

GMG



Green Mountain Guard | Summer 2013



From the Assistant Adjutant General - Air

Brigadier General Richard N. Harris Jr.,

Foundational Thoughts

As we wind down another training year that has been as busy and challenging as all the others especially with the budget impacts, I want to take a moment to reflect on what I consider to be couple of our core foundational piers. Those would be people and mission. They are both interlinked and are certainly multifaceted. Without our Soldiers and Airmen being ready, we can't do our mission and without a focus on our mission, we are without direction. In fact, I know a commander that directly uses mission and people as filter in decision making. Ultimately, using them as a lens to help select the best course of action to improve or mitigate impacts.

Having ready Soldiers and Airmen includes such things as recruiting, retention, medical readiness, family readiness, and obviously, appropriate training. To me, the importance of these can't be overstated. At the organization's core, are the people and when the people are ready, everything else tends to fall into place. Leaders at all levels need to ensure the pursuit of timely responses to shortfalls to help meet readiness needs, but at the same time, the individual needs to be proactive to help their commanders ensure readiness. Be proactive in going to that dental appointment, listening to new Soldiers

and Airmen's concerns and questions and helping them find their direction, and tell your Commanders about process issues so that we as a team can move forward and are ready. Other aspects to readiness are career development including professional military education. Keep the open dialogue with your Supervisors and Commanders for mentorship and strive to be prepared if and when an opportunity presents itself.

The experiences offered within the Vermont Guard over a career are immense, shaping who we are professionally and personally. With all this stated, don't lose sight on the balance between family, civilian jobs, and the Vermont National Guard. Though, I would like to think we are the perfect organization, obviously, we are not. There are many issues affecting us such as budgets, resources and time available. As long as we stay focused on our core values and strive to move forward as an organization with the mission always in focus, we will continue to improve while meeting our state and nation's needs. As always, thanks for what you do and your dedication to the Vermont National Guard.





Cover: U.S. Air Force 1st. Lt. Howard C. Shaner, a pilot with the Vermont Air National Guard, passes overhead in an F-16 Fighting Falcon during training in Alpena, Mich., July 17, 2013. More than 500 members of the Vermont Air National Guard traveled to the Combat Readiness Training Center in Alpena Michigan for their annual training. (U.S. Air National Guard photo by Staff Sgt. Sarah Mattison)



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IN & AROUND: VTARNG

Photographs by U.S. Army National Guard 1st Lt. Jeffrey Rivard, 172nd PAD



LEFT: Soldiers from Charlie Company, 3rd Battalion, 126th Aviation Regiment stay afloat inside trash bags to stay warm as part of Dunker Training in Groton, Ct., June 14, 2013. The training is required every four years for Army Air crews and allows Soldiers to familiarize themselves with egress techniques in the event their aircraft is ditched in a body of water.

BELOW: Spc. Cody Trombley with the 131 Engineer Company gives direction as an excavator is loaded onto a trailer at Camp Johnson in Colchester, Vt., June 1, 2013.



ABOVE: An HH-60M Blackhawk helicopter makes its first water drop with a Bambi bucket at Camp Ethan Allen Training Site, Jericho, Vt., May 7, 2013. The air crew was called in to assist with a range fire which allowed the needed training utilizing the Bambi bucket.



LEFT: Staff Sgt. Damien Larose, an instructor with the 124th Regiment (RTI) assists a soldier with emplacing a door breach charge at Camp Ethan Allen Training Site, Jericho, Vt., May 11, 2013. Soldiers learned different breaching techniques during the Infantry Advanced Leaders Course.



IN & AROUND: VTANG

RIGHT: Senior Airman Annaliese Teubner inserts a needle into Tech. Sgt. Amanda Betts's vein while training with Capt. Tracie Pilbin in Alpena, Mich., July 16, 2013. Teubner, Pilbin and Betts are all members of the 158th Medical group and traveled with over 500 members of the Vermont Air National Guard to the Alpena Combat Readiness Training Center to participate in a variety of training. (U.S. Air National Guard photo by Staff Sgt. Sarah Mattison)



BELOW: Airmen from the 158th Munitions Flight assemble munitions while training together in Alpena, Mich., July 17, 2013. (U.S. Air National Guard photo by Airmen 1st Class Jon Alderman)



ABOVE: Airmen from the 158th Fighter Wing's Force Support Flight practice entering casualty reports while training in their gas masks and chemical gloves in Alpena, Mich., July 18, 2013. (U.S. Air National Guard photo by Staff Sgt. Sarah Mattison)



LEFT: Members of the 158th Fighter Wing's Fire Department train while extinguishing building fires in Alpena, Mich., July 16, 2013. (U.S. Air National Guard photo by Airman Jeff Tatro)

Starfire & Shooting Star

Land in Museum at Camp Johnson



Members of the Vermont Army and Air National Guard work together to load a F-94 Starfire onto a flatbed truck at for transport to Camp Johnson from the Burlington International Airport, South Burlington, Vt., May 5, 2013. (Photo by Airman First Class Jon Alderman)

Story by Senior Airman Victoria Greenia, 158th FW

Early on May 5, at a time when the skies are still dark and the road traffic is kept at a minimum, Vermont Air National Guardsmen, with the help of local police and the Vermont Army National Guard, transported the first of two airplanes destined to rest at the Vermont National Guard Library and Museum. Civilians witnessing the spectacle took photos of the military relic in wonder; after all, it's not every day one gets to see a 1950's airplane inching down the fast lane. The same group moved a second airplane later, causing a stir in morning Colchester traffic.

Saying good-bye to the Vermont Air National Guard's static aircraft displays wasn't easy for some, but Senior Master Sgt. Alan Bouffard, aerospace ground equipment (AGE) supervisor here, said it was for the best. Although the F-94 Starfire and T-33 Shooting Star (commonly known as the T-Bird) were kept at the Vermont air base, they were actually the property of Wright-Patterson Air Base, and he said that if a new home hadn't been found for them, they would have been auctioned off, probably as scrap metal.

That, he said, would have been a tragic waste of history and legacy of one of the United States best air bases. Behind the AGE shop where Bouffard works, an F-102 plane rests in retirement slumber. Pointing out craggy holes on its body, he demonstrated why thorough care and preservation were so important for the aircrafts.

"Otherwise," he said, "these aircraft will melt before our eyes, corroded by weather and time."

An ever-tightening budget doesn't allow for yearly preservation of the planes which requires money for material and manpower. Snow and rain degrade the exterior of the airframe over time, dirt accumulates, and vermin such as birds and wasps find the shell an agreeable shelter to make a home in.

"Senior Master Sergeant Michael Delphia and I scrambled from March to May drill to figure out how to move the planes efficiently and safely the three miles from the air base to Camp Johnson," said Bouffard. "We had neither the manuals for these planes nor the appropriate support equipment, but we were determined to see these planes brought to a place that had the means to take care of them the way they deserve."

Now how to move two planes, roughly 40 feet long and 40 feet wide, down a very busy stretch of road? Although one might think a plane might test the limits of our roads, the weight of one of these stripped airborne vehicles, is actually a mere 7000 pounds (a typical car is around 5000).

