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The 1st Battalion, 113th Field Artillery Regiment (1-113th FA), 30th Armored Brigade Combat Team (ABCT) conducted an artillery live-fire exercise with the newly fielded M109A7 Self-Propelled Howitzer System at Fort Bragg, North Carolina, May 20-21, 2021.

Photo by Staff Sgt. Mary Junell

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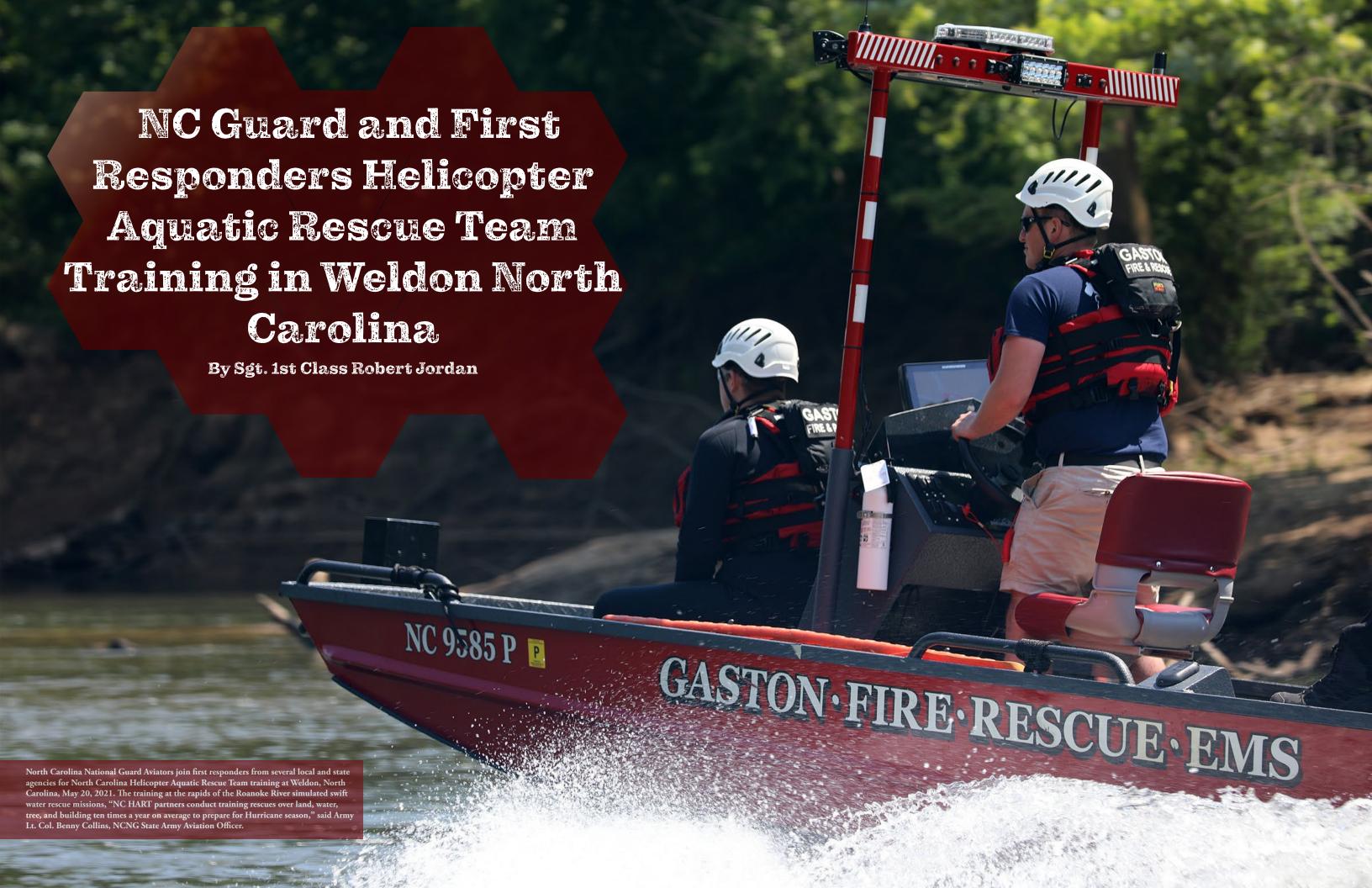
NEWS FROM AROUND THE NEST

