there is now an Employment Kiosk set up at the new location, come visit us!

For additional information please visit

<http://www.usajobs.gov/firsttimevisitors.asp>

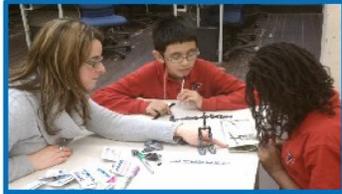


Looking for Volunteer Army and Air National Guard Team Mentors to lead teams of 6th-8th grade students in a STEM Competition.

STARBASE CT has partnered with East Hartford Middle School to compete in the eCYBERMISSION Challenge.

eCYBERMISSION is a web-based Science, Technology, Engineering and Mathematics (STEM) competition for 6th, 7th, 8th and 9th grade teams offered by the Army. Your team of students will propose a solution to a real problem in your community and compete for State, Regional and National Awards.

Your mission: Building interest in STEM for future generations to help protect our National Security.



Where: East Hartford Middle School

Commitment: Three Thursdays - 1/24, 2/7, 2/21 (1500 - 1645), TAG approved

Contact: Melissa Vanek, STARBASE CT Director, (860) 728-0090, mvanek@starbase-ct.com

You can contact us on Facebook through STARBASE Connecticut.



Un-uniform Uniforms?

Test Your AFI 36-2903 Knowledge With the Winter Month Wear Quiz

What is the only cold weather accessory that can be worn with or without the wear of outer garments?

- a. fleece hat
- b. gloves
- c. ear muffs
- d. scarf

True/False: The green fleece can be worn indoors and without the ABU blouse worn underneath it.

True/False: The tan/sand colored undershirt is optional underneath the ABU blouse.

The green or sand sleep shirts can be worn _____?

- a. as an outer garment
- b. can hang below the bottom of the ABU blouse
- c. as an undergarment, which only can be seen at the neck and be tucked in
- d. as an undergarment by itself without the t-shirt

Other Winter Wear Facts: Did you know that...Black ear muffs can be worn with the band going around the top or the back of the head. A black scarf may be worn with any outer garment except the cardigan and pullover sweater; it must also be tucked into the outer garment. The sage green watch cap may be worn with the PTU with installation approval.

For answers go to page 14

ARE YOU THE PARENT OF A MILITARY SERVICE MEMBER?

Please join the Parent Support Group. Discuss the rewards and challenges of your son or daughter's service, learn more about the military and enjoy the camaraderie of other military parents.

When:
The first Tuesday of every month

Time:
6:30 p.m.

Where:
Service Member and Family Support Center

Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457



Join us for a special Parent Support Group with military guest speakers on Tuesday, December 4th at 6:30 PM. We will welcome as speakers CPT Alyssa Kelleher and 1SG Paul Vicinus

This group is sponsored by the Service Member and Family Support Center and is facilitated by the Adult Military and Family Life Consultant, Cindy Houdd. It is open to all parents, step-parents, parental figures and grandparents. For more information please call 800-858-2677 or email fachartford@ng.army.mil

**Please note: This group is for support purposes only*



Connecticut Air National Guard Human Resources Advisor



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CT Air National Guard, 103 AW / HRA
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Bldg 24

The HRA advises the Wing Commander on the organization's culture promoting opportunities for all ANG members to maximize their potential for success without being limited by their differences. Engaged in strategies to effect force development objectives of our Airmen, the HRA works with key individuals to recommend processes to meet mission readiness goals within the ANG.

You are invited to participate in your growth and development by taking charge of your career! The My Development Plan (EDP), through the AF Portal, is an Air Force wide mentoring tool available to ANG members. You can log in through your internet provider by using the following link: www.my.af.mil Located under "Top Viewed: Career" featured links, you will find My DP.

NGACT, NGAUS, EANGUS...Who?

By Master Sgt. Daniel Reilly
NGACT President /EANGUS Board Director

Have you ever gone shopping at the BX/PX or Commissary? Secured the purchase of a new home by utilizing a VA Home Loan? Do you or will you receive retirement pay for your service in the National Guard? Did you ever receive an enlistment bonus? Did you ever use the GI Bill or transfer it to a family member? Have you gone to the doctor or for your six-month check up at the dentist and used the very affordable Tricare Medical/Dental Insurance? Did you know as a member of the National Guard that you have extended protections under SCRA (Service members Civil Relief Act) when you are called to active duty under Title 32? Have you ever noticed that you as a National Guard member continuously receive annual pay raises?

For members of the modern-day Army and Air National Guard, these are just a few of many normal, everyday occurring privileges and benefits that we have taken for granted. We do not realize that there was a time not too long ago when these

few benefits along with many others did not even exist for members of the National Guard. We are unaware of the struggles and battles that

had to take place in order for National Guardsmen to become eligible to receive these particular privileges, benefits and opportunities. We are still unaware that many more battles and struggles are currently taking place and will take place in the future in order for us to maintain the benefits we currently have, let alone those we would like to receive.

So who's been fighting these battles? Who will continue to fight for National Guard benefits and its quality of life issues in the future? Allow me to introduce you to your sentries named NGACT, NGAUS and EANGUS!

The Enlisted Association of the National Guard of the United States (EANGUS) was created in 1970 by a group of senior NCO's. It was formally incorporated in 1972 in Jackson, Miss. with the goal of increasing the voice of enlisted members in the National Guard on Capitol Hill concerning enlisted National Guard issues. Beginning with 23 states, EANGUS now represents all 54 states and territories, with a constituency base of more than 450,000 as well as thousands of retired members. EANGUS is geographically divided into seven different areas which include your state associations (NGACT) or EANGUS chapters/charters. This applies to the National Guard Association of the United States (NGAUS) as well which pertains to the Officers in the National Guard.