Delphia spent hours coordinating with police, town officials, and the agency of transportation, while Bouffard worked the technical challenges of the move. Strategically thinking, the men turned the actual event into a training mission for airmen working crash and recovery.

Every foot of the road had to be measured for width, ultimately leading to a sign being moved, another one slightly turned, parts of traffic blocked, and some slight route deviations for the planes to make their journey. Time consuming, to be sure, but Bouffard and Delphia wanted to make sure the plane didn't damage any personal property, town signs, or Mother Nature.

Luckily the planes are of similar build with the F-94 being the fighter version of the T-33 pilot trainer. This meant that the basic airframe and landing gear configuration were identical and both aircraft have a tail section that separates to facilitate engine removal. Without the tail and engine the aircraft fuselage was just under 27 feet. Getting the right balance so that the Army Guard's crane could safely lift and lower the aircraft, particularly without the tail section, took finagling, planning, and re-planning.

Yankee ingenuity filled in when a lack of information left a void, and Vermont airmen created two cradles, one for the plane to rest on while in transit on an 8-foot wide flatbed, and one for the engine. The first was made of metal salvaged from a now-defunct support beam which nestled the body of the craft. The second was designed from discarded plywood to accommodate a round engine which needed a unique platform to be securely transported.

At Camp Johnson's museum, Carolyn King, a volunteer there, watched the Starfire, come to rest at its new home with Vermont Army Guard vehicles as well as a sister Air Guard plane.

"How are the newer generations supposed to understand what we did if we don't preserve our legacy?" she asked. "I've watched kids investigate these monuments with wonder. They leave with a greater understanding of how Vermonters have served their country for more than half a century."

She spoke as an older generation who has served in the military; half a century ago she was a radar operator in the Air Force. Her love for her country was instilled in her children, of which at least two are currently serving in the Vermont Air National Guard.

Bouffard and Delphia have taken a personal interest in taking care of VTANG heritage planes. With the F-94 and T-33's fates handed to the loving care of the museum, they now look to the next challenge of moving the rusting F-102 Delta Dagger. People at nearby Heritage Aviation have offered a hangar for its use while volunteers work on restoration. Bouffard said that community involvement and more public exposure is a win-win for everyone.

"I've watched a man with his granddaughter's hand in his show her the plane he flew decades ago," he said. "I could see on his face seeing the model and being able to touch it has brought back memories and feelings from those days. That's not something you can get from a picture. So when these planes are restored and taken care of, we're honoring the people who have come before us."

Right, top to bottom: Members of the Vermont Army and Air National Guard collaborate to transport a F-94 Starfire from the Burlington International Airport to Camp Johnson, Colchester, Vt., May 5, 2013. (U.S. Air National Guard photo by Staff Sgt. Sarah Mattison)

Airmen from the 158th Fighter Wing work with local police and transportation services to avoid traffic while transporting a T-33 Shooting Star. (U.S. Air National Guard photo Airman First 1st Jon Alderman)

Members of the Vermont Army and Air National Guard remove a F-94 Starfire from the bed of a tractor trailer after transporting it from the Burlington International Airport to Camp Johnson. (U.S. Air National Guard photo Staff Sgt. Sarah Mattison)

Members of the Vermont Army and Air National Guard pose together for a group photograph after transporting the T-33 Shooting Star to Camp Johnson. (U.S. Air National Guard photo Airman 1st Class Jon Alderman)



Loyalty

The Virtue of One Soldier



Story by Sgt. Ashley Hayes, 86th IBCT

His smile widens as he recollects his most fond memory; one that journeys all the way to the top of the Italian Alps. The official destination of his first flight and first time out of the country. The opportunity to travel to Italy and work with the Alpini troops was a fantastic experience and set the tone for 28 more years of dedicated service to his country.

This is how Staff Sgt. David T. Rondeau, a Mountain Infantry Soldier with Alpha Company, 3rd Battalion, 172nd Infantry Regiment (Mountain), described his first over-seas mission. Rondeau, a Logger by trade, has spent all of his years of service with one unit.

Throughout the last 30 years Rondeau has demonstrated loyalty, developed a rich history, and considers his unit part of his family.

Right from the beginning, Rondeau knew Alpha Company was a perfect match for him because it was the only Mountain Infantry unit in the state. "It's a special company, it's an elite unit," said Rondeau.

"It's a little hard for me to leave. I don't want to leave. It's not just a guard unit, it's been my home for 30 years." Rondeau described the unit as having strong camaraderie and as the best unit in the world.

His loyalty is recognized by many soldiers who have served with him. One of those Soldiers is Command Sgt. Maj. Forrest Glodgett, the State of Vermont Command Sergeant Major. Glodgett met Rondeau in 1986 when he was a squad leader in Alpha company.

"He is the epitome of a mountain infantry Soldier," said Glodgett. "You couldn't ask for a better soldier, because he's there when you want him to be and when he needs to be. You wish that all your soldiers had loyalty like that"

Rondeau's long loyal service has given him the opportunity to create part of the Vermont National Guard's history. Rondeau was among the first class to go through the Army Mountain Warfare School.

"They were still writing the book at that time," said Rondeau.

For two years after attending the summer and winter phases, Rondeau worked at the school as an Assistant Instructor.

Not only was Rondeau part of the foundation of the Mountain School, but he was also the first soldier fresh out of Basic Training to join Alpha company, and was an integral part of the unit's growth.

Rondeau remembered helping train some of the men that had joined the unit because they were from different backgrounds.

"They weren't infantry, they didn't know how to deal with taking apart an M16", said Rondeau "I was actually training them as a private".

The more that is known about Rondeau's service with the Vermont National Guard, the more history is unraveled.

"They are losing such a piece of history, because he just saw it from the beginning," said Glodgett.

Since Rondeau has spent many years with one unit, he considers it to be part of his family.

"They made me who I am, that's why I stayed so long," said Rondeau. "I'd do it all again. I can't think of nothing else I would have done different."

Despite the tough aspects of infantry life, Rondeau had nothing but good things to say about his experiences.

"A lot of people will complain of bad stuff," said Rondeau. There are so many good times and adventure, that it overshadows the bad times. The only bad thing now is that I have to leave."

Rondeau's advice to younger soldiers who may soon be taking over his position was a statement that reflected his experiences as a Soldier.

"I would tell them to experience everything they could as far as what the unit has to offer as far as schools, like the mountain school itself, the training," said Rondeau. "Don't just come to drill and sit back; get involved. Push for more training, push to go places, that's the biggest thing. I thank the guard for everything, especially this unit, for everything I've gone through in the past 30 years."

