



Sthe New York Guard Sentinel

Volume 12 Issue 1

Fall 2020

	Governor	Andrew	М.	Cuomo
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Cover Photo:

New York Guard Pfc. Jessica Hidalgo, assigned to the 65th N.Y. Guard detachment, stands for a portrait at the Connecticut Street Armory, Buffalo, New York, May 14, 2020. The Connecticut Street Armory serves as the New York National Guard's headquarters for joint-service COVID-19 response operations in Western New York. (U.S. Air National Guard photo by Airman 1st Class Michael Janker)

This is the first Sentinel Issue we have published since our Centennial Celebration Issue in 2017. The New York Guard Public Affairs Office was in the process of gathering content for an early Spring 2020 edition, and then Covid-19 Operations began and most of The Sentinel Staff were put on State Active Duty. We had to readjust and refocus our issue to the changes that were happening around us. Brigadier General Warager wanted a historical issue to cover these historical times, and under his directive most of the connect you will find is Operation Covid-19 related, March 2020 and forward. There is an abundant amount of material that we could include, but as the Editor I wanted to add stories that you will not see everyday on our Facebook Site (www.Facebook.com/NewYorkGuard) or see on our new Instagram Page (Follow @NewYorkGuardSdf on Instagram).

We wanted to get stories from the Service members who are on State Active Duty or who have been personally affected by Covid-19.

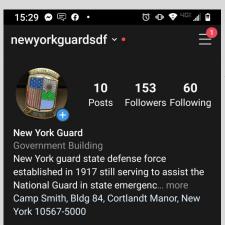
We had to make and editorial decision regarding content, and unfortunelty we couldn't include stories that occurred prior to Mid March 2020. If you would like to review additional stories, pictures, and much more visit our Facebook page, <u>YouTube Channel</u>, and <u>Word Press Page</u> to read about the accomplishments of your New York Guard. Additional we received hundreds of photos, most of which we still havent had the opportunity to edit and upload to Facebook, but some have been posted to the DMNA JFHQ <u>National Guard Flicker</u> site that you can visit and view photos taken by the New York Guard and New York National Guard Public Affairs Teams across the State.

I would like to acknowledge the Service members who took on the "additional duties" as part of the editorial staff for their time in writing and editing the multitude of stories received.

A special thank you and acknowledgement goes to Lizavata Getman (my wife), who graciously and generously dedicated hours of her time (in between taking care of our daughter and helping her with her school work and summer in home activities) laying out and designing the majority of this issue. Thank You!! If it wasn't for her help and the efforts of The Sentinel Editorial staff this extensive issue wouldn't have been possible. Thank you to Mrs. Jill Greene for your assistance in proof reading and helping to review the issue for quality control.

If you have images, stories, or ideas that you would like to include in the next issue please contact PAO@NewYorkGuard.US we would appreciate your input and materials. Hopefully we will be able to produce an issue at least quarterly moving forward.

I am proud to be the Public Affairs Director for the New York Guard, and thank you for the amazing work you are doing to support our State and Country. We would love to share your experiences and stories, so remember share this magazine with your friends, family, like US on Facebook, on



© • ♥ □ Instagram and spread the word about the New York Guard.

103 Years of Service and Going Strong.

All the Best—Stay Safe

Captain Mark Getman
Editor In Chief



Fall 2020 Sentinel: From the Commander, New York Guard

This has been a very difficult and stressful year, a once-in-a-hundred-years event for our nation and state, yet once again, when called to serve, the NYG has really stepped up and performed in an outstanding manner, despite all of the adversity that has been presented.

Since March 9th the NYG has been on State Active Duty in support of the NY Military Forces' (NYMF) response to the COVID-19 pandemic. We have averaged almost 80 soldiers on SAD during the mission, on Day 240, November 4th 2020, and counting, although that number is being adjusted (currently 79) as part of the overall 'rightsizing' of the force going forward. NYG soldiers have been assigned to roles across the mission, including serving in multiple and important roles in four of the five JTF TOC's and working in the JOC at the Division of Military & Naval Affairs (DMNA) in Latham. NYG soldiers established and operated the warehouse at Camp Smith Training Site (CSTS), creating an SOP that will be used going forward for similar warehouse missions. NYG soldiers have or are serving in the warehouse in Oriskany, at JRSOI sites, and at multiple COVID-19 test sites. NYG soldiers served at the Javits Center and NYG chaplains have supported the mission across NY State.



Brigadier General David J. Warager Commander NY Guard

When National Guard service members were assigned to support the NYC Medical Examiner recovering decedent's remains in NYC, a very difficult but important mission which was highlighted on 60 Minutes, there was an urgent need for critical incident stress management counseling and the NYG was able to respond with MAJ Michael Doria, who is professionally certified in this area and was able to fill this important role. During Operation COVID-19 the NYG has achieved a historical first, NYG soldiers have been assigned as a JTF Commander (COL Peter Riley of JTF North) and as a JTF Deputy Commander, (LTC Kevin Swab of JTF North and LTC David Ryan of JTF COVID). In addition, nineteen NYG soldiers serving on the COVID-19 Mission at CSTS have been recognized as Soldier of the Week.

Across the mission NYG soldiers have used down time to engage in certification training in Forklift Operations, Gator CUV Operations, and FEMA IS courses with a variety of instructors coordinating classes, including earning MEMS certifications. During this period 86 NYG soldiers have earned their MEMS badge and 76 NYG soldiers have earned their MEMS Flash for also having served during an activation.

The mission accomplishments of the overall NYMF on Operation COVID-19 are substantial and have made a major contribution to how NY State has successfully combatted this pandemic. We should take pride in knowing that every NYG soldier on SAD, and the many NYG soldiers working behind the scenes, not on SAD, have contributed to the ability of the NYMF to complete these accomplishments and make a positive contribution to the success of this mission to date.

I note with sincere thanks the special efforts that the Area Commands have taken to look after our soldiers, our fellow brothers and sisters in arms, both on SAD and not, and also support the families of those NYG soldiers away on SAD and of those who have personally suffered with COVID-19 or had family members suffer. However, we do still have a way to go and we expect the mission to continue into 2021. Furthermore, the impact of the COVID-19 pandemic on society in general, and the State of NY specifically, will continue to affect the operations of the NYG, including cuts to our budget (and the overall budgeting of NYS) and the continuing need to comply with NYS rules on social distancing.

Command Staff Messages

Likewise, our IET training will need to be revised and the 12th RTI and G-3 are currently working on this as well. We are going to try to have some in-person component to IET, but that will be subject to our compliance with NY State and DMNA rules which will require an all virtual experience.

Our motto for this mission has been "Semper Gumby", (always flexible), and NYG soldiers have stepped up to this motto and been extremely flexible to adjust to each day's challenges. This effort has been observed and appreciated across the leadership of the DMNA. Before this mission is over it will be the largest mission for the NYG since WWII.

<u>I thank you all</u> for your contribution to date, your willingness to be "flexible" and for your continued contributions, whether on SAD, behind the scenes or in being prepared to be called.

Stay Safe and Semper Gumby.

BG David J. Warager Commander

Deputy Commander, New York Guard



2020 has been a challenging year for the NY Guard. We are engaged in our largest and longest deployment since 9/11/2001, and there is no end in sight. The implications of this mission are numerous. The most egregious of these is that we are not conducting in person drills or training. The order from the Adjutant General and the Governor is that this will go on until at least December 31st 2020. But keep in mind that if there is a surge in cases this order could be extended. This has also affected the ability to hold Annual Training. So as of now, because of budget constraints and Covid-19, there is only the possibility of holding initial entry training.

Therefore, for the foreseeable future we will have to continue with virtual drills and training. The Area Commands have been given instruction to train in this virtual environment. We know that this is not an ideal scenario, but it is the only way to maintain our readiness for this mission and any potential missions involving hurricane season.

Colonel David Molik Deputy Commander

We are all soldiers. The American soldier has been always ready to adapt to their mission and training environment. We are asking that of you now. Your Command Group wants you to realize that we are committed to providing the best leadership and training so that you are

ready for whatever duty you are asked to perform.

Stay committed, stay strong and stay in the fight.

Colonel David Molik Deputy Commander

NYG Chief of Staff

I would like to take a moment to discuss the many changes we all have seen due to COVID 19. Since March 2020, the world has experienced something it has never seen before. Yes there have been Pandemics in the past, but none in this century. With how the world has evolved with technology and creature comforts, mankind still can be tested and challenged. The change to daily life has been enormous. The economy, education, companies, and most importantly the healthcare system has been pushed to its limits.

Throughout all of this turmoil, the NY Military Forces (NYMF) were asked to stand up and assist NYS in this time of need. As DMNA always does, they responded quickly and appropriately. The size of the force and length of this activation has stressed all NYMF's to their limits. I as a dual hatted member DMNA have seen the commitment and response this agency can accomplish.



Colonel Edward Keyrouze Chief of Staff

Many DMNA employees as with many of you have not reported to your workplace since March 2020. Yet many have still work at home to accomplish what is needed to support the forces in the field.

As Chief of Staff to the NY Guard, I am proud to see the commitment our service members (SM) have made and continue to serve during this lengthy activation. Also the SM's not currently on SAD stay actively engaged in the background. There is always a way to support the mission even if you are unable to activate. The Command Group as well as the SM's that are activated appreciate your support.

2020 will continue to be a challenge with an unknown date to the end of this pandemic. This has affected NYG from being able to drill, conduct an Annual Training or hold conventional professional development schools. The 12th RTI stepped up and has posted many online courses available for the NYG SM's to take. There will be more added in the future. In these changing times, online training will become more the norm. I ask for all of your support in taking these classes if applicable and giving constructive criticism through your chain of command to the 12th RTI so course content can be improved.

In closing, thank you for your commitment and support in these trying times. As the NYG always does, we will prevail through these historic and unprecedented times. Together we will come out of this as an improved and stronger organization. Be proud of being a member to the NYMF's and the NYG.

Colonel Edward Keyrouze Chief of Staff

Command Staff Messages

Command Sergeant Major



Dave Rogers New York Guard CSM

During my briefing at the February Commander's Conference, I unofficially declared 2020 as the "Year of the NCO". Of course at the time, I did not foresee competing with the "Year of the Corona Virus", so I may have to extend it a little. I will not reinvent the wheel. We already have a great NCO Corps. My campaign will be to bolster the NCO ranks with professional, loyal, credible, reliable, experienced and knowledgeable members who will enhance the NYG, especially in these trying times.

You have to depart from the images of movie NCOs. It is not Command Sergeant Major (CSM) about who yells the loudest, swears the most, and constantly punishes subordinates. Also understand the NYG NCOs are very different that Federal Service NCOs. As an Army Platoon Sergeant, I

was in charge of 50 Soldiers. That's almost an Area Command in our organization. And being a Federal NCO is a career choice, not just a few stepping stones between the progressions from Private to Colonel.

So here are my challenges to all members of the NYG:

To the Enlisted Members: Follow the (legal) orders of your NCOs. Know that there is a time and place to ask questions, and it is not at the time of execution. But do not be afraid to ask questions later as it is the charge of the NCO to give you guidance, purpose, and mentorship. Develop skills by reading leadership books, NYG Directives, and taking notes. And strongly consider the NCO career path. You can help me shape the future NCO Corps.

To the Junior NCOs: Hone your leadership skills by reading as well, but also remember, "when in charge, take charge". We do not need Junior NCOs as senior sandbag fillers, we need leaders. The progression into the Senior NCO ranks will be much more stringent now. It is not just about time in service/grade, it's about performance and potential. Moving into the Senior NCO realm now will be more of a knighthood than a promotion.

