



# The HORNET



## EARNING THEIR DUE

More than 75 years after WWII the 30th Infantry Division is recognized with the Presidential Unit Citation



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# Inside this Issue:



## On The Cover:

George Hamm, a WWII Veterans who served with the 30th Infantry Division, holds a flag out a window during a parade through the City of Maastricht in the Limburg Province of the Netherlands that ended in a festival on Sept. 14, 2019 in celebration of 75th anniversary of the liberation of the Limburg Province by 30th Inf. Div. Soldiers in September of 1944. On March 17, 2020, Hamm and the rest of the 30th Infantry Division in WWII were finally approved to receive the Presidential Unit Citation.

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Facebook and Twitter!**

## Don't Forget!

You can click on the story descriptions above to go directly to that story! Than click the home button to return here!

## Where is SFC Jordan?

Can you find the tiny version of Sgt. 1st Class Robert Jordan hidden among these pages? Our well loved photojournalist is hiding somewhere in the Hornet!



Over 300 Senior Leaders of the NC National Guard as well as Governor Roy Cooper, Secretary Erik Hooks, and many former NC Guard General Officers and Command Sgt. Majors attend a Senior Leaders Workshop at Joint Force Headquarters, in Raleigh, N.C., Feb 22-23, 2020. The workshop consisted of guest speakers, training and breakout sessions.

Bravo Company Cobra Tankers with 1st battalion, 252nd Armored Regiment won the Hickory Cup while deployed with the 30th Armored Brigade Combat Team to the Middle East. The stellar team is comprised of SSG Griffin, SPC Adcock, SPC Rodriguez, and SPC Price. The team also received the highly coveted Tanker snack—honeybuns!

Members of the N.C. Air National Guard, local airport authorities, and local law enforcement, were invited to partake in a breakfast fundraiser early, Jan. 12, 2020, in New London, N.C. as part of a means to strengthen community ties and build new relationships while raising funds for Morale, Welfare and Recreation. The Fundraiser, provides an informal environment that allows Airmen and local authorities to get to know each other better on a personal level. Building a strong relationship with the community is important given the New London facilities close proximity and tight working relationship with the Stanly County Airport.

Class 53, made up of 115 cadets, graduated from the Tarheel Challenge Academy (TCA) New London on March 12, 2020 at the Stanly County Agri-Civic Center in Albemarle, North Carolina.



Soldiers, family and friends of Alpha Battery, 5th Battalion, 113th Field Artillery Regiment, participate in the unit's welcome home ceremony at an armory, Greensboro, North Carolina, Jan. 24, 2020. Alpha Battery recently returned home from a Middle East deployment in support of Operation Freedom's Sentinel.

With March being Women's History Month the Axehandle Battalion is proud to be part of that history showcasing the women in the battalion that continue to make this battalion great. Only 10 years ago on the battalion's last full deployment, special permission was needed for females to be attached to the batteries for mission requirements. Fast forward to this deployment and females are integrated throughout the battalion in all Military Occupational Specialties (MOS) within the battalion both officer and enlisted.

While traveling to assist with State Active Duty Forces Packages in response to COVID-19, members of the NCNG, Sgt. 1st Class Derek Winfree and Staff Sgt. Matthew Nixon, noticed a civilian truck stopped on the shoulder of the road leaking fuel. These Soldiers rapidly deployed a fuel berm, an item used to collect spilled fuel during routine fuel operations, which they happened to have in their vehicle at the time. These Soldiers, members of the 113th Sustainment Brigades, 113th Special Troops Battalion, 1452nd Transportation Company, demonstrated initiative, care for the community, and environment by their actions.

The 156th Weather Flight is attached to the 30th Armored Brigade Combat Team (ABCT), deployed in support of Operation Spartan Shield. Their forecasts provide critical intelligence for commanders to make decisions. For example, sandstorms can degrade air support assets and the availability of medevac helicopters.

# NEWS FROM AROUND THE NEST

# NCNG Supports COVID-19 Response

Photos by Sgt. Jamar Pugh and Sgt. Joe Roudabush

**Airmen and Soldiers from across the North Carolina National Guard answered the call to support their state's response to the COVID-19 response by providing logistics support to help get much needed medical supplies delivered across N.C.**



(pictured L to R)

\* Commander of  
the N.C. Air Guard's  
145th Airlift Wing:

COL. BRYONY  
TERRELL

\* Commander of  
the 130th Maneuver  
Enhancement  
Brigade:

COL CRISTINA  
MOORE

\* Commander of  
the 449th Combat  
Aviation Brigade:

COL MICHELE  
HARPER

\* Commander of  
the 139th Regiment  
RTI:

COL ANITA  
MASSEY



**MARCH IS**  
**WOMEN'S**  
**HISTORY MONTH**

# Road To Working From Home

## GO OUTSIDE

It is important for your physical and mental health to spend time outside every day

## STICK TO A ROUTINE

A schedule may help you and your family adjust to a different work and home life environment

## INSTALL ANTI-DISTRACTION SOFTWARE

Apps and browser extensions help you get your work done without wasting time

## COMMUNICATE

Keep in contact with your supervisors and direct reports. Texts, calls, email, and videochat can reduce miscommunication and break up social isolation

## DESIGNATE A WORKSPACE

Your workspace doesn't have to be its own room but it should feel as separate from the rest of your home as possible

## PUT ON PANTS

Getting dressed can help put you in work-mode. The mental association will make you more productive

THESE TIPS CAN ALSO APPLY TO  
ONLINE LEARNING FOR  
YOURSELF AND YOUR FAMILY

Tony Jaber, a 30th Infantry Division, WWII Veterans, looks out over rows of headstones at the Henri-Chapelle American Cemetery and Memorial in Belgium, where more than 300 Old Hickory Soldiers who died during WWII are buried.