Top Right: Soldiers from 3rd Battalion, 172nd Infantry Regiment (Mountain) stand in front of the battalion to receive awards at Camp Ethan Allen Training Site, Jericho, Vt. Apr. 6, 2013. The soldiers were presented their awards by the battalion commander, Lt. Col. Jason Pelletier. (U.S. Army National Guard photo by Sgt. Ashley Hayes, 86th IBCT)

Bottom Right: Capt. Jasen Boyd, Commander, Alpha Company, 3-172 IN, presents a service award to Staff Sgt. David Rondeau for his 30 years of service. Rondeau also received the Meritorious Service Medal. (Photo courtesy of Sgt. Joshua Cobb)



Staff Sgt. David T. Rondeau from Alpha Company, 3rd Battalion, 172nd Infantry Regiment (Mountain) received the Meritorious Service Medal at Camp Ethan Allen Training Site, April 6, 2013 for his 30 years of service with the company. Rondeau was the first non-prior enlisted soldier to join Alpha Company in 1983. (U.S. Army National Guard photo by Sgt. Ashley Hayes, 86th IBCT)

21 Minutes To Rescue

Story by Senior Airman Victoria Greenia, 158th FW

Staff Sgt. Brannon Soter, a Fairfax resident and member of the Vermont Air National Guard (VTANG) fire department, arrived on the scene of the accident to determine whether they would need to begin a rescue or retrieval mission for the driver who had just plummeted 70 feet into a ravine with his tractor-trailer. The wreckage was like a jigsaw puzzle with all the pieces thrown in a heap on the ground.

The evening of June 25th was just one more in a row of summer nights deluged by rain that had been ceaselessly pounding the Green Mountain State, flooding roads and lawns and testing motorists' skills. Hydroplaning seemed to have been the culprit in this case, in a very busy section of the interstate over Winooski River Bridge. Three cars had hydroplaned and authorities believed that Dany Gauthier, a Canadian truck driver delivering a load of paper, was so concerned about saving others that in an effort to avoid a collision, he ended up crashing through the guardrail and into the ravine.

At 8:53 p.m. witnesses to the accident called for rescue and five minutes later the VTANG firefighters were on scene.

As the rain continued to pelt and obscure vision, Soter peered around with his flashlight for the driver. Standing next to what was left of the truck's cab, now a flattened square, the military firefighter saw no sign of the missing driver. He asked a police officer, the first person on the scene, if he knew where the man might be.

"There," the officer said, pointing to a chunk of twisted metal, about fifteen feet away from the steering wheel, in an area Soter would never have thought the driver would be.

"Where?" he asked as he gingerly made his way to where the officer had indicated, but between flashes of lightning and a relentless curtain of rain, he could only make out a shoe. And then he realized that was the only part of the trucker uncovered by the ragged metal of the vehicle.

His heart sagged as he thought, there is no way the man could have survived this. Following protocol, Soter lifted a heavy piece of truck from the body. As he did, the injured driver moved and moaned. The Canadian had sustained

serious trauma and severe blood loss was a major concern, but against all odds, the man still clung to life.

Soter excitedly contacted the Winooski fire department's Chief, "We have a viable rescue, I repeat, a viable rescue! Please send equipment!" The Chief, concerned by all the factors of the accident, asked if the VTANG fire department take charge of patient extrication while other departments concentrated on traffic flow, fire prevention, and patient care. Without hesitation, Soter said, "Yes."

Air Guard Assistant Chief Master Sgt. Eugene Humphrey was back at the VTANG Fire Station, monitoring radio traffic and overheard requests for additional VTANG personnel to respond with their Technical Rescue vehicle. Without hesitation he sent two personnel with the vehicle. He then activated the emergency recall for additional off-duty fire fighters to respond to the station for coverage. Humphrey was also dumbfounded. By all accounts, the driver should not have survived.

"We have a highly trained crew here," he said of the VTANG fire department later. "But I knew that this would be testing every aspect of their skills. The rain made vision poor, the lightning was a threat, and the crashed vehicle was next to a swollen river. Diesel drenched the ground, rocks, and truck where the engine block was still very hot. At any time a deadly fire could have sparked, while my guys were precariously trying to save this truck driver's life."

Soter, along with two other VTANG firemen, one of them traditional and one a civilian firefighter, began the arduous task of clearing a path to Gauthier. The truck had landed wrapped around a large concrete bridge support with the cab on one side and the flatbed on the other. Caught in the middle, somehow, was the Canadian truck driver.

Every action had to be executed with the delicate balance of haste and care, since ticking minutes lowered chances of survival, but disrupting the rubble too much could turn the mission from rescuing a life to retrieving a body.

"We dedicate our lives to saving other people's lives," Soter said later. "We found him alive, and we were going to keep him that way."

Using enormous hydraulic scissors to cut through rubble, they fought a path through the wreckage. At times they could see almost nothing, and situational awareness was hampered.

Worried for the safety of the men under his supervision, Soter would yell out every thirty seconds, "Is everyone ok?" When they responded in the affirmative work would continue.

Within minutes they cleared out the area where they could be near Gauthier. Soter saw that simply pulling the man out from the wreckage was not an option; jagged, ripped metal would have shredded the patient's body. A rescue person would have to jimmy into the small hole, buttress debris with his body, and lift Gauthier up so a board could go underneath and secure him.

Airman First Class Dylan Desranleau from Essex knew with his slighter build that he was the obvious choice. When Soter's eyes landed on him, Desranleau hesitated for a second, knowing he'd be entering a very dangerous situation in which he could lose his own life. But training and dedication kicked in after that brief doubt, and he stepped forward.

Just a few months prior to that Monday night, Desranleau had gone to a North Carolina Air Guard site for Urban Search and Rescue (USAR) instruction, which had prepared him for moving through caved-in concrete walls or collapsing metal structures during a natural-disaster rescue. The hours of attuning safety for oneself while trying to help another came back to him as he painstakingly shimmied through a cave of hot, spiky metal debris.

He had never been as grateful for his protective fireman suit as he navigated the narrow tunnel. Diesel fumes threatened to overpower him, and he knew, like the ground outside, everything was doused with fuel. At one point his hands came in contact with something heavy and powerfully hot; he had found the engine block of the truck, so scorching he felt it through his fireman's gloves. He wasn't surprised, since it had only been around twenty minutes since

the crash, but he gained a new appreciation for his gear.

Finally, he was able to get his hands beneath Gauthier, who seemed unconscious, but was moving erratically and in obvious pain.

"It's ok, I'm here to help you," was the first thing Desranleau said to the trucker, using psychological first-aid. "We're going to get you out of here."

After securing the injured man with boards underneath him, they managed to move him from the treacherous cocoon. It was a major victory, but there was more to be done. Before emergency medical technicians could work on stabilizing him, VTANG firemen needed to move him up a steep slope riddled with diesel-drenched rocks. By then two more Air Guard rescue members had arrived on the scene, and using haul lines that had been positioned by another department, they brought Gauthier up to safety.

Twenty-one minutes had passed since they arrived to the crash scene. Gauthier was in critical condition, but stable, and brought to Fletcher Allen Health Care.

Vermont Air Guard responders were taking a second and then a third sweep of the crash site to be sure there were no other vehicles or people involved, not breathing a sigh of relief until they were satisfied there were no other casualties.