To the Senior NCOs: You are now the "Guardians of the State". Take care of your subordinates, assist your peers, and earn the respect of your seniors. There are many resources to hone leadership skills, guides, directives, regulations, etc. But I've found that the absolute simplest resource is the NCO Creed. When was that last time you really read it? Not memorized it, read it line for line. And at the end of each sentence ask yourself, "Am I honestly doing that?" Do this, and you will pass any leadership test.

To the Officers: NCOs bring experience to the table, which supplement your professional knowledge, thereby developing a strong leadership team. Task your NCOs with greater responsibility, and trust they will complete the mission. You have to take that chance, for "unproven leadership will never enjoy the benefits of proven leadership" (Rick Leonardi). Communicate your expectations of them clearly and concisely, while actively listening and understanding their expectations of you.

I ask you all to check out my reading list and "CSM Sends" discussions on the NYG Intranet. And know this one thing; I am VERY approachable by all ranks. Follow your chain of command and NCO support channel, but if you hit a roadblock, reach out to me. I may not have the answer you are looking for, but I'll help you find it.

CSM Dave Rogers, Command Sergeant Major of NYG

The Adjutant General Endorses the Reinstitution of the New York Guard Operational Support Medal

At the request of the Brigadier General David J. Warager, Commander, New York Guard, Major General Raymond Shields, The Adjutant General, endorsed the reinstitution of the New York Guard Operational Support Medal.

The Operational Support Medal was part of the New York Guard award program until the early part of the last decade. The Commander, sensing the need for an award that fills in the gap when service members' state active duty does not fall into the criteria for any state awards, requested that the New York Guard award section develop a rationale to present to the State Award Board.

The State Award Board concurred with the points advanced by the award section and presented the request to the Adjutant General who approved the request this past June.

With approval, the award section will be processing award requests for past operations, such as Operation March Cleanup and Operation Maria.

New York Guard Awa<mark>rd Section delivers 308</mark> awards in 2019

The awards section processed and delivered 408 awards to the Area Commands and Headquarters in 2019. The awards breakdown is as follows:

Commander's Citations: 114

Humane Service Medal: 71

Achievement Medal: 40

Long and Faithful ribbons and medals: 31

Service ribbons: 22

Good Conduct Medal: 9 **Recruiting Medal**: 9

State awards: 9

Distinguished Graduate ribbon: 3



Virtual Training

Lieutenant Colonel David J. Albanese G3, NYG

The effects of the COVID-19 virus have had a great impact on our training. We must fight through these challenges to continue our training despite varying obstacles. In order to maintain a trained and ready force, everyone must become familiar in using these new training venues that have been implemented. As technology continues to expand, we must also expand our use of it. On-line training for the New York Guard is now listed in a matrix that can be found through the New York Guard email system at https://sites.google.com/a/newyorkguard.us/new-york-guard/Home/g3-library

The matrix lists annual, required, and optional training along with links to the various training sites. It is a useful tool for Soldiers to map out career progression, specialty training, and professional knowledge. The training matrix will allow units to choose training topics during virtual drills in addition to using group conference platforms such as Google Meeting or Zoom.

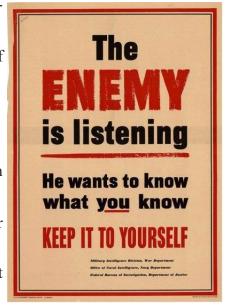
As NYG missions change, we must remain flexible in order to keep pace in both reinforcing our skills and developing new capabilities to maintain our status as a force multiplier.

Operations Security (OPSEC)

It is important to remember OPSEC. OPSEC protects sensitive, unclassified, official use only information and it also protects the individual. Recently New York military forces were warned not to travel in uniform, to remove any emblems from their vehicles showing military affiliation, and not leave military items in their vehicles. The threat of both domestic and international terrorism is out there and during these uncertain times it is important to maintain situational awareness and vigilance.

Exercise caution:

- Information concerning NYG missions, mobilizations, and movements should only be shared with those that have a need to know.
- Monitor news and social media platforms and remain informed of instances of escalating violence.
- Stay abreast of scheduled protests and avoid the areas.
- Adhere to local curfew rules. Violence largely occurs after dark.
- Do not travel in uniform. Avoid revealing your military affiliation on your clothing, vehicle, or home.
- Report any unusual or threatening texts, emails, mail, phone calls, or contacts to your chain of command.
- Ensure you have received from your unit leadership, the most recent protection guidance.



Operation COVID-19 Chaplain Corps Highlights

Since March 2020, the New York Guard Chaplains have been activated in support of Operation Covid-19 (Go to https://www.facebook.com/NYNGRST) for more images.

Here are the highlights of the NYG Chaplain Corp:

- (2) Chaplains, (1) Religious Affairs Specialist activated on paid SAD. CH (CPT) John Muniz assigned to JTF 1 (NYC), CH (1LT) Gary Ferris assigned to JTF 2, WO1 Stephen Johnson assigned to JTF 4 until Easter, then reassigned to TF369 in Harlem Armory working with both 369 Brigade and 369 STB Battalion Chaplains, until mission consolidated to CSTS as COVID Command. •
- CH Ferris while on mission was promoted to 1LT, along with the NYG Chief of Chaplains, CH Gardner, was promoted to LTC. WO1 Johnson was awarded challenge coins from the 27th Infantry Brigade, 369th Sustainment Brigade, and the NYS Chaplain's office for his role during this operation. CH Ferris and CH Muniz were awarded a challenge coin from the NYS Chaplain's office for their role during this operation.
- Duties included: Providing worship services to SMs and civilians at various sites. Field Communion services. Distribution of religious items and literature. Checking on the morale and wellbeing of SMs in the field. Wellness checks of SMs on quarantine. Pre & Post-Deployment to OCME mission briefing to SMs utilized for recovering human remains throughout the NYC & Westchester areas.

CH (1LT) Ferris, is a Chaplain assigned to the NYG 10th Area Command, and he has been ministering to service members on Operation Covid-19 since March 2020. He joined the effort in March, initially covering sites in Westchester and Rockland counties. CH Ferris is currently based in Syracuse, and he continues to minister at SAD works sites in the NY upstate area. CH Ferris is an ordained Baptist minister, and is currently in the process of converting to become a Catholic priest.

As of November 2020, New York Guard Chaplain continue to serve on State Active Duty supporting the New York Army National Guard Chaplains Corps and Operation Covid-19.



NY Army Guard Chaplains marks 245th Birthday of Chaplain Corp Latham, NY, United States 07.29.2020

Story by Eric Durr Original story published New York National Guard



LATHAM, New York--The New York Army National Guard marked the 245th birthday of the Chaplain's Corps on July 29 with a short ceremony broadcast on Facebook Live.

Putting the short ceremony, which consisted of some remarks and a discussion of the history of the chaplaincy, online makes sense because of the COVID-19 gathering restrictions and because it lets more people take part across the state, said Chaplain (Major) James Kim, the Operational Chaplain for New York.

The Continental Congress created the Continental Army on June 14, 1775. On July 29, 1775, at the request of General George Washington, the commander of this new Army, Congress created a chaplain's corps to minister to the Soldiers.

Each regiment was assigned a chaplain and while that chaplain was not a Soldier he was paid at the same rate as a captain. Chaplains provided religious services for the Soldiers, aided the wounded and have historically served a as a sounding board for commanders and Soldiers alike.

Originally the chaplains were all Protestants, but as the nation changed there were Catholic chaplains and Jewish chaplains and African-American chaplains, Kim said. In 1979 women joined the chaplain's corps.

Since the Revolution chaplains have served with American Soldiers in every battle, Kim said in a short presentation. The New York Army National Guard currently has 26 chaplain's slots but only 14 chaplains, Kim said.

The New York Guard, the state's self-defense force, has a small corps of four chaplains who help provide services to Soldiers, Kim said. Two of those chaplains-- Chaplain (Cpt) John Muniz, and (1Lt) Gary Ferris—joined Kim for the July 29 observance.

The New York Air National Guard has more than 20 chaplains serving its five air wings.

Chaplains are always officer, Ferris said, but they are not commanders. They do not lead in battle.

And chaplains are never addressed by their rank. They are called chaplain so that Soldiers of every rank feel comfortable speaking with them, he added.

Story originally published on DVIDS on 7/29/2020

Chaplains have nurtured the living by providing religious services and a readiness to listen; honored the fallen; and cared for the wounded, Kim said.

Chaplains also care for the wounded, and have often stayed with wounded Soldiers when a unit had to retreat in the face of overwhelming enemy force.

Nine chaplains have been awarded the Medal of Honor because of this tradition of service. Two were from New York.

One of these was Francis B. Hall, a Plattsburgh, New York resident who served with the 16th New York Infantry during the Civil War and distinguished himself by evacuating the wounded under fire during the Battle of Chancellorsville.

The other was Navy chaplain Vincent Capodanno, a Staten Island resident, who was awarded the Medal of Honor for his selfless service with the Marine Corps in Vietnam in 1967 when he was killed trying to aid fallen Marines.

The New York National Guard can claim the most decorated chaplain in the history of the chaplain's corps: Father Francis Duffy, the chaplain of the 69th Infantry whose statue stands in Times Square.

Duffy, a veteran of the Spanish-American War and World War I was awarded Distinguished Service Cross, the Distinguished Service Medal and the Legion of Honor and the Croix de Guerre by the French Army. He accompanied the stretcher-bearers under fire to retrieved wounded Soldiers and was portrayed in a 1940 movie by actor Pat O'Brien.

Another New York Chaplain, Captain Clark V. Poling, who was a pastor in Schenectady, was one of the "Four Chaplains"—two Protestants, a Catholic priest and a Jewish rabbi—who gave up their life jackets to Soldiers when the troopship Dorchester was torpedoed in January 1943. The four men could not be awarded the Medal of Honor but they all received the Distinguished Service Cross.

Brig. Gen. John Andonie, the Director of Joint Staff for the New York National Guard, said it's important to remember the role that chaplains play in the military.

The basic role of the chaplain hasn't changed: take care of Soldiers, aid the wounded and honor those who have died, he said. But the mission is now more complex, Andonie said.

Chaplains now have to deal with the hidden wounds of PTSD as well as wounds that can be seen and they are also caring for Soldiers families as well, Andonie said.

"It's important to take the time to remember the important role chaplains fill," Andonie said





In Retrospect

Contributed by Chaplain (CPT) John Muniz.

While on State Active Duty (SAD) in July 2020, Chaplain Muniz was interviewed by Spanish TV station while assigned to Joint Task Force—NY, as part of Operation Covid-19. CH Muniz has been on SAD Operation Covid-19 since April 1, 2020, and served with JTF-South (CP NYC) located at the Javits Center in

New York City. During this time, CH Muniz has been providing ministry of presence, emotional and spiritual support to the Soldiers and Officers assigned to JTF– NYC, whose missions include food distribution, food pantries, access control, alternate care facilities, and test sites throughout the five boroughs of New York City. These Soldiers come from various military units such as the Army National Guard, Air National Guard, New York Guard, Navy Militia, and Navy.

Recently, CH Muniz was assigned to four sites in Long Island to provide the necessary support to the various troops.

Besides providing ministry of presence, emotional and spiritual support, CH Muniz had provided short term counseling, career counseling, and crisis intervention to several Soldiers who lost their parents or loved ones due to the Corona Virus. CH Muniz helped in food distribution at the various sites and the different food pantries.

Regarding sacerdotal functions, CH Muniz provided the reading of Scriptures including the Psalms, Proverbs and New Testament. CH Muniz also offered Holy Communion, prayers, and several memorial services working together with other Chaplains from the Air National Guard and Army National Guard.