# EARNING THEIR DUE

More than 75 years after WWII the 30th Infantry Division is recognized with the Presidential Unit Citation

Story by Lt. Col. Matthew Devivo



Some 117th Infantry Regiment, 30th Infantry Division and 2nd Armored Division Soldiers with captured German troops near the Siegfried Line - Palenburg, Germany, October 1944. (Photo by Courtesy 30th Infantry Division Association)



President Trump announced March 17, 2020 the Army is awarding the Presidential Unit Citation to the famed World War II National Guard unit, the 30th Infantry Division, for extraordinary heroism at the Battle of Mortain, France, in 1944.

The battle of Mortain was ferocious, said Tony Jaber, 94, of Raleigh and an "Old Hickory" veteran of both the Battle of Mortain and the Battle of the Bulge.

"I would take six months in the Bulge over six days in Mortain. Those were the hardest days of the war for me," he said.

The 30th Infantry Division, nicknamed "Old Hickory" after President Andrew Jackson, was a National Guard unit comprised mostly of men from North Carolina, South Carolina, Georgia and Tennessee. The division landed at Omaha Beach in Normandy days after D-Day and was immediately ordered into combat to defend key locations from the Nazi counterattack. Mortain was one of those locations, in Normandy.

Robert Baumer's book "Old Hickory," states that in August 1944, Hitler issued his sternest order, "Strike through Mortain to seal off the Americans at Avranches!"

On Aug. 6, multiple Nazi Panzer divisions attacked the 30th Infantry Division, and for six days at Mortain, the heroes of "Old Hickory" fought the Nazis back, saving Mortain and the Normandy Campaign.

"We are extremely happy for 30th Infantry Division veterans and their families," said Maj. Gen. Todd Hunt,

adjutant general of the North Carolina National Guard. "We are honored to carry on the lineage and colors of "Old Hickory" in our 30th Armored Brigade Combat Team that is currently deployed to the Middle East. This recognition is long overdue for the men who were called "Roosevelt's SS" by German soldiers. They were the real deal, feared by the enemy, tough as nails and sacrificed so much from Normandy to the Elbe River."

The 30th Division was never awarded a citation recognizing this critical victory during the initial months of the Normandy invasion. Many believe the Mortain victory was one of the most outstanding achievements of the war in Europe.

After the war, Gen. Dwight Eisenhower's European theater historian, S.L.A Marshall, determined that the 30th Infantry Division was the best infantry division of its category in the European theater and deserved the highest decoration that could be

awarded to a unit for bravery. But an Army award policy change prevented it.

Trump said in his announcement: "I am proud to direct the Army to honor the remainder of the division and attached units with the Presidential Unit Citation for their heroic stand at Mortain. This action rightfully recognizes our veterans who triumphed against incredible odds, as well as those who died during a critical battle that helped ensure the Allied victory in Europe."

In July, the North Carolina National Guard will host the 74th annual 30th Infantry Division Association reunion and present the Presidential Unit Citation to surviving WWII veterans of "Old Hickory."



**The Presidential Unit Citation, originally called the Distinguished Unit Citation, is awarded to units of the uniformed services of the United States, for extraordinary heroism in action against an armed enemy on or after 7 December 1941. The unit must display such gallantry, determination, and esprit de corps in accomplishing its mission under extremely difficult and hazardous conditions so as to set it apart from and above other units participating in the same campaign.**



30th Infantry Division veterans, their family, and Soldiers with the NCNG, visit the Henri-Chapelle American Cemetery and Memorial in Belgium on Sept. 15, 2019, where more than 300 Old Hickory Soldiers who died during WWII are buried.



Col. Wes Morrison, the North Carolina Army National Guard Chief of Staff, advocated for the award as a member of the 30th Infantry Division Association. He served with the 30th during Operation Iraqi Freedom.



# Empowering Beyond the Blue

By Staff Sgt. Laura Montgomery

Shock fills U.S. Air Force Senior Airman Cynthia Ford's face as I enter the 145th Medical Group Immunizations cozy room, camera ready, as applause and praise ring from her co-workers. The humble Airman knows I must have heard about her recent nomination for 'Woman of the Year,' through WBTW Channel 13 News in Marion, S.C.

The soft-spoken Airman takes a seat with me and allows me a glimpse into her life with a better understanding as to what motivates her beyond her Air Force core values.

Ford graduated from Lakeview High School in 2001 and from there, went on to receive her Bachelors in psychology at Coastal Carolina University. After earning her bachelors she graduated from The University of Phoenix with a Masters in Psychology. It was time to join the work-force and Ford applied for a position with the Department of Juvenile Justice in Marion, S.C., eventually working her way up to County Manager for the Department of Juvenile Justice.

“I knew that whatever job I did, I wanted to work with young people in some aspect,” said Senior Airman Ford. “I enjoy working with the young people, teaching them different classes and seeing their progress.”

Ford didn’t stop learning and growing. In 2010, Ford joined the North Carolina Air Force Reserves and was stationed at Pope Army-Airfield within a Security Forces unit. While serving, she was able to earn her Associate’s in Criminal Justice. Unfortunately, just a few short years later, Pope Army-Airfield closed, however Ford turned to the North Carolina Air National Guard; finding a family in the 145th Medical Group as a medical technician.