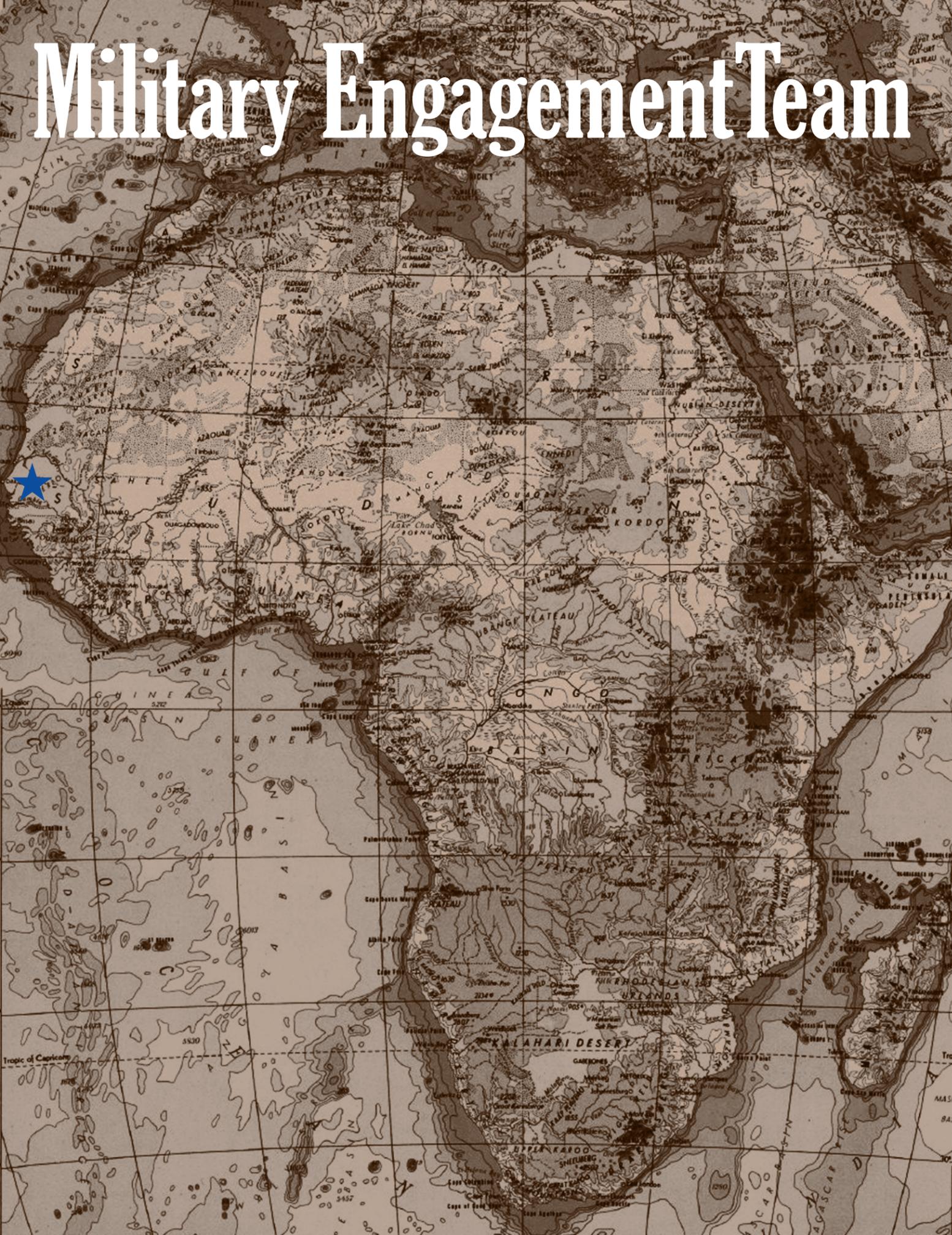
Desranleau later said this was by far the worst accident he had been in and was glad he had gone through the USAR training through the Guard. He said he is eager to learn more skills to benefit his community through his job of being a VTANG firefighter.

Now, after nearly a week has gone by, Soter and Desranleau said they may go and visit Gauthier, despite the fact they typically try not to become emotionally involved with the people they help. Becoming too close to a patient may affect their response in a future emergency, they said, but they are just amazed by the man who survived such an accident.

"I know Dany Gauthier saved lives that day," Soter said. "If he had not swerved to avoid the cars ahead of him, he would have been like a wrecking ball through those vehicles. I respect him for having the instinct to put other's safety ahead of his."



From Left: Senior Airman Dylan Desranleau, Staff Sgt. Jason Berube, Staff Sgt. Blake Lahue, Staff Sgt. Brannon Soter and Fire Fighter Robby Carron pose for a photo after receiving an award from the Winooski Fire Department for their actions at an accident off of I-89 in Winooski, Vt. (U.S. Air National Guard photo by Airman Jeff Tatro)



Military Engagement Team

Develops Domestic Ops in Senegal

Story by Staff Sgt. Sarah Mattison, State Public Affairs

O

n April 15th, 15 members of the Vermont Army National Guard's Military Engagement Team (MET) traveled to Dakar, Senegal to participate in a 21-day mission discussing Emergency Management and

Disaster Relief capabilities with the Senegal Armed Forces as part of Vermont's State Partnership Program.

The team spent the week working with multiple levels of the Senegalese Military learning about the yearly flood issues, crop devastation, the desertification of the urban terrain and other natural disasters, like the frequently occurring Locust invasions. The team was taken to affected areas to gain a better understanding of the effects of disasters within the Dakar area to develop future training.

"I was very impressed with the entire team and their interactions with the Senegalese Officers who had been organized as an Emergency Management team that will develop the standard practices and battle drills for their country as it relates to their National contingency plan," said Lt. Col. John Guyette, Commander of the MET.

During their trip Senegal also hosted an event to discuss their National Civilian Pandemic plan and Military support to Civil Authorities in Disaster Operations Plan. The United States Africa Command organized the discussion with additional support given by the Center for Disaster and Humanitarian Assistance Medicine (CDHAM).

The discussion focused on AFRICOM's multi-year plan to accomplish a variety of needed tasks. Tasks such as, establishing a national disaster management agency, building the leadership capacities and offering support for strengthening relations with neighboring countries and within the Economic Community of West African States

(ECOWAS) were some of the key topics.

Specific objectives for Senegal were also discussed such as assisting the Senegalese government in assessing their preparedness in case of pandemics.

The MET was also able to help identify the roles and responsibilities of civil authorities against a severe global pandemic and military support to civil authorities in disaster operations. Discussions also focused on interoperability and improvement of the capacity of government action in the event of complex humanitarian emergencies.

The final 10 days of the trip-included classroom training which allowed the Vermont MET to incorporate its Cultural and Language training they received in preparation for this trip.

"The Senegalese were extremely impressed with our ability to attempt to speak to them in Wolof. We broke down barriers with the ability to speak with them in their own language," said First Sergeant Thomas Comes.

The Military Engagement Team from Vermont will now continue to work with the National Guard Bureau, AFRICOM and United States Army Africa to develop a training plan that supports the Senegalese Military as they construct, staff, and educate a new National Emergency Operations Center, create an Incident Command System, and develop training in support of the National Pandemic response plan.