EANGUS is headquartered in Alexandria, Va., a stone's throw from Washington DC, while NGAUS is located at the National Guard Memorial Building directly in D.C. EANGUS & NGAUS maintain a full-time staff to represent your interests on Capitol Hill. EANGUS & NGAUS are YOUR VOICE and are the ONLY professional military associations/organizations when it comes to

dealing with health care, MWR, education, MILCON, personnel, retirement, survivor, veteran

and all quality of life issues pertaining to Title 32 or the National Guard.

Why do we need Professional Military Organizations? Anti-lobbying act (18 USC 1913) prohibits expenditure of federal funds on "grass roots" lobbying efforts to induce the public to contact Congress concerning legislation or appropriations. FISCAL LAW is a recurring provision in DOD's annual appropriations act that no funds "shall be used in any way, directly or indirectly, to influence congressional action." EANGUS & NGAUS are non-profit organizations that are dedicated to promoting the status, welfare and the professionalism of the members of the National Guard by supporting legislation that provides adequate staffing, pay, benefits, entitlements, equipment and installations for the National Guard.

As you are reading this article, there are plans to eradicate National Guard retirements, BAH, affordable medical coverage, educational benefits and much more. Some states have already fell victim by losing their tuition waivers and are under pressure to lose much more.

What will you do when they come after your benefits or entitlements? Will you lay down or will you fight for them like those before you did? What can you do to let your legislators know that they will be making a mistake by cutting National Guard programs, benefits and entitlements? You can unite and increase your voice by becoming a member of EANGUS, your state's National Guard Association (NGACT) and/or NGAUS.

You would think that it would cost an arm and a leg for all those privileges, benefits and entitlements that were addressed but it DOES NOT. Is it worth it to you? Are you willing to sacrifice so little to save so much? Does it concern you? Are you willing to leave a legacy for that Junior Enlisted or that Company Grade Officer or even for the one who will take your place?

It is your responsibility as a SNCO, NCO, Soldier, Airman or Officer to become a member of a professional military association/organization as well as encouraging and promoting it to your leadership and subordinates. There is no reason for every member who wore or who is wearing the uniform in the Na-

tional Guard today to not be a current member of EANGUS/NGAUS and of your state association. If you think that you do have a legitimate reason for not joining or know someone who does, then I would ask for you or them to explain it to our predecessors who fought for what we have today when they had nothing. Please contact me at ngactpresident1@gmail.com with any questions or concerns.

Thank you for your support and we will continue to work for you. Please visit www.eangus.org, www.ngact.org,



Air Force to provide dedicated legal counsel to sexual assault victims

by Rich Lamance
Air Force News Service

1/5/2013 - WASHINGTON (AFNS) – A new Air Force pilot program designed to provide legal assistance to victims of sexual assault will begin later this month.

The Special Victims' Counsel Program will give sexual assault victims legal assistance and help them navigate the criminal justice system with lawyers trained to handle their unique needs.

"It takes a strong team to succeed in our mission to protect and defend the nation, and sexual assault undermines that," said Air Force Chief of Staff Gen. Mark A. Welsh III. "It's devastating to those involved. The Special Victims' Counsel will provide victims of sexual assault with a better understanding of the criminal process from an expert who is specially qualified to represent the victim. This program embodies what the Air Force is all about – taking care of our people."

Experience shows that when victims believe that their actions leading to the assault are the subject of excessive scrutiny, they become upset and less willing to pursue their allegations. Some felt re-victimized by a process designed to hold offenders accountable – in essence, they felt blamed for what happened to them.

"Victims, who are dealing with a sense of loss of control and sometimes post traumatic stress disorder, are often overwhelmed by what can be a grueling and lengthy criminal process," said Lt. Gen. Richard C. Harding, the Air Force Judge Advocate General. "With legal counsel providing greater support and advocacy throughout the investigatory and trial process, most victims will not walk away feeling victimized a second time."

Harding hopes that the program will help victims combat anxiety and will assist them in navigating the investiga-

tory and military justice processes.

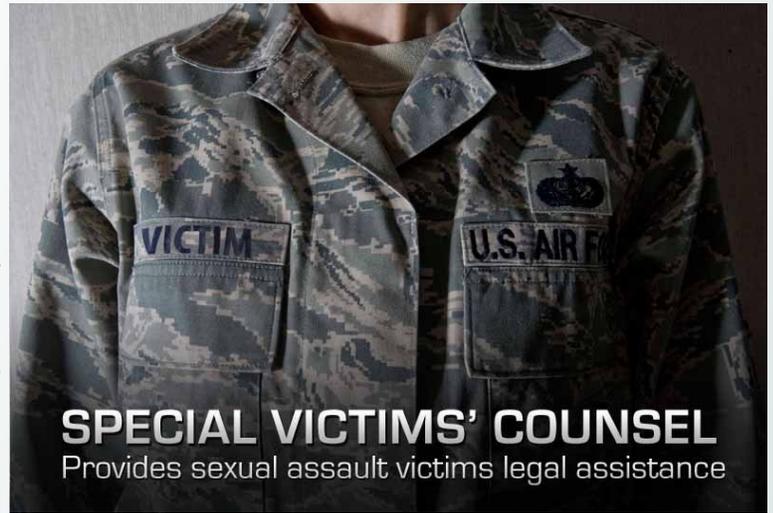
"Building victim resiliency benefits both the victims, who will have someone representing their interests, and the Air Force," the general said. "The program will help uphold victims' rights and services available to support and identify gaps in victims' services."

The program will provide 60 specially-trained attorneys Air Force-wide who will be placed geographically and who are certified trial counsel and expressed a desire to help victims of sexual assault.

According to Harding, the specialized training gives the attorneys in-depth training from experts in military justice and legal ethics, as well as from a civilian expert on counsel for victims. The course also provided practical exercises designed to familiarize the attorneys with potential scenarios they will encounter in the field.