“It was an opportunity that became available and I believe everything happens for a reason,” said Senior Airman Ford. “It [Medical Technician] was definitely a challenge but it sparked my interest.”

A medical technician must be skilled in various areas, including vision, vitals, lab work, and immunizations.

“My favorite thing to do is immunizations; it seems more personable,” said Senior Airman Ford. “You have to ensure that they’re calm and prepared so you make small talk and get to know them better.”

While becoming a medical technician within the 145th Medical Group, Ford also earned her Associate’s in Nursing Technology, all while continuing to work with the Department of Juvenile Justice.

“I work closely with young people who may have gotten into trouble or who are at risk of getting in trouble and we do different preventative programs,” said Senior Airman Ford. “Our goal is to rehabilitate them in the least restrictive environment so they won’t further any type of criminal type of behavior in the future.”

Ford felt led to further her purpose at the Department of Juvenile Justice and created a program that she initiated in 2019 called, ‘Beyond Empowerment.’

“Beyond Empowerment is a program

that focuses on preparing the young people with things they need to know after high school,” said Senior Airman Ford. “It’s a nine-week curriculum either in the Spring or Fall with up to 20 students where we focus on themselves first and then dive into how to network and interact in different environments. We’ve taught them a homebuyers-workshop, budgeting, finance management, leadership, vision boards, and assessing different influences in their lives. At the end of the nine-week program, we conduct an affirmation service which just reaffirms what they have instilled within themselves.”

Just like any work environment, there are hardships one may face.

“I think the hardest part of my job is working extremely hard to get a young person to transition and it does not work; you see all this potential and we provide them all these resources but they have to make the choice to change, and then they choose not to,” said Senior Airman Ford.

While creating this new program, ‘Beyond Empowerment,’ Ford also worked on creating books, one of which she has published and is on Amazon entitled, ‘Free As An Uncaged Bird.’ At this same time, Ford was taking care of her mother while she battled bone cancer, using her medical skills Ford helped pull her mother into remission.

“In 2016 I was in training for the medical technician position in Texas when I got a call from my brother that my mom had bone cancer. As soon as I was able to come home I did,” said Senior Airman Ford. “To see my mom in the hospital bed, I always saw her as strong, able to tackle everything, it was very challenging for me.”

The youngest of eight children, and the only female, Ford managed to work her two jobs within the North Carolina Air National Guard, and the Department of Juvenile Justice while staying in and out of the hospital taking care of her mother.

“I feel like I had to stay focused and I couldn’t let her see me angry or frustrated; but once I saw her healing and getting better and finally, remission, I was able to grieve and heal,” said Senior Airman Ford.

‘Free As An Uncaged Bird,’ also helped the budding writer fulfill her purpose of helping others beyond the realm of the Department of Juvenile Justice.

“It’s for youth and adults; it designed to be inspirational and to help people,” said Senior Airman Ford. “I shared some personal stories in the book and interviewed some people to share just a glimpse of

experiences they went through and how to encourage other people how to come out of those situations.”

Ford never saw herself creating her own business and brand of empowerment but slowly started recognizing her capability through various avenues and eventually it all just came to fruition.

“The [Enlisted] Symposium really helped me; as well as other work shops and church events,” said Senior Airman Ford. “It was like a seed that was planted in me, in my heart, and I just had to pursue it.”

So what is the next big leap for Ford?

“This year we’re starting a 4-day camp for 14-17 year-olds at Coastal Carolina University,” said Senior Airman Ford. “It’s a slightly condensed version of the nine-week course offered through ‘Beyond Empowerment,’ but we’re also bringing in other presenters and allowing the students to tour a college campus. I’m currently recruiting counselors, college students, people in education that enjoy working with young people.”

Creating a curriculum for a seasonal program offered to nearly 140 students per year seems like it could be a daunting task for some.

“It was new to me and I was afraid, not knowing how to get there was scary for me but I had to push past those thoughts and fears and just do it,” said Senior Airman Ford. “As I began to walk into the light, things just began to change and it fell into place. The people that I needed, I met at the right time and I knew that it was purposeful.”

Seeing her mother battle and overcome forces of nature truly inspired Ford to take charge in her own life through personal growth and development while striving to empower others.

“I realize how short life is,” said Senior Airman Ford. “We have the beginning date and that end date but what we do in the middle is just so important and I just want to make the most of it.”

What does the future look like for Senior Airman Cynthia Ford?

“I would love to be an officer one day! I’m so close and I would love to be licensed in nursing,” said Senior Airman Ford. “I don’t want to have any regrets. I also want to see Beyond Empowerment grow, I want to travel and speak about the book, to share what the stories are about and help people more.”

Ford also has an event that she puts on in April, ‘Extra Mile for Victims,’ which boasts nearly 100 participants each



year and runners/walkers are invited to participate, raising awareness for Victim’s Right’s Week. During tax season, Ford also volunteers any spare time to assist with the Vita Tax program which helps citizen’s save money by offering free tax services. It’s these events, programs, and ideals that pushed Ford to the spotlight, earning her recognition as WBTW Channel 13 News’ Woman of the Year, which she won for the area!

Ford will fly mid-March to New York City to be on a live-taping of the Mel Robbins Show, where she will be recognized amongst other women across the country for their great accomplishments and ideals. She is currently in the running to win Woman of the Year Nationally for the competition that the Nexstar Company, WBTW’s parent company, hosts. WBTW is one of 197 stations across the U.S. that Nexstar owns.