CH Muniz before his deployment for COVID-19 Operations, in early March 2020, held a successful support group meeting for the New York Guard Family Support Group which held every Friday from 2000 to 2200 Hours. It is hoped that this support group will continue after the COVID-19 Operation is completed.

CH Muniz thanked the two Religious Affairs specialists who have been with him during this mission, and they are SGT Turi from the Army National Guard and SSGT Mancuso from the Air National Guard. They were a great help during the time they were with me on this mission.

NYG Chaplains Answer the Call



The 12th Regional Training Institute during this period of "lock down" due to the pandemic has posted "on line training" available for all New York Guard (NYG) personnel on the New York Guard 12th RTI. Me page which can be found on the internet at

https://sites.google.com/a/newyorkguard.us/new-york-guard/Home/12th-rti/12-rti-training-materials

YOU MUST USE YOUR NYG EMAIL TO ACCESS THE SYSTEM.

All NYG soldiers are encouraged to access the site and utilize the materials present in Modules 1-6 of the folders marked Pre-Deployment Training. These folders contain general information about the NYG, our wire diagram, mission, together with familiarization on individual training required for various missions assigned to the organization. To maximize your online experience you should follow the directions contained in each module send an AAR as directed and you will be given an evaluation sheet for you to complete and return. The evaluation sheet will be graded and returned to you prior to you starting the next module.

Upon completion of all six modules a certificate is issued by the 12th RTI.

Soldiers should feel free to enter and use the DLAN folder and if they do not already have a "log in" for that communication platform the procedure for obtaining one is present at the end of the program. Similarly, soldiers are invited to utilize the PRO-REQ training module to learn the key document used to order supplies.

We request that service members not enter into folders other than:

- a. pre professional development module 1 through 6
- b. DLAN and
- c. PRO REQ

as the "other" folders are under construction.

Service Members in specific schools will be directed to utilize some materials present in the "other" folders.

Should you have any questions do not hesitate to contact Lt Scott Blake or MSG Bladen at the 12th RTI using your NYG email.

The 12th RTI looks forward to servicing the force moving forward with more "on line" mission oriented training so remember to submit your AAR so we can adjust the system to your needs.

Safety Briefing

Story By: Captain Mark Alperin, PA-NYG 244th Medical Group

Heat exhaustion is a result of your body overheating. It is one of three heat-related syndromes, with heat cramps being the mildest and heat stroke being the most severe.

Causes of heat exhaustion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity. This can happen to any soldiers, at any time. Keep in mind it can happen during training and exercises even in winter. Without prompt treatment, heat exhaustion can lead to heatstroke, a life-threatening condition. Fortunately, heat exhaustion is preventable.

Signs and symptoms of heat exhaustion may develop suddenly or over time, especially with prolonged

periods of exercise or while wearing heavy gear or special uniforms (such as a CERT suit). Some heat exhaustion signs and symptoms include:

- Cool, moist skin with goose bumps when in the heat
- **Sweating**
- Feeling light-headed, dizzy or faint,
- **Fatigue**
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

If you think you may be experiencing heat exhaustion:

- Stop all activity and rest
- Move to a cooler place
- Drink cool water or a sports drink

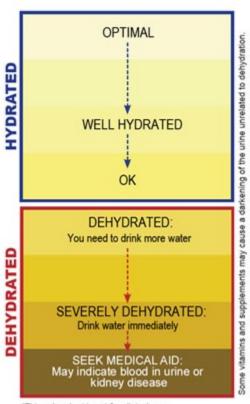
There are some precautions you can take to prevent heat ex-

haustion and other heat-related illnesses. When the participating in exercises or in warm weather, remember to:

Wear loose fitting, lightweight clothing. Wearing excess clothing or tight-fitting clothes will not allow your body to cool properly.

Protect against sunburn. Sunburn affects your body's ability to cool itself. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or sweating.

Are You Hydrated? Take the Urine Color Test



*This color chart is not for clinical use.



PAUL HORN / InsideClimate News

Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature. Take extra precautions with certain medications. Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.

Take it easy during the hottest parts of the day. If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening. How to Choose a Hydration Pack: Determine pack use. The size and style of your hydration pack should be determined your activity. Before picking a pack, decide whether you will be running, cycling, hiking, skiing, or backpacking. Pack use for high aerobic sports Runners, cyclists, and skiers should use a waist pack-style or a low-profile backpack-style hydration system.

These designs will not affect your balance. Hydration Pack

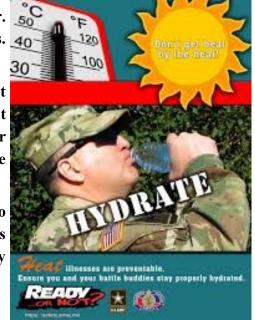
styles for hiking Hikers can afford to go with a bulkier backpack that includes plenty of cargo space for gear. Hydration systems for backpacking Backpackers cannot wear an independent hydration pack, but they can stow a bladder and hose inside their backpacks. In this case, they should ensure that their backpack includes a port for the hose and an interior sleeve that will hold the bladder. Decide on reservoir size

Hydration requirements differ depending on the person, the activity, and the weather. A runner can easily sweat a liter (34 fluid ounces) an hour. Know your own body's needs and take this into account,

how long you will be out for, and if you can refill along the way. You may be deployed to a location that does not have drinking water. The most common reservoir sizes are 50, 70, and 100 fluid ounces. Determine cargo requirements.

What do you need to carry besides water? A trail runner might just want to stash an energy bar, while someone on a long day hike might pack more gear. You may be working out and training and other times you may be deployed for longer periods of time and with more gear.

Consider Pack weight When choosing water and cargo capacity, also consider how much the pack will weigh when full. 100 fluid ounces of water weighs about 6.5 pounds. That is a lot for a runner to carry on their back or with full gear.



Choose insulated or non-insulated packs

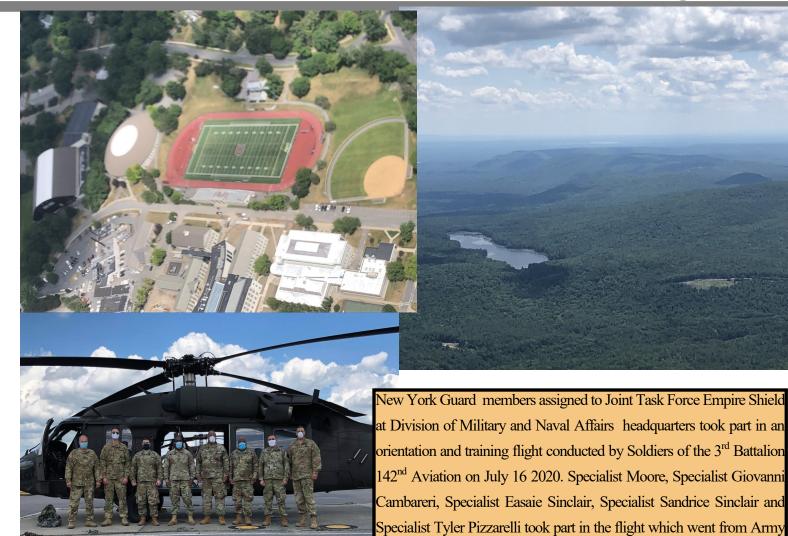
An insulated bladder sleeve and foam insulation around the hose will help prevent freeze-up in winter. Conversely, the insulated sleeve also keeps cold water from heating up too rapidly in hot weather.



These can be nice features, though they do add to the cost of the pack. Waist belt - Any hydration pack that weighs six or more pounds when full should include a waist belt. This will keep the pack from flopping around too much when you run and jump. Sternum straps Always a good idea, a sternum strap keeps the shoulder straps in place, no matter the activity.



New Heights



Photos by Specialist Tyler Pizzarelli, NYG

Aviation Support Facility #3 to Lake George and back.



Lake Ontario Flooding 2020



In response to flooding along the Lake Ontario Shore line vicinity, 43 services members from the various components of New York Military Force are on State Active Duty as part of Joint Task Force Ontario (JTF Ontario). Service members from the Army National Guard, New York Naval Militia and New York Guard, State Defense Force are deployed to the Lake Ontario region area within Joint Area of Operations (JOA)4 and JOA5. JTF Ontario has been activated while New York State Military Forces currently has 3200 service members deployed throughout the State supporting the New York National Guard and NY State multi-agency response to COVID-19. (Photos by Division of Military and Naval Affairs Captain Mark Getman, New York Guard)

New York Activated For Lake Ontario Flooding 2020

Photos and Story by Captain Mark Getman

SYRACUSE, N.Y. -- With water levels in Lake Ontario four feet higher than average, the New York National Guard put 46 personnel on state active duty to help control flooding. This is in addition to 3,600 personnel on duty as part of New York's response to the COVID-19 pandemic. The New York Army National Guard Soldiers, along with a few members of the New York Guard and New York Naval Militia—both state only forces—installed several 250-foot lengths of water barriers and emplaced 9,324 sandbags to protect the Monroe County Sheriff boat launch since missions began on April 27.

Joint Task Force Ontario, based out of the Thompson Road Armory in Syracuse, is working with local agencies identified on missions identified by the New York State Division of Homeland Security and Emergency Services. "It feels good to be on my first state active duty mission, where I am helping out," said Pfc. Ameer Jumadeen, a member of the 1156th Engineer Company and a Queens, New York, resident. "This is why I enlisted." This is the fourth year that the New York National Guard has been tasked to control flooding on Lake Ontario. In 2019, a total of 627 New York Military Forces members took part in flood control missions from May to September. At one point, 400 personnel were on duty.

Heavy rains throughout the Great Lakes region, combined with flooding rivers in Ontario and Quebec, resulted in higher than normal water levels in Lake Ontario, according to the International Joint Commission. The commission regulates water levels in the Great Lakes and St. Lawrence River.

Lake Ontario Flooding 2020



Lake Ontario Region- NY – Joint Task Force Ontario J4 (Logistics) Team member Sergeant (Sgt) Randi Rainbow, New York Guard, Builder Petty Officer 2nd Class (BU2) George Sampson, New York Naval Militia (NYNM), Corporal (Cpl) David Vizhnay, NYNM, and Yeoman Petty Officer 1st Class (YN1) Edwina Williams, NYNM sorts and inventories Personal Protective Equipment (PPE) on May 5th 2020. JTF Ontario J4 team members are building a stockpile of (PPE) necessary to keep the JTF Ontario Strike Team service members safe and capable of successfully completing their mission of sand bag filling and sand bag emplacement along the lake shore line to help mitigate further flooding.

(JTF –Ontario Continued)

The members of Joint Task Force Ontario filled 293,060 sandbags and emplaced 385,460 sandbags. The task force personnel also emplaced 9,508 feet of water-filled barriers in place of sandbags. New York Military Forces personnel moved eight pumps and installed 36 pumps moved by other entities, during 2019. While water levels are higher than average on Lake Ontario, they are still six inches lower than they were in May, 2019, according to Command Chief Master Sgt. Shawn Peno, the New York National Guard's meteorologist. Water levels currently continue to fall, and are expected to drop an additional inch over the next 30 days, Peno said. However, he cautioned, heavy storms could result in higher water levels.

Meanwhile, the members of Joint Task Force Lake Ontario are inventorying supplies and getting ready for missions. "I have been in the Army National Guard for four years and it's really great to directly help my community. I feel proud of the work that I'm doing here," said Spc. Tom Biviano, an East Rochester resident assigned to the Headquarters and Service Company, 204th Engineer Battalion.

Story published on May 8th 2020 on DIVIDS (Defense Visual Information Distribution Service)



THE NY STATE RECRUITMENT MEDAL — Got yours?