Harding said he sees a three-step process to providing assistance to victims. "First we will begin offering victims counsel services with counsel in existing legal offices starting on 28 January. The program will provide an information sharing network to build upon 'best practices.' Second, we expect to standup a new, independent organization similar to the structure of our area defense counsel with additional manpower this summer. And third, as we gain experience, we will continue to refine and improve our rules of practice and training curriculum."

Harding added that the creation of



Graphic by Sylvia Saab

a program to address the needs of the victim is long overdue, and he feels that this new program will go a long way in supporting victims and their rights while at the same time protecting the due process rights of the accused.

In talking about the courtroom in sexual assault cases, Harding pointed out that, "Prosecutors represent the government and even though the interests of the government and victims frequently align, prosecutors are unable to provide legal representation to victims. Because of the unfamiliarity with the criminal and military justice process, victims can feel overwhelmed with lengthy interviews with law enforcement, prosecutors and defense counsel. Special Victims' Counsel will help them understand the importance of separate interviews with different personnel in the military justice process and help protect their privacy and prevent unnecessary disclosure of intimate details. If you are a victim of sexual assault, the Special Victims' Counsel is your attorney – you have complete attorney-client confidentiality and they will zealously advocate on your behalf."

January UTA Menu

Saturday



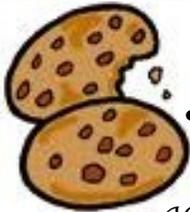
- Chicken Parmesan
- Spaghetti & Meatballs

- Baked Ziti
- Broccoli

- Green Beans
- Salad Bar

- Sandwich Bar

- Assorted Cookies



- AGRs & Officers: \$ 4.60



Sunday

- Sausage & Pepper Grinders

- Philly Cheese Steak

- Onion Rings

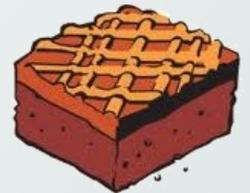
- French Fries

- Assorted Vegetables

- Salad Bar

- Sandwich Bar

- Brownies



- AGRs & Officers: \$ 4.60

Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2013 scholarship program. This year the foundation will award a total of **Eleven** scholarships.

1. **One \$4000.00 scholarships honoring SGT Felix Del Greco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard.**

Please note that a special application is required for the Del Greco scholarship which may be obtained from: <http://www.conncf.org>. No other application will be accepted.

2. **Five \$2000.00 scholarships and Five \$1,000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses.** Application forms may be found on the Foundations web site at: www.ctngfoundation.org

Additional Information:

1. Complete application packets must be postmarked no later than **15 March 2013**
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program
4. Mail application form (CTNGFI Scholarship Only) and completed package to:

CTNG Foundation Inc.
Attn: Scholarship Committee
360 Broad Street, Hartford Armory
Hartford, CT 06015

5. Please contact the foundation at (860) 241 1550 or e-mail ctngfi@sbcglobal.net for further details.

MILITARY ASSIGNMENT OPPORTUNITIES

The following Master Sergeant position exists within the various Units of the 103d Airlift Wing, Position Title: FIRST SERGEANT, AFSC: 8F000, Open Date: 14 June 2012, Close Date: Open until filled.

1. Position Description: First Sergeants are charged with representing the interests of enlisted personnel to the unit commander, while ensuring that all members observe Air Force standards, command and unit policies, and institutional values. The First Sergeant reports directly to the unit commander. In addition, the First Sergeant maintains a good working rapport with, supervisors, and unit members to ensure discipline is equitably maintained, and the welfare, morale, and health needs of the enlisted force are met. The First Sergeant exercises general supervision over all unit enlisted personnel and is the focal point within a unit for all matters concerning enlisted personnel. They must function as an advisor on personnel programs, career progression, promotion issues, family needs, financial matters, family and dormitory housing, details, professional military education, and recognition programs. Additionally, the First Sergeant is the central point between the unit and all other installation agencies. A strong relationship between the First Sergeant and these agencies is essential to serve the needs of the enlisted personnel. Installation First Sergeants must work closely with the Wing Command Chief Master Sergeant (CCM). In addition to individual unit responsibilities, they must collectively, as a team, contribute to installation-wide interests. They must participate in a variety of activities that support the total needs of the military community. In addition to normal duty hours, the First Sergeant is on call 24 hours a day and should expect to perform long and irregular work hours.

2. Position Requirements: All applicants must sign a statement agreeing to attend the USAF First Sergeant's Academy (FSA) within 12 months of assignment as a First Sergeant. Failure to complete this requirement will result in removal from the First Sergeant position and immediate demotion (if applicable). In addition, all applicants must sign a statement agreeing to complete Senior NCO Academy within two (2) years from their date of graduation from the First Sergeant Academy. Failure to meet both of the above requirements may result in removal from the position and immediate demotion (if applicable). NOTE: Diamond insignia is not authorized for wear until completion of the USAF FSA.

3. Eligibility: Open to all Master Sergeants. Technical Sergeants may apply if eligible for immediate promotion to Master Sergeant at the time of application according to the provisions of the Retraining Promotion Program contained in ANGI 36-2502, SAI 36-2502 and the First Sergeant AFI 36-2113, Chapter 10. Members must also meet the following minimum requirements (AFI 36-2113, paragraph 7.2): (1) PULHES 333231; (2) passing fitness results (75>); (3) ASVAB scores: administrative 41 or general 62; (4) financially stable; (5) agree to attend SNCO Academy in-residence or correspondence within 2 years from graduation of the USAF FSA; (6) must agree to serve tenure of no less than 36 months from graduation of FSA; and (7) must meet minimum USAF and ANG standards and overall image must exceed minimum standards; and (8) 7-skill

level.

4. Application Process: Applications by qualified personnel can be made by providing: (a) a one page personal letter explaining their desire for this assignment, (b) chronological military resume (using the format in AFH 33-337, Tongue and Quill as a guideline), (c) current fitness results, (d) PULHES scores (obtain through 103 MDG); to arrive at the 103 FSS/FSMP office.