No matter the outcome, Ford will continue her personal growth, and her mission of empowering and helping others.

“I don’t want to leave this earth without exploring, sometimes people say, ‘I want to find my purpose,’ well sometimes purpose finds you; and I think that purpose found me.”

# NC GUARD CYBER TEAM ON ELECTION DUTY

By Sgt. 1st Class Robert Jordan

The militia at the founding of the Republic was ready in a minute to defend their homeland but for this modern, hand-picked team of North Carolina National Guard (NCNG) cyber experts that reaction time is way too slow.

Eighteen NCNG cyber specialists reported for state active duty in Raleigh to defend the integrity of the North Carolina electoral system from cyber-attack before and during “Super Tuesday” elections.

This critical mission is just one of the threats that the NCNG is prepared to respond to with their Cyber Security Response Force (CSRF). CSRF is a real-world, mission tested team of 10 full-time cyber professionals with a bench of over 400 drilling Army and Air Guard cyber specialists. The members of the CSRF were chosen by a competitive statewide search of talent.

“They bring real-world experience as well as professionalism to incidents, and

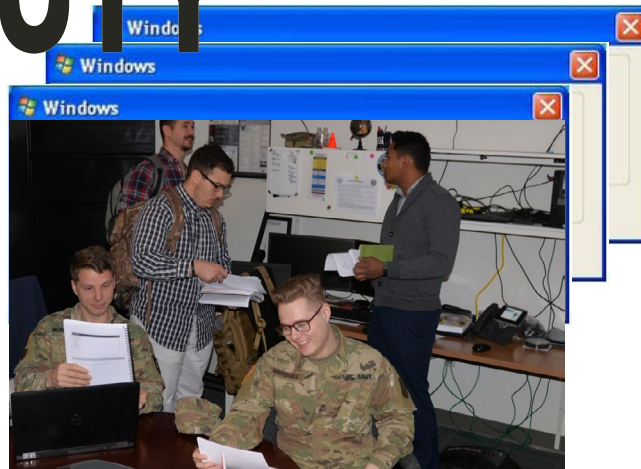
provide a calming voice in what can often be a chaotic and stressful cyber-attack environment,” said North Carolina Army National Guard Lt. Col. Seth Barun, Cyber/Mission Command Branch Chief at NCNG Joint Force Headquarters (JFHQ).

During “Super Tuesday”, Barun’s teams work at JFHQ and on-site at the North Carolina State Board of Elections (NCSBOE), in downtown Raleigh.

Early morning meetings are dominated by an evaluation of the latest information on threats to the system. Leaders prepare for response strategies from several different threats including malicious attacks from nations and groups hostile to the United States.

Since 2018, the NCNG’s Cyber Security Response Force, like the one supporting “Super Tuesday” elections, has responded to over 35 cyber incidents in North Carolina and other states.

“When hackers attack, our response force acts quickly,” said Lt. Col. Robbie Felicio, NCNG’s Chief



NCNG cyber professionals discuss thier mission while defendong the integrity of the N.C. electoral system.

Information Officer. “When called upon, our team can be on the scene in a few hours and we work directly with the entity that is in charge of the event.”

The NCNG personnel at the NC Board of Elections building coordinate with North Carolina Emergency Management and NCSBOE staff and test equipment at their operations center.

The members of the team generally fall into several different types of expertise including prevention, assessment, incident response and forensics, the art and science of how an attack was made.

Each cyber-attack is different, and the response must be similar which plays into the unique nature of the NCNG. Most of these cyber

specialists have years of civilian experience at some of the largest tech firms in the county located here in North Carolina. Some have decades of military service and a few are current college students learning the most up-to-date techniques in an ever-changing cyber domain.

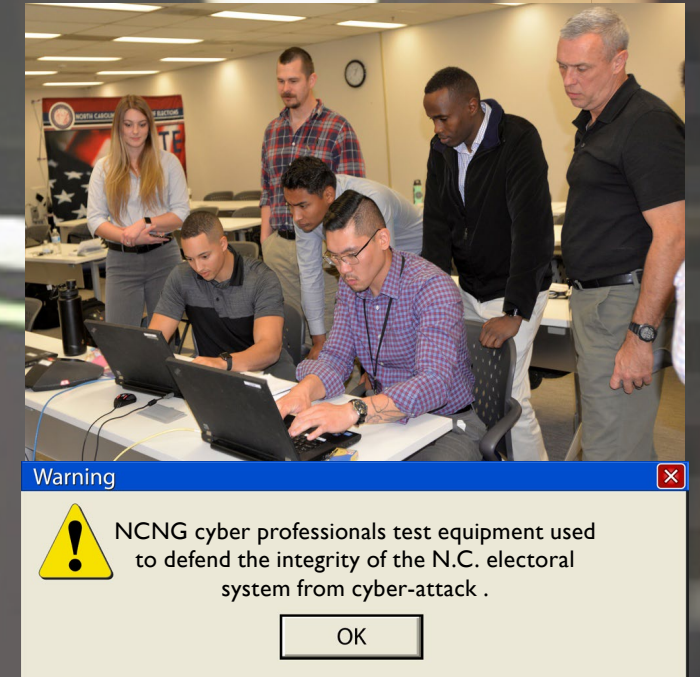
“The team provides a unique and broad skill set that allows our team to utilize existing tools to provide additional oversight on the (NCSBOE) network,” said Barun.