"When you arrive to a partner nation with the US Army on your chest and a US flag on your shoulder, it represents a level of expertise of capability and capacity. Our Soldiers from the Vermont Army National Guard never forgot that perspective and their performance in an exemplary manner represents the National Guard and the Country well," stated Guyette.

124TH SHARES A WEALTH OF KNOWLEDGE

Story & photos by 1st Lt. Jeffrey Rivard, 172nd PAD

JERICHO, Vt.—U.S. National Guard Soldiers attending the Infantry Advanced Leaders Course taught by the 124th Regiment (Regional Training Institute) were trained various methods of door breaching at Camp Ethan Allen Training Site on May 11, 2013.

“I went to the Warrior Leadership Course (WLC) at Fort Dix and it was pretty organized, but this one [course] was great,” said Staff Sgt. Daryl Reed, an ALC Student from the 69th Infantry Regiment, NYARNG. “The Cadre is so hands on and they’re subject matter experts. They seem to be really into what they are teaching us.”

Throughout the 14 day course, Soldiers learn advanced forms of operation as an infantry soldier, giving them the tools they need to be stronger NCO’s for their junior Soldiers at their home stations.

“I wish I would have come to this course earlier,” said Reed. “Just the land navigation course alone was great. You always hear the typical gripes about land navigation courses and the boxes [land navigation points] being too close together.”

The land navigation course at Camp Ethan Allen Training Site is unique as it allows trainees to practice using dead reckoning, and terrain association to find each point which are vital to fully grasping the concept of land navigation.

“It was challenging, because you have to actually terrain associate and it’s challenging physically and you actually have to read the map and not just shoot your azimuth,” said Reed. “I’ve never actually been on a course that you’ve had to do that.”

For many of the Soldiers this was the first time experiencing and using explosive breach methods and the preparation and planning involved in performing this type of breach. Some of the Soldiers in the class had never used explosives breaching when in a deployed environment and this course familiarized them with an alternate method of entering a building with their own safety and civilian safety in mind.

When asked if he had every used this type of breaching while deployed Reed said, “When I was overseas, just impromptu, but nothing as in detail as this. I’ve never seen an equation done for net weight and all the formulas you have to come up with in order to get your stand-off distance, with and without a blast shield.”

The 124th RTI conducts several other courses throughout the training year including Squad Designated Marksmanship,

and Small Arms Master Gunner which is usually taught by the Arkansas National Guard.

The Arkansas National Guard requested support from other states due to the high demand for this course and the Vermont National Guard stepped up to the plate with funding approved by the J3 Operations office.



Above: Staff Sgt. Damien Larose, an instructor with the 124th Regiment (RTI) assists Soldiers while they build door breach charges at Camp Ethan Allen Training Site, Jericho, Vt., May 11, 2013. Soldiers were taught various advance infantry skills during their 11B Infantry Advanced Leadership Course.

Soldiers attending the Infantry Advance Leaders Course pose with their instructors from the 124th Regional Training Institute at Ethan Allen Firing Range, Jericho, Vt., May 11, 2013.

SERVICES SILVER FLAG | 2013

Written By Major John Geno, 158th Force Support Flight Commander

Many Force Support Flights/Squadrons have several elements within their purview such as: Recruiting, Retention, Personnel, Base Education & Training, Family Readiness, Services and Honor Guard. It has been said that the Force Support Team takes care of you from your military career inception to honoring your military career after you leave this world. Recently, I accompanied the 158th Fighter Wing Services element as they attended Silver Flag at Dobbins AFB, Georgia, with the 174th out of Syracuse, New York, and the 126th out of Illinois. I had the opportunity to command this flight from three states for the duration of Silver Flag.

I realize this article will be read by our brothers and sisters in the Army Guard as well, so I’d like to explain what services does before elaborating on what we learned at Silver Flag. When you say Services to an airman they think food, lunch, where we get ice, dining facility, lodging and a chef’s hat at Thanksgiving. The Services element is much more than this. Services manages lodging with the local hotels, sets up tents and plots bedding locations in theatre, is in charge of managing fitness and recreation for the base, mortuary affairs, search and recovery, laundry/dry cleaning, meals for personnel, Private Organizations/Unofficial Activities and Honor Guard also falls under the auspices of Services.

Upon arrival at Dobbins, everyone was assigned a tent. We soon found out how to build the same style tent as our living quarters. The flight was divided into 5 areas for the duration of the exercise; food, lodging, fitness, mortuary and lead team. Each team worked together to plot out what supplies and personnel would be needed to deploy and build a bare base for a humanitarian mission to Haiti. After three days of prep for “deployment,” the exercise “deployed” the flight to Haiti, the EOC and UCC were fully operational.

Overall team cohesiveness and communication were areas of strength. We were able to learn many of the detailed things necessary during a contingency operation. As a former instructor of many of the Services functions, SMSgt. John Thibodeau was a wealth of knowledge for the whole flight leading the pack in a true “Green Mountain Boy” fashion. Senior Airman Eileen Gomez was recognized as one of four Top Performers.

This was a Great Opportunity for the 158th Services element to work with members from different bases which simulated what would happen in a real world deployment. If you get a chance to go on a Silver Flag take that opportunity, the education you gain and camaraderie you experience are something you will remember throughout your career!



Airmen exercise and have some fun while participating in a tug-of-war challenge at Dobbins Air Force Base, Ga., April 14, 2013. (Photo courtesy 158th Force Support)



Airmen enjoy a meal while participating in Silver Flag 2013, at Dobbins Air Force Base, Ga., April 14, 2013. (Photo courtesy 158th Force Support)



Senior Airman Eileen Gomez and Maj. John Geno pose for a photo after Gomez was recognized as a Top Performer for the Silver Flag Exercise at Dobbins Air Force Base, Ga., April 18, 2013. (Photo courtesy 158th Force Support)

A NICHE CAPABILITY: VERMONT INSTRUCTS THE FUTURE OF WARFARE

Story by Staff Sgt. Sarah Mattison, State Public Affairs

Recently the Vermont National Guard's 3-124th Information Operations Battalion was named the Tactical Information Operations schoolhouse for the United States Army. Starting in 2015, the Regional Training Institute (RTI) will see an influx of students from across the country, essentially tripling the number of students attending the schoolhouse each year.

The Vermont National Guard's 3-124th Information Operations (IO) Battalion, Regional Training Institute (RTI-VT) is the only Army National Guard or Reserve Component schoolhouse offering courses that train entry, intermediate, and advanced level skills in Inform and Influence Activities (IIA).

"RTI-VT presents added value to Commands who send their soldiers to our training by offering a full service schoolhouse. Delivering high quality training while saving money enables us to train more of the total force. There is significant per diem costs savings when students live in our barracks and eat in our dining facility," said Master Sgt. Scott Carbee, the Chief Instructor at the 3-124th IO Battalion.

Currently, the 3rd,124th Information Operations Battalion instructs three

different Information Operations (IO) courses. The basic course, IIA-101 is a 40-hour distance-learning class and is a pre-requisite for both the Tactical Information Operations Course (TIOC) and the Functional Area 30 (FA30) Qualification Course.