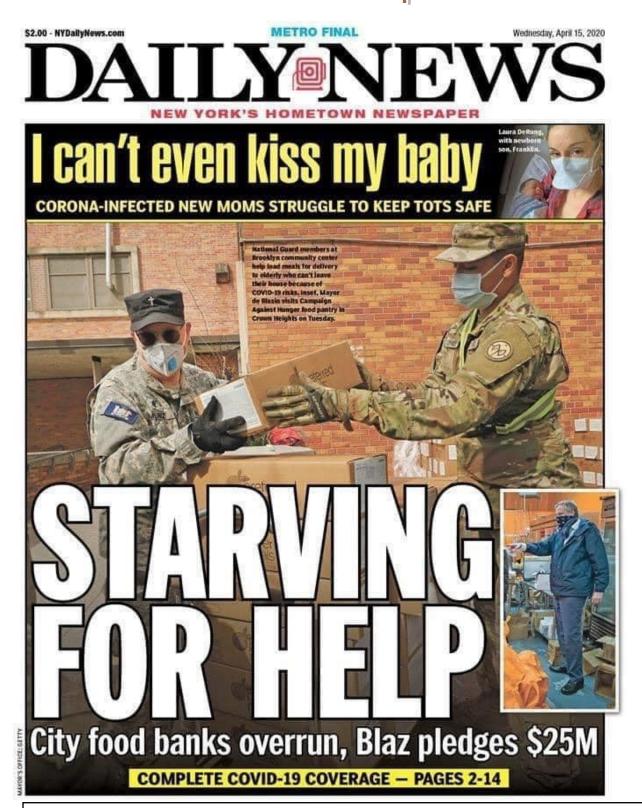
Contact your Area Command S1 on how you can qualify to receive Your NYG Recruiting Ribbon!!

JTF Lake Ontario 2020



New York Guard and New York Army National Guard service members assigned to Joint Task Force Ontario show off the masks they received from the New York Guard Association (NYGA) which were donated to the NYGA from Moms Making Masks for the Service members on State active duty. Captain Mark Getman, Director of Public Affairs, NYG (top left photos) received the bask of masks on behalf of the NYGA prior to reporting for State Active Duty and distributed them to the Service Members activated on Joint Task Force Ontario 2020. The New York Guard, New York Guard Association (NYGA) and New York National Guard Thank the Facebook Group Moms Making Masks....protecting the frontlines Covid-19 For their generous donation to the NYGA, and for supporting our Troops.

NY Guard Answers the Call - Operation Covid-19



CH (CPT) John Muniz, New York Guard Chaplain, assigned to Joint Task Force-NYC (JTF-NYC), was photographed on April 14 2020 while on State Active Duty (SAD) working along side the New York Army National Guard. CH Muniz's photo made the front cover on April 15 2020 of the NY City based Daily News.

NYG 244th Medical OCME Mission



Photos courtsey Major Michael Doria, NY Guard. Story by Captain Matthew Baker, NY Army National Guard

Airmen from the 107th Air Wing arrived at the OCME (Office of the City Medical Examiner) site in Manhattan on March 23, 2020 to assist New York City in the recovery and processing of COVID-19 deceased. City infrastructure built to handle the city's deceased had become overwhelmed. The 107th Air Wing was later joined by service members from the active duty Army, the Air National Guard, and the Army National Guard. By mission completion, approximately 375

service members were tasked.

There were two linked, but separate tasks involved in the OCME mission. Service members were teamed with a designated medical examiner to recover people that had passed. The recovery mission consisted of transporting remains from public places, personal residences, medical facilities, and long-term care facilities to processing sites established by the OCME and the NY National Guard. These deaths may have occurred due to COVID-19 related conditions, but also included other types of deaths that the city would be responsible for taking care of. Recovery teams were first tasked with manually recovering the body by placing the deceased in a body bag, following procedures set by the OCME.

The second task was to process the remains into the OCME record keeping system. An active duty mortuary affairs company experienced with the handling and processing of remains provided the main source of manpower for this task. That unit would follow the standards set by the OCME and their own high standards to ensure that the dead were dealt with respect and dignity. The mortuary affairs personnel then delivered the remains back to the National Guard troops for potential long-term storage.

Challenges of this mission included lengthy work shifts, 24-hour operations, possible personal exposure to COVID-19, having to respond to traumatic scenes and public media exposure. There was much concern for the welfare of the service members while they served on the mission, but also concern for their well-being upon completion. Behavioral health specialists and military chaplains were added to the OCME mission personnel to provide support. The support personnel were extremely active in engaging the service members in their work environments and participated in recovery missions and routinely performed wellness checks at the mortuary sites.

On 23 April 2020, almost three years from the date of his retirement from active military service, MAJ Michael J. Doria, PhD, MPH, was activated from the NY Guard to assist. While in the U.S. Coast Guard, then Lieutenant Doria served in the ranks of both enlisted and officer, as well as being in active duty and as a reservist with six mobilizations, of one overseas deployment to CENTCOM.



Doria has held many different leadership positions ranging from education, contingency operations, administration, training, security, and yellow ribbon. But most notably was when he served as the sole clinical neuropsychologist and program manager of the U.S. Coast Guard's Psychological Health and Traumatic Brain Injury Program.

MAJ Doria is now the Director of Psychological Health for the 244th Medical Group for the New York Guard. MAJ Doria began by working various shifts at the six mortuary locations, working different hours, to ensure that all service members had access to his services. On 30 April 2020 to 06 June 2020, Major Doria became the sole behavioral health provider for the Airmen of the 107th and 174th AW, providing onsite support services, assigned to Westchester and Orange Counties, Office of the Chief Medical Examiner.

During this period, he provided ongoing 1:1 critical incident trauma counseling; 24/7 behavioral health coverage; treatment for cognitive processing and prolonged exposure groups; team debriefs (psychological first aid), in addition to conducting crisis intervention groups with a focus on topics including managing the stress associated with the COVID-19 OCME Mission.

This included cultivating ways to improve self-care, developing a sense of control and ability to endure the demands of the mission, understanding of post-traumatic stress with regard to trauma exposure, warning signs of distress, redeployment reintegration, and end of mission preparation. One of the special events arranged by MAJ Doria was a home cooked Italian meal to honor the service members on Memorial Day. The meal was made up of five different home-cooked, authentic "Italian Grandma's" dishes, all made from scratch, for the Airmen to enjoy at their hotel. This was one of the morale highpoints that the Airmen reported throughout their time with OCME.

One of the special events arranged by MAJ Doria was a home cooked Italian meal to honor the service members on Memorial Day. The meal was made up of five different home-cooked, authentic "Italian Grandma's" dishes, all made from scratch, for the Airmen to enjoy at their

hotel. This was one of the morale highpoints that the Airmen reported throughout their time with OCME.

On 12 June 2020 the OCME mission ended for the National Guard and on 29 June 2020 Major Doria was released from State Active Duty.

In addition to his work as a Behavioral Health Officer assigned to National Guard, Joint Task Force 1- NYC (JTF-1 NYC). Maj Doria additional responsibilities while on State Active Duty also include researching and writing National Guard COVID-19 response policy and procedures pertaining to behavioral health issues service members may encounter while working on State Active Duty with the OCME and other traumatic missions.

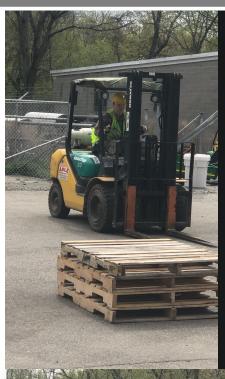




(Top Right) Four service members from the New York Air National Guard, New York Army National Guard, New York Guard, and New York Naval Militia, assigned to the New York National Guard's COVID-19 response operations in Western New York, stand for a photo at the Connecticut Street Armory, Buffalo, N.Y., May 14, 2020. The Connecticut Street Armory serves as the New York National Guard's headquarters for joint-service COVID-19 response operations in Western New York. (U.S. Air National Guard photo by Airman 1st Class Michael Janker)



The New York Guard has had over 90 service members on paid State Active Duty since March 2020 supporting National Guard efforts throughout the state, where they are providing logistics and operations assistance supporting the New York National Guard and NY State multi-agency response to COVID-19. (Courtesy Photos)





YOUTUBE.COM

New York Guard - Camp Smith Training Site Warehouse Mission Operation Covid-19 March -April 2020





New York Guardsmen Reflect on Three Months of COVID-19

STATE ACTIVE DUTY IN THE HUDSON VALLEY REGION

By Sgt. Richard Mayfield, New York Guard State Defense Force

CAMP SMITH TRAINING SITE, CORTLANDT MANOR, N.Y. --

When Operation COVID-19 began March 9, 2020, dozens of volunteers from the New York Guard state defense force responded from all walks of life as part of the New York National Guard COVID-19 response. Over the past 120 days, more than ninety New York Guard members were among the more than 3,600 New York Military Forces mobilized in the state's pandemic response. New York Guard members were on duty across the state, working to assist in command posts, delivering food, and assisting in COVID-19 testing.

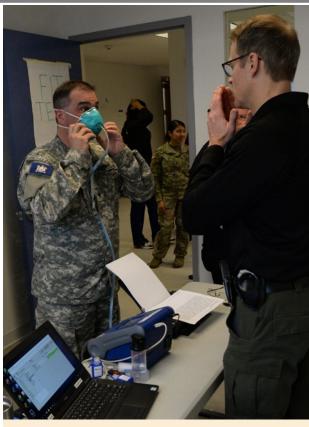
"We, as New York Guard soldiers, have accepted that challenge to serve our fellow citizens and I thank them for the outstanding job that they did," said Brig. Gen. David Warager, the commander of the New York Guard.

On the ground from the beginning response was Spc. Christopher Yadanza of the 244th Medical Group. Yadanza, a civilian Emergency Medical Technician, served on mission as a medic with a Medical Strike Team with the lower Hudson Valley joint task force.

Within days of mobilizing in March, Yadanza and his team deployed to the Glen Island Testing Site in New Rochelle, the site of New York's early hot spot for the pandemic outbreak. (continued next page)

Story Originally published on DVIDS-07/13/2020

Answering the Call



SPC Christopher Yadanza (L) is fitted for PPE by a New York State Environmental Conservation employee. National Guard photo by Senior Airman Sean Madden.

A sense of urgency governed everything they did as they stood up the testing sites, Yadanza recalled. Work started at 5:45 a.m. and they would work well into the evening trying to test as many people as possible.

"We knew that while you can succeed fast, you can also fail fast and it was important that we were not afraid to try new things. It was also just as important to recognize when a process was not working," Yadanza said.

Another New York Guard volunteer mobilized for state active duty was 2nd Lt. Zachary Perkins. Perkins worked in the joint task force operations section. The joint task force, responsible for the initial response in New Rochelle, comprised a joint force of nearly 500 Army and Air National Guard, New York Guard and Naval Militia service members. The headquarters footprint is built around the New York Army National Guard's 53rd Troop Command Headquarters. Their 24-hour-a-

day, seven-days-a-week operation ranged from food distribution missions in Westchester County, support missions for Glen Island and Anthony Wayne Testing Sites and the SUNY Orange antibody testing site, 24-hour access control assignments for key county facilities, and daily bulk mask and hand sanitizer distribution missions to community and municipal sites across New York.



SGT Patrick Cafone (left) walks a New York Army National Guard soldier through the certification process for forklift operations. (Note: Photo taken prior to mask policies.)