The Hornet North Carolina National Guard









🕅 orth Carolina National Guard Aviators joined first responders from several local and state agencies for North Carolina Helicopter Aquatic Rescue Team training at Weldon, North Carolina, May 19 - 20, 2021.

The training at the rapids of the Roanoke River simulated swift water rescue missions.

"NC HART partners conduct training rescues over land, water, tree, and building ten times a year on average to prepare for Hurricane season," said Army Lt. Col. Benny Collins, NCNG State Army Aviation Officer.

Before mission, NCNG Aviators and civilian aviation staff swarmed over the 64-foot-long twin engine UH-60 Black Hawk helicopter preparing it for water rescue. Seats and doors are prepped to allow for civilian first responders to be lowered by hoist.

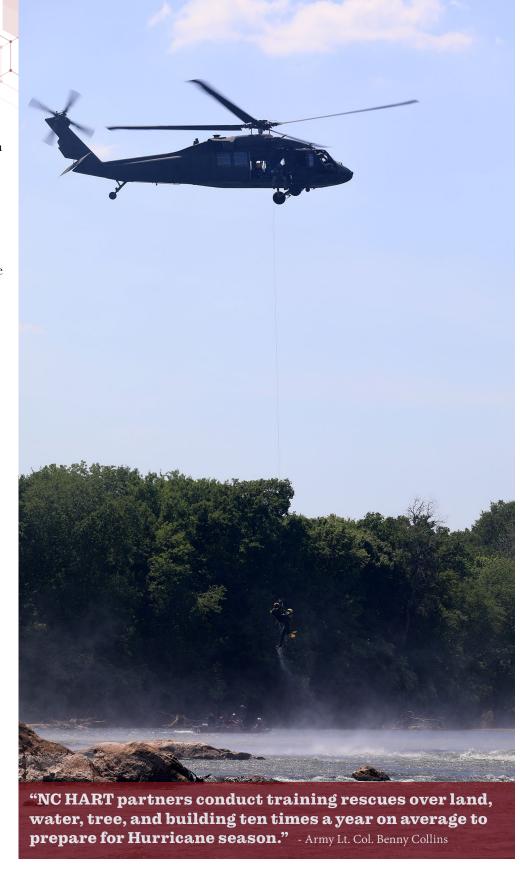
The NCNG crew chief briefed the teams of civilian first responders on safety and each person's responsibilities during the mission. The teams then board the helicopter and lift off from the improvised airfield, a small park's athletic field next to the river.

Pilots and aircrew look out the windows for a fellow first responder in the river needing rescue.

Once spotted, the pilots position the helicopter to lower a first responder by hoist down to the river nearly 100 feet below. A NCNG crew chief guides the long metal cable holding the rescuer close as possible to another first responder simulating someone trapped in the swirling rapids.

"We increased our skills at responding to a wide area flood," said Chief Warrant Officer 3 Jay Moon, NC HART UH-60 Lead Technician and NCNG pilot.

It was a carefully rehearsed maneuver, the helicopter must safely hover as close as possible without the wind, caused by the rotors, interfering. The rescuers fought the current and secured the simulated rescue to the harness. Once both are attached, the hoist lifted them back up to the helicopter for the crew to pull to safety



The return flight practiced coordination with the other agencies' helicopters and ground personnel to keep a steady pace of operations.

inside.

"We work out communication kinks with other agencies and establish face to face relationships," said Moon.

