



Connecticut GUARDIAN

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CTNG Assists local authorities protect Capitol

Tim Koster
Joint Force Headquarters Public Affairs

HARTFORD, Conn. – At the request of Gov. Ned Lamont, the Connecticut National Guard activated more than 100 of its members to assist local, state, and capitol law enforcement with the security of key infrastructure around the state capitol, Jan. 17 – 21, 2021.

The request to bolster security came in response to an advisory released by the FBI in the wake of the civil disturbance activities at the Capitol Building in Washington D.C. on Jan. 6.

“Our duty is to protect people, property, and people’s constitutional right to peacefully protest,” said Capt. David Pytlik, state public affairs officer for the Connecticut National Guard.

The FBI advisory didn’t mention any specific threats against Connecticut but state leadership decided to err on the side of caution as it was anticipated that upwards of 2,000 people could have shown at the capitol for demonstrations both for and against the results of the recent presidential election in which Joe Biden defeated Donald Trump.

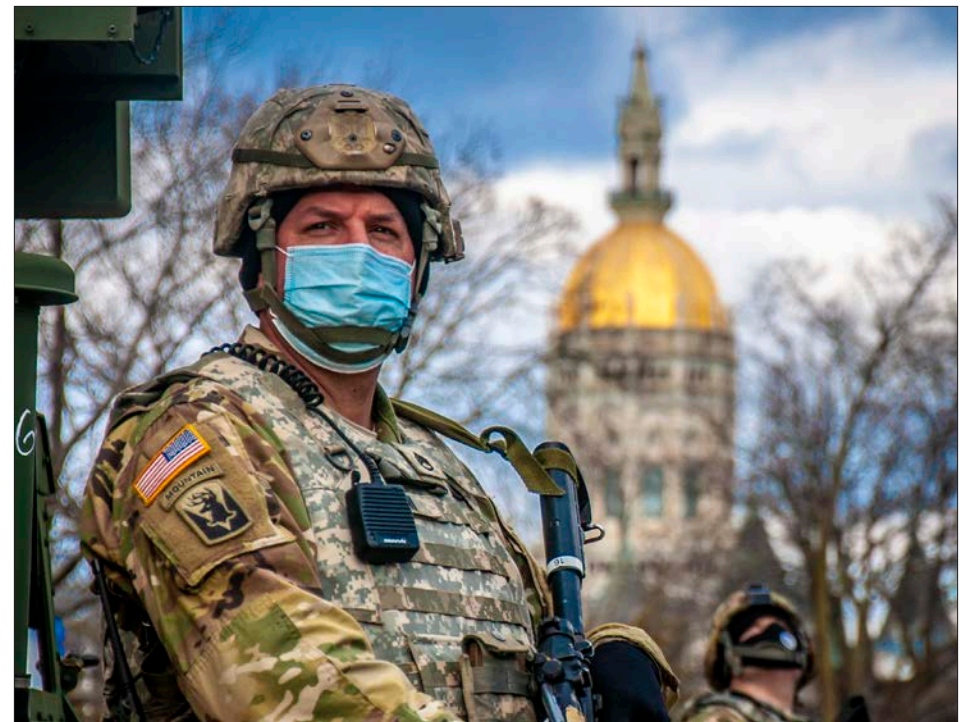
“I don’t believe that you can over-prepare for this type of situation,” said Brian Foley, of the Department of Emergency Service and Public Protection, in an interview with News 8 WTNH. “I would much rather be here next Friday telling you that we over-prepared, as opposed to saying that we underprepared.”

In addition to the throngs of police and National Guard, barricades and checkpoints were established to limit the flow of vehicle traffic but were disassembled when only a trickling number of demonstrators showed.

Despite the lack of any significant events, the National Guard remained on duty until after Biden’s inauguration on Jan. 20.

The Connecticut National Guard also deployed more than 300 personnel to the Nation’s Capital to provide logistical, security and medical support for the 59th presidential inauguration.

From the beginning of the National Guard’s support of COVID-19 operations in March



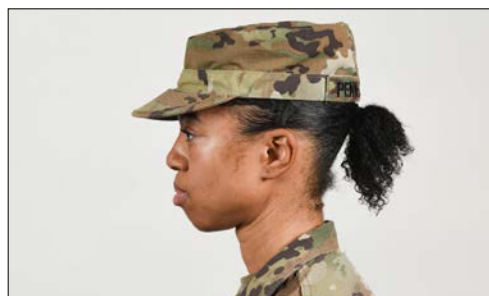
A Soldier assigned to the Connecticut National Guard stands guard in Hartford, Conn. Jan. 17, 2021. At the request of Governor Ned Lamont, the National Guard was called up to assist local, state and Capitol police with protecting key infrastructure around the state capitol following an FBI advisory issued in the wake of the events of Jan. 6 in Washington D.C.

2020 through the middle of 2021, the Connecticut National Guard will have deployed more than half of its total force – both Army and Air – in support of domestic and federal contingency operations around the world.

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Connecticut Guardsmen start receiving COVID-19 vaccine

Tim Koster
Joint Force Headquarters Public Affairs

Soldiers and Airmen from the Connecticut National Guard, who have been serving on the front line of the ongoing pandemic response, began receiving their first doses of the COVID-19 vaccine at Bradley Air National Guard Base Jan. 2, 2021 in accordance with the Department of Defense vaccine distribution plan.

According to a DoD press release, the vaccine distribution was prioritized for personnel in accordance to CDC guidelines, including: “those providing direct medical care, maintaining essential national security and installation functions, deploying forces, and those beneficiaries at the highest risk for developing severe illness from COVID-19.”

Receiving the vaccine was optional for everyone and those who opted in reported having no serious side effects other than the peace of mind knowing they now have the opportunity to keep their friends, family, neighbors, and themselves safe from this deadly virus.

Brigadier Gen. Ralph Hedenberg, chief of staff for the Connecticut National Guard, said the vaccine allows us to finally go on the offensive after ten months of needing to wear masks, remaining socially distant, washing our hands, and worrying we might still get sick from the virus.

“In over 35 years of being in the military, I’ve taken a lot of shots and this was, without a doubt, the one that had the least effect on me ... there was no pain in my arm and no ill effects from it,” said Hedenberg. “This is our first opportunity where we can go on the offensive against COVID and I encourage everyone to take the shot.”

In these uncertain times, the vaccine offers a doorway which will allow us to return to the norms and activities we cherished in the times prior to the outbreak. Despite this, the rollout of the vaccine has been strained by controversy and misinformation regarding its safety.

The hesitation for receiving the vaccine for some stems from the fact that the U.S. Food and Drug Administration has not granted its full approval for any of the COVID-19 vaccines currently available. Army Capt. Joseph Zell, a physician with the Connecticut National Guard said that during a pandemic, the FDA has the ability to grant an emergency use authorization (EUA) for any vaccine if the benefits outweigh any possible risks.

“The vaccine’s safety profile has been rigorously studied and it outweighs the risk of a COVID infection,” said Zell, who, outside of the military, works at Yale University specializing in the study of occupational environmental exposures, specifically COVID-19. “The COVID-19 vaccine ... has been deemed so much safer than the virus that the FDA has said ‘we’re going to give this vaccine an EUA approval; it’s that important that we start putting it into our citizens.’”