New York Guard members Sergeant Michael Bilski (left) and Sergeant Stephanie Castillo, check the temperatures of New York Army National Guard Soldiers assigned to the 133rd Composite Supply Company at the New York National Guard Shop B Maintenance Facility on Staten Island, N.Y. on May 18, 2020. Photo by New York Guard Specialist Lars Pihlava



2LT Zachary Perkins (upper right) briefs National Guard leadership in the Emergency Operations Center (Note: Photo taken prior to social distancing measures and mask policies.) Photo by Division of Military and Naval Affairs Public Affairs Office

Perkins is quick to note that the opportunity to serve would not have been possible without the excellent training provided by the New York Guard and the New York Division of Military and Naval Affairs staff.

"We train with the hope that we will never have to use these skills, but I am grateful that I was afforded this training and was ready to answer the call when I was needed," Perkins said.

New York Guard Sgt. Patrick Cafone was another member who responded to the initial call. Cafone reported to Camp Smith Training Site March 16 as part of the garrison force, working in parallel with the joint task force. Cafone was charged with the logistics mission of managing and distributing vital Personal Protective Equipment, PPE.

During the course of the mission, Cafone was one of the unfortunate members who contracted the virus.

He vividly recalls the aches, fever and loss of visceral senses. Thankfully, he made a full recovery he said, and true to nature and his training, returned to duty as soon as he was cleared.

Like many New York Guard volunteers, Cafone has prior military service, having served in the United States Marine Corps for eight years before joining the New York City Corrections Department.

Cafone truly believes in public service and considers himself representative of the many who serve in the state's pandemic response.

"I change from one uniform to another and that suits me just fine," he said.

The service members in this article represent a small sample of the men and women who have answered the call during the COVID-19 pandemic.

For over 100 years the New York Guard has served the people of New York as part of the state military forces.



IET Class of 2019...Where Are They Now?

Story by: Specialist Kathryn Jones-Pisano (L)

Last September when approximately 30 New York State Guard recruits attended a week of IET to master teamwork (by marching in unison and to study topics such as basic military customs and traditions, communications, food handling, basic first aid and CPR), one could only be impressed by the range of experiences and the depth of their commitment to service. As they learned skills and Army values that would help them support the National Guard in any mission, these volunteers,

from diverse fields such as business, law enforcement, construction and medical services, could not have predicted that their personal courage and commitment to service would lead them to be on the frontlines in the battle against the COVID pandemic. Ten graduates from the IET class of 2019 have been stationed at various posts, many since the Operation Covid19 began in March 2020, and the four who responded to the opportunity to share what SAD has been like for them are representative of what the IET 2019 cohort on SAD have accomplished. These are illustrative stories of personal courage.

IET---What I Wish I Knew Before Being Deployed for SAD

- · Specific documents necessary to start SAD
- · Online process for registering for SAD availability, getting orders, ...
- · Advice on saving money to cover personal expenses until SAD pay and Basic Housing Allowance begin
- · SAD's duration may be longer than anticipated so pack and plan accordingly
- · Greater proficiency in TOC operations and in functioning as a Radio Tech Operator
- · In-depth overview of FEMA operations and opportunity to earn MEMS certification during IET
- · Overall wish that IET could be longer or followed-up during monthly drills

PFC William Schmidt

Also headquartered in the 10th Area Command, PFC Schmidt, a retired firefighter, is stationed in Syracuse assigned to Logistics and Supplies. While finding it tough, heavy work, PFC Schmidt found satisfaction in his Joint Taskforce North assignments. He sanitized vehicles, loaded supplies (i.e. Water, cleaners, MRE's) and sourced provisions in the community; so that the National Guard could complete their mission. PFC Schmidt described learning during IET 2019 important Army values, values such as duty and respect, but not fully understanding them until seeing them in action on SAD. PFC always keeps in mind, Lieutenant Colonel Mackey daily briefing statement "One team, one fight". Therefore, he reports that the most fulfilling aspect of his SAD is being accepted as an equal by the National Guard unit.



PFC Donald Elliston

PFC Elliston, who had been working construction in his civilian life, has been stationed at Camp Smith since March 2020. He is assigned to Base Operations and Logistics; the focus of his assignment was initially to reorganize the barracks for social distancing so that the National Guard forces have safe quarters in which to reside while stationed there. Since then, PFC Elliston has been assigned to inspect barracks sanitize buildings and maintain supplies in support of the National Guard's mission at Camp Smith. He describes the most satisfying aspect of his SAD as being the opportunity to work side-by-side with the National Guard and to earn their respect. PFC Elliston recalled a time when he was working near the chapel, identified as a quarantine zone, and he stopped his group from entering without proper safety precautions; he credits IET's focus on teamwork and safety as

contributing to his ability to "have each others' backs" and effectively complete his duties on SAD.

PFC Adam Binner

PFC Binner is permanently stationed at the 10th Area Command. He is a licensed NYS EMT and a criminal justice college student at Niagara Community College. PFC Binner was initially assigned to Camp Smith and embedded with the National Guard unit in March 2020. He worked at the epicenter of the outbreak in New Rochelle. Even as he has continued his SAD as a medic at the Syracuse Armory, PFC Binner describes the early days of SAD as most satisfying. Why, because in spite of the fast-paced 16-18 hour days, he could see relief and comfort in the eyes of the local hospital personnel, when they saw soldiers arrive to support them, with help testing their exploding number of Covid-19 cases. PFC Binner credits IET's focus on military customs and courtesies, which allowed him to blend seamlessly into the National Guard mission. Like PFC Stout, PFC Binner received his promotion during this SAD. As well, PFC Binner celebrated his 21st birthday separated from his twin brother, Aaron who is also in the NYS Guard. PFC Adam Binner describes flourishing personally and professionally during this SAD, from the comradery and professionalism of the National Guard soldiers with whom he is embedded.

Over 90 New York Guard service members have been activated for paid State Active Duty to serve on Operation Covid-19, to support the National Guards' efforts. At this over 65 are still on duty.



PFC Christopher Stout

Headquartered in the 10th Area Command, PFC Stout has primarily been assigned to the Thompson Road Armory in Syracuse since the start of his SAD in March 2020. In April, Stout received his promotion to Private First Class. Before his SAD activation, PVC Stout worked in the grocery field and volunteered for his local volunteer ambulance corps. As a NYS EMT-Basic, PFC Stout has been assigned as a medic for SAD, taking temperatures and performing basic health screening. He was pleased to report that, to date, he did not identify anyone as symptomatic. PFC Stout credits IET's focus on military customs and tradition as teaching him the demeanor and attitude that allows him to successfully function with his National Guard peers. So successful, that at one point a National Guard sergeant approached him and asked "what was up with the black name tapes." After PFC Stout explained what the "colors" of the New York Guard are and what the New York Guard's mission is, the ser-

geant responded that he had no idea that such a state defense force existed.

So where is the IET 2019 class now? The Covid-19 mission is extended through December 31 2020, Approximately ten members of the class remain deployed (on orders). The four NY Guardsmen interviewed for this update all expressed a commitment to seeing the mission through to completion, despite many facing some serious personal hardships. It is through this sense of selfless service, duty and personal courage, Army values which they were exposed to in IET 2019, that they provide critical support (as New York battles the Covid-19 epidemic). In the spirit of "One team, one fight," the IET 2019 class continues to demonstrate the New York Guard's ability to provide administrative and logistical support to the other State of New York Military forces.



https://dmna.ny.gov/nyg/



I Survived Covid-19, A Soldier's Personal Battle

Story by Specialist Chuck Garlick—88th Area Command, New York Guard

(Spc Chuck Garlick (L) with WOC Ed Shevlin at the 2017 NY Militia Forces Ball. Spc Garlick and WOC Shevlin serve together in the 88th Area Command, NYG)

On 7th March 2020, I was assigned as the 88 AC PAO to cover the 14 Detachment of the 88 AC representing the NYG and marching in the Queens County Rockaway St Patrick's Day Parade.

It was an honor to be the PAO for his event and watch the 14th Detachment of the 88 AC march proudly through the streets. It was also

the last time I was in uniform as a Service Member of the NYG. Five days later, 12th March 2020, I went to work feeling great and came home at 1830HRS feeling tired and achy. I immediately got in bed and fell asleep.

I woke up early the next morning with severe joint, muscle and body pain, throbbing headache, 104*F temperature and the feeling of a heavy weight on my chest making it difficult to breathe. Covid-19 and all its effects had hit.

I was tested for Covid-19 on 13th March 2020, and received a positive result for the virus on 17th March 2020. Happy St. Patrick's Day!! I should have been one of the PAO's marching with the 88 AC in the Fifth Avenue St Patrick's Day Parade.

Waking up early on the morning of 20th March 2020, I was having great difficulty breathing. My amazing wife, Mindy, dragged me across the street to the doctor's office. Within minutes an ambulance was being called to take me to the hospital. At that point I passed out and the FDNY Paramedics arrived and strapped me onto a stretcher and transported me to NYU Langone Hospital on First Avenue, NY, NY.

As the ambulance drove away the last thing I saw was Mindy standing alone on the sidewalk looking frightened and began to cry at the thought that this may be the last time I would see her.

I will skip over the details of the ups and downs of my condition during the next five days in NYU. I do have to tell you about my Heroes, the NYU Nurses, Doctors, Technicians, Maintenance staff and Service Members of the New York Guard.

Soldier Survival (cont.)



(SPC Garlick serves as the Public Affairs NCO for the 88th Area Command, which encompasses NYC and Long Island area)

The level of care and compassion provided by the NYU Team helped me physically battle the virus and kept me alive. In addition to the calls and support I received from my family and friends the calls from members of the NYG boosted my morale. I was shocked at the number of fellow NYG members who reached out.

On one of the days that I was not doing well and both doctors and nurses were concerned about my condition my phone rang. I picked it up and heard a voice say "Hi Chuck, this is David Warager, how are you doing?". I was fuzzy but it only took me a moment to realize that it was Brigadier General David Warager, Commanding General of the NYG calling me, a SPC in the 88AC.

I don't remember much of the conversation with General Warager but it was just what I needed to boost me mentally and emotionally and it was followed that day and over the next few days by calls and texts from LTC Ryan, CPT Getman, CSM Vera, SGT Berger & Shevlin and many other NYG members.

I was released from the hospital on 26th March 2020, put in a wheelchair, rolled out past rooms and hallways filled with covid-19 patients, past the garbage dumpster and out the door to a beautiful sun filled day and then HOME!

The calls kept coming from the NYG, good friends I made at IET, AT, from my command and other commands from across the state. During a conference call with LTC Ryan and others from the 88 AC I realized that other members of the NYG who had contracted Covid-19 and were going through the same symptoms, fear and loneliness were experiencing what I had successfully beaten.

LTC Ryan and the command staff encouraged us to call them to help them through their illness and boost their morale. They provided the phone numbers of the others who were sick and I began to call and speak with them.

Although I was out of action and couldn't assist I was now going to do my part to help my fellow NYG members who so selflessly gave their time to help our fellow citizen of NY State in times of need and despair.

I began to call several others who were ill, some as sick as I was and, in the hospital, and some at home. I'd been there, had it and survived. I knew the fear, loneliness of being in the hospital separated from family and friends. I was always honest when we spoke, at times it is a painful uphill battle to beat the virus but let them know that with the care of the Doctors, Nurses and support of their friends and family they would make it and recover. Keep up hope, be strong and know that everyone is there for them, especially their sisters and brother of the NYG.

The one part of the conversation with General Warager that I do and will always remember is the phrase he used and also signed off his emails later with "Semper Gumby", Always Flexible! That's us, members of the New York Guard, we adapt and overcome any obstacle whether its filling sandbags, performing wellness checks, training or helping each other through difficulty times.

It is now the middle of August 2020, and I am still recuperating from the after effects of Covid-19. I have tested positive for the antibodies and donate my blood plasma to help others in need. I may not be healthy enough to put on my uniform, but I am doing what I can to help others as any member of the New York Guard would do.

