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A Welcome Home on the Fourth of July



Major Matthew Deardorff, 103rd Airlift Wing, Connecticut Air National Guard, embraces his daughter on the flight line of the Bradley Air National Guard Base, East Granby, Connecticut, July 4. Deardorff, along with nearly 100 members of the Airlift Wing, returned from deployment the first week of July. This deployment marked the beginning of a new era for the 103rd Airlift Wing; it was the first time the unit had ever deployed the C-130H Hercules overseas as part of its new tactical airlift mission. The Airmen deployed to multiple locations in Southwest Asia and supported Expeditionary Combat Support operations that included tactical airlift, maintenance, security and logistics support. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center, Volunteer)

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If You See Something, Say Something

SUBMITTED BY 1ST LT. PATRICK E. HEVEY
PROGRAM COORDINATOR
CTARNG EMERGENCY MANAGEMENT

Suspicious Activity Reporting

Indicators of potential terrorist behavior or activities should be reported to facility security, Military Police or local law enforcement officials immediately. Examples of suspicious activities include:

- People drawing or measuring important buildings
- People asking questions about security forces, security measures, or sensitive information
- Briefcase, backpack, suitcase, or package left unattended
- Vehicle parked in NO PARKING ZONES in front of an important building
- People in restricted areas where they are not supposed to be

- A person wearing clothes that are too big and too hot for the weather
- Chemical smells or fumes that worry you
- People purchasing supplies or equipment that can be used to make bombs
- People purchasing weapons or uniforms without proper credentials

Primary Reporting Methods:

- Military Police/Security Forces/Security Personnel
 - Local law enforcement
 - Chain of command
- What to Report**
- Day & time activity occurred



- Where activity occurred
- How many people were involved
- How many and type of vehicles involved
- What type of activity
- Describe what you saw or heard
- Provide pictures if you took any

10 Indicators of Terrorist Associated Insider Threat

The following behavior may be indicators of potential terrorist activity and should be reported immediately to the local counterintelligence office, Military Police, local law enforcement, or military chain of command:

1. Advocating violence, the threat of violence, or use of force to achieve goals that are political, religious or ideological in nature
2. Advocating support for international terrorist organizations or objectives
3. Providing financial or other material support to a terrorist organization or to someone suspected of being a terrorist
4. Association with or connections to known or suspected terrorist
5. Repeated expression

of hatred and intolerance of American society, culture, government, or principles of the U.S. Constitution

6. Repeated browsing or visiting internet websites that promote or advocate violence directed against the United States or U.S. forces, or that promote international terrorism or terrorist themes without official sanction in the performance of duties

7. Expressing an obligation to engage in violence in support of international terrorism or inciting others to do the same

8. Purchasing bomb making materials or obtaining information about the construction of explosives

9. Active attempts to encourage others to violate laws, disobey lawful orders or regulations, or disrupt military activities

10. Family ties to known or suspected international terrorist or terrorist supporters

Reporting Suspicious Activity at a CTNG Facility

- In the event of an emergency, call 911
- Report other concerns about suspicious activity to the Connecticut Intelligence Center (CTIC) - 1-866-457-8477
- Contact the CTARNG Antiterrorism Officer at (860) 524-4913
- Contact the Force Protection Branch Manager at (860) 883-1405

CTARNG Honor Guard: Paying Tribute to Those Who Served

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Each year, over 3,800 military funerals take place here in Connecticut – an average of over 10 funerals per day. Whether it be behind the scenes, or at the final resting place for one of these Veterans, the Connecticut National Guard’s dedicated team of professionals that make up the organization’s Honor Guard helps to ensure the men and women who served the nation are provided their earned honors.

Per Federal law, a military honor guard must consist of two individuals, from the deceased’s branch of service, to fold and present the U.S. Flag to the next of kin and a the rendering of, “Taps,” on the bugle. The coordination and training to perform these Military Honors is the responsibility of the Connecticut Military Funeral Honors Office, led by Mr. Edward Barry, MFH State Coordinator, and the team of Capt. Patrick Montes and Sgt. 1st Class Michael Cardozo - the Officer and Noncommissioned Officer in Charge, respectively.

“We take great pride in the work we do because of how much it means to the families of these Veterans who have passed on,” Cardozo said. “Ultimately, you’re part of the lasting memory as these families say goodbye to a loved one. We train diligently because we want these Veterans to get the honors they not only earned, but deserved.”

The training, Cardozo said, is in-depth, and requires complete focus.

“We get into every single detail, no matter how small,” Cardozo said. “From the moment an Honor Guard team reaches a burial site to the moment they leave, every movement has to be coordinated.”

Cardozo and his cadre teach Connecticut National Guardsmen all of the fine points – from drill and

ceremony, to the folding of the United States flag, to the speech delivered when a member of the team presents a flag to a loved one.

The Honor Guard consists of current Connecticut National Guardsmen. The only prerequisites to apply for the program are to be a member in good standing with the CTARNG and a commitment to providing eligible Veterans with the burial they so rightly deserve.