The Tactical Information Operations Course is a 15-day resident class. There are four to eight courses a year for TIOC, with 130-150 students graduating yearly. TIOC is open to all services of the military and is also available to international soldiers as well.

Recently, two soldiers from Macedonia, members of Vermont's State Partnership Program, graduated from TIOC. Additionally, RTI-VT is the only schoolhouse in the U.S. Army that teaches TIOC to Active, Reserve and National Guard Soldiers. Upon completion of TIOC, soldiers are awarded the ASI-P4, which signifies the Information Operations additional skill identifier.

The third course taught by the 3-124th Information Operations Battalion is an online, distance learning course the Functional Area 30 (FA30) Qualification Course. Approximately 50 students each year participate and it is typically comprised of field grade officers,



although Captains have the opportunity to attend, usually in response to an upcoming deployment.

The 3-124th Information Operations Battalion delivers the Non-resident FA30 Qualification Course, while the Resident course is taught at Fort Leavenworth. The two courses work in close collaboration with one another.

"Knowing that the environment must be shaped is not enough. Combatant Commanders realize that every soldier plays a role in influencing the battle space. Getting them trained on the available IIA tools is critical to mission success. Effective IIA uses all components of the mission command system to integrate, coordinate, and synchronize the use of information related capabilities into the unit's supported operations. Our courses teach students to do that," said Lt. Col. David Leonard, the 3-124th Battalion Commander.

Currently, the Battalion has 20 instructors, seven of whom instruct FA30 while the remainder teach TIOC. In addition, they have the capability to deploy Mobile Training Teams (MTT's) to units throughout the country. These teams, comprised of five instructors, can travel to any CONUS unit and offer the same quality and professional training that is offered as the in-residence course in

Vermont. This not only allows units to enroll multiple Soldiers, but also saves travel and per diem funds by having the instructors go to another state versus sending multiple students to Vermont to receive training.

When asked how Information Operations is utilized in the field, Carbee said, "Information Operations takes experiences from within the operational environment, and fairly quickly synthesizes those back into the way that we do business using TTP's (tactics, techniques, and procedures) to better prepare the the forces in an expedited manner, to what the normal doctrinal process would do. When we have people return from in-theatre and they tell us what kinds of things are going on, we can relate that into our courses so that we can help to make their operations planning more successful in theatre."

One of the biggest changes affecting the courses here in Vermont is the release of the new FM 3-13, Inform and Influence Activities doctrine. In it, Inform and Influence Activities have been defined. In response to this change, the TIOC will eventually be replaced by TIAC (Tactical Inform and Influence Activities Course). TIAC is currently in development and will become a 40-hour distributed learning course with a 5 day resident class.

"This is the future of warfare. Information is power and utilizing that information as a force multiplier is critical to mission success," stated Leonard.

More specific course information is available on ATRRS, school code 1030. For more information contact us by email at ng.vt.vtarng.list.3-124th-crsadmin@mail.mil or by calling 802-485-1950.

Right, top to bottom: Learning alongside our international partners provide further enhancement to the learning experience. Here, two soldiers from Macedonia work in a small group during the practical exercise to apply the information delivered in the classroom.

The curriculum is delivered in a state-of-the-art facility located in Vermont. This multi-media classroom provides students with the highest quality learning environment.

Rafiq Antar from Fort Huachuca, Arizona provides cultural awareness training as a part of the TIOC curriculum at Camp Murray, June 2013.

Students enrolled in the Tactical Information Operations Course benefit from Cultural Awareness Training which includes an international meal and practical application of their new skills conducting Soldier Leader Engagements through an interpreter.

(All photos courtesy of 3-124th IO Battalion)



WAR - X

86th IBCT Annual Training - Fort Drum, NY



Soldiers from Charlie Company (Med), 186th BSB, refuel a generator in the Brigade Support Area at Fort Drum, N.Y., Aug. 5, 2013. Soldiers are currently going through XCTC, which is designed to certify company proficiency with the First Army. (U.S. Army National Guard photo by 1st Lt. Jeffrey Rivard)



Staff Sgt. Matthew Melen, an S2 NCO with Headquarters, Headquarters Company, 86th IBCT (MTN), prepares a visual aid for the Combined Arms Rehearsal, July 30, 2013, at Fort Drum N.Y. The rehearsal was part of the Command Post Exercise conducted during Annual Training. (U.S. Army National Guard photo by Sgt. Ashley Hayes)



Army National Guard Lt. Col. Nathan Lord, Executive Officer of the 86th IBCT (MTN), leads a war-gaming exercise brief July 29, 2013, at Fort Drum, N.Y. The 86th IBCT was at Fort Drum conducting a command Post Exercise for their Annual Training. (U.S. Army National Guard photo by Sgt. Ashley Hayes)



LEFT, TOP TO BOTTOM: Soldiers from the 186th BSB prepare the dinner meal for nearly 500 Soldiers at Fort Drum, N.Y., Aug. 5, 2013. Preparing food in the field is a nearly 24-hour operation with very little rest for these Soldiers in between meals. (Photo by 1st Lt. Jeffrey Rivard)



Soldiers from the 186th BSB unload truckloads of food for the ORTC Mess Hall at Fort Drum, N.Y., Aug. 5, 2013. Sustainment is a never-ending mission to feed the over 3000 Soldiers during annual training. (Photo by 1st Lt. Jeffrey Rivard)



U.S. Army National Guard Spc. Gary Wilcox from the 86th BSTB fills up a fuel can at Fort Drum, N.Y., Aug. 5, 2013. The 86th IBCT is conducting their XCTC in preparation for their rotation at the Joint Readiness Training Center. (Photo by 1st Lt. Jeffrey Rivard)



Soldiers from the 86th BSTB prepare a dinner meal in a Mobile Kitchen Trailer for over 200 Soldiers at Fort Drum, N.Y., Aug. 5, 2013. Soldiers are taking part in the Exportable Combat Training Capability as part of their annual training. (Photo by 1st Lt. Jeffrey Rivard)



George Gatling, a Sustainment Subject Matter Expert, and Army National Guard 1st Lt. Jonathan Scott, a Logistics Officer with the 1-101 Field Artillery Regiment, discuss proper procedure during the Battalion's preparation for the unit's Command Post Exercise July 28, 2013 at Fort Drum, N.Y. (Photo by SGT Ashley Hayes)

Family Support

Mary Bullis,
Airman and Family Readiness Manager

By now many of you have at least heard of The Yellow Ribbon Reintegration Program (YRRP). Many of you may have attended events held by either the Army Guard or Air Guard.

For those of you who are not familiar with this program, the YRRP is a Department of Defense-wide effort to promote the well-being of National Guard and Reserve members, their families and communities, by connecting them with resources throughout the deployment cycle. Through Yellow Ribbon events, service members and loved ones connect with local resources before, during, and after deployments.

For service members who deploy 90 days or more, the event is mandatory. Family members are always highly encouraged to attend. Commanders and leaders play a critical role in assuring that Guard and Reserve service members and their families attend Yellow Ribbon events where they can access information on health care, education/training opportunities, financial, and legal benefits.