We are the New York Guard! SEMPER GUMBY!

THANK YOU FOR YOUR SERVICE NEW YORK





























The Covid-19 monster is a sneaky, dastardly foe . Story by: Specialist Dena Williams



Somewhere between March 15 and March 18, my nose began to run. I'm sitting at my desk, sharing an office with my former boss, thinking: "man, I don't have any time for any sinus infection... I have things to do. And why am I itching all day? And what is up with this sore throat..." In the first week of March, I'd received a compliment from my Doctor, on having stellar blood work. So I brushed it off, and kept it moving; so to speak.

I'd commuted to and from work via car. I thought I had outsmarted that dastardly foe. I avoided Public Transportation and I kept my work station spotless. I didn't go *any*-

where except to work and home. I was living like a gerbil at home, drinking water and eating tuna fish stashed in my cabinets. I didn't want to go near a supermarket. I'd ordered stuff for my elderly, disabled parent who agreed to shelter in place. I had the daily newspapers delivered to her and checked on her studiously. I stayed on top of current events; I advised my former employer that I could be called to SAD (I wasn't sure, but I am nothing, if not prepared). I thought about disaster recovery contingency plans at work; all that 'stuff'. I felt pretty good about myself. I was healthy and was not going to get some crazy Covid. Not me, nope. Why? Because I'm stealthy, like Yogi Bear chasing picnic baskets, I'm smarter than the average Bear.

Meanwhile, the nose is running, the eyes are itching and tearing, the skin is itching and I'm nauseous. Things are starting to taste funny and I can't smell things. I'm a coffee lover, so I dismissed the upset stomach and digestive issues to drinking coffee that was too strong for my system to handle. Because a good, strong cup of coffee with some heavy cream is life.

I switched brands, and again, I kept it moving. But like Gollum from Lord of the Rings, that Covid is tricky. I was destined to be the "precious".

On Saturday morning, March 27, 2020 – a day that will live in infamy, I developed this horrific migraine. And the body hurt. For the first time in my entire life, I had night sweats and chills. For several days I woke up several times a day, drenched in sweat. I ignored the headaches for nine days. I've had migraines before. I'd do some Jedi Mind trick meditation to relax myself and it would go away. Because we all know the power of the force; the Jedi Mind trick is strong. It's supposed to beat the Dark Side. So I saw myself ignoring it, and I waited for it to move away on its own. Sounds like a great strategy, right? So, as I said, nine days later, my head still hurt. Now I am in full infection mode; but never realized it. At the advise of a friend, I called to make a doctor's appointment to see what was up with the headache. Who wants to keel over as a result of something going wrong in your head? The doctor did a virtual visit, told me that I had what you and I call the Crud. I am battle worn, but I'm still in no surrender mode. (But I sure did retreat).

But that dastardly foe, said "Oh yeah? We'll see about that" Our interaction went something like this for almost fourteen days, before I began to feel some relief:

Me: I want to sleep, my head and my body hurts; so I'm going to lay down here and watch TV.

Covid-19: Nah kid...you going to the bathroom. You got *three* seconds to get yourself there and I do mean *three* seconds.

Me: For real? Why you doing me like this... I need more time...and I'm hungry.

Covid: I said *three* seconds. And don't even *think* about eating anything. You're lucky I let you drink coconut water and Gatorade. My word is bond, whatever you eat, I *will* make you pay. You feel lucky?

Me: Dang. (As I curl up into a ball).

Me: Yo Crud – I'm weak 'cuz you won't let me eat. And can you tell me why the world is upside down and spinning like a top?

Covid: Because I want it to be like that right now.

Me: What time is it? Is that daylight, I can't tell anymore.

Covid: Listen you, I told you it's my world right now. Don't ask me any questions.

Me: Wonder twin powers activate!!! Or not...

Covid: Yeah...

about eight weeks after the virtual visit and I was still positive.

But you see the Crud didn't know that I'm a wily character. Me, my vitamins and my vegan based protein powder made sure that I had ammunition for my immune system. We formed our own little platoon, and we went to battle. And with lots of support from friends and the NY Guard, we got the dastardly one on the ropes. My friends brought supplies to me. They loaded me up with coconut water, Gatorade, Ibuprofen, fresh fruit, soft veggies and bananas. They would put it at my door step, ring the bell and literally run down the hall to escape.

A little over a month later I was able to get my first in person Covid test. The second test happened about eight weeks after the virtual visit and I was still positive.

It took just over two months for me to get to the point where I felt close to normal. One of my favorite movies is "Snatch". There is a line in the movie from the chief bad guy, Brick top. He said "Do you know what "nemesis" means? A righteous infliction of retribution manifested by an appropriate agent. In this case, *me*".

The experience leaves me thankful, relieved and respecting good health and independence. I made sure to advise my former co-workers that I was infected, because it was of utmost importance that I didn't infect anyone, and that I shared information as widely as I could.

Covid was Darth Vader. But like a true Jedi, – I prevailed over the dark side. I sent that Covid packing and now I got *antibodies*!!!

And I hope that Covid-Crud does not darken my door again! I give my utmost respect and best wishes to all who were affected. Stay well, stay hydrated and stay healthy!

The New York Guard sends continued well

Wishes to our service members who were

affected directly or indirectly by Covid-19.

PFC Donald Elliston, assigned to Camp Smith Training Site (CSTS) Garrison's NYG Team Alpha, sanitizes facilities used by hundreds of New York's service members to prevent the spread of COVID-19.

Twice a day every day, PFC Elliston and other members of Alpha Team ensure that the risk of COVID-19 infection at Camp Smith is mitigated by disinfecting every door knob, light switch, bathroom, table and other surfaces on post. (Courtesy Photo)



Over 90 Service members from the New York Guard have been activated for Paid State Active Duty since the beginning of March 2020 to present time. The service members were assigned and attached to the each of the five Joint Task Forces stood up across the state, such as JTF-1 NYC, JTF-2 CSTS, JTF-3, JTF-4 Latham, and JTF-5 Buffalo. As of June 2020, the Task Forces were consolidated to JTF – North and JTF-South, in which Service members are still serving. JTF- North is currently commanded by Colonel Peter Riley-NYG, former Commander of JTF –ES, National Guard. Col Riley joined the NYG after retiring from the National Guard in 2019.



June 2020

New York National Guard COVID-19 Mission Accomplishments



Testing

311,321

Drive-Thru Tests
Collected



2.272

Civil Support Team Mobile Lab Tests Completed 13,555

Antibody Tests
Collected

1,699,969

COVID-19 Test Kits
Assembled

Support

6

Access Control Sites Supported 71,015

Gallons of Hand Sanitizer Delivered



25,554

Pallets Warehoused

6,394

Pallets Distributed

Assistance

1,409

Direct Medical Care
Patients Treated



1,878

Mask Fit Tests
Conducted



907,000

Square Feet Cleaned Throughout

22

Locations





270,686

Call Center Calls Handled



22,738,679

Meals Distributed

267,451

Meals Prepared

New York Guard Service members assigned to Joint Task Force 2, Bravo Team, Camp Smith Training Site, hold an early morning briefing on April 16 2020. Photo Courtesy New York Guard

As of 5JUN2020



1,290,805

Bottles of Hand Sanitizer Distributed 737

Pallets of Hand Sanitizer Distributed 43,485

Cases of Hand Sanitizer Distributed

95,792

Gallons Units of Hand Sanitizer Distributed 399

Approximate Tons of Hand Sanitizer Distributed









6 likes

campsmithtrainingsite In one of Camp Smith's warehouses, a team of NY Guard Soldiers managed the receiving and loading of hand sanitizer as part of CSTS Garrison's support to the NYARNG COVID-19 mission. Many Soldiers work behind the scenes to ensure success on the front lines.

Congratulations!!

Date of Award Description		Rank Last Name		First Name	
20200703	NYG GOOD CONDUCT MEDAL	SPC	MARYJANOWSKI	SAMUEL J	
20200612	NYG GOOD CONDUCT MEDAL	SSG	SILVIS	JERRY W	
20200612	MEMS BASIC	2LT	WHITTAKER	KEVIN C.	
20200605	NYS RECRUITING MEDAL	OCS	REHBAUM	MICHAEL T.	
20200605	NYS LONG AND FAITHFUL SER- VICE	1LT	BOYLE	JOHN T	
20200518	NYS LONG AND FAITHFUL SER- VICE	CW2	FOLGERT	MARK W	
20200509	NYG SERVICE RIBBON (6 MOS)	ocs	MURANTE	AARON D T	
20200509	NYG SERVICE RIBBON (6 MOS)	PV2	DEMITA	MICHAEL	
20200509	NYG SERVICE RIBBON (6 MOS)	SPC	GUPTA	SIDDHARTHA	
20200509	NYG SERVICE RIBBON (6 MOS)	PV2	CARIOLA	MASSIMO	
20200509	NYG SERVICE RIBBON (6 MOS)	PFC	WOLK	CAMERON	
20200505	NYG COMMANDER'S CITATION	PV2	LEVINE	ROBERT	
20200505	NYG COMMANDER'S CITATION	PV2	NG	JENNIFER	
20200429	NYS LONG AND FAITHFUL SER- VICE	2LT	SABIN	LLOYD B.	
20200419	STATE GUARD ASSOCIATION MEMS	SPC	TREJO	SAMANTHA L	
20200418	STATE GUARD ASSOCIATION MEMS	SGT	MORRISON	NATHAN R.	
20200417	NYG GOOD CONDUCT MEDAL	SGT	VILLA	ORLANDO	
20200416	NYG ACHIEVEMENT MEDAL	PFC	HIDALGO	JESSICA	
20200415	STATE GUARD ASSOCIATION MEMS	SSG	RODRIGUEZ	REBECCA A	
20200415	STATE GUARD ASSOCIATION MEMS	SGT	POTEAU	WENDELL J	
20200415	STATE GUARD ASSOCIATION MEMS	PV2	ROGERS	MICHAEL	
20200415	STATE GUARD ASSOCIATION MEMS	SGT	TATUM	MICHAEL J	
20200415	STATE GUARD ASSOCIATION MEMS	SGT	CAFONE	PATRICK	

Congratulations!!

	STATE GUARD ASSOCIATION			
20200415	MEMS	CW2	TIERNEY	MICHAEL J
20200415	STATE GUARD ASSOCIATION MEMS	SGT	SCIORTINO	LEONARDO
20200415	STATE GUARD ASSOCIATION MEMS	CW2	STEINER	MATTHEW G
20200415	STATE GUARD ASSOCIATION MEMS	SPC	BATISTA	JOSHUE
20200415	STATE GUARD ASSOCIATION MEMS	OCS	TAYLOR	KEITH
20200415	STATE GUARD ASSOCIATION MEMS	SSG	TORRES	LESTER E
20200415	STATE GUARD ASSOCIATION MEMS	PFC	RODRIGUEZ	LUIS
20200415	STATE GUARD ASSOCIATION MEMS	SGT	PISANELLI	MARK A
20200415	STATE GUARD ASSOCIATION MEMS	SSG	OJEDA	LUIS A.
20200415	STATE GUARD ASSOCIATION MEMS	CPT	COUSINS	JAMES B
20200415	STATE GUARD ASSOCIATION MEMS	SPC	ROCCO	ANDREW
20200415	STATE GUARD ASSOCIATION MEMS	LTC	ALBANESE	DAVID
20200415	STATE GUARD ASSOCIATION MEMS	PFC	MATIAS	RICHARD
20200415	STATE GUARD ASSOCIATION MEMS	SGT	MORELLI JR	STEVEN J
20200415	STATE GUARD ASSOCIATION MEMS	CSM	ROGERS III	DAVID C
20200415	STATE GUARD ASSOCIATION MEMS	SPC	KRANWINKLE	JAINAI
20200415	STATE GUARD ASSOCIATION MEMS	SPC	MARYJANOWSKI	SAMUEL J
20200415	STATE GUARD ASSOCIATION MEMS	SSG	HAZELL	ANDREW H
20200415	STATE GUARD ASSOCIATION MEMS	SFC	SANCHEZ	JESUS
20200415	STATE GUARD ASSOCIATION MEMS	PFC	ELLISTON	DONALD F
20200415	STATE GUARD ASSOCIATION MEMS	SPC	HONDO	TATSUYA
20200415	STATE GUARD ASSOCIATION MEMS	ocs	MURANTE	AARON D T
20200415	STATE GUARD ASSOCIATION MEMS	1LT	SCHMIDT	JOHN W
20200415	STATE GUARD ASSOCIATION MEMS	SGT	VILLA	ORLANDO

Congratulations!!