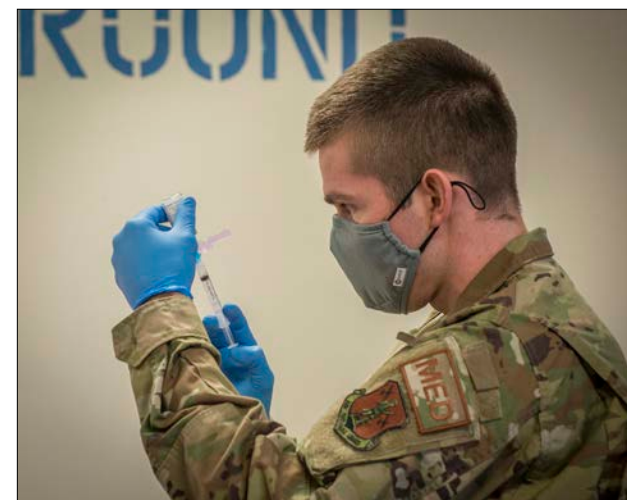
The administration of the COVID-19 vaccine is just the latest preventative measure the Connecticut National Guard has taken to keep its Guardsmen safe during the pandemic. Shortly after the first cases were reported in the state, the Guard partnered with Yale University to conduct quantitative antibody testing, which allowed doctors to better study how the virus spread, any potential risk factors for infection, and identifying any neutralizing antibodies that could be used to determine immunity.



U.S. Army 1st Lt. Tucker Salls, 143rd Military Police Company, receives the Moderna COVID-19 vaccine at Bradley Air National Guard Base in East Granby, Connecticut, Jan. 2, 2021. The Connecticut National Guard began administering the vaccine in accordance with the Department of Defense COVID-19 Vaccine Distribution Plan, with doses voluntarily administered to Soldiers and Airmen on the front lines of the COVID-19 pandemic response. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)



U.S. Air Force Lt. Col. Andy Kelly, 103rd Medical Group commander, receives the Moderna COVID-19 vaccine at Bradley Air National Guard Base in East Granby, Connecticut, Dec. 30, 2020.



U.S. Air Force Capt. Greg Flis, 103rd Medical Group nurse practitioner, draws Moderna COVID-19 vaccine from a vial into a syringe at Bradley Air National Guard Base in East Granby, Connecticut, Dec. 30, 2020.

Also, toward the beginning of the summer, after a polymerase chain reaction test – or PCR test – was developed, an initiative was created to test each Guardsmen for the virus whenever they entered or left state active duty and annual training.

The vaccine provides the next step in defeating the virus, but we’re not out of the woods yet. Until we can get enough immunizations into the general public, it’s import-

ant to maintain the guidelines issues by the CDC to help stop the spread: wear a mask, maintain your social distance, and practice good hygiene by washing your hands.



Recent cases show USERRA violations can be costly to employers

Thad Martin
Chair, CT Committee for Employer Support of the Guard and Reserve (ESGR)

Recently, Walmart reached an agreement with an Army Reserve Soldier over claims the company violated the Uniformed Services Employment and Reemployment Rights Act (USERRA) regarding paid military leave.

USERRA doesn't mandate employers pay National Guard and Reserve members while they are performing military duties, but the complaint claims the law does require military leave to be treated no less favorably than any other forms of comparable leave offered.

As part of the settlement, Walmart introduced a new policy that became effective Jan. 1. It provides fully paid leave for National Guard or Reserve employees who take up to 30 days of military leave in a calendar year. If the employee exceeds 30 days in a calendar year, he or she may be eligible for differential pay for those additional days for up to 12 months.

If the settlement is approved by the court, it could involve more than 7,000 current and former company employees who have taken military leave since October 2004 and cost the retailer up to \$14 million.

Understanding an employee's leave rights

Legal experts advise USERRA leave benefits should be at least as generous as the leave benefits employers offer under other time-off policies for reasons like jury duty or bereavement. Additionally, an employee may choose whether to use paid time off or vacation benefits for military-related absences. Key here is employers cannot require it.

USERRA also includes pension benefits

Under another provision of the federal law, employers are required to compute a military service member's pension, along with any employer or employee contribution, based on the rate of compensation the employee would have received had it not been for his or her military service.

In a 2014 settlement involving New York City and the Department of Justice, the city's Police Pension Fund was required to determine (for each period of time when a member performed active military service after Sept. 11, 2001) how much compensation the service member would have earned, including earned overtime or night-shift differential

compensation, had it not been for National Guard or Reserve service.

Avoiding conflicts with USERRA

These settlements and others are time-consuming and costly for employers and, in many cases, could have been avoided through a better understanding of the rights and responsibilities of employers and employees under USERRA. Each state or territory ESGR committee is available to inform and educate both parties on this important federal law. And in cases where a conflict does arise, ESGR's Ombudsman Services Program provides information and mediation on issues related to USERRA.

The ESGR Customer Service Center is available to answer USERRA questions by calling (800) 336-4590, option 1. Specially-trained ombudsmen are available to assist members of the National Guard and Reserve through neutral and impartial mediation to resolve disputes with their civilian employers related to military service in the uniformed services.

Developing policies that support military service

As an ESGR chair and throughout my military career, I've met an overwhelming number of employers who support their employees' service in uniform and strive to do the right thing. One way to accomplish this is through a regular examination of a company's personnel policies to see how they accommodate and support service in the National Guard or Reserve, including asking whether they:

- Include provisions for military leaves of absence exclusive of earned vacation time.
- Ensure job opportunities and benefits equivalent to those of other employees.

Employers are vital in enabling their employees to serve their nation, states and communities. Active support and encouragement are critical to their success and ESGR stands ready to help them in that important effort.

For more information on Employer Outreach or Ombudsman programs, contact Connecticut ESGR Volunteer Support Technician Ben Beaudry at (860) 524-4970 or Benjamin.A.Beaudry.ctr@mail.mil. Follow Connecticut ESGR on Twitter (@CT_ESGR) or Facebook (Connecticut Employer Support of the Guard and Reserve).

What actually happens to fat when burning it?

Sgt. 1st Class Silas Holden
Contributor

I hope everyone's 2021 is off to a good start and people are working toward achieving their set goals. Every year a vast number of people resolve to lose weight and get in shape for the New Year. And while many succeed and make progress, many just return to their same routine due to excuses and lack of motivation or organization. Lack of time is one of the top excuses used to fall out of a new routine or not start one at all. While it is difficult to change old habits it is not impossible, it simply takes commitment and dedication to change. This month I'm going to talk a bit about two topics. What actually happens to fat when burning it? And then I will cover some highlights of a great article I recently read. The key to change is to always be open to learning and don't let your ego guide you, always keep seeking out new knowledge.

One of the most talked about aspects of fitness in all its realms is losing fat, or "burning fat" as they say. When hearing this, does it ever make you wonder where the fat actually goes when you burn it? The most common belief is that fat is transformed into energy or heat. Another is that the fat gets flushed and excreted out of your body. And others even believe that fat is actually turned into muscle. While these are all good assumptions of what truly happens to fat when we burn it, there is actually a bit more science behind the truth of burning fat.

Professor Andrew John Brown from the University of South Wales and physicist Ruben Meerman have found that you actually exhale fat when you burn it. Fat is actually exhaled in the form of carbon dioxide. "There is surprising ignorance and confusion about the metabolic process of weight loss." (Professor Brown) "The correct answer is that most of the mass is breathed out as carbon dioxide, it goes into thin air." (Meerman, Ruben)

The body converts excess proteins and carbohydrates into triglycerides which get stored in lipid droplets of fat cells. Triglycerides consist of carbon, hydrogen, and oxygen. In order to lose weight your body must metabolize the triglycerides which unlocks the carbon that is stored in the fat cell. It takes approximately 64lbs of oxygen being breathed in to lose 22lbs of fat. Carbon dioxide and water are the two waste products of the process. I know what you're thinking, so if I breathe extremely fast for long periods of time I will lose weight, not so fast, it isn't that simple when putting eating and everything else in the equation. But at least now you can understand the science behind your body truly burning fat.