NOTE: Although a Unit Commander endorsement is not required; it is in the best interest of the applicant to ensure the Unit Commander is aware of your interest in this position.

Although a current passing fitness score is required for application, Wing Commander requires a higher standard be achieved prior to attending the First Sergeant Training Academy.

5. Questions regarding this announcement may be addressed to CMSgt Edward A. Gould, 292-2358.

This announcement will be posted in all Commander Support Staffs, unit level bulletin boards, and the base CoP.

The following Senior Master Sergeant position exists in the 103 Medical Group, Position Title: Nursing Services Superintendent, AFSC: 4N091, OPEN DATE: 24 October 2012, CLOSE DATE: 2 December 2012.

This position is open to all Senior Master Sergeants, and Master Sergeants who are immediately promotable to SMSgt. Applicants must satisfy these requirements: A primary/secondary AFSC 4NOX1, meets ANG/AF fitness standards, medically qualified for worldwide duty, completion of OJT Supervisory course, EMT Qualified, supervisory experience & Personnel Management is mandatory.

Duties and Responsibilities:

Performs administrative duties in support of nursing service; actively supports quality improvement; assigns 4NOX duties in accordance with skill level; assists with newly assigned personnel orientation program; supervises up-grade training; coordinates Annual Training requirements with Chief Nurse

Application by qualified personnel can be made by providing a one-page letter explaining their desire for this assignment, chronological military resume using the format in AFH 33-337, Tongue and Quill as guideline, and current fitness assessment results. Packages should be addressed to FSS/FSMPM and must be received no later than COB 2 Dec 2012. All qualified applicants will receive an interview. Applications received by the FSS after the above date will be returned to the individual without action. *Full-time personnel will require HRO concurrence prior to being offered the position.

This announcement will be posted in each Customer Support Staff (CSS), on all unit level bulletin boards, and posted to the Wing intranet bulletin board. It is the responsibility of all levels of leadership to ensure deployed members receive this announcement. Questions may be addressed to Maj. Tara Hood (860) 292-2871 or tara.hood@ang.af.mil.

103rd FSS Column

by Senior Airman Regan Walters

The SMART New You!

The New Year has arrived and after the busy holiday season, our bodies are feeling heavy and our wallets are feeling light. It is a good time to start pinching the pennies and the waist line. So, I know you all have made a list of New Year's resolutions a mile long and have yet to keep a one. That is because our lives shouldn't be full of unrealistic resolutions that start at the first of every year and end a month later. Instead, we should set several small realistic goals that are attainable and achievable to feel successful and motivated to continue. The reason resolutions don't work is because we think too big, success is not instantaneous, we feel like failures and quit without looking back. So in 2013, make a change in the way you think about your mental and physical health and begin to work on SMART goals for overall wellness.

You're probably thinking to yourself, "What are SMART goals?" SMART goals are short term goals that are S: Specific, M: Measurable, A: Attainable, R: Realistic, T: Timely. By using this method of creating goals for ourselves, you can set goals that you can manage in your busy daily life and feel successful and encouraged to continue setting more goals to reach a final larger goal. Let's say your ultimate goal is to lose 20 lbs.; you are going to work out every day for an hour and only eat veggies and protein, no carbs and no junk food. You have just set a very unrealistic and unattainable goal. Let's rework the long-term goal of losing 20 lbs. into many SMART short-term goals.

- Join a local gym for less than \$30 per month by Jan. 31.
- Workout at the gym 3 days per week for 30 minutes per workout.
- Meet with a fitness instructor, usually provided to new member for free, to develop an exercise routine that fits your 30 min. time frame by Feb.15.
- Create a food journal and track daily food intakes with time and place of intake by Jan.31.
- Begin writing in the journal on February 1, to see what, when and where your food intake is coming from so, you can look at it carefully to begin to change one bad habit at a time.
- By February 7, after a week of food journaling, decide on one, only one, bad food habit you are going to work on. (Example: Stop eating after 7pm.) Creating too many habits to break at one time is a recipe for disaster.

These are examples of six short-term SMART goals that you can easily achieve so you feel successful and inspired to continue setting more goals to meet your ultimate goal of losing 20 lbs. Losing 20 lbs. in a healthy way, so the weight stays off, should take four to five months. Therefore, a pound a week is a sensible short-term SMART goal. So be SMART in 2013 with your overall health and wellness; set short-term goals, feel successful, be an inspiration to others and be fit to fight in the world's greatest Air Force.

Happy New Year from the 103rd FSS!

Did you know...myPers Can Assist You with Your Retirement Process?

Are you a Regular Air Force, Air National Guard, Air Force Reserve or AF Civilian member nearing retirement eligibility and asking yourself, "Where do I begin?" The answer to that question is myPers.

The myPers website is a total force source for personnel information and services. It's available 24/7 and is where you can find answers to your questions and conduct personnel business online when it is convenient for you.

To get started on your retirement quest, log on to the myPers website at mypers.af.mil. As myPers is personalized, the information you see upon entry is tailored to your Air Force affiliation. Once



there navigate to the "Learn More About" section on the left side of the page and click on the "Retirement" link. Your component's Retirement Home Page provides everything you need—from information on eligibility and the application process, frequently asked questions (FAQs), and relevant online service tools—to benefits/entitlements and other guidance you may need surrounding a retirement from service.

Go check it out!

mypers.af.mil

"Thank you" from the First Sergeant's Council



Flying Yankees,

On behalf of the First Sergeant's Council, I would like to wrap up 2012 with a "THANK YOU" to all of you for your continued support throughout the year. In the Spring, we hosted the 7th Annual First Sergeant's Pig Roast. Proceeds were able to go right back to the Bradley ANG community. Here are just a few examples of how the First Sergeant Council was able to pay it forward thanks to your support.