20200415	STATE GUARD ASSOCIATION MEMS	1SG	RAYMOND	ANDREW
20200415	STATE GUARD ASSOCIATION MEMS	CW2	BASHIR	HUMZA A
20200415	STATE GUARD ASSOCIATION MEMS	SPC	HERRING III	VINCENT
20200415	STATE GUARD ASSOCIATION MEMS	SPC	TREJO	SAMANTHA L
20200415	STATE GUARD ASSOCIATION MEMS	SSG	SANTANA	JOHN
20200412	NYG GOOD CONDUCT MEDAL	SGT	SCHULTZ	MAYRA J
20200412	NYG COMMUNICATIONS BADGE	SGT	SCIORTINO	LEONARDO
20200412	NYS LONG AND FAITHFUL SER- VICE	SGT	PISANELLI	MARK A
20200412	NYG GOOD CONDUCT MEDAL	SGT	CORREA	FRANCESCO
20200408	STATE GUARD ASSOCIATION MEMS	WOC	EARLEY	THEODORE J
20200324	NYG COMMANDER'S CITATION	OCS	REHBAUM	MICHAEL T.
20200324	NYG COMMANDER'S CITATION	SGT	BILSKI	MICHAEL A.
20200324	NYG COMMANDER'S CITATION	OCS	SHERROD	SANDRO
20200314	NYS RECRUITING MEDAL	CPT	TIDBALL	KEITH G.
20200310	NYS MEDAL FOR MERIT	CPT	TIDBALL	KEITH G.
20200307	NYG SERVICE RIBBON (6 MOS)	2LT	NEWLAND	TERESSA
20200303	NYS RECRUITING MEDAL	MSG	STAMOULIS	RICHARD L
20200303	NYG SERVICE RIBBON (6 MOS)	PFC	KELLEY	PETER
20200303	NYS LONG AND FAITHFUL SER- VICE	СРТ	OZARUK	BOHDAN S
20200303	NYG ACHIEVEMENT MEDAL	1LT	VOSS	ANNA L.
20200303	NYS LONG AND FAITHFUL SER- VICE	СРТ	OZARUK	BOHDAN S
20200303	NYG ACHIEVEMENT MEDAL	SFC	POLACHEK JR.	LAWRENCE M.
20200228	NYS LONG AND FAITHFUL SER- VICE	SSG	OJEDA	LUIS A.
20200228	NYS LONG AND FAITHFUL SER- VICE	SGT	HILL	TYRIEK D
20200228	NYS LONG AND FAITHFUL SER- VICE	SSG	SHMOTOLOCHA	JOHN W
20200218	NYS LONG AND FAITHFUL SER- VICE	SFC	SANCHEZ	JESUS

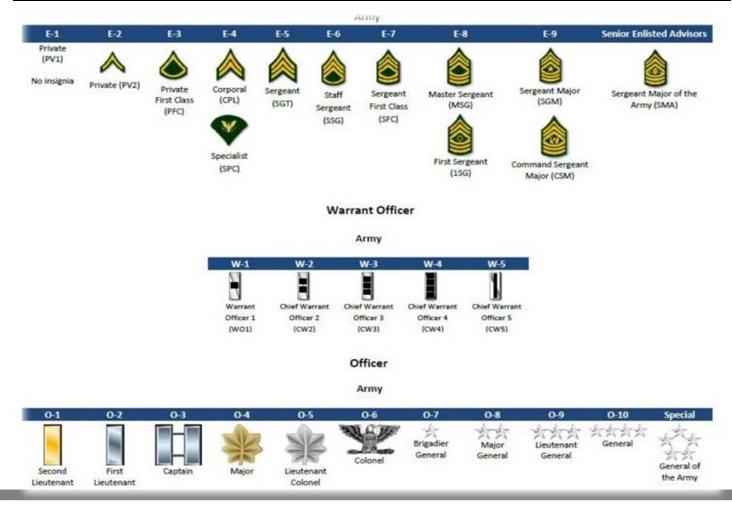
Congratulations!!

20200204	NYG ACHIEVEMENT MEDAL	СРТ	TIDBALL	KEITH G.
20200201	NYG SERVICE RIBBON (6 MOS)	SGM	FERRAN SR	EDDIE
20200124	NYG SERVICE RIBBON (6 MOS)	SPC	DICKINSON	LAURA
20200124	NYS LONG AND FAITHFUL SER- VICE	1LT	MARRERO	WILSON
20200124	NYS RECRUITING MEDAL	MSG	STAMOULIS	RICHARD L
20200124	NYG SERVICE RIBBON (6 MOS)	SGT	CORREA	FRANCESCO
20200113	NYS HUMANE SERVICE	CPT	OZARUK	BOHDAN S
20200113	NYS HUMANE SERVICE	SPC	CARABALLO	MARIELLY
20200113	NYS HUMANE SERVICE	SGT	HERSHENFELD	STEPHAN P.
20200113	NYS HUMANE SERVICE	2LT	FERRIS	GARY W
20200113	NYS HUMANE SERVICE	SPC	HERRING III	VINCENT
20200113	NYS HUMANE SERVICE	1LT	BOYLE	JOHN T
20200113	NYS HUMANE SERVICE	PFC	GARVANSITES	ASHLEIGH
20200113	NYS HUMANE SERVICE	PFC	ELLISTON	DONALD F
20200113	NYS HUMANE SERVICE	PFC	BINNER	ADAM
20200113	NYS HUMANE SERVICE	SSG	PHILLIPS	MARIA J.
20200104	NYS RECRUITING MEDAL	CSM	ROGERS III	DAVID C
20200104	STATE GUARD ASSOCIATION MEMS	SSG	MYAGKIY	ALEXANDER
20200104	STATE GUARD ASSOCIATION MEMS	SSG	MYAGKIY	ALEXANDER
20200104	STATE GUARD ASSOCIATION MEMS	SFC	SANCHEZ	JESUS

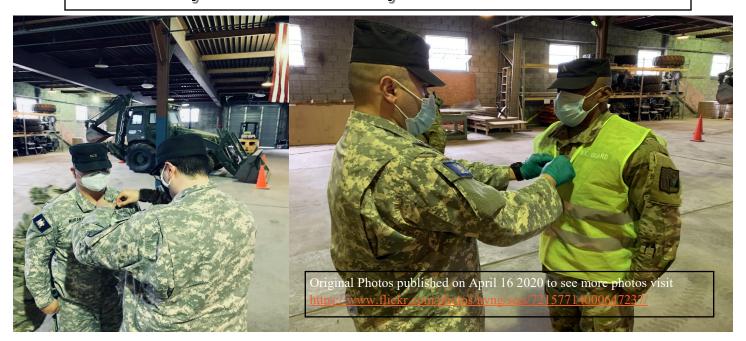
https://newyorkguard.wordpress.com/2020/05/02/new-york-guard-soldiers-earn-mems-certification-badges-during-state-active-duty/

2020 Promotions Congratulations!!

AC/MACOM	Last Name	First Name	Rank Promoted to /Date Promoted	
88	BERGER	JOHN J	SSG	20200706
10	SMITH	MARK M	SPC	20200630
HQ	GARDNER	SEAN P	LTC	20200413
88	HAZELL	ANDREW H	SSG	20200413
56	TIERNEY	MICHAEL J	CW2	20200413
10	FERRIS	GARY W	1LT	20200401
10	BRAY	BRADLEY A	SSG	20200301
56	TAYLOR	KEITH	ocs	20200101
88	SHEVLIN	EDWARD	woc	20200101
88	SHAFEEK	DEV	ocs	20200101
10	REHBAUM	MICHAEL T.	ocs	20200101
10	EARLEY	THEODORE J	woc	20200101
88	SHERROD	SANDRO	ocs	20200101
10	MURANTE	AARON D T	ocs	20200101
HQ	BACCHUS	SHEON A	ocs	20200101



Awards/Promotions/Re-Enlistments



Over 80 New York Guard Service members were activated for State Active Duty on March 9th 2020 (to present) to assist the National Guard efforts throughout the state, where they provided logistics and operations assistance supporting the New York National Guard and NY State multi-agency response to COVID-19. Even during SAD NYG Service members were presented with well-earned awards and promotions to recognize their outstanding service to State and Country.

On May 2nd 2020, Brigadier General David Warager visited the New York Guard services members on state active duty at JFHQ in Latham. During his visit he administered the oath of re-enlistment to SPC Melvin Rodriguez, 56th AC, NYG. (Bottom left).





Specialist Tatsuya Hondo, 88th New York Guard Band, received a Soldier of the week award while on SAD at Camps Smith Training site. Spe Hondo has been on SAD since March 2020. Courtesy Photo

New York Guard Soldier Stories



BY KATIE MCFADDEN



(Published with permission from The Rockaway Times) 25 June 2020

(Pictured Ed Shevlin (right) with NY Guard Chaplain CPT John Muniz, both who serve in the New York Guard 88th Area Command)

Excerpts from the story are below., to read the complete story visit

http://rockawaytimes.com/index.php/columns/6660-local-pays-it-forward-to-team-rubicon-in-coronavirus-relief-effort

After Hurricane Sandy devastated Rockaway in 2012, one of the many organizations that stepped up to the plate to help was Team Rubicon. The efforts of this organized group of volunteers, mostly made up of veterans, were not soon forgotten. One local, Ed Shevlin, sure didn't forget, and when an opportunity arose to pay it back to the group that helped lift Rockaway up after one of its most difficult times, he jumped right on it. As New Yorkers faced the new challenge of coronavirus, Shevlin stepped up as a volunteer for Team Rubicon and other charitable organizations to uplift fellow New Yorkers through the pandemic.

At the time of Hurricane Sandy, Ed Shevlin was a member of another group that many considered to be heroes after the storm—the NYC Department of Sanitation. It was then that he learned of Team Rubicon, which had set up operations on Rockaway Beach Boulevard near Beach 124th Street. As part of Shevlin's role operating the sanitation motor pool, he had the responsibility of transporting fellow sanitation workers to their trucks and equipment around Sandy-devastated areas. In between those drop-offs, Shevlin had some free time, so he put it to good use. "I would drive past Team Rubicon's command post and would drive their people out to jobs on their list," Shevlin said.

The efforts of Team Rubicon, mucking and gutting out flooded homes and removing debris, was praised by locals in need. "Everybody in town has a favorable opinion of them," Shevlin said. So when coronavirus started to hit the city and Team Rubicon put out a call to help those facing this latest disaster, Shevlin answered.

Currently Warrant Officer Candidate Shevlin is enrolled in the New York Guard Officer Basic Officer Course, which consists of online study and a year of on the job staff officer training.