NC HART deploys aircraft and aircrews from the NCNG and North Carolina State Highway Patrol with rescue technicians employed by fire departments and rescue squads from across the state on request by civilian officials through North Carolina Emergency Management.



Struggling with Alcohol / Drug use?

Let us help.

Confidential counseling at no cost to NC Air & Army National Guard Members



















Contact us for referrals to a licensed counselor in your area

919.909.1317

bmonforti@alcoholdrughelp.org www.alcoholdrughelp.org



Brenda Monforti

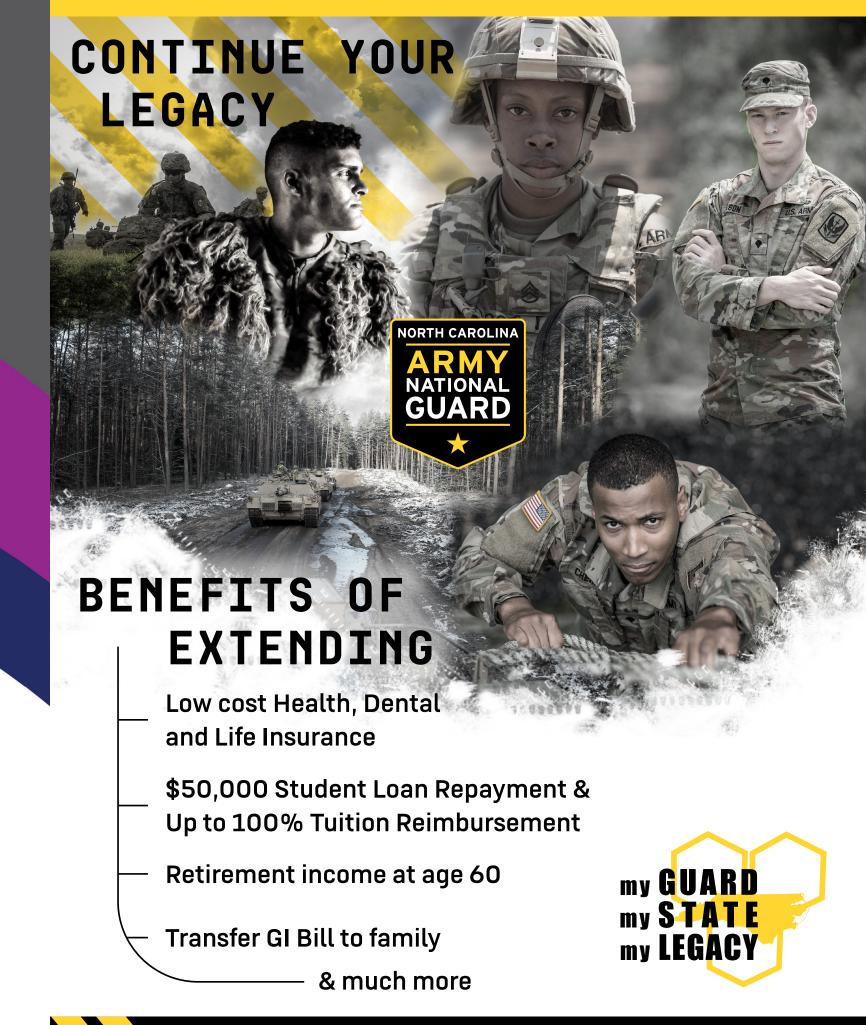
Director, NCNG SBIRT Voucher Program Alcohol/Drug Council of NC

Screening, Brief Intervention, and Referral to Treatment

Partnership for Early Intervention Support Services



is partially supported by the Division of Mental Health Services through a Substance Abuse and Mental Health



MARCH Mobile App Photo Contest





Photo by: Major Bethany
Barden
1-130th Attack
Reconnaissance
Battalion Crew
conducts
post-flight after
successful mission
at Camp Shelby,
MS in support of
Emerald Warrior.



WINNER

APRIL Mobile App Photo Contest



· WINNER

Photo by: Spc. Michael Caskey
1454th Transportation Company prepares for Annual Training in Concord, N.C.