We sponsored all 'OAY' & 'Diamond Award' nominees with a one-year EANGUS and NGACT membership. Several children's toys were bought and donated to the 'Toys for Tot's' Foundation. When we weren't busy shopping for toys, or contributing towards the Chili Cook Off, the FSC was passionately raising and donating more than \$1000 to our fellow Guardsmen facing personal hardship. Wrapping up 2012, we were happy to donate once again to CCMC, specifically the Leukemia and Lymphoma Society.

Once again, thank you for all of your continued support throughout the year. We look forward to seeing you at the next Pig Roast.

v/r,

Master Sgt. Kendra Ross, 103rd MSG First Sergeant & the 103rd AW First Sergeant Council

A Letter from Lt. Col. (retired) Kenneth Finger

On the December UTA, I told the folks in the medical group that my grandfather's service during World War II inspired me to join the military. Sadly, on my last day before entering retirement, I am writing this as I am flying to Connecticut for my grandfather's funeral. I would like to share with you a part of his story. It is not one he spoke of often; he usually talked about his experiences during the war.

You have undoubtedly heard the stories of the many Americans who immediately after the Japanese attack on Pearl Harbor, out of a sense of patriotism and anger, volunteered to join the military. But there was a lesser-known and smaller group of veterans, those who were already in the military at the time of the Japanese attack.

In 1935, my grandfather, Edmund Klepps, turned 21. The Great Depression still gripped the American economy. He was unable to find a full-time job, and didn't have the money to go to school to learn a trade. He decided to enlist in the Navy – it was the perfect opportunity to get a job and gain the skills to get a job in the private sector once his enlistment was up. The Navy trained him to be a machinist and work on diesel engines – the diesel engines powering warships of the time. He was assigned to the battleship USS Mississippi, where they repeatedly did drills to prepare for enemy attack. These drills all seemed silly at the time. The World War, with its carnage and destruction, was still fresh in everyone's minds, and surely no one would start another war like that again. At the end of his enlistment, he considered separating from the Navy. However, after finding that the job market had not improved, he reenlisted. He was assigned to the newly-commissioned cruiser USS Helena. The Helena set out from New York, slowly heading for the Pacific Ocean and her home port of Pearl Harbor, Hawaii.

In December 1941, the Helena was in Pearl Harbor. On the morning of December 7, my grandfather had just gotten off the night watch in the engine room. Shortly before 8 a.m., he hopped in the shower. He was looking forward to a day ashore. The plan was to go to church, followed by a burger and shake for lunch, and then a movie. It was just another day. As he was taking his shower, an announcement came over the PA system. "The Japanese are attacking Ford Island. This is not a drill." Seconds later, the ship was rocked by a torpedo. My grandfather never made it to church that day, but he sure did plenty of praying. World War II had come to the United States.

The USS Helena was repaired after the attack on Pearl Harbor. She was sunk in the Kula Gulf on July 6, 1943. After being rescued, my grandfather returned to service in the Pacific aboard the USS Detroit. The USS Detroit was alongside the USS Missouri in Tokyo Harbor when the treaty was signed ending World War II.

Over the years, my grandfather was interviewed many times for newspaper articles, usually on the anniversary of the Pearl Harbor attack. His last interview was in August 2012, by a student at CCSU as part of their Veterans History Project. Here is a link that includes the 82-minute interview if you are interested. It is the story of an entire generation, and what they went through from the Great Depression to World War II is incredible. <http://www.ccsu.edu/page.cfm?p=1026>

My grandfather and his fellow servicemembers at the time, unlike those who enlisted later, had not joined the military to fight the Germans or Japanese. Yes, they were patriotic and willing to serve their country, but they did not join anticipating they would find themselves involved in another world war. To them, at the time they enlisted, war was unthinkable. Yet they found

themselves at war. It was not what they wanted, but what their country needed from them. They did it with pride and professionalism, and became the leaders that would mentor and train all those new volunteers.

So it is for all of us that join the military. We do not know what it is that our country will ask of us. When I entered the Air Force in 1989, our entire focus was on the Cold War with the Soviet Union. Sure, there were smaller operations going on periodically, but there were no wars in the foreseeable future. But several months after I joined, the Soviet Union collapsed and shortly after that, Iraq invaded Kuwait. The international scene and prospects for war changed significantly in a matter of months, we would soon see conflicts in the former Soviet republics, and of course, the first Gulf War.

And what is the next conflict the United States will find itself in? Will it be Iran, or North Korea? Or another country that we don't even consider a threat at this time? The truth is, we just don't know. But we must be prepared, so that when our country calls on us, we will be ready. That is why the training and exercises we do, including the ORI, are so important. They may not seem relevant now, just like those Naval exercises in the 1930's seemed irrelevant at the time. But as those Naval exercises taught the lessons that led to victory in the Pacific, the lessons you learn in today's exercises will enable you to be successful in a future military mission, even if you do not yet know what that mission will be.

So as I enter retirement, I wish you all the greatest success in the ORI and whatever missions lie beyond.

Mr. Kenneth Finger

Force Support Squadron News: MILPDS to undergo upgrade

Submitted by Master Sgt. Lindsey Rohner

Who: All Members

What: MILPDS conversion is back on!

When: 3 March 2013

What you need to know:

MILPDS is the source personnel system for all personnel actions. It will be down for the month of December and that means majority of the personnel actions will be affected.

Here are some important facts for members to know and how it may affect them during this upgrade:

Retirements: Any member who currently has an approved voluntary retirement date during 1-31 March 2013 and has decided to cancel or change their date of retirement needs to do so by 1 February 2013. You will also need to contact ARPC immediately of those changes.