“These men and women honorably served their nation – and were willing to put their lives on the line for their country,” Cardozo said. “It is important that our current Service Members remember that.”

The Soldiers serving with the Honor Guard continue to drill with their regular units, according to Barry. Opportunities to work full- and part-time are available in the MFH program, with flexibility and reliability being key traits amongst those performing these duties. Recently, the Honor Guard performed 17 funerals on a single Saturday. “Sometimes members of our team end up doing more than one funeral per day, and they are always happy to do so,” Cardozo said. “Our



Members of the Connecticut Army National Guard perform honors at a funeral in New Britain, Connecticut. Per Federal law, a military honor guard must consist of two individuals, from the deceased’s branch of service, to fold and present the U.S. Flag to the next of kin, and a rendering of, “Taps,” on the bugle. (Photo courtesy of Mr. Edward Barry, State Coordinator, Connecticut National Guard Military Funeral Honors Team)

members work very hard to be the best at what they do, and they truly treat their involvement as an honor and with the respect it deserves.”

The Connecticut National Guard Honor Guard team is currently looking for more members. If you are a current member of the CTARNG interested in becoming a member of the Honor Guard, talk to your chain of command and call 203-568-1741 for more information.

Changing Your Address

If you move and would like to continue receiving the *Connecticut Guardian*, change your address by contacting the editor by phone or email at

(860) 524-4858 or allison.l.joanis.civ@mail.mil.

To change your home of record, please see the following:

CTNG Retirees: Contact Sgt. 1st Class Ericka Thurman at ericka.g.thurman.mil@mail.mil or 860-524-4813.

Militia Members: Contact your chain of command or unit admin.

Current Members: Contact your chain of command or unit admin.

Any other questions about the Guardian, contact the editor directly.

Connecticut Guardian

360 Broad Street, Hartford, CT 06105-3795

Phone: (860) 524-4858, DSN: 636-7857

FAX: (860) 524-4902

E-Mail: allison.l.joanis.civ@mail.mil

Captain-General
Gov. Dannel P. Malloy

The Adjutant General
Commanding General, CTNG
Maj. Gen. Thaddeus J. Martin

Assistant Adjutant General - Army
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Chief Warrant Officer 5 Daniel Bade

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State Command Chief Master Sergeant
Chief Master Sgt. John M. Gasiorek

State Public Affairs Officer
Connecticut Guardian Managing Editor
Maj. Michael T. Petersen

Connecticut Guardian Editor
Ms. Allison L. Joanis

Contributors
130th Public Affairs Det., CTARNG
Maj. Jeff Heiland, 103rd AW/PAO
103rd Airlift Wing Public Affairs
103rd Air Control Squadron
First Company Governors Horse Guard
Second Company Governors Horse Guard
First Company Governors Foot Guard
Second Company Governors Foot Guard



Members of the Connecticut Army National Guard perform honors at a funeral. Per Federal law, a military honor guard must consist of two individuals, from the deceased’s branch of service, to fold and present the U.S. Flag to the next of kin, and a the rendering of, “Taps,” on the bugle. (Photo courtesy of Mr. Edward Barry, State Coordinator, Connecticut National Guard Military Funeral Honors Team)



New SPP Director and BAO Introduce Engineers to First Out-of-Country Visit

Maj. Mike Petersen
State Public Affairs Officer

After spending four years as a C-130H Mobility Combat Systems Officer at Bradley Air National Guard Base, Connecticut Air National Guard Maj. Jaime Zambrano assumed the role of State Partnership Program Director from Army National Guard Capt. Nicholas Raphael, July 1.

For over 15 years, the Connecticut National Guard has engaged in multiple events with Uruguay in mutually-beneficial exchanges that have seen subject matter experts in multiple fields travel to and from both nations. Since its inception, there have been over 40 engagements with Connecticut Guardsmen traveling to Uruguay, or members of the Uruguayan Armed Forces traveling north to engage on a number of different topics.

“Our engagements with Uruguay are always an incredible learning experience for everyone involved,” Raphael said. “We give deserving Guardsmen the opportunity to interface with counterparts from another nation, both here at home and abroad.”

Raphael moved on after a lengthy tenure at the program’s helm, but Zambrano isn’t coming into the position with zero experience. During past engagements in Connecticut, he served as a linguist, which gave him an in-depth look at the incredible attention to detail that goes into putting an event together from start-to-finish.

“The amount of work Raphael put into this program

is tremendous, and I look forward to maintaining that same level of excellence,” Zambrano said.

Zambrano recently returned from his first engagement in Uruguay, teaming up with Capt. Pedro Concolino, the CTNG’s new Bilateral Affairs Officer, to introduce members of the 192nd Engineer Battalion, Connecticut Army National Guard, on their first visit to the South American nation.