MAY Mobile App Photo Contest





SFC Rickey Dixon

WINNER

SFC Dixon won with his photo entry honoring MSG Thaddeus Farlow, a fellow RRB member retiring, joined by the rest of the recruiting team at the 449th Combat Aviation Brigade flight line.

Mobile App Photo Contest





SSG Sean Conroy

SSG Conroy won with his photo entry of Bravo Company, 1-252 Armor Regiment preparing equipment for the testing, familiarization, and implementation of the AFCT at the company level.





oldiers assigned to the North Carolina National Guard's 403rd **)** Rigger Support Team (403rd RST) spent five days training on the newly fielded, Joint Precision Air Drop System (JPADS) at Fort Bragg, North Carolina, June 7-11, 2021.

The training will allow

the Guardsmen to pack and prepare the new parachute system and train new Soldiers who come to their unit.

Traditional parachute systems require planes to fly directly over the target to drop cargo. However, the new system will allow aircraft to fly 25,000 feet above the target and offset up to 12 kilometers.

One of the instructors, Clint Browning, a cargo parachute equipment specialist with Tankautomotive and Armaments Command, Integrated Logistics Support Center, said one of the significant changes to the new system was the ability to guide itself onto a target.

"You can be very sneaky," he said. "You can be very high

up and very far away, drop the system, and it will fly to its designated point using military GPS."

The self-flying parachute is powered by a modular autonomous guidance unit that provides the parachute canopy's brain and flight control system.

The five-day-long training allowed Guardsmen to get their hands on the new parachute system, ensuring they can properly pack them for future operations.

Sgt. Emilee Rolins, a parachute rigger assigned to the 403rd RST, participated in the training said the new parachutes would enhance the North Carolina National Guard's air-drop capabilities.

"This will help us with the bigger canopies," she said. "This will let us drop a lot heavier things, and it will be more accurate where we drop

The JPADS also allows units like the $403 \mathrm{rd} \ \mathrm{RST}$ to program the system to avoid obstacles and avoid enemy interruption.

"The enemy won't see it

coming or interrupt it," Rolins said. "As long as you put in the coordinates and where it needs to go, it will fly there within 10 meters."

Soldiers in the 403rd RST take pride in their job and their support to other units; to date, the company has never had a parachute malfunction.

"I like being out on the

drop zone watching canopies open knowing I did that, or my unit did that alongside me and getting troopers to the ground safely without any malfunctions," Rolins said.

This is one of many ways the North Carolina National Guard has embraced new technology to increase its effectiveness across the force.







The 1st Battalion, 113th Field Artillery Regiment (1-113th FA), 30th Armored Brigade Combat Team (ABCT) conducted an artillery live-fire exercise with the newly fielded M109A7 Self-Propelled Howitzer System at Fort Bragg, North Carolina, May 20-21, 2021.

The 30th ABCT was the first National Guard brigade to receive the newest iteration of the Paladin and trained for almost two weeks before the live-fire event.

During the training, 1-113th Soldiers had the opportunities to learn the differences between the old hydraulic system and the new electric system before heading to the range.

Staff Sgt. Cody Fields, a section chief with C Battery, 1-113th FA, was excited to learn the new system.

"The new weapons system allows us to do it a little bit faster," Fields said. "Everything went from hydraulic to electric. It allows us to mitigate some of the maintenance issues we had in the past."

Col. Wes Morrison, the 30th ABCT Commander, saw the opportunity to be the first Guard unit to receive the Paladins as an honor.

"The 1-113th, with their history and the leadership they show in the field artillery community, they're certainly deserving," said Morrison.

Soldiers with the 1-113th, who returned home from the Middle East less than a year ago, will have spent 23 days training on the new equipment, which falls in line with the Army's post-deployment training goals.