Separations: Any member with an approved voluntary separation, discharge, resignation or ETS with an effective date during 1-31 March 2013 wishing to cancel that action, will need to contact the FSS immediately. Please be advised that there may be a delay in processing time at ARPC concerning separation orders and NGB 22's. For members that are transferring to another Guard unit or the Reserves ARPC will not be able to process that transfer in the system until the upgrade is complete.

If you plan to separate on your ETS and it is 30 April 2013 or sooner, you must start your out processing ASAP. All separation requests and out processing, even ETS's, must be completed NLT 10 February 2013.

EPR's: While the upgrade is happening our office will not be able to produce EPR shells during this time. We will be sending out EPR shells during this timeframe earlier, NLT 15 February 2013, so that they can still get accomplished.

SGLI: Any changes or updates to the Service Member's group life insurance during the upgrade will be suspended and updated once the system is up. You will still be covered during this time, however the payment for that month may be delayed until the following month. If members would like to change their SGLI election please do so by the end of November Drill so we can ensure all updates are made and sent to Finance

Enlistment/Transfers: During the upgrade we will not be able to gain members to our system. What this means for the member is there may be a delay in their pay until we are able to gain the member.

Reenlistments/Extensions: If your ETS is between now and 15 April 2013 please see your CSS to obtain your reenlistment/extension checklist and questionnaire. These MUST be completed prior to coming to FSS to accomplish your reenlistment paperwork. If your ETS is 15 February 2013 or before you MUST reenlist/extend by COB February drill. Anyone currently on a bonus that is required to reenlist 30 days prior to their ETS, you MUST reenlist on the 30-day mark to ensure we get all done in a timely manner.

Any questions on the above topics please contact your CSS, SrA Kayla Smith (x2368) or MSgt Lisa Todaro (x2573)

Please visit the 103rd CPTF SharePoint site!

<https://eis.ang.af.mil/org/103AW/WingStaff/CPTF/Pages/default.aspx>



Editor's Note:

The 103rd Airlift Wing makes no official endorsement of any business or group. Information on special discounts, programs or offers that contribute to members' morale and welfare is published solely as a service to members as space allows. Remember that you may ask discreetly for a military discount anywhere.

Reminder: Here are the dates when your W-2's are available on myPay*. Technician - 5 Jan 13. Guardsman - 8 Jan 13. AGR - 24 Jan 13.
<https://mypay.dfas.mil/mypay.aspx>.
 *Please ensure you can access myPay. As a reminder, W-2's are NOT mailed to your home of record. They must be downloaded from myPay by the member. If you need your myPay pin reset, please visit the 103d CPTF. Military OneSource Offers FREE Tax Consultation & eFiling (1-800-342-9647): http://www.militaryonesource.mil/pfm/tax-planning-and-preparation?content_id=269644

Answers to Un-uniform Uniforms? Test Your AFI 36-2903 Knowledge

1. B - gloves
IAW AFI 36-2903 paragraph 5.1.10. Cold Weather Accessories. Cold weather accessories will only be worn when wearing authorized outer garments (Exception: gloves worn solely with ABUs).
2. False
IAW AFI 36-2903 paragraph 6.1.10.1. The sage green fleece is authorized for wear as an outer garment with the ABU only. It can only be worn over the ABU coat. It is not authorized to be worn solely over a t-shirt, thermal underwear, etc.
3. False
IAW AFI 36-2903 paragraph 5.1.3. T-Shirt - Desert Sand colored (Tan). A desert sand (tan), short or long sleeved t-shirt will be worn under the ABU coat.
4. C - as an undergarment which only can be seen at the neck
IAW AFI 36-2903 paragraph 5.1.8.1. Sleep Shirt. The sleep shirt may be worn under the ABU coat. The sleep shirt will not be worn as an outer garment. The sleep shirt will not be visible under the ABU coat except at the neck. The sleep shirt will be a solid color; colors authorized are green or sand.



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- Paper/Paperboard I.e. Cereal/Shoe Boxes
- Milk & Juice Cartons I.e. Aseptic Packaging
- Cardboard & Brown Paper Bags
- Plastic Bottles & Containers #s 1 thru 7
- Soda/Juice/Water Bottles (Glass or Plastic)
- Food Containers
- Glass Bottles/Jars (Any Color)
- Aluminum Cans and Clean Foil
- Metal Cans (Tin/Steel/Aluminum)

Unacceptable

- Plastic Bags/Food Liners
- Window Glass/Light Bulbs
- Dishes/Pyrex/Ceramics
- Foam Packaging/Styrofoam
- Hazardous Materials
- No Recyclables Containing Food Waste

www.usahauling.com

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Around the Base...

FORMAL SCHOOLS:

AB BACOTE, KATHERINE M 103 STUFLT
HVAC/R APPRENTICE

AB CONWAY, JASON R 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

A1C ARANGO, JOSE R 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

A1C BEDOYA, ANDRES 103 STUFLT
IT FUNDAMENTALS MAINTENANCE

A1C BERRINCHA, DANIEL D 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

A1C BRANDT, TYLER J 103 STUFLT
MAF INTEGRATED COMM/COUNTERMEASURES/
NAV/SYS, C-21

A1C BUHAGIAR, ERICH C 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

A1C CRUZ, FELIX D 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

A1C DIAZ, ALEXIS 103 ACS
RADIO FREQUENCY (RF) TRANSMISSION SYS-
TEMS APPRENTICE

A1C GORE, ADAM W 103 STUFLT
AEROSPACE MEDICAL SERVICE APPRENTICE
PHASE II

A1C LAO, PHILLIP C 103 STUFLT
CYBER TRANSPORT SECURITY+ CERTIFICATION
APPRENTICE

A1C LOUBIER, MARC J 103 STUFLT
AEROSPACE MAINTENANCE APR (C135)