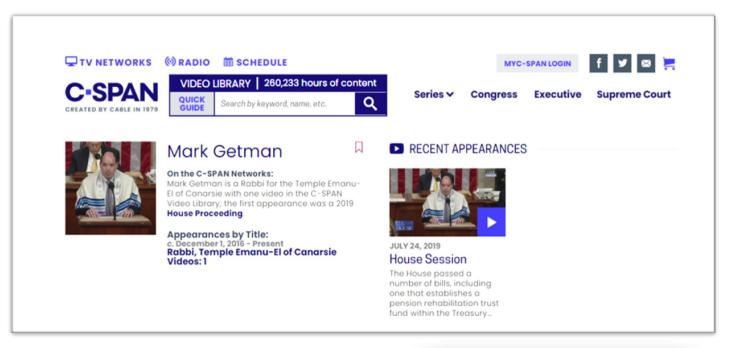
New York Guard Soldier Stories

New York Guard's Public Affairs Director

Delivers Opening Prayer for US House of Representatives

To see the Full videos visit

https://www.c-span.org/video/?c4886940/rep-kathleen-rice-remarks-rabbi-mark-getman-temple-emanu-el-canarsie-brooklyn-york-july-24



The New York Guard Sentinel is expanding, and our presence in the Guard Times grows with each issue, the NY Guard Public Affairs Team needs you!

If you are a writer, photographer, journalist, or web designer

and you want to serve on the NY Guard Public

Affair Team,

we want to talk to you!

Email PAO@NewYorkGuard.us

For More Information



Retired NY National Guard officer back in uniform for pandemic response.

Story and Photos by Sergeant Nathan Morrison, New York Guard

SYRACUSE, N.Y. – Eleven years after retiring as a full-time New York Army National Guard officer, Kevin Swab, a combat veteran and veteran of the National Guard response to 9/11, is back in uniform and serv-

ing his state once again.

When the COVID-19 pandemic struck New York in March, Col. Robert Mitchell, the New York National Guard's Director of Operations, reached out to Swab and asked him to join the New York Guard, the state's self-defense force, to help.

The New York National Guard needed experienced operations officers to staff seven joint task forces that were being set up to deal with the pandemic, Mitchell recalled. The statewide scope of the pandemic was tremendous and there had never been a need to staff that many task force headquarters

Photo By 1st Lt. Lauren Warner | Lt. Col Kevin Swab, who was asked to serve in the New York Guard, the state's self defense force, after being retired from the New York Army National Guard for nine years poses for a photograph outside 27th Infantry Brigade Combat Team Headquarters in Syracuse, New York on July 30, 2020. Lt. Col Swab volunteered to serve for the New York Guard when the pandemic spiked in New York back in March. (U.S. Army National Guard photo by 1st Lt. Lauren Warner)

at once, he explained. So he reached out to retired New York Army and Air Guard officers to see if they could join the New York Guard and come back on duty to help, Mitchell said.

That phone call got him energized, Swab, an Auburn resident, recalled. "I had been considering joining the New York Guard for a few years but have been busy with work," Swab said. Now it was clear he was needed. Swab, who was already teleworking at home from his civilian work as an Enrollment and Scholarship Officer for the Reserve Officer Training Corps at Cornell University, jokingly told Mitchell, "let me ask my wife."

"Leaving my wife and two children wasn't easy, but when after serving most of your life, it would be tough to say no when asked," Swab said. Swab's wife Lindsay also served as a captain in the New York Army National Guard, including serving at Ground Zero in New York City following 9/11. She was supportive and encouraged his return to service, Swab said. She had no issue with me signing," he said. "I did a quick accession into the New York Guard and on April 8th I was on duty in Scotia working with the 109th Airlift Wing," Swab said.

(Story Originally Published on DVIDS August 5th 2020)

Soldiers Spotlight



The New York Guard, the state defense force, is comprised of volunteers who serve the state as an augmentation force to the National Guard during crisis or disaster, such as severe weather or in this case, a global pandemic.

These volunteers donate their time for training and drill and are available for state active duty response missions in times of need. Many of them, like Swab, have a wealth of private military service while others – ministers, lawyers, and medical personnel—have valuable civilian skills.

Ninety members of the New York Guard served in a variety of roles as part of the New

York National Guard response to the pandemic. They provide expertise on joint task force staffs or logistics and warehousing support.

Swab retired after serving in both the active Army and Army National Guard starting in 1987. His career began in the New York Army National Guard as a rifle platoon leader before leaving for active service and deployment to Saudi Arabia during Operation Desert Storm in 1990. In 1994 he deployed again, supporting Operation Restore Democracy in Haiti before returning to the National Guard full-time in 2000 in the Active Guard/Reserve program as a battalion operations officer. Swab planned the deployment of Soldiers for Operation Noble Eagle in 2001, the statewide enhanced homeland security missions for his battalion, providing Soldiers to assist security at commercial airports statewide. He retired as a major in 2009. Coming back into service felt right, he said. "It was good to be asked, so I said yes," Swab said.

In that regard, Swab is not alone. Also returning to the force after retirement was New York Army National Guard Col. Peter Riley who was leading the joint task force handling operations in upstate New York before a reorganization of the force.

Riley retired after a 30-year career of military service in June 2019, which included serving as the full-time State Active Duty commander of Joint Task Force Empire Shield, the New York National Guard security force in New York City.

He experienced a similar call to bring his leadership and experience back in a time of need as a member of the New York Guard, Riley said.



Former Commander of New York National Guard Joint Task Force Empire Shield, based out of New York City, Colonel (Col) Peter Riley, served as the Senior Liaison Officer (LNO)/Officer in Charge (OIC) for JTF-Ontario. In his current role, Col Riley interfaces with the local elected officials and County Emergency Managers and provides mentorship and guidance to JTF-Ontario.

Col Riley expressed, "I am honored to be part of this mission and could never have foreseen this when I retired 11 Months ago from the New York Army National Guard, I would be serving on this mission as the OIC of JTF Ontario as an officer in the New York Guard. The COVID-19 Mission reminds me of the NYMF activation just after September 11, 2001. Then it was "all hands on deck".

The JTF-Ontario mission is important as it protects NYS infrastructure and property along Lake Ontario. Col Riley added, "2019 had terrible flooding and by helping out on Lake Ontario, it made additional NYMF available to fight the COVID-19 virus. Even though the main focus is on COVID-19, recurring disasters (such as Lake Ontario Flooding) still need to be addressed and mitigated."

Since leaving the National Guard in 2019, Col Riley joined the New York Guard in April 2020. Riley stressed, "the lessons learned in Lake Ontario and Coivd-19 can be applied in all types of natural, in addition to man-made, disasters. As the Commander of Joint Task Force Empire Shield, I went through Hurricane Sandy and many terrorist threats, and having the various NYMF working together on these missions can provide important training and gives our NYMF invaluable experience they could use for future disasters missions that we may called upon to serve."

The two were working together, as commander and executive officer of a task force (JTF-North) that stretches from Buffalo to Syracuse to Binghamton and Albany with about 500 Soldiers and Airmen of the New York National Guard. (As of this writing many assigned to TF-North for Operation Covid-19 have been released from State Active or re-assigned to the new consolidated commands as mission needs have been reduced due to the efforts implemented to reduce Covid-19 throughout the state).

"Swab's time and service in the military and his time being an ROTC instructor has perfectly groomed him for situations like this," Riley said. "It was great to have him brought on mission as my XO." Mitchell had an opportunity to thank Swab and recognize his future potential as part of the New York Guard on July 8 during a visit to warehousing operations for state stockpiles of medical supplies in Oriana, New York. Mitchell pinned on the silver oak leaf of Swab's new rank as a New York Guard lieutenant colonel. Swab still hasn't completely left behind his full time work with the Cornell Army ROTC program, he said. "I plan on staying on duty a while and will see where I can fit in with the New York Guard after this is over," he said.



NEW YORK GUARD ASSOCIATION

To Our New York Guard Community:

I am pleased to report that your NYG Association has been particularly busy these past several years, supporting the work and mission of the New York Guard and its individual soldiers. The association has been especially focused on assisting those soldiers on SAD (State Active Duty) during the national COVID pandemic, as well as those soldiers serving in administrative and support roles.

Government and Administration

Our first order of business a few years ago, was to renew and certify our tax-exempt status with the IRS. This was accomplished and we are again enjoying full tax-exempt status as an IRC 501 (c)(3) Not-for-Profit charity. This status is important, in order to provide donors with tax deductible receipts for their support.

Current Officers

CPT Mark Getman – President CPT Dan Ozaruk – Vice President MAJ Rick Veit – Treasurer LTC Sean Gardner – Chaplain

Fund Raising

One of our most important functions as an organization is to engage in fund raising endeavors, which funds are then used to support the work and mission of the New York Guard. We have successfully raised funds in a variety of ways, with the help of our Membership Liaison Officer, Lizaveta Getman, we now have a current Lifetime Members list, many who have donated to our recent fundraisers in 2020. We have a Facebook page, and a New York Guard Association website, https://www.newyorkguardassociation.org/ which has raised funds through several giving campaigns, especially established during the recent pandemic. We have conducted several Lifetime Membership drives, and have purchased and sold uniform items and patches, hats, t-shirts (we are currently ON SALE Via our website) and sweatshirts, pins, mugs, awards/medals, challenge coins and water bottles. We have also enrolled in the Amazon Smile program, which provides funds when anyone orders from Amazon and indicates the NYG Association as a participant.

NYG Support

Most recently, the Association has provided Morale Boxes to ALL the JTF locations, on a statewide basis, (see pictures) and were distributed to SAD soldiers and their support personnel. Some of these boxes were donated to the Association by the Girl Scouts. We also distributed masks as offered by a variety of donors.





The NYGA Association sells the NYG
Uniform patch (L), Magnets/Stickers (m)
and Hats {r}, in Stone or Khaki Color,
which can be found on the Association
Website. More item will be added soon.





NEW YORK GUARD ASSOCIATION

Message Continued:

The Association purchased and distributed over 1000+ 100th NYG Anniversary Mugs, during those celebration events a few years ago. We provide funds for medals and awards, on an ongoing basis. The band recently requested a Bass Drum, which we provided. This was an expensive piece

of equipment, but crucial for purposes of supporting our Band's recognition, as they are the NYG's traveling ambassadors. We provide significant funds on an ongoing basis, to support the annual Military Ball at West Point. We have also supported many social events, taking place during training or ceremonial events, especially where food and serving support was required. This is just a sample of the types of support the Association has provided the NYG over the past several years.

We are constantly asking our soldiers what they want us to provide. Whether it be personal items like clothing and morale items, or actual uniform items. We do the best we can with these purchases, as we must provide funds to initially purchase these supplies, then wait to recoup our funds and profits over time, as items are slowly sold. All "profits" are returned to the NYG, by providing the types of support we are describing in this letter.

Future Plans

We are going to gift custom Challenge Coins to all SAD and support soldiers who were involved in Operation COVID-19, who so diligently and sacrificially provided their time and talents, to support the NYS COVID-19 mission during 2020. Extra coins will be available for sale to our soldiers and supporters. We will continue to conduct fund raising activities, using our Facebook page, and our Website, through the re-sale of purchased items, using the ongoing support of our Lifetime Members and through donations from our soldiers and general public.

Information

Facebook Page: https://www.facebook.com/NewYorkGuardAssociation

Amazon Smile: Join Amazon Smile and select the New York Guard Association

If you would like to purchase a NYG T-shirt or other items sold by the New York Guard Association Visit or Website at https://www.newyorkguardassociation.org/

To Contact the New York Association email info@newyorkguardassociation.org

Respectfully Submitted by Major Veit, on Behalf of the New York Guard Association



THANK YOU FOR YOUR SERVICE—NEW YORK GUARD



IN MEMORADUM