"To get such a brand new piece of equipment and be able to come out here post-deployment and modernize exactly like we talk about in the Army; post-deployment you modernize on equipment, and then you start a new training cycle, so it's perfect for them," Morrison said.

Soldiers firing the new artillery were excited to get the hands-on training and took pride in learning how the new equipment operates.

"We're really excited to be given that honor and get to shoot these first," Fields said. "To actually shoot artillery and send that 100 pounds downrange in support of our brothers downrange, it's a great feeling."

The 1-113th replaced their entire fleet of Paladins with the new A7 model.



Col. Wes Morrison 30th ABCT Commander

"To get such a brand new piece of equipment and be able to come out here post-deployment and modernize exactly like we talk about in the Army; post-deployment you modernize on equipment, and then you start a new training cycle, so it's perfect for them."







orth Carolina Secretary of State Elaine F. Marshall, who Co-Chairs the North Carolina - Moldova Bilateral Partnership, visited North Carolina National Guard Soldiers at the North Carolina Textbook Warehouse in Raleigh, North Carolina, April 8, 2021.

The Soldiers were preparing donations collected statewide for citizens of Moldova as part of the ongoing NCNG supported State Partnership Program between the Republic of Moldova and North Carolina which began in

"We know what we send will go to good use," said Marshall.

As she toured the facility with other members of her N.C. Department of the Secretary of State staff, she met with Maj. Sean Daily, the incoming NCNG Bilateral Affairs Officer, along with Col. Mike Marciniak, NCNG Strategic Plans Director, Maj. Mike Sterling, NCNG State Partnership Director and 1st Lt. Kory Dearie, incoming NCNG Museum Officer in Charge, while they were delivering a recent donation of surplus medical supplies and devices from the Pediatrics Office of Dr. Shilpa Gosrani in Greensboro, North Carolina.

Everyone helped unload the large box truck Daily drove from Greensboro packed with

an examination table, specialty medical and cleaning supplies. Many hands made quick work as they loaded the forklift driven by Chris Green, the warehouse supervisor.

He added the pallet to other donations he and staff had sorted and packaged for later shipment.

"I am glad we are able to do it," said Green. Staff from the N.C. Secretary of State office, Lora Sinigur, North Carolina - Moldova Partnership Liaison and Rodney Maddox, Chief Deputy Secretary of State, discussed the future shipping and distribution of the supplies in Moldova with the NCNG leaders.

"The Moldovans are super excited," said Sterling.

They walked throughout the warehouse along the many rows of books, wheel chairs, toys, and personal protective equipment as the Guard experts and members of Marshall's staff highlighted the types of donations and who could best use the supplies.

"It is quite impressive," said Sinigur. Future contributions and the current inventory will be loaded into a transatlantic shipping container for delivery in May funded by a non-profit grant.

2021 marks the 25th anniversary of the N.C. National Guard State Partnership Program with Moldova.

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NORTH CAROLINA NATIONAL GU COVID 19 RESPONSE

March 6 - July 24, 2020 Sept. 23, 2020 - June 30, 2021



NC Guardsmen on Duty

FOOD DISTRIBUTION



8.7M food bank meals

school lunches

COVID19 vaccinations

supported testing of 78K citizens

Long Bay

ATLANTIC

OCEAN

PPE DISTRIBUTION

4.3M masks:

1.6M hand sanitizers

7.9M gloves

766K face shields •

234K gowns •

707K shoe covers

21K thermometers:



25.6M pounds of cargo delivered



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NCNGA BENEFITS

SUPPORT, SECURITY, SCHOLARSHIPS, AND SO MUCH MORE!



FOOD BANK HONORS NC GUARD SOLDIERS FOR **COVID-19 RELIEF OPERATIONS** By Sgt. 1st Class Robert Jordan



'orth Carolina National Guard Soldiers and Airmen were honored for their months of support of COVID-19 operations at a ceremony held at the Second Harvest Food Bank of Southeast North Carolina's campus in Fayetteville, North Carolina, on April 12, 2021.