The range of skills and knowledge may be best surmised by North Carolina Army National Guard Spc. Azaria Christian, a signal support systems specialist with the 505th Engineer Battalion and student at Cleveland Community College, in Shelby North Carolina and North Carolina Air National Guard Chief Master Sgt. Randy Conner, a 20 year veteran with the 263rd Combat Communications Squadron.

“I learn a lot from them (the younger Soldiers), they bring skill sets from outside the military and it helps me learn, you can teach an old dog new tricks,” said Conner.

Conner’s team has more than 50 years of combined civilian and cyber experience protecting data systems from attack.

“Cyber really grabbed my attention, I can be a full-time student, serve my state and nation and teach fellow students what I learned real-world cyber incidents here,” said Christian.



# N.C. Air Guardsmen Recognized for Completing U.S. Marine Corps. Training

By Staff Sgt. Laura Montgomery

North Carolina Air National Guard members, Master Sgt. Daniel Judd and Master Sgt. Kernice Locklear, 263rd Combat Communications Squadron, were formally recognized by the Assistant Adjutant General for Air, Brig. Gen. Stephen Mallette, for graduating from the United States Marine Corps Staff Non-Commissioned Officer Academy at the New London headquarters building Air National Guard Base, Sunday, Jan. 12, 2020.

“We talk about lining ourselves up with our sister services and joint efforts to make sure we accomplish our mission; these two individuals have done just that,” stated Assistant Adjutant General for Air, Brig. Gen. Stephen Mallette.

The seven-week course, located in Quantico, V.A., teaches Marine Corps operations, warfighting, tactics, leadership skills, planning and command and control. Physical fitness is also a central component of the training,

which Judd and Locklear excelled in.

“I thought it would be interesting to go,” stated Master Sgt. Judd. “The curriculum is about the same but they go deeper into battle scenarios, maps, strategy, and the history and tradition of their units.”

Master Sergeants Judd and Locklear applied and were selected through the Enlisted Development Opportunity paneling process. The Airmen met the United States Marine Corps academic prerequisites, physical fitness requirements and body composition standards. Sister Service Academies like United States Marine Corps Staff Non-Commissioned Officer Academy provide a joint learning environment and the opportunity to learn in a challenging environment.

“When I came back I briefed my unit on what I learned,” said Master Sgt. Judd. “So now they’ve started a history brief every drill where someone comes up and gives some background or history on the unit during our roll call.”

The United States Marine Corps Staff Non-Commissioned Officer Academy had other qualities that Master Sgt. Judd enjoyed and has implemented within his unit for his Airmen.

“They (U.S. Marine Corps.) push command down to the lowest level; I’ve tried to do that here since attending the course and it’s a bit of a rocky road because of the Air Force culture, but I want to start that in our section, I feel when I gave my briefing about the course, the leadership heard me and they’re maybe trying to implement these changes in the background.”

Master Sgt. Judd was one Airman out of 52 U.S. Marines that attended the United States Marine Corps Staff Non-Commissioned Officer Academy in Quantico, V.A. in January of 2019.

“I would recommend anyone do it; it’s really an eye-opener to be able to see another service’s way of doing things,” said Master Sgt. Judd. “I’m very glad they allow us to do that.”



U.S. Air Force North Carolina Assistant Adjutant General for Air, Brig. Gen. Stephen Mallette (left), presents Master Sgt. Daniel Judd (right), with an award.



U.S. Air Force North Carolina Assistant Adjutant General for Air, Brig. Gen. Stephen Mallette (left), presents Master Sgt. Kernice Locklear (right), with an award.

Members of the North Carolina Air National Guard listen as U.S. Air Force North Carolina Assistant Adjutant General for Air, Brig. Gen. Stephen Mallette delivers a speech before presenting Master Sgt. Daniel Judd and Master Sgt. Kernice Locklear, 263rd Combat Communications Squadron with awards during an all-call held at the New London, N.C. Air National Guard Base (NCANG) headquarters, Jan. 12, 2020.



# SPACE "A" IS ON ITS WAY!

As members of the North Carolina Air National Guard draw closer towards the end of the C-17 Globemaster III aircraft conversion, one phrase seems to echo throughout the local military community; Space A Travel.

Space A (Availability) Travel is permitted travel aboard U.S. Military aircraft for military members and possibly their dependents, on or off duty, when excess capability allows.

"Currently there is no Space A due to the conversion and construction," said Senior Master Sgt. Raymond Graves III, 145th Airlift Wing air transportation superintendent, "There's no safe way

to process passengers in the current infrastructure."

As the conversion began in 2017, the news travelled fast that Space A travel would be a possibility. The base has received an influx of calls and emails regarding the availability of such a program.

"I believe with the current population, within a 100 mile radius of the base, our Space A Travel program will be one of the busiest in the Air National Guard," said Senior Master Sgt. Graves III.

The projected completion time-frame for the Space A Travel program is Summer of 2021.

Space A Travel isn't for everyone

and it's not always a guarantee.

"In the past, Space A flights could be 'out and back' trips. Now, with our change in mission, they're mainly driven from Air Mobility Command tasking and requirements which means we will go to different locations that we've never been able to reach stateside/non-stateside," Said Senior Master Sgt. Graves III. "The members flying Space A will need to be aware that they will have to compete for return seats via the Air Mobility Command system."

Currently, members of the active, guard, and reserve armed forces can fly through the Space A Travel program provided they have the

proper documentation which includes but is not limited to the following; common access card, Department of Defense Form 1853, and an Air Mobility Command Form 140.