A1C PACHESA, ALEXIS R 103 STUFLT
AEROSPACE MEDICAL SERVICE APPRENTICE
PHASE II

A1C PENDLETON, JEREMIAH 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

A1C SAVINO, DOMENIC III R 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

A1C STATON, TEVIN B 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

A1C WEISBRICH, PETRA J 103 STUFLT
BASIC MEDICAL TECHNICIAN CORPSMAN PRO-
GRAM

A1C WERNER, JOHN J 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

A1C YOON, MINJONG 103 STUFLT
BASIC MILITARY TRAINING, USAF, MALE/
FEMALE

SRA DESROCHER, CHRISTOPHER 103 CF
RADIO FREQUENCY (RF) TRANSMISSION SYS-
TEMS APPRENTICE

TSGT LA RUBIA, RAFAEL M 103 LRS
TRAFFIC MANAGEMENT APPRENTICE

MAJ LEVANTOVICH, WALTER 118 AS
AIR RESERVE COMPONENT CHIEF OF SAFETY
COURSE



PROMOTIONS:

TO TSGT (E-6):

SSGT LA RUBIA, RAFAEL M 103 LRS

TO SSGT (E-5):

SRA ORTIZ, ELIAS L 103 MXS
SRA BEAUDOIN, ROGER E 103 LRS

TO SRA (E-4):

A1C PAVEL, CASSANDRA K 103 AMXS
A1C DALEY, PATRICK F 103 MDG

TO A1C (E-3):

AMN DUQUETTE, SARA B 103 MDG

APPOINTMENTS/ENLISTMENTS:

MAJ CHARLES JOHNDRO 103 MDG
SSG JOSEPH HANCOCK 103 CES

SRA JENNIFER STARRETT 103 AW
A1C CARLEY DOLAN 103 OPS
A1C ROBIN CHATELLE 103 MXS
A1C ROBERT SHOPEY 103 CES
A1C STEPHEN KING 103 LRS
A1C BAILEE GRAVELINE 103 MXS
A1C MARIAH BECKFORD 103 FSS
A1C CARLOS PIRES 103 MXS
AB RICHARD PYRDOL 103 FSS

RETIREMENTS:

LTC KENNETH FINGER 23YRS
SMS DAVID PAIS 20YRS
MSGT DARLENE STGEORGE 20YRS
MSGT ROBERT BIELLA 25YRS
MSGT RONALD TAYLOR 20YRS
TSGT DEONARINE SUMEERSARNAUTH 20YRS



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For Returning Veterans and their Families



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Contact Your Local OEF/OIF/OND Program Manager For Arrangements

www.oefoif.va.gov/caremanagement.asp

or Contact The Vet Center Combat Call Center

www.vetcenter.va.gov | 1-877-WAR-VETS (927-8387)



VETERANS BEHAVIORAL HEALTH FORUM

What your community needs to know to assist returning veterans and their families

SPEAKERS AND PANEL PARTICIPANTS

WELCOME AND OPENING REMARKS

Lena Rodriguez, Community Renewal Team President and CEO

Marcia DuFore, CRC, NCRMHB Executive Director

PANEL PRESENTATIONS

Veteran Experience, What Has Helped, What Hasn't: Speakers: TBA

Building Resiliency, Dr. Steven Southwick, Professor of Psychiatry, PRSD and Resilience, Yale Medical School

Community Services, Dr. Laurie Harkness, Errera Community Care Center

PTSD and Therapeutic Interventions, Wendy Bassett, LCSW, PTSD/Anxiety Clinic, VA Medical Center

Resources for Families, Kim Hoffman, CT Family Program Director, Service Member and Family Support Center & Cindy Hould, Military and Family Life Consultant

Returning to Civilian Careers, Andrew James, Department of Labor Veteran's Employment Representative

SAVE THE DATE

Thursday, January 24th, 2013
CRT - Lumsden Center

RESOURCE TABLE PRESENTERS:

Community Renewal Team, Chrysalis, Errera Community Care Center, South Park Inn, Rocky Hill Veteran Center, and more...

AGENDA

- 8:30 a.m. Registration and Visit Resource Tables
- 9:00 a.m. Welcome and Opening Remarks
Veterans Tell Their Stories
- 10:00 a.m. Resiliency Discussion
- 10:30 a.m. Break and Visit Resources Tables
- 10:45 a.m. Veteran's Panel
- 12:00 p.m. Lunch and Visit Resource Tables
- 12:30 p.m. Professional's Panel

For additional information please visit our website at www.ncrmhb.org, email us at info@ncrmhb.org or call 860-667-6388



Who should attend? Those who care about returning Veterans in their lives, neighborhoods, or communities and want to know how to encourage them in their adjustment to civilian life.

NOMINATE YOUR SUPPORTIVE EMPLOYER

Guard and Reserve Service Members:

Nominate your employer for the **2013 Secretary of Defense Employer Support Freedom Award** for their exceptional support of employees serving in the Guard and Reserve.

Nominate at FreedomAward.mil
Nov 1, 2012 – Jan 21, 2013

ESR DEVELOPS AND PROMOTES A CULTURE IN WHICH ALL AMERICAN EMPLOYERS **SUPPORT AND VALUE** THE MILITARY SERVICE OF THEIR EMPLOYEES.

MY STRENGTH IS FOR DEFENDING.

So when I saw she was drunk, I told my wingman: **ASK HER WHEN SHE'S SOBER.**

PREVENTING SEXUAL ASSAULT IS PART OF MY DUTY.