Although the DoD does have many requirements in regards to the agenda, the Yellow Program Event Coordinators are always striving to make the events as interesting and relevant

to the group as possible. It is recognized that many service members are multiple deployers, perhaps have heard the information on certain resources a number of times.

We expect in the future to see changes coming in the policy in regards to issues such as multiple deployments and others. As much of the policy is dictated by law passed by congress, change can take a while.

In the meantime, the YRRP office will continue to serve our members and families so that the YRRP will continue to be a beneficial program to all, reminding all of the ever changing resources that are out there for our military family. Many of the resources can be applied throughout your military career, not just surrounding deployment. Should a resource not apply to you, it may to someone else. Be a wingman, be a battle buddy. Take advantage of what the YRRP has to offer.



Recruiting & Retention

Colonel Michael Morgan,
158th Mission Support Group Commander

Building the Team!

In the winter of 2012, Colonel David Baczewski, had assumed command of the 158th Fighter Wing. He was seeking to foster Senior NCO and Commander cohesiveness and to look at ways to move the Wing forward.

With every great team, you must constantly come up with great ideas to improve and not to become stagnant. To this end, he decided to host an off-site event at CEATS to do such. One of the proposals that came out of this two day event was to have a deployed Summer Camp, similar to those done over 3 decades ago within the VTANG. We drew the line in the sand to do one by Summer of 2013 and just this past July it came to fruition.

As a Wing, we deployed over 500 members of the VTANG to the Alpena, Michigan Combat Regional Training Center (CRTC), 13-19 July. Facilities and permanent party staff at the CRTC were outstanding.

Flying conditions were tremendous and the flight line was a pristine training environment. Firefighters had access to top-shelf, state-of-the-art training materials and trucks for

their exercises; Security Forces had a state of the art firing range for day and night fire; the dining hall was phenomenal and had great food and great service. These were just a few of the many amenities available to us as the list is long.

There was time allocated for team building events with the Air Soft urban Village setting and multiple opportunities for organizations from within the Wing to “cross-pollinate” with one another to see what their peers across the Wing do in their jobs.

To the person, feedback was nothing but stellar. Comments like, “when can we do this again?” - “this was awesome!” - “best thing we’ve done as a Wing since I’ve been in the VTANG!” and, most importantly to me, “I’ve made new friends that I never knew were in the Wing until now!”

I am sure that we will do this again in the near future as it appeared to be truly worth its weight in gold. I look forward to the next time we all convene to do this again!



A BOND BUILT TO LAST

Story by 1st Lt. Jeffrey Rivard, 172nd PAD

SAINT ALBANS, Vt. — A few of the Green Mountain Boys were paid a visit by a familiar face and were able to catch up and continue strengthening a relationship which grew its roots during the Vermont Army National Guard deployment to Afghanistan in 2010.

Weeda Neghat an Afghan-born interpreter attached to the 86th Infantry Brigade Combat Team (Mountain) was given a warm welcome at American Legion Post #1, Feb. 1, 2013.

“I supported my unit whether we were taking supplies whether they needed a female interpreter somewhere to go and conduct female engagements,” said Neghat. “We did a lot of female engagements.”

Neghat logged over eight thousand miles traveling on missions to conduct 275 logistics missions, delivering around 200 tons of supplies and

assisted during key leader engagements. She started life in war-torn Afghanistan during the war with the Soviets, which spanned nearly the entire decade of the 1980’s.

At 11 years old, she and her mother, youngest sister and brother, left Afghanistan during a time when the Soviets were in control of the government. Their travels were not as easy as hopping on a plane and flying to another country however. It took several days of travel on foot across the vast Afghan desert, being escorted by armed men for protection.

“Mom made us dress really dirty so that we would look like we belonged in the city,” said Neghat.

Along the journey they were stuck in Jalal Abad for two days before making it to Pakistan due to the amount of fighting

going on between the Afghan’s and Soviets in the region. Several of her family members were incarcerated during the Soviet occupation due to their ties to the previous Afghan government.

“Three of my cousins and three of my uncles were in jail in the time the Russians were in power,” said Neghat. “They would put you in jail for your political status, your ties with the previous government or whoever had money.”

Neghat eventually made it to United States becoming a legalized citizen and after leaving an unhealthy relationship decided to become an interpreter for the U.S. Government, leading to her service with the Vermont Army National Guard.

On her first mission with the soldiers they arrived via a Chinook helicopter and were almost instantly under attack by insurgents.

“We got out of the Chinook and I somehow tripped, so the soldier next to me helped me get up and as soon as we got up there were shots being fired across from us so he threw me down and said, ‘don’t move, don’t move, don’t move,’” said Neghat.

Neghat continued supporting the Iowa National Guard after the Green Mountain Boys redeployed to their home station in Vermont later in 2010.

The camaraderie which forged the relationship between the Green Mountain Boys and Weeda Neghat will likely continue living on for years to come.



Captain Christopher Gookin, Weeda Neghat, Maj. (Now Lt. Col.) John Guyette, and First Sgt. Christina Churchill pose for a group photo in Afghanistan, 2010.



Vermont Army National Guard Soldiers attach a sling load to an HH-60M helicopter from Charlie Company, 3rd Battalion, 126th Aviation Regiment (Air Ambulance) at Camp Johnson on May 3, 2013. Soldiers were supervised by DA Civilian instructors as part of the Sling Load Inspectors Certification Course. (U.S. Army National Guard photo by 1st Lt. Jace Rivard, 172nd PAD)

Commander's Column

Major Jere Berger
JFHQ Commander

"Go here, now." That was the entire operations order, and in less than five minutes an entire battalion of tanks was roaring across the West German countryside and forests behind me to reach an overwatch on the Fulda Gap, thirty kilometers away.

My commander gave me a mission to lead the battalion, my troops and equipment were trained and ready, and everyone adapted instantly to the change. My platoon, company, and battalion, with fire support teams, air defense units, engineers, bridging assets, medical teams, supply and maintenance sections, and more all acted as a combined arms team. These were company-level operations to my way of thinking, so when I was recently assigned to the Joint Force Headquarters Detachment, it was a whole different animal. Or is it?

The JFHQ is arguably the most diverse company-level unit in the Vermont Army National Guard, with oversight on readiness throughout the state, preparedness for who-knows-what civilian support operation, and sections responsible for everything from ammunition to satellite repair. Once you get past the sheer number of different sections and senior staff, however, the task is the same: with limited personnel, resources, and time, you have a mission to accomplish. Commanders receive

the mission and assign tasks to section leaders, NCO's direct their teams, and everyone works to get the job done.

The Army and Vermont National Guard have transformed themselves continuously since Vermonters in the New England regiments attacked Fort Louisbourg in 1745, and today we continue to adapt. Uniforms, weapons, equipment, and tactics aren't the only changes, and we'll be expanding the roles for women throughout the force.

Nowhere in the Army Values is there any room for the discriminations of the past. Gender, race, religion, preferences, or any other form of discrimination has no place in the armed services because we all volunteered to serve the entire nation, not just the parts someone might prefer. We all have different training and experience, we're assigned different tasks, and we have different weapons, equipment, and resources to complete those tasks, but we're all part of the same team.