Retired military members may also fly through the Space A Travel program with a common access card and an Air Mobility Command Form 140, which, are only good for 60 days from the date of turn in.

The North Carolina Air National Guard is currently working on a Space A Facebook page as well as an informational phone number to call once the project is near completion. The current e-mail for Space A Travel through the 145th Airlift Wing is [usaf.nc.145-aw.mbx.space-a-travel@mail.mil](mailto:usaf.nc.145-aw.mbx.space-a-travel@mail.mil).

"I believe the Space A Program will have a huge, positive impact for the retiree community," said Senior Master Sgt. Graves III, "I believe this will also be a positive impact for the 145th Airlift Wing, as we can give back to the 'Ones who have served before us'."

For more information regarding the Space A Travel Program, please click the links below.

<https://www.amc.af.mil/Home/AMC-Travel-Site/AMC-Travel-FAQs/>

<https://www.military.com/travel/space-available-flight-faq.html>

<https://www.military.com/travel/space-available-flight-eligibility.html>

# ESGR awards Bertie County Sheriff Office

By Sgt. Joe Roudabush

The North Carolina Committee for Employer Support of the Guard and Reserve (ESGR) presented a Patriot award to Bertie County Sheriff John Holley on 22, January, 2020 at the Bertie County Sheriff's Office, 222 County Farm Road, Windsor, NC 27983.

The award was presented to Sheriff Holley by SSG Matthew Roebuck, a member of the North Carolina National Guard's (NCNG) 690th Brigade Support Battalion (BSB) and in his civilian career serves as a Major of the Bertie County Sheriff's office.

"Regardless of whether it's for school or extended periods of active duty at a moment's notice; the Sheriff has always supported my secondary role with the National Guard," Roebuck said. "At one point nearly 30-40% of the agency was retired military, veterans, or have served in

a Reserve or Guard component."

The ESGR Statement of Support is designed to increase employer support by encouraging them to act as advocates for employee participation in the Guard and Reserve. The Guard and Reserve makes up nearly half of the nation's total available military manpower.

Sheriff Holley is known for never passing the burden of covering an absence due to military service on to the service member and supporting employees in the military even when it causes a shortage of man power.

"I don't believe that every employer would support [being in the Guard] as well as Sheriff Holley has and I recognize that his leadership, consistency and fairness", Roebuck said.

Bertie County Sheriff's office employs two NCNG soldiers; one currently deployed with the 30th

Armored Brigade Combat Team (ABCT) to the Middle East. Five soldiers have deployed from the department in the time that Holley has been Sheriff.

"I'm honored", Holley said. "They are doing a great service, even to me, being in the military".

ESGR is a Department of Defense (DoD) organization within the Office of the Assistant Secretary of Defense for Reserve Affairs. It was established in 1972 to promote cooperation and understanding between Reserve component members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment.

Contact your ESGR representative if you would like to nominate your employer for a Patriot Award award to thank them for their support of your work in the North Carolina National Guard.



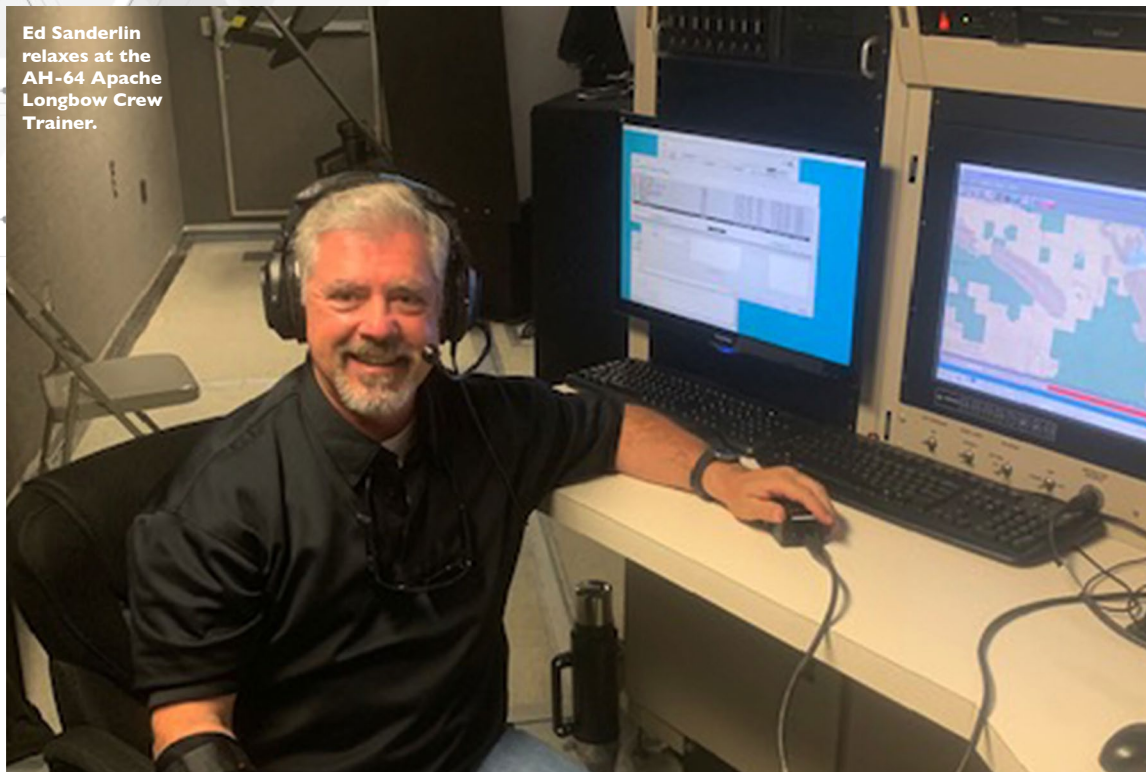
Bertie County Sheriff John Holley receives a Patriot Award from the NC ESGR.