Your Sexual Assault Response Coordinator (SARC):

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Volume 1, Issue 2

JANUARY 2013

THE RESILIENT WARRIOR

Serving Our CT National Guard Soldiers and Airmen

NEW YEAR'S RESOLUTIONS AND COMPREHENSIVE SOLDIER FITNESS

It's that time of the year again when thoughts go forward to the dawn of a new year and resolutions are created with the goal to change lives. The Army established Comprehensive Soldier Fitness (CSF) to enhance the resilience, readiness and potential of Soldiers, family members and Army civilians. The goal: an Army of balanced, healthy, self-confident soldiers whose resilience and total fitness enables them to excel in

high stress. Follow these guidelines, related to CSF, for ways to keep and achieve this year's resolutions. **Physical:** Be as specific as you can be. If weight loss is your plan, set a weight loss goal and plan how to accomplish that goal. Physical fitness is especially important in the military; so establish goals each week and month and train with a partner to increase success. **Emotional:** Keep a diary. Documenting your progress is both motivating and enables you to move forward with your goal achievement

successes. "Hunt the Good Stuff" - keep a log of all the positive things in your life. Do this daily and you will soon find that we have so much to be thankful for and you will promote a more positive outlook. **Social:** Be inspired by other people's success, especially if they are a similar age and fitness level as you. Find ways to connect to your community, volunteer your time, join a running group or get involved in your local town. **Family:** Share your challenges to those in your family or amongst your friends. Also find others facing

similar challenges, a support group is a great way to stay motivated during setbacks, and gain encouragement. **Spiritual:** Show connection and concern with the higher things in life. Resolutions, carefully followed, can provide specific mental and physical resilience techniques that will increase strengths through a program of continuous self-development. A New Year's resolution is a commitment; plan, implement and achieve. Get a fresh start this coming year!

-Susan Tobenkin

ARMY NATIONAL GUARD FAQ:

How is medical fitness determined? Army Regulation (AR) 40-501: Standards of Medical Fitness provides the medical fitness standards for enlistment, retention, separation, deployment and special training. AR 40-501 also provides the medical standards and policies for aviation, profiles, medical examinations and periodic health assessments. Individuals evaluated under the medical fitness standards outlined in this regulation will be reported medically acceptable or medically unacceptable. Detailed information on this regulation can be found in AR 40-501.

Please submit questions to
Kristy.m.soucy@us.army.mil

AIR NATIONAL GUARD MEET: CAPT CONNORS CT JFHQ SARC/SHARP/ Counter Drugs Assessment Officer

Capt Connors is the Sexual Assault Response Coordinator and Sexual Harassment and Assault Prevention Officer for the CT National Guard. Capt Connors is a Licensed Clinical Social Worker, with 6 years in the Air Force Reserves, 3 as fulltime Guardsmen. Capt Connors oversees 42 victim advocates both Army and Air National Guard to provide a robust prevention program and victim services should the unfortunate need occur. Mission readiness is negatively impacted when there is a sexual assault. A sexual assault can reverberate throughout a unit and beyond, degrading readiness by harming the life of the victim and the military's ability to work effectively as a team. Most importantly, it affects the victim with a loss of trust, safety and a loss in cohesiveness with the military. "Hurts one. Affects all. Preventing sexual assault is everyone's duty."

Additionally she provides clinical assessment to any guardsmen who is either referred or self refers to the counter drug program for a substance abuse issue. She works closely with SFC Campbell to determine level of care needed for the service member and prevention work at the unit or battalion level.

Phone: (860) 613-7611

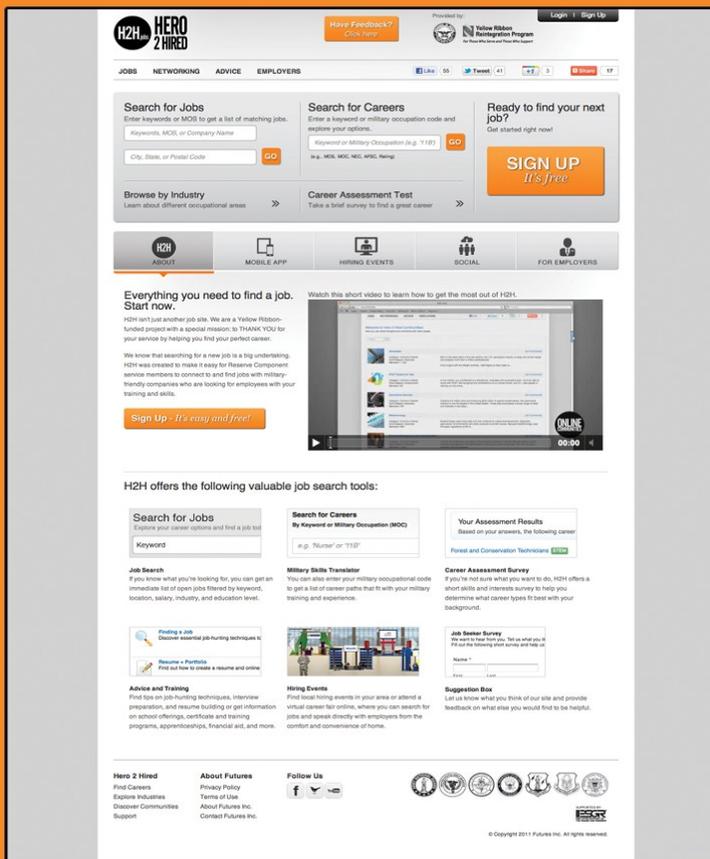
Email: Katherine.a.connors.mil@mail.mil



Hero2Hired supports the President's initiative to assist unemployed Reserve Component service members with job placement.

With H2H.jobs, Job Seekers are able to:

- Search for jobs
• Explore career paths
• Translate their military skills into matching jobs
• Take a career assessment that links them to relevant careers and jobs
• Learn about different industries
• Find education and training resources
• Join communities with similar interests and networking opportunities



The goal of the program is to reduce the number of Reserve Component members who are unemployed by helping them find jobs. Support is provided through the Yellow Ribbon Reintegration Program to Reserve Component Combat Veterans who require employment assistance.

H2h.jobs is a powerful website featuring an online community, mobile application, live & virtual hiring events, career assessment and resume writing tools. The site is a great tool for Servicemembers, Veterans and their families to begin their employment search.



For more information contact: H2H.jobs@osd.mil

www.H2H.jobs