"By tracing the pathway of the atoms out of the body, Brown and Meerman found that 18.5lbs of the weight lost was exhaled as carbon dioxide and 3.5lbs was lost through water, in the form of sweat, tears, urine, feces, and other bodily fluids." (Professor Brown/Meerman, Ruben)

Now that we have that information revealed we can truly say that it takes blood, sweat, tears, and breath to lose weight and stay fit. So get in the gym, hit the trails, run the roads, and do whatever it takes to get more active. If you put food in your body and you don't burn it off, then that is why you see it lead to weight gain. Science will help you lose weight as long as you put in the physical work to make the science happen.

Last month I interviewed SGT Christopher and he said



Army Medicine Sergeants Major participate in a Army Combat Fitness Test validation exercise on Jan. 20, 2021 at Fort Gordon, Ga., prior to the Army Best Medic Competition (ABMC); which will take place from Jan. 25-28. U.S. Army Medical Command Sergeants Major validated the lanes prepared for the ABMC prior to the competitors arriving in order to evaluate the curriculum and address any possible safety concerns. (U.S. Army photo by Spc. Adrian Pacheco)

something that sparked some research interest in me, to paraphrase, "stay active and keep it simple" is what SGT Christopher said. So in my hunt for new knowledge I came upon an article focused on research done by Daniel Lieberman who is a professor of human evolutionary biology at Harvard. Professor Lieberman states that the notion of "getting exercise" – movement just for movement's sake – is a relatively new concept in our history.

"Until recently, when energy was limited and people were physically active, doing physical activity that wasn't necessarily rewarding, just didn't happen," Lieberman says. "When I go to these [remote African tribal] villages, I'm the only person who gets up in the morning and goes for a run. And often they laugh at me. They think I'm just absolutely bizarre. Why would anybody do something like that?"

In his study of indigenous hunter-gatherers in Africa and Latin America Professor Lieberman sums up some of his findings. "If you actually look at what our ancestors do, they walk about 5 miles a day, which turns out to be, for most people, 10,000 steps." In the end he summarizes his research with this simple statement. "The more we study physical activity, the more we realize that it doesn't really matter what you do. You don't have to do incredible strength training...to get some benefits of physical activity. There's all different kinds of physical activity, and it's all good in different ways."

The greatest interest I had in this article with Professor Lieberman was his findings on the effects of sitting for long periods on our health and fitness. He finds that we have demonized sitting a little falsely. Sitting a lot is not unnatural, weird, or strange, but if sitting for a large majority of time it will become problematic. The poor health outcomes which occur from sitting have been found to

occur from leisure-time sitting. Looking at the amount of time people sit at work shows that it is not that time which is associated with cancers, diabetes, and heart disease. It is the time sitting away from work that makes the numbers get a bit scary.

Getting up every once in a while causes your muscles to turn on and that is a good practice. With your muscles being the largest organ in the body, just turning them on turns down inflammation. In layman's terms, interrupted sitting is the best way to sit. As for sitting in chairs with backs on them, the back on the chair actually allows muscles in your back to turn off when sitting. When turned off for long periods of time the muscles become weak and eventually the weakness causes pain. A stool with good support for your glutes is a great way to combat this as your back muscles are required to stay turned on to keep good posture (of course poor posture is possible if you don't focus on good posture) when the back is not there for support. As a daily desk warrior in my career now I found this as a great bit of information. And I am definitely going to see if I can put the knowledge to good use to improve my posture and combat the negative side of sitting.

I found these little tidbits of information that I learned over the past month to be very eye opening to the small functions that lead to poor health and fitness. This article focused on some of the physical attributes contributing to health and fitness, food and nutrition is a completely different aspect and must also be treated as a pillar of health. For individuals to stay truly fit it is about finding the balance that works for you between physical activity, leisure time, and how you fuel your body throughout both. As the saying goes, "everything in moderation." Until next month...stay fit, stay hydrated, and stay motivated.



Spc. Mollie Hiscox of the 301st Maneuver Enhancement Brigade, U.S. Army Reserve, holds up a darkling beetle, which uses its textured back to draw water from the atmosphere to survive in the desert. The U.S. Army is in Jordan to partner closely with the Jordan Armed Forces in meeting common security challenges. Jordan is one of the United States' closest allies in the region.

Continuing Education Overseas

Capt. Ernest Wang
Area Support Group - Jordan

U.S. Army National Guard and Reserve engineers are mobilized to the Kingdom of Jordan in support of construction management and surveying missions. For Soldiers enrolled in college, the missions have presented unique opportunities to pair educational interests with military field experiences. The opportunities have been timely considering that classes stateside have largely moved online due to the COVID-19 crisis.

Spc. Samuel Pimentel arrived in Jordan with the Connecticut National Guard's 242nd Engineer Detachment and is majoring in environmental engineering at Three Rivers Community College. A 12T Technical Engineer,

Pimentel has spent several weeks in the field conducting topographical surveys. "I took a course with a heavy emphasis on topography before we left," said Pimentel, a native of Salem, Connecticut. "It's been amazing getting hands-on experience and generating data myself."

Spc. Mollie Hiscox of the 301st Maneuver Enhancement Brigade joined engineers on a surveying mission this past month. A rising junior who is majoring in environmental science at Boise State University, Hiscox spent a week assisting on environmental surveys and fuel spill response. The highlight of her week was identifying an *Adesmia* darkling beetle. "The bumps on their backs help condense water from the air and direct it toward their mouths," said Hiscox, a native of Boise, Idaho. "Scientists are studying this phenomenon to develop technologies to source water

in water-scarce countries." Hiscox is considering a commission as an engineer officer after she finishes her degree.

"One of the strengths of the Guard and Reserve is the educational level and civilian experience of the enlisted force," said Sgt. Maj. John Lane, Ph.D., of the 242nd Engineer Detachment. "An educated force is a more capable force. Education is a force multiplier and win-win for the soldier and the Army." Dr. Lane is in Jordan with Pimentel and Hiscox, and is Chief of the U.S. Geological Survey's Hydrogeophysics Branch when not in uniform.

The U.S. Army is in Jordan to partner with the Jordan Armed Forces and meet common security challenges in the Middle East. Jordan is not only one of U.S.'s closest allies in the region, but in the world.

Connecticut Army National Guard Soldier Promoted

Capt. Ashley Cuprak
Area Support Group - Jordan

JORDAN- Staff Sgt. Joseph Nowak received the promotion to Staff Sergeant in a brief ceremony at the Joint Training Center, on January 28, 2021, surrounded by members of the 143rd Regional Support Group and tenant units.

Nowak grew up to see his uncle, retired Col Michael Falk progress through the ranks of the Connecticut National Guard. In 2013, Nowak decided to follow in his uncle's footsteps and enlisted into the Connecticut Army National Guard as an 88M, Motor Transport Operator.

Throughout his journey in the Connecticut Army National Guard, Nowak has obtained his bachelors of science in sports management from Southern Connecticut State University. Currently, he is attending the University of Connecticut to obtain his masters in sports management.

Nowak is an integral part of the mission at the Joint Training Center, where he serves as the ASG-J Mobility NCOIC. He assists in providing mobility support and accountability to all units to facilitate personnel and equipment onward movement and integration within Jordan. His strong work ethic has proven he is a critical asset and a key member of the 143rd Regional Support Group staff.



Sergeant Major Alex Young pins Joseph Nowak to Staff Sergeant at Joint Training Center in Jordan on January 28 2021. Staff Sgt. Nowak provides mobility support and accountability to all units to facilitate personnel and equipment onward movement and integration within Jordan.

SEXUAL ASSAULT. SEXUAL HARASSMENT. NOT IN OUR ARMY.