Bertie County Sheriff John Holley is congratulated by members of his team.



# RETIRED NC GUARD AVIATOR KEEPS THEM FLYING, SHARES 27 YEARS OF EXPERIENCE

BY SGT. 1ST CLASS ROBERT JORDAN



## "OLD SOLDIERS NEVER DIE,

they simply fade away," said retired General of the Army Douglas MacArthur; however, retired North Carolina Army National Guard Chief Warrant Officer 4 Ed Sanderlin never got the memo. Sanderlin served state and nation for over 27 years on three continents and still continues as a North Carolina National Guard (NCNG) AH-64 Apache Longbow Crew Trainer (LCT) operator.

In a corner of the NCNG's Army Aviation Facility in Morrisville, North Carolina, you will find a bank of computers, high definition monitors, and an Apache helicopter cockpit, that make up the LCT. Both the LCT and Sanderlin, are there to keep NCNG aviators ready to deploy on a moment's notice, and it is debatable if the man or machine knows more about flying.

Sanderlin's career reads like a novel, 27 years in uniform, six overseas deployments including Germany, South Korea, Bosnia, and combat in the Gulf War and Iraq. He served as a standardization pilot, instrument examiner, electronic warfare officer, and battalion master gunner. He completed multiple combat missions,

including the rescue of a fellow pilot in the Gulf War, earning Sanderlin the Distinguished Flying Cross, cited for "heroism or extraordinary achievement while participating in an aerial flight."

In 2010 he retired and began a civilian contract job instructing aviators in and operating the LCT.

"No matter how strong a pilot you are, when you leave a simulator period with Mr. Sanderlin, you have learned and learning makes us better," said North Carolina Army National Guard Maj. Bethany Barden, administrative officer, 1-130th Attach Reconnaissance Battalion.

After such a record of achievement, most would enjoy a well-earned retirement; however, Sanderlin came out of retirement in 2018 to join his former unit for one last deployment to Afghanistan.

He brought his years of training and experience to C Company, 1-130th Attack Reconnaissance Battalion attached to the 101st Combat Aviation Brigade, 101st Airborne Division deployed to Bagram Air Base. There he served as an instrument examiner, a standardization instructor pilot and mentor to younger pilots and aircrew.

He retired, for the last time, in April 2019.

## NORTH CAROLINA NATIONAL GUARD EMPLOYMENT CENTER

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# FIT TO SERVE

Program Trains North Carolina  
Guardsmen to be Fit for Life

By Spc. Alonzo Clark

**Assistant Contractor Manager with The Peak, Inc., Brad Hollingsworth makes sure North Carolina National Guard (NCNG) participants performed the exercise, "the egg roll," where they roll left to right to properly stretch their head and neck at Camp Butner on January 28, 2020 in Stem, North Carolina. The NCNG contracted with The Peak, Inc. where they instructed Soldiers on proper health and fitness.**

Fit to Serve is known to be a foundational remedial course that assists Soldiers who struggle meeting Army height and weight standards and have problems passing the Army Physical Fitness Test (APFT) scores.

Assistant Fitness Contract Manager, Brad Hollingsworth wants to see Soldiers make strides to achieve their health goals.

“A huge part of our program deals with a lot of mindset and goal setting education. A lot of the motivation is creating them to get them to where they want to go, rather than giving them a bunch of ideas on nutrition and fitness,” Hollingsworth said.

Participants attended the initial six-day camp where Master Fitness Instructors and fitness contractors from The Peak, Inc.

This is Peak’s second class contracted through the NCARNG.

On the first day, volunteers

are evaluated on their diagnostic APFT, and using an InBody scale where their body fat, body composition, and lean muscle tissue are measured.

During Hollingsworth’s time in service with the United States Marine Corps, he wished an opportunity like the Fit to Serve program exist so he could prevent some of his injuries.

“I have some injuries that I wish I knew how to get rid of, but when I got out the Marine Corps, I decided to study exercise science and coach Marines, Soldiers, and Airmen who want to achieve an optimal level of fitness to successfully do their jobs,” Hollingsworth said.

The participants receive plenty of tools to educate them on the importance of adequate sleep, breathing techniques, making healthy food choices, accountability, and keeping consistent workout plans.

To accomplish such goals,

one educational tool Soldiers were instructed to use is a smartphone application called Volt.

This feature gives Soldiers the opportunity to incorporate three weight training or body weight training days, and two conditioning workouts each week to challenge each individual to get a full body workout.

Fit to Serve Participant, Pvt. Andrew Ensley, with the 105th Military Police Battalion, Asheville found the Volt App to be helpful.

“I personally struggle with eating right, but now I have the Volt app to actually help do the exercises,” said Ensley. “I feel that it is going to help me accomplish my goals and get back to the person I want to be.

A common misconception is that Fit to Serve is similar to Basic Training workouts, but Fit to Serve participant, Pvt. Rosy Acosta’s with the 211th Military Police

Battalion in Youngsville experienced nothing similar to Basic Training.