Local leaders thanked them for their expertise and dedication that enabled the food bank to 10 times more food distributions during the pandemic than they typically do in an average year.

"It is full circle, my family went to food banks growing up, now I join the Guard and I can give back," said North Carolina Air National Guard Capt. Phanat Senesourinh, the NCNG officer in charge of missions supporting the food bank.

Since March 6, 2020, the NCNG food distribution support provided 8.5 million meals, delivered 24.8 million pounds of food and drive 252 thousand miles on mission.

"It is full circle, my family went to food banks growing up, now I join the Guard and I can give back," said Senesourinh.

Spc. Briana Zike



Confidence

is a desired trait of those who serve in the military, and there are many different ways to build that trait among Soldiers.

One way is to overcome something that holds you back, such as fear.

For some Soldiers, who took part in the rappel tower exercise at Camp Butner in Stem North Carolina, on June 16, 2021, it was an aversion to heights.

"The bravest people you meet are not free of fear. They look fear in the eye and say, ok, I am not going to be bested by it," Spc. Briana Zike, a combat medic with the 505th Engineer Battalion,

130th Manuever Enhancement Brigade.

Zike is afraid of heights, and she made no secret of it.

"I am nervous, I am terrified of heights," she said.

She did not let that fear stop her. She was the first in line for instructions and the first to go down the wall.

Her nervousness grew as she got closer to stepping off the edge of the wall. She closed her eyes and took a deep breath.

"There are two ways to get someone to take that first step, one is to be very direct, and the other is to be very encouraging and get fellow Soldiers involved," Capt. Robert Essic, rappel master with the 505th Engineer

Battalion.

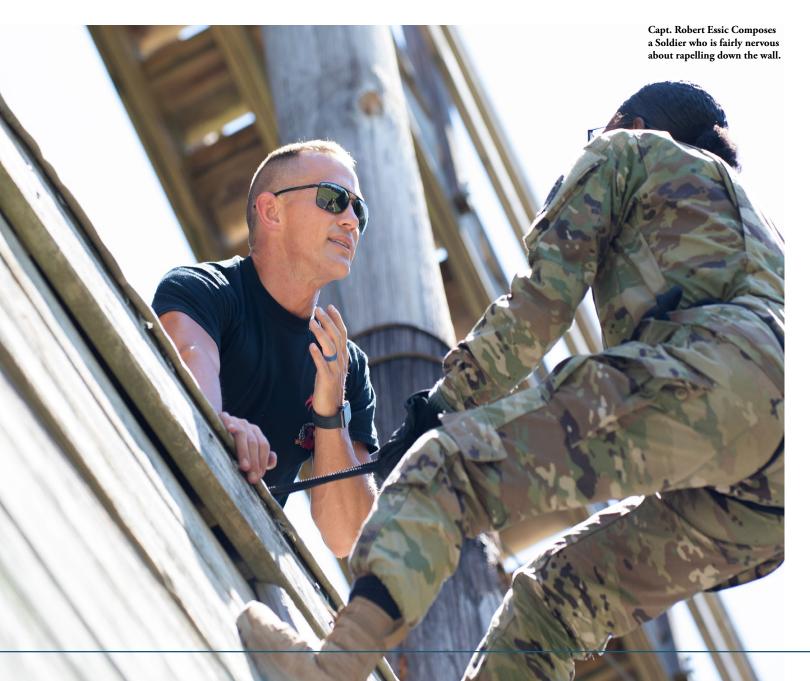
Essic asked Zike to step forward. He inspected her harness and hooked her up to the rope that would lead her down the wall

He encouraged her, letting her know she is in charge of how she gets down the rope.

After composing herself again, she stepped backward, securing her weight against the rope, and began to bound down the wall.

She was relieved once her feet reached the ground.

"It felt like insanity," said Zike,
"it was probably the coolest sense of
freedom and the most intense fear I
have ever felt."









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

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

The goals of the SAPR Program are to:

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