Sexual Assault Response Coordinators

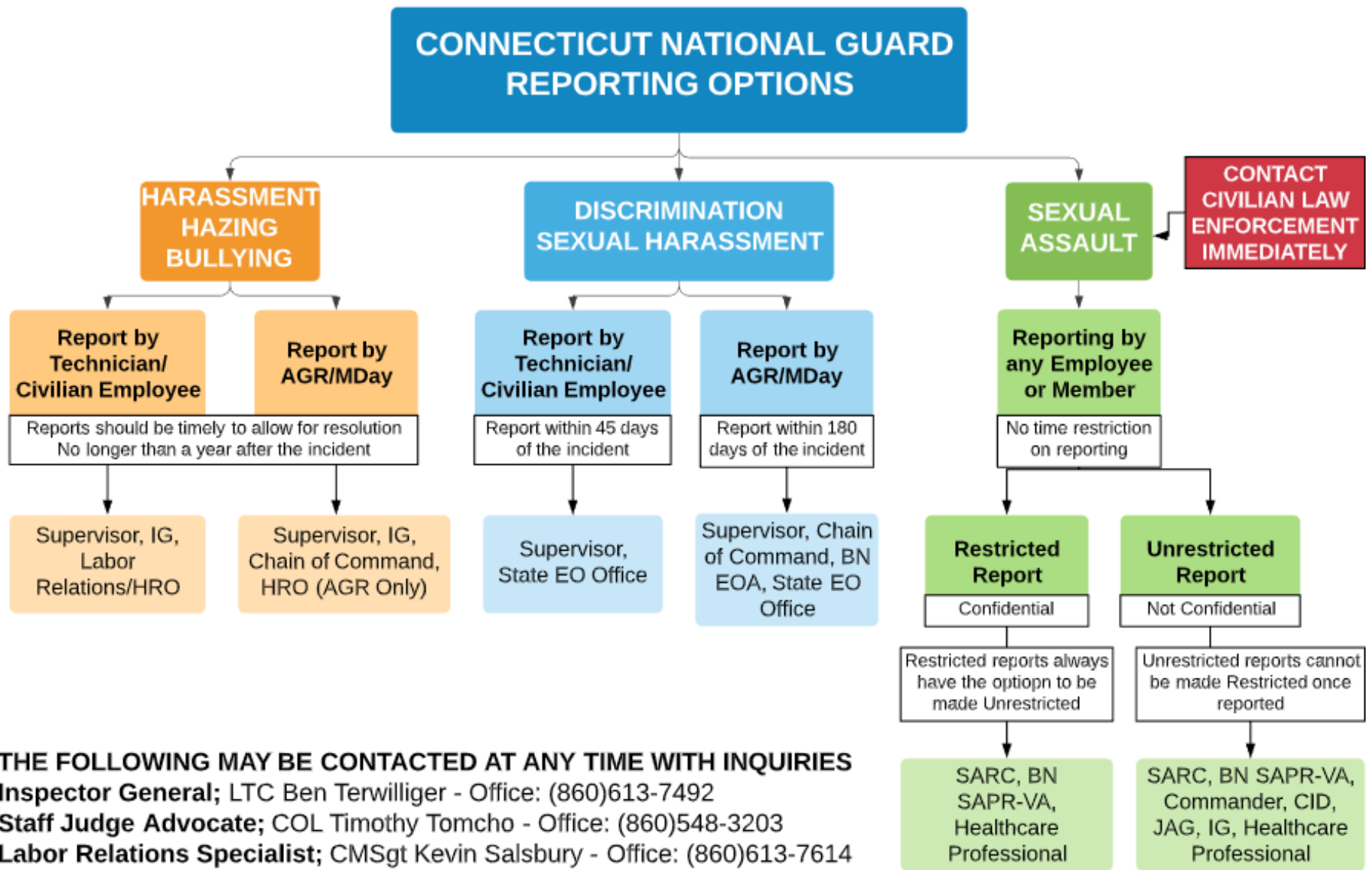
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State Chaplain; Lt Col Eric Wismar - Office: (860)548-3240; Cell: (860)883-5278

State to the Rescue: Connecticut National Guard Delivers 1,000 Vaccines to UConn Health

Lauren Woods
UConn Schools of Medicine and Dental Medicine

Snow nor shortages of vaccines could stop the State of Connecticut and its National Guard from finding a way to come to the rescue of hundreds of UConn Health patients anxiously awaiting the rescheduling of their canceled COVID-19 vaccinations this week.

On Tuesday, February 2 early morning the CT National Guard delivered nearly a thousand first doses of the Pfizer COVID-19 vaccine to UConn Health's COVID-19 Vaccine Program from another state location with more ample vaccine supply.

Thanks to the arrival of more vaccine doses UConn Health was fast at work rescheduling and vaccinating its patients whose appointments between Feb. 1-8 were impacted due to national vaccine supply fluctuations.

Hundreds of rescheduled patient vaccinations occurred by appointment only until 8:00 p.m. on Feb. 2 at UConn Health in Farmington at both 16 Munson Road and Outpatient Pavilion vaccination site locations. Hundreds are set to occur again on Feb. 3.

"Our goal is to share these 975 first doses today and tomorrow with our patients," says Anne Horbatuck, VP of Ambulatory Services at UConn Health. "We are moving down the list of canceled patients starting with today's and moving forward to reschedule them as quickly as possible."

"I am feeling good that we can provide this precious resource to our 75 years and older patient population when we know the vaccine supply is scarce," shared Dr. Kim Metcalf, Primary Vaccine Coordinator for UConn Health's COVID-19 Vaccine Program.

"It's wonderful to see that we are able to provide vaccines to so many recipients who have been waiting and are excited to receive them," shared UConn Health CEO Dr. Andy Agwunobi. "I cannot be more proud of our teams at UConn Health who have gone above and beyond during this rapidly evolving situation."

Agwunobi also stressed: "This herculean team effort with the state has allowed us to reschedule and vaccinate nearly 1,000 patients in a little more than one day! We are so grateful for the commitment and close collaboration of the Governor's Office and the CT DPH in partnering with us to find solutions for our impacted patients."

And patients sure were happy to get the phone call from UConn Health to learn that their canceled appointments were now available to be back on the schedule immediately.

Barbara Griswold, 92, of Avon is one happy rescheduled vaccine patient. She was accompanied to her rescheduled appointment by her daughter Deborah.

"I just got in from shoveling, and UConn Health called us around 9:00 a.m.," says Deborah. "I checked with the boss, my Mom, and she was ready to go for her vaccine!"

"I was so surprised today, and it's wonderful. I am so happy to get it," exclaimed Griswold who only leaves the house currently to get her hair done each week. "I'd really like to go back to church."

"We want to keep Mom around for as long as possible,"



After learning the Governor and State helped make her 90-year-old Mom's canceled vaccination rescheduling possible Beayanka Pinckney-Naraine shouted: "Praise the Lord!" Her mom Rometta Pinckney of Hartford was thrilled to be finally getting vaccinated at UConn Health on Feb. 2 thanks to the special early morning vaccine delivery by the CT National Guard of 1,000 vaccines.

says Deborah. "This vaccine is the first step."

And Griswold was very happy to learn the good news that the State, Governor and its National Guard all helped make the rescheduling solution happen for her.

"That's really nice and great," she shared as her son and grandson are both U.S. Army members.

"Thank God for them!" also shared Elaine Darcy, 79, and Edward Darcy, 83, of North Granby who got their vaccine together at UConn Health.

"We got a call this morning to come in for vaccination. We are now both overjoyed because we were canceled for Feb. 4 but we now don't have to start over with getting new appointments," shared Elaine. "We are very relieved and excited. UConn Health's vaccine system worked very well. We are so appreciative, especially at our age."