“Honestly, when I first came to Fit to Serve, I thought it was like a basic training mindset, such as yelling and screaming,” said Acosta. “But honestly, the instructors were relaxed and they all are there to help you.”

MFTs coach, mentor, and monitor the participants throughout the entire six-month course via text, phone, email, or social media.

“Our first camp session, Class 20-01 in November, we had all but one soldier make significant progress in the APFT and the Inbody re-assessment,” said Rich Moravec, Director of Human Performance with The Peak, Inc.

“But, I’m expecting if we can get a 50% success rate, helping 1 out of 2 Soldiers get within the Army body-fat and body-weight standards, height and weight and pass their APFT, I feel like we are accomplishing something

meaningful and I feel like we are saving the Guard some money.”

One of the MFTs, Sgt. 1st Class Brett Schack, a Traffic Management Specialist at Joint Force Headquarters in Raleigh, described how the program isn’t limited only to the enlisted.

“I’ve seen a captain here last cycle, and even higher ranks,” Schack said. “They might feel shame, but you know they are our Soldiers no matter what, we have to help them because they

might be struggling the same way we are, and they might have been struggling longer than we have.”

Moravec stressed the importance for those to take advantage of the program before it’s too late.

“I would tell all Guard Soldiers that if you are struggling and can’t pass your Army fitness test on your own and you can’t get yourself in height and weight standards, this program is probably the best thing,” said Moravec.

“This program is where

you will not find anywhere else, and it doesn’t cost the soldier anything, just six days of their time.”

**If interested in the NCARNG Fit to Serve Program, ask your chain of command for more details. A Soldiers unit is authorized to use annual training days for this program.**

**The next camp session’s dates are on Mar. 22, May 3, and July 25, 2020.**



Rosalie Simcoe, with Cisco, smiles as she looks out the window during a ride in a Blackhawk Helicopter during a Bosslift event.

## ***Building Better Bonds with Civilian Employers***

Over 30 employers met at the North Carolina National Guard's (NCNG) Army Aviation Support Facility in Morrisville, N.C. March 10, 2020, to learn more about what the guardsmen they employ do during their time away from work.

By Staff Sgt. Mary Assistant Contractor Manager with The Peak,

1st Lt. Scott Beasley, shows Marion Houle, with Cary Area Emergency Management Services, the inside of an Apache Helicopter during a Bosslift event



The event, known as Bosslift, is sponsored by the North Carolina Employer Support of the Guard and Reserve (ESGR) and is aimed at helping Soldiers build a relationship between the NCNG and civilian employers.

“I think it’s important for our employers to understand what we do as Soldiers and here as pilots in order to prepare for both our domestic operations and also our wartime mission, they are the key linkage for us to be able to do what we do,” said Lt Col Dan McAuliffe, the executive officer for the 449th Theater Aviation Brigade. “Without their cooperation and support, we just can’t get the training we need to accomplish our mission safely.”

Several leaders from the 449th explained to the employers the importance of the Guard’s mission both deployed and at home, and the importance of the training Soldiers complete during their once monthly drill weekends and their annual trainings which typically last around two weeks or more.

McAuliffe said he hopes that by understanding what their training entails, Soldiers will have an easier time when requesting time away from work for Guard commitments.

“It’s not just two weeks a year, it’s not just drill weekends, it is more than that,” said McAuliffe. “By

employers understanding the complexity of what we do and how their employees fit into that equation, it makes the conversation they have to have a lot easier.”

After learning about the training demands of the Soldiers they employ, the group, ranging from managers to business owners, had the opportunity to experience the more thrilling side of being a Soldier; they got to take a ride in a Black Hawk Helicopter.

Ken Oppenheim, an area chair for ESGR, helped organize this Bosslift in part because the Soldiers of the 449th returned from their deployment a little over a year ago.

Oppenheim said that he hopes fostering this relationship will help the employers be more supportive of the Soldiers who work for them.

***“They can’t live on a drill paycheck,” he said. “So they’ve got to have the employers standing behind them.”***

The North Carolina National Guard stands ready to deploy, both for federal missions and in support of domestic operations like hurricane recovery, but the Soldiers would not have the support they need were it not for the support of their civilian employers.

To learn more about the NC ESGR visit their website:

<https://www.esgr.mil/About-ESGR/Contact/Local-State-Pages/North-Carolina>



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## **The Mission of the Sexual Harassment/Assault Response and Prevention (SHARP) Program**

The SHARP program helps to achieve the goal of the Secretary of Defense to eradicate sexual assault and sexual harassment from the military. SHARP helps to create an Army culture where all Soldiers have the values, tools, and skills to prevent sexual violence. SHARP also provides sensitive care and confidential reporting for victims of sexual assault while holding offenders accountable for their actions.

### **The goals of the SAPR Program are to:**

- (1)** Create a climate that minimizes sexual assault incidents, which impact Army personnel, Army civilians, and Family members, and, if an incident should occur, ensure that victims and subjects are treated according to Army policy.
- (2)** Create a climate that encourages victims to report incidents of sexual assault without fear.
- (3)** Establish sexual assault prevention training and awareness programs to educate Soldiers.
- (4)** Ensure sensitive and comprehensive treatment to restore victims' health and Well-being.
- (5)** Ensure leaders understand their roles and responsibilities regarding response to sexual assault victims, thoroughly investigate allegations of sexual assault, and take appropriate administrative and disciplinary action and subjects are treated according to Army policy.