Look out for your fellow soldiers, stay safe, and accomplish the mission.



Chaplain's Column

Captain Esther Lee
Chaplain, 158th Fighter Wing

IT'S IN THE VALLEYS I GROW

Sometimes life seems hard to bear,
Full of sorrow, trouble and woe
It's then I have to remember
That it's in the valleys I grow.

If I always stayed on the mountain top
And never experienced pain,
I would never appreciate God's love
And would be living in vain.

I have so much to learn
And my growth is very slow,
Sometimes I need the mountain tops,
But it's in the valleys I grow.

I do not always understand
Why things happen as they do,
But I am very sure of one thing.
My Lord will see me through.

My little valleys are nothing
When I picture Christ on the cross

He went through the valley of death;
His victory was Satan's loss.

Forgive me Lord, for complaining
When I'm feeling so very low.
Just give me a gentle reminder
That it's in the valleys I grow.

Continue to strengthen me, Lord
And use my life each day
To share your love with others
And help them find their way.

Thank you for valleys, Lord
For this one thing I know
The mountain tops are glorious
But it's in the valleys I grow!

The above poem is written by Jane Eggleston and I read it time to time to remind myself that "It is in the valleys I grow." This year has been somewhat harder year for me to bear than the year before because I've experienced unexpected many small valleys. My friends, God may not promise sunny days without rain and thunder, but God promises strength for the day. - Chaplain Lee -



VT AIR NATIONAL GUARD WINS FEDERAL ENERGY AWARD

Story by Senior Airman Victoria Greenia, 158th FW

The Green Mountain Boys has once more proved its colors; the Vermont Air National Guard (VTANG) was selected as an outstanding achiever of energy conservation by the Environmental Protection Agency (EPA). Vice Wing Commander Col. Thomas Jackman, along with Adam Wright and Peter Dufault, civilians who comprise the Vermont air base's environmental management office, proudly received the 2013 award in Boston, June 26, on behalf of the unit.

The award is part of a program the EPA created to encourage government agencies to reduce their environmental impacts. Environment sustainability is already part of executive orders that President Obama signed in late 2009 requiring each agency to reduce gas pollution, gas use, and waste while increasing planet-friendly equipment use and water conservation. Dubbed the Federal Green Challenge, the program is voluntary and requires each agency that participates to choose from six "target areas." The VTANG focused on energy and waste reduction.

When it became clear that the air base would have access to \$8.5 million to use for energy upgrades through the Energy Independence and Security Act of 2007, base civil engineering (CE) jumped on the opportunity. Together with Wright and Dufault, every aspect of the base was considered so that they could maximize the impact. The main portion of the project became an array of solar photovoltaic panels built on base, which is estimated to produce a \$219,000 annual savings.

In separate projects, the recently built firefighter station and new security forces building on base are equipped with solar panels and ground source heat pumps (GSHP). These pumps take advantage of the stable temperature of the ground (around 55 degrees) to either help warm a building in the winter or cool it in the summer, reducing heater or air conditioner use.

The fire station is already certified at Gold level by the Leadership in Energy and Environmental Design (LEED, a rating system for eco-friendly build-

ings) and the security forces building is also soon to be certified LEED Gold.

"The Vermont Guard loved this idea," Wright said. But there were outside people who were critical of the plan, since the payoff is decades out.

People not seeing the bigger picture, Wright said, is a problem. With a financial crisis seeming to constantly loom, it's understandable that the public is eager for an immediate return on everything the government does. However, if being environmentally friendly were cheap and easy, it would have been done a long time ago. Going green is a commitment to the earth first, and then the economy.

Jackman is confident that the VTANG will welcome any energy improvements that become available to the base.

"One hundred and fifty years ago," he said, "Union General John Sedgwick ordered the Vermonters ahead. He specifically asked for Vermonters because of their reputation for leading the way and the pace of their advance. Today the Green Mountain Boys are honoring that legacy by being one of the few air bases equipped with solar arrays and by already exceeding our goal to reduce environmental impact."

Jackman said he looks forward to the potential of the VTANG "leading the way with new and innovative green energy projects" which will cease to be a novelty and instead become the standard; other bases will look to the Vermont Air National Guard and see that sustainability in the military can be done.



(Photo courtesy EPA staff photographer)



Members of the 158th Fighter Wing's Fire Department practice a pump and roll on a P-19 Striker at the Alpena Combat Readiness Training Center in Alpena, Mich., July 15, 2013. (U.S. Air National Guard photo by Airman Jeff Tatro)

Health and Safety

Lt. Col Patricia D. Hammond,
VTANRNG Occupational Health Nurse

Summer Food Safety Tips

The welcomed warm weather marks the beginning of the peak season for food poisoning. While most victims suffer short-term (1-8 days) digestive upset, following 7 simple rules can help reduce your risk of becoming ill.

1. Examine Food – Check for changes in the quality of the food, such as drying out, separating, browning, and expired dates on commercially prepared foods. Discard food with off-odors, mold, or canned food with changes in color or texture.

2. Keep hot foods hot and cold foods cold. Food should be stored either below 40F or above 140F. Do not consume perishable foods that have been held between these temperatures more than 3 hours. Perishable foods include meat, poultry, dairy products, eggs, and cooked vegetables.

3. Cook raw meats, poultry, seafoods, milk, and eggs thoroughly. These foods are naturally contaminated and must be properly and thoroughly cooked.

4. Cover and refrigerate leftovers promptly. Keeping foods at room temperature leads to spoilage and an increase in bacteria.

5. Wash hands and work surfaces well. Thorough hand washing with soap and lots of water reduces most contamination. Cutting boards, counter tops and other surfaces should be scrubbed with soap and water after they have been in contact with raw meat, fish or poultry. Remember to check to see how clean your can opener is.

6. Prevent cross-contamination. Cross-contamination occurs when uncooked animal products touch food that will be consumed without further cooking. Don't put cook food back onto the same plate the raw meat was on prior to cooking. Marinades should be discarded after the meat is removed.

7. Reheat leftovers thoroughly. Heating foods until bubbling hot inactivates most toxins that have entered food after they were initially cooked.

While it is not possible to eliminate the risk of food poisoning, following the above guidance can greatly reduce the chance.



WE'RE GOING DIGITAL!

This is the 2nd to last printed edition of the Green Mountain Guard. You will find future digital copies of the Green Mountain Guard at VTGUARD.COM and on our Facebook page at: www.facebook.com/VermontNationalGuard.

For questions, concerns, or comments, please contact Capt. Dyana Allen at dyana.k.allen.mil@mail.mil.

GMG



AIRMAN FOR A DAY

May 4, 2013 - Members of the Vermont Air National Guard provided fourteen year old Michael Bergstrom an opportunity to become a member of the military for a day. As part of the Make-A-Wish Foundation, Vermont Guardsmen helped a young boy's dream come true with a visit to 158th Fighter Wing. (U.S. Air National Guard photos by Staff Sgt. Sarah Mattison)