"We've been quarantined together for just about a year due to the virus," said Edward. "Not getting COVID-19 at our age is our number one goal."

After learning the Governor and State helped make her 90-year-old Mom's canceled vaccination rescheduling possible Beayanka Pinckney-Naraine shouted: "Praise the Lord!"

Her mom Rometta Pinckney of Hartford was also thrilled to be finally getting vaccinated at UConn Health.

"It feels good," said Pinckney who hasn't left her home or been able to return to her senior day center since March of last year due to the virus, and has had to undergo several COVID-19 tests due to exposures inside her home from healthcare workers providing medical care for her.

"I am so relieved that my Mom is now going to be protected and that she didn't get the virus," says Pinckney-Naraine.

Farmington's Joan Rogers, 87, and Bob Rogers, 88, are longtime patients of UConn Health. Bob is also a UConn

graduate from 1955 who majored in pharmacy.

"We got the cancellation call this weekend, and wondered when will we get the vaccine now?" said Joan. "We got the rescheduling call this morning, and now we know why UConn Health has the vaccines for us today! It's just fantastic not having to wait any more and makes us feel very good. It all turned out to be a very pleasurable experience at UConn Health."

"It's been scary knowing how many people have passed away from the virus has been devastating. Thanks to vaccination today I think we are going to now make it!" said Bob. "Hopefully getting vaccinated will get us some normalcy back into our lives."

When asked if they knew the state and its national guard helped make their vaccination appointment a reality the Rogers both responded: "Amen to that!"

Initially, prior to the Feb. 2 rescheduling at UConn Health thanks to the swift assistance of the CT DPH, UConn also successfully provided those whose Feb. 1 and Feb. 2 first dose appointments were canceled with a rescheduling solution for this upcoming week at an alternative vaccination site in East Hartford.

Note, all other vaccine appointments scheduled beyond Feb. 8 at UConn Health – both first and second dose appointments – are not impacted at this time. As we move forward, it is important to note that because of the ongoing uncertainty in vaccine supply, decisions will need to be made weekly as to whether any additional appointments will need to be canceled. UConn Health is continuing to work with all impacted individuals to find alternatives if cancellations are necessary. Also, UConn Health will be doing all that it can in the coming weeks to increase its future allocation from the state to be able to meet our community's needs.



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The Connecticut National Guard Foundation, Inc announces its 2021 scholarship program. This year the Foundation will award a total of seven scholarships.

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2. **Five \$2,000.00 scholarships** will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses and children of Connecticut National Guard Retirees. **Application forms may be found at the Foundations website at <http://www.ctngfi.org>.**

Additional Information:

1. Complete application packets for the CTNGFI scholarships must be postmarked no later than 15 April 2021
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4. Mail application form (CTNGFI Scholarship Only) and completed package to:

CTNG Foundation Inc.
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Hartford, CT 06105

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

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Army announces new grooming, appearance standards

Devon Suits
Army News Service

WASHINGTON -- New changes to grooming and appearance standards are slated to take effect next month, as part of the Army's commitment to improve the wellbeing of all Soldiers.

Army senior leaders approved several upcoming grooming and appearance modifications, said Sgt. Maj. Brian Sanders, senior enlisted leader of Army G-1's uniform policy branch.

The announcement will be followed by an all-Army activities message that will take effect late February and will supersede the standards outlined in the grooming and appearance chapter of Army Regulation 670-1 until the next scheduled revision.

"This is one of the many facets of putting our people first and recognizing who they are as human beings," he said. "Their identity and diverse backgrounds are what makes the Army an ultimate fighting force."

The changes originated from a panel of 17 Soldiers -- 15 women and two men -- who assessed a list of proposed grooming and appearance modifications connected to the professional appearance, health and wellness, diversity, and inclusion of Soldiers.

The panel included Soldiers from all components, representing a cross-section of ranks, units, ages, cultural backgrounds, career fields and races. The process also included two Army dermatologists, an Army psychologist, and an Army equal opportunity advisor as subject-matter experts, who provided medical or EO knowledge to back the panel's findings.

The push to change the Army's grooming standards proves that the force is evolving and making a concerted effort to make everyone feel included, said Master Sgt. Quintana Mitchell, the uniform policy NCO for G-1.

"I use the analogy, 'If you look good, you feel good -- and if you feel good, you perform [well]," Sanders said. "If I am in the Army long enough, it would be nice to see how these changes have improved productivity ... and make Soldiers perform better."

Minimum hair length

One of the updates will authorize no minimum hair length for all personnel, to include making it an optional style for female Soldiers. Under the current policy, a Soldier's hair length can be no shorter than 1/4 inch from the scalp unless otherwise exempt due to a medical condition or injury.

Panel findings determined that females attending Ranger, Special Forces, or Sapper training were often encouraged to cut their hair to abide by health and hygiene recommendations while training in an austere environment, Sanders said.

If the Soldier were to washout or graduate from training, their hair was often below the 1/4 inch minimum length requirement and outside Army regulations.

Multiple hairstyles

Soldiers will also be authorized to wear multiple hairstyles as long as it maintains a neat and professional appearance, and if the hairstyle doesn't impede the use of headgear or other equipment, Sanders said.

Under the current standard, Soldiers are allowed to braid, twist, lock, or cornrow their hair if they are uniform and no greater than 1/2 inch in width. Individuals must also have appropriate size and spacing between each braid, cornrow, twist, or lock, and are authorized one distinct type of hairstyle at one time. The updated standard removes the constraints of dimension requirements.

By eliminating some of the restrictions, Soldiers will now have more flexibility, all while keeping it within the confines of professionalism, Mitchell said. Further, having a choice to wear multiple hairstyles will allow female Soldiers more ways to secure their hair so that it can fit appropriately under their headgear.

Ponytails

Female Soldiers with medium-length hair will have the option to wear a ponytail if the individual's hair length or texture prevents them from securing it into a tight bun, Sanders said. A medium-length hairstyle must extend more than 1 inch from the scalp and cannot exceed the lower edge of the collar in all uniforms.

Under the new policy, medium-length ponytails are only authorized for wear on the back of the scalp and cannot exceed the head's width or interfere with the proper wear of a Soldier's headgear.



A female Soldier poses for an example photo with medium-length hair secured into a ponytail to support an upcoming change to Army grooming and appearance standards. Medium-length ponytails are only authorized for wear on the back of the scalp and cannot exceed the head's width or interfere with a Soldier's headgear. (U.S. Army)

The updated standard will also allow females with long hair the option to wear a ponytail while wearing an Army Combat Uniform during physical training, or while wearing tactical headgear during tactical training or combat operations. The Army defines long hair as a length that extends beyond the collar. Army standards require this hairstyle to be neatly and inconspicuously fastened above the collar's lower edge.

"We can't tell a Soldier to cut their hair so their helmet can fit," Sanders said. "We can still allow a female Soldier with longer hair to put into a long ponytail and tuck it in their ACU top so they can still conduct their mission."

Dermatologists involved in the review process provided critical input tied to the updated ponytail policy, Sanders said. The authorized wear of a medium-length ponytail could lower an individual's risk of hair loss, reduce scarring, or decrease the likelihood of migraine headaches caused by repeatedly pulling hair into a tight bun.

The lack of hairstyle options as a result of a Soldier's hair length or texture can often stress an individual as they try various techniques and devices to secure their hair to maintain a neat appearance, Mitchell said.

Hair highlights, root growth

The Army plans to authorize the wear of highlights if it presents a natural appearance and is not a prohibited color, Sanders said. Further, if a Soldier decides to color or highlight their hair, root growth of a different color should not exceed 1.5 inches of the original color.

"Some Soldiers develop natural highlights," Sanders said. "We cannot assume that a Soldier's hair should be a specific color" based on their complexion.

Under the current regulation, Soldiers are only authorized to dye, tint, or bleach their hair. The color of their hair must also be uniform and not detract from their professional appearance. Unauthorized pigments include, but are not limited to, purple, blue, pink, green, orange, bright red, and fluorescent or neon colors.

"The emphasis is on natural hair colors," Mitchell said. "It doesn't necessarily have to be a color that is typically seen on a certain ethnic group. It just has to be a natural hair color" that presents a neat and professional image.

Optional wear of earrings with ACU

Female Soldiers will soon be authorized to wear earrings with their ACU. Earrings can either be screw-on, clip-on, or post-type earrings in gold, silver, or diamond and must be unadorned and spherical without exceeding 6 mm or 1/4 inch in diameter.



A female Soldier poses for an example photo with long hair while wearing tactical headgear to illustrate an upcoming change in Army grooming and appearance standards. The Soldier's hair is secured into a long ponytail and tucked underneath her Army Combat Uniform collar. Females with long hair will now have the option to wear a ponytail while wearing an Army Physical Fitness Uniform, conducting physical training in a utility uniform, or while wearing tactical headgear or other equipment.

Pearl earrings are not authorized with the ACU, Sanders said. Females are currently authorized to wear earrings when wearing their service, dress, mess, and evening mess uniforms.

Individuals will not be allowed to wear earrings in a field environment or during a combat-related deployment, or in locations where access to regular hygiene is limited.

“Our identity is important,” Sanders said. “If we care about people first and the Soldier as a whole, we have to care about the many aspects to who they are as well. This is a small, but significant change that positively impacts a considerable size of our force.”

Additional colors of lipstick, nail polish

Along with supporting a Soldier's identity, the Army approved the use of additional colors of lipstick and nail polish, including the wear of clear nail polish by male Soldiers. Females also have the option to wear an American manicure, a two-tone nail style that maintains a natural appearance.

“Some male Soldiers in certain occupation specialties rely on their hands, which are under constant bombardment while working with tools or harsh chemicals,” Sanders said. “A male Soldier would take this opportunity to keep their nails protected.”

According to the updated policy, extreme colors and nail shapes, such as a coffin, ballerina, and stiletto nails, are prohibited while in uniform or on duty in civilian clothes. Unauthorized pigments include, but are not limited to, purple, blue, pink, green, orange, bright red, and fluorescent or neon colors.

Offensive wording change, updated imagery

Another update will remove and replace potentially offensive and weaponized words and phrases, such as “Mohawk, Fu Manchu, dreadlock, eccentric, and faddish,” Sanders said.

Army officials are currently replacing phrases of concern with alternative verbiage to provide increased clarity and guidance about a Soldier's professional appearance based on safety, good order, and military bearing -- instead of relying on the phrase at the discretion of the commander.

“This is how we shift the culture and embrace forward thinking,” Sanders added. “It is time to dig deeper and use our lexicon and vocabulary to describe what is authorized and what does not conform to a professional military appearance, good order and discipline.”

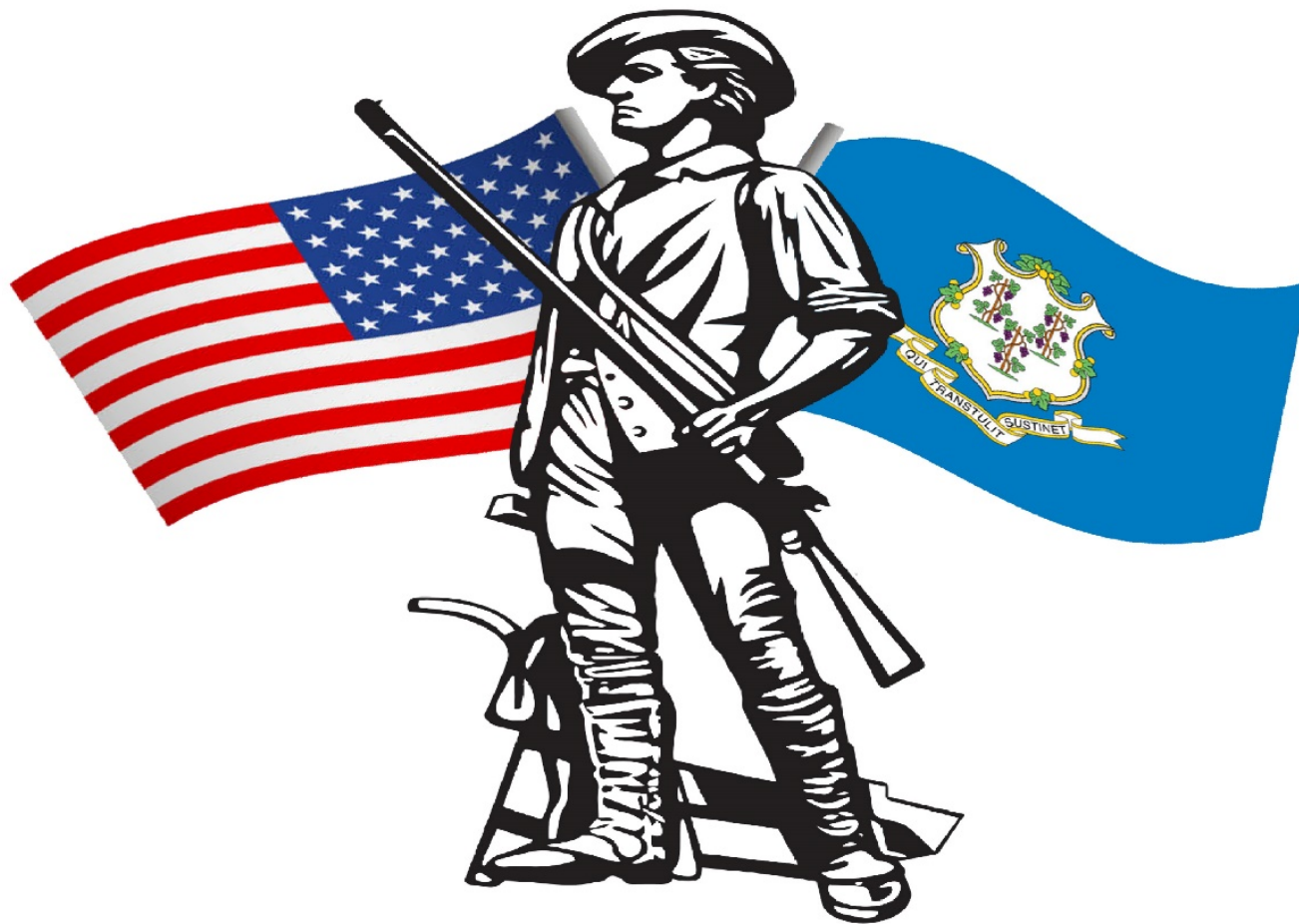
The updated standard will also include a link to imagery and videos to provide Soldiers with specific examples of proper grooming and appearance standards, Sanders said. Current images are too vague, outdated, and leave too much room for interpretation without adequate guidance.

“Pictures speak 1,000 words,” he said. “We won't be able to capture every grooming and appearance standard, but we will be able to categorize them to equip Soldiers at all levels” with the information needed to ensure regulatory standards are being realized in a fair and inclusive way that is easily understood across the force.

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VOL. 22 NO. 2

EAST GRANBY, CONNECTICUT

February 2021



U.S. Army Sgt. 1st Class James Van Mameren, member of the 143rd Military Police Company, Connecticut National Guard, guards a security checkpoint, January 19, 2021, Washington, D.C. At least 25,000 National Guard men and women have been authorized to conduct security, communication and logistical missions in support of federal and District authorities leading up and through the 59th Presidential Inauguration.

Connecticut Guard supports 59th Presidential Inauguration

Tech Sgt. Tamara Dabney
103rd Airlift Wing Public Affairs

As dusk settled over Washington, D.C., Sgt. 1st Class James Van Mameren, acting platoon sergeant assigned to the 143rd Military Police Company, scanned the area around his security checkpoint. Van Mameren was one of nearly 300 National Guard members activated by Connecticut Governor Ned Lamont to go to Washington, D.C. to provide support for the 59th Presidential Inauguration. His job was to protect people and property, while supporting the First Amendment right of people to peaceably assemble. Van Mameren had never been on a mission quite like this, but he was prepared to do his job.

“We’re here to do a job,” said Van Mameren. “We all signed up to do this. So, we’re fulfilling our duties in the

eyes of the Governor of Connecticut, supporting the rest of the nation and making sure we keep our people safe.”

With less than 24 hours before the 59th Presidential Inauguration, the sidewalks around Van Mameren’s post were nearly devoid of pedestrians. Thousands of people who would have traveled to the city for the inauguration were prohibited from attending the event due to COVID-19 prevention measures. Furthermore, security barricades were set up around capitol hill in preparation for a potential civil disturbance. As far as Van Mameren could see from his post, the environment was peaceful, a calm that would continue through inauguration day.

There were reportedly no instances of civil disturbance at any of the four checkpoints that were guarded by members of the 143rd before, during or after the inauguration.

According to Maj. James Locke, 143rd Military Police Company Commander, 143rd soldiers did not expect to encounter civil disturbances, though they prepared for such circumstances.

“Obviously, we were prepared for the worst,” said Locke. “We weren’t necessarily expecting it. I was hoping that things would be as quiet as they’ve been.”

More than 26,000 National Guard members from across the U.S. were mobilized to provide security in the days leading up to, during and after the inauguration. While the Guard regularly conducts civil disturbance control training and such missions are not uncommon, the Guard’s domes-

See INAUGURATION, page 15



Mr. David Parker, 103rd Security Forces Squadron program coordinator, poses for a picture at Bradley Air National Guard Base in East Granby, Connecticut, Jan. 13, 2021. Parker was named Air Reserve Component Civilian of the Year as part of the 2020 Air Force Outstanding Security Forces Individual Award Winners.

103rd Security Forces civilian named top in Air Reserve Component

Staff Sgt. Steven Tucker
103rd Airlift Wing Public Affairs

EAST GRANBY, Conn. – For the fourth time in three years, the 103rd Security Forces Squadron has received national-level recognition for its personnel and organization.

Mr. David Parker, 103rd Security Forces Squadron program coordinator, was recently named Air Reserve Component Civilian of the Year as part of the 2020 Air Force Outstanding Security Forces Individual Award Winners.

“We often describe him as one of our civilian Defenders,” said Lt. Col. William Deme, 103rd Security Forces Squadron commander. “It’s an interesting way to describe Mr. Parker because not only is he our civilian, but he was previously an active duty Defender.”

Parker channeled his experience as a Security Forces member at the 23rd Security Forces Squadron at Moody Air Force Base in Georgia to help streamline administrative processes at the 103rd.

“Dave was able to take his experience and create a process by which we were able to have quality and timely enlisted performance reports,” said Senior Master Sgt. Richard Marks, 103rd Security Forces Squadron Security Forces manager. “That lends itself to us being a better organization because we’re giving good, timely feedback to our Defenders.”

Part of improving these evaluations was helping members realize and take pride in the impact of their daily tasks, said Parker.

“People tend to not believe that what they do on a day-to-day basis constitutes an EPR bullet, and getting past that hurdle definitely makes a big difference,” said Parker. “I created writing guides and distributed them to supervisors and Airmen so they can improve their evaluations.”

Building these foundational skills will help improve the squadron overall, said Marks. “Dave has empowered our Airmen to be proactive in taking care of their individual

administrative tasks, and that will help us build stronger NCOs and SNCOs that are well-versed in everything it takes to be a whole Airman,” said Marks.

Parker also capitalized on his prior Security Forces experience to help sharpen other programs within the squadron since entering his role two years ago.

“We relied on his experience to help us in our pass and identification section and our installation access section,” said Deme. “Dave has pulled in different areas beyond his core taskings because his expertise, his knowledge, and his overall balanced demeanor allows him to leverage his experience in any of our functions and further the footprint of our organization.”

The learning process has been mutually beneficial, said Parker.

“I know that I’ve learned a lot from everyone here in the unit,” said Parker. “Everyone has questions for me about how we did things in active duty and I have the same questions about how we do them in the Guard, so everyone is learning from one another.”

His efforts were instrumental in the squadron receiving honors as 2019 Air National Guard Outstanding Security Forces Unit of the Year. Recent national-level Security Forces awards earned by the squadron also include 2019 Air Reserve Component Senior Non-commissioned Officer of the Year and 2018 Air Reserve Component Noncommissioned Officer of the Year, awarded to Senior Master Sgt. James Reynolds and Tech. Sgt. Brian Davies, respectively.

“This wing owes Mr. Parker a debt, and this award is our effort to illustrate that he’s been a real part of growing our wing,” said Deme.

Parker emphasized that the success of the squadron has been a team effort.

“I’m happy that I got it, but I’m happier about where our unit is at, and that I was able to contribute to that,” said Parker. “The whole unit has been great—everyone works very well together, and none of this could have been possible if everyone wasn’t on the same page.”

Inauguration

Cont. from page 13

tic operations capabilities are most often used to provide relief after natural disasters. Both Locke and Van Mameren had previously deployed in support of hurricane relief, but neither had been on a mission like the one at the Capitol.

“I’ve never supported anything like this,” said Locke, who has served more than 18 years in the Connecticut Army National Guard. “On one mission I did, we supported relief operations during Hurricane Irene where we had LMT [Light Medium Tactical] vehicles that have a high ground clearance that we used to rescue people from flood waters. Something like this- operating security checkpoints in support of an inauguration- I’ve never done anything close to this.”

Van Mameren, who has served in the Connecticut Army National Guard for 15 years, was mobilized to provide relief after Hurricane Sandy in 2012. He never expected to be in Washington, alongside Guardsmen from across the nation, to provide security for a presidential inauguration, he said.

“I did not expect to be doing something like this,” said Van Mameren. “I thought we were mostly used for storm

response or for things back home in Connecticut. But the nation called, and they needed people in the National Guard from all across the country to come here and help do a mission.”

In addition to the 143rd, the Connecticut Guard sent members assigned to the 141st Medical Company and the 1109th Theater Aviation Sustainment Maintenance Group to support the inauguration. The 141st provided frontline medical support while the 1109th worked with other units to coordinate logistics.

As with COVID-19 and natural disaster relief efforts, the citizen-soldiers of the Connecticut National Guard will remain activated in Washington for as long as deemed necessary.

“Our primary responsibility is to the American citizens,” said Locke. Most of the soldiers have full-time jobs, just like anybody else you spot on the street, when they’re not in uniform. But for right now, their job is to be here to protect people.”

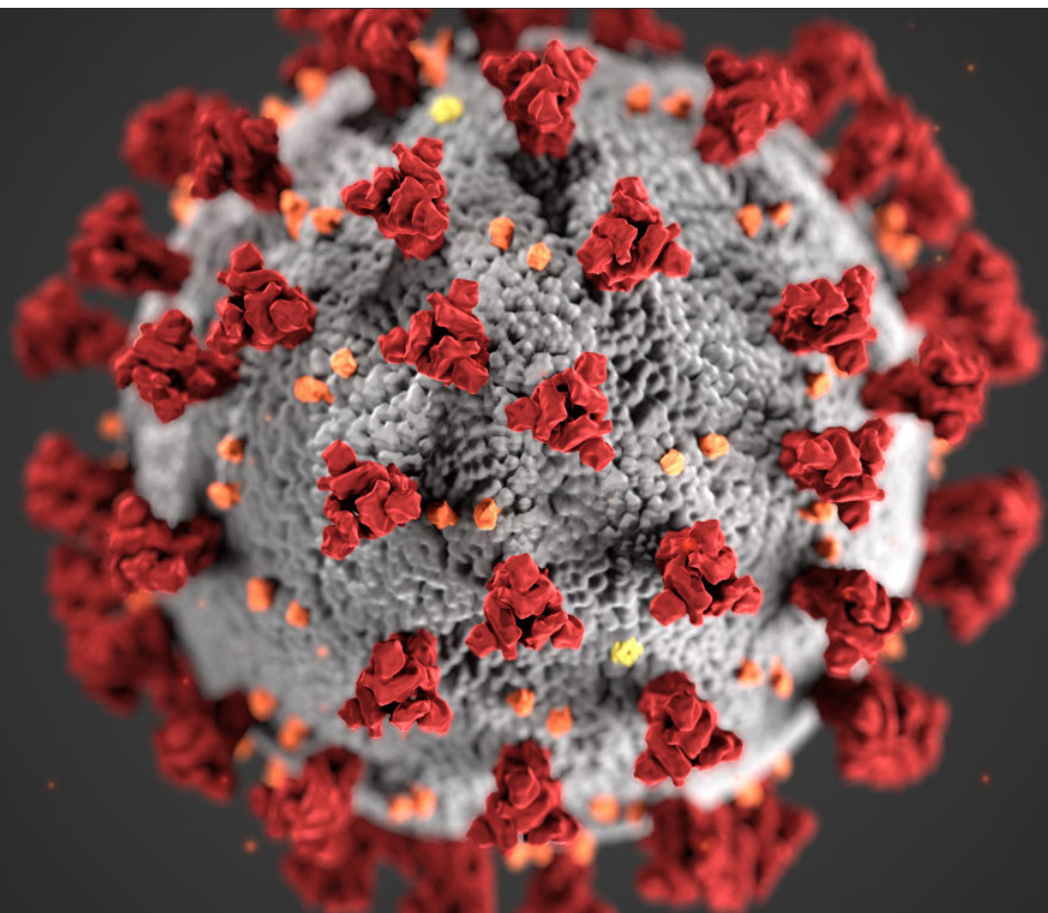
**EDITOR’S NOTE:* this article was written when CTNG Guardsmen were in Washington D.C. They have all since returned.



Members of the Connecticut Army National Guard, 143rd Military Police Company, guard a security checkpoint, January 19, 2021, Washington, D.C. At least 25,000 National Guard men and women have been authorized to conduct security, communication and logistical missions in support of federal and District authorities leading up and through the 59th Presidential Inauguration.

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A U.S. Air Force F-22 Raptor and a C-130 Hercules sit on an airfield during an Agile Combat Employment exercise at the Wallops Flight Facility in Wallops Island, Virginia, Jan. 13, 2021. This military strategy allows our Air Force to maintain air dominance and support operations around the globe by adapting to future military operations. (U.S. Air Force photo by Senior Airman Marcus M. Bullock)

103rd showcases C-130H capabilities integral to combat operations of tomorrow

Staff Sgt. Steven Tucker
103rd Airlift Wing Public Affairs

As the U.S. Air Force rethinks what will be required to establish and maintain air dominance in an increasingly-complex global environment, 103rd Airlift Wing tacticians are playing a major part in developing the tactics, techniques and procedures that bring together unique C-130H capabilities with the emerging needs of the Combat Air Force.

The 103rd Airlift Wing recently joined the Missouri Air National Guard's 139th Airlift Wing and Air Combat Command's 1st Fighter Wing at Joint Base Langley-Eustis, Va. for the first Agile Combat Employment Exercise that integrated operations of the C-130H and the F-22 Raptor, a fifth-generation fighter aircraft

"The intent of this is operating in a contested environment where we don't have established bases and infrastructure," said Maj. Doug Ferro, 118th Airlift Squadron director of operations and C-130H pilot.

The U.S. Air Force's Agile Combat Employment concept calls for collaboration across major commands to design and implement processes where aircraft can be resupplied and launched from austere locations in large geographic regions, such as the Indo-Pacific, where access to established bases is limited.

The 103rd and 139th, both C-130H units representing Air Mobility Command, worked with the 1st Fighter Wing, an F-22 Raptor unit, in the first collaboration between legacy C-130s and fifth-generation fighter aircraft under the ACE model.

"In the scenario, we as mobility aircraft land, provide fuel, munitions, and maintenance support for combat aircraft," said Ferro. "We re-generate those aircraft closer to the fight at an austere location, so they can get back into the fight quicker."

The 103rd focused on the refuel operation while the 139th conducted the simulated munitions resupply.

In this "crawl phase" exercise, Ferro, Tech. Sgt. Trent Zanow, 118th Airlift Squadron flight engineer, and Master Sgt. Khaleef Graham, 118th Airlift Squadron loadmaster, helped develop a process checklist from a rough draft provided by Air Mobility Command.

"The idea behind the exercise was to identify the questions or the problems we might not necessarily think about before we actually try it operationally," said Ferro.

Zanow was prior-qualified in forward area refueling point operations, or FARP, in his

time with the New York Air National Guard's 106th Rescue Wing HC-130s. This refueling process is unique to Air Force Special Operations Command, and the 106th helped 103rd crews practice their new refueling process leading up to the exercise.

The 103rd Logistics Readiness Squadron fuels section played a vital role in the exercise as well, with Tech. Sgt. Henry DiGiovanni and Staff Sgt. Jose Hernandez becoming the first Air Mobility Command fuels team certified for this particular ACE refuel process.

Ferro credited wing and AMC leadership for their support of this innovative exercise.

"They basically asked the field to help them implement the solution," said Ferro. "With the products they gave us, they asked us to tell them how to make it better."

Airmen being empowered to find the solutions helps lay the foundation for the type of innovative thinking that may be required in a real-world scenario, said Ferro.

"This whole concept is predicated on minimal reach back to command and control," said Ferro. "If it were happening for real and things are going wrong, we most likely will not be able to call back and ask how to solve the problem, we might just have to figure it out with the personnel on the ground."

Ferro also credited the expertise of his 139th Airlift Wing counterpart, Maj. James Pate, in the exercise. Pate previously flew the F-22 Raptor and currently flies the C-130H, which brought a unique perspective into the scenario, said Ferro.

The 103rd plans to stay involved in the development of the C-130H Agile Combat Employment model, said Lt. Col. Joshua Linden, 118th Airlift Squadron navigator.

"The 'walking' iteration is going through the scenario at some semi-austere location where a fuel truck might not be there and you have to bring a bladder or aircraft bulk fuel distribution system," said Linden. "The 'running' phase is where you bring everything into the scenario, and everybody has engines running."

By helping to spearhead this Agile Combat Employment model, the 103rd has helped demonstrate the vital role of the C-130H and its unique tactical airlift capabilities in future operations, said Ferro.

"I think the H model is highly capable in this scenario—it has the ability to operate in an austere location with more degraded systems and we can self-heal," said Ferro. We have flight engineers and crew chiefs who can fix some of the things that might go wrong on the airplane in an austere location, which will allow us, and our Combat Air Force teammates, to continue operations."

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Military and Family Readiness Specialist	Rich Timberlake	richard.k.timberlake.civ@mail.mil	(860) 292-4601 (desk)
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