Led by Lt. Col. Charles Jaworski, Battalion Commander, members of the 192nd Engineer staff briefed Uruguayan military officials on their battalion’s capabilities, as well as where they fit in the overall picture of the Connecticut National Guard. Relaying information about operations



Lt. Col. Charlie Jaworski, (right), Commander, 192nd Engineer Battalion, Connecticut Army National Guard, discusses heavy equipment engineer operations with Uruguayan Army Ttc. Col. (Lt. Col.) Robert Gomez, Commander, 5th Engineer Construction Battalion, Uruguayan Army, in Montevideo, Uruguay. In July, members of the 192nd Engineer Battalion made their first exchange visit to Uruguay as part of the State Partnership Program. The Connecticut National Guard Engineers spent their visit providing and receiving briefings on Engineer equipment and capabilities. (Photo by Spc. Zachary Hovanec, 246th Engineer Detachment, Connecticut Army National Guard)

both overseas and right here at home, Jaworski and his staff stressed the Guard’s flexibility.

The Uruguayans reciprocated with briefings of their own, to include extensive information on military history before diving deeper into how engineer forces are structured, as well as courses offered at the nation’s Engineer school. Throughout the week, the group was treated to informational briefings and discussions, as well as equipment displays and capability demonstrations.

Some of those demonstrations took Connecticut Guardsmen to the field, where they viewed multiple Engineer tasks in action during unit training exercises.

Throughout the week, they saw displays and exercises that included well drilling and water purification equipment, decontamination equipment, firefighting and mine breaching.

“We saw some incredible things in Uruguay,” Jaworski said. “From demining techniques, to underwater welding by their divers to the historical and cultural briefings we received, it was truly an eye-opening experience.”

For Zambrano, the engagement was just as rewarding, as he teamed up with Raphael for some on-the-job training of his own. The engagement was Raphael’s last.

“I’m going to miss everything about this program,” Raphael said. “I’ve made a lot of friendships and learned a lot about the world around me during my time in this position. I know the program is going to continue to get bigger and better with (Maj. Zambrano) in charge, and I wish him the best.”

The State Partnership Program is unique to the National Guard. Currently, the 54 states and territories have over 70 partnerships (some states are partnered with more than one nation). Uruguay and Connecticut have partnered together since 2001.

Interested in the State Partnership Program? Are you a Spanish-speaker interested in becoming a linguist? Contact your chain of command for more information on how to get involved with SPP!



A medic assigned to the 141st Medical Company (Ground Ambulance) treats simulated injuries on a patient during a mass casualty exercise at Stones Ranch Military Reservation, East Lyme, Connecticut, June 26. More than 50 Soldiers and personnel, including medics assigned to the 141st Medical Company and support personnel, participated in a three-day field training exercise, culminating in a MASCAL at Camp Niantic, and SRMR as the major training event of the unit’s annual training period. (Photo by Allison L. Joanis, State Public Affairs Office)



Medics assigned to the 141st Medical Company (Ground Ambulance) assess and care for simulated injuries following a mass casualty exercise at Stones Ranch Military Reservation, East Lyme, Connecticut, June 26. More than 50 Soldiers of the 141st Medical Company and support elements participated in a three-day field training exercise, culminating in a mass casualty exercise at Camp Niantic and SRMR as the unit rounded out its 2017 Annual Training period. (Photo by Allison L. Joanis, State Public Affairs Office)

Realistic Medical Care for Realistic Soldier Injuries *Medics of the 141 Get a Dose of Reality During Annual Training*

MS. ALLISON L. JOANIS
STATE PUBLIC AFFAIRS OFFICE

Annual Training in 2017 took Connecticut Soldiers to various states across the U.S., but the Soldiers and Medics of the 141st Medical Company (Ground Ambulance) didn’t need to travel far to get the valuable, realistic training that they were looking for.

More than 50 Soldiers assigned to the 141st Medical Company and other companies that provided support participated in a three-day Field Training Exercise, culminating in a Mass Casualty Exercise at Camp Niantic, Connecticut and Stones Ranch Military Reservation, East Lyme, Connecticut June 24-26.

“The benefit of a home station AT is flexibility,” said Capt. Michael Vaughan, Company Commander of the 141st. “We can focus solely on providing real world scenarios so our medics can provide realistic medical care to realistic Soldier injuries.”

During the exercise, Connecticut Guardsmen serving as combat medics operated in ambulance teams of three and were dispatched to locations at Camp Niantic and SRMR in order to treat typical injuries that Soldiers may acquire in a training environment.

“As a Ground Ambulance Company, we treat from the point of injury on scene, then transport medical casualties to a higher level of care,” said Sgt. Donnell Niles, combat medic assigned to the 141st. “We are being faced with

medical and trauma patients with typical training injuries. We have seen everything from bee stings to impalements, to Soldiers dealing with PTSD and psychosis, forcing us to implement behavior control as well.”

As ambulance teams (consisting of a driver, squad leader and treating medic) performed care, they were guided and evaluated by Senior Noncommissioned Officers at each scene. The NCO’s adjusted each scenario based on the abilities and performance of the treating team.

“The evaluators are there to make it more difficult for Soldiers who have mastered certain tasks in order for them to utilize more of their Soldier and medical skills,” said Vaughan.

The medical skills were tested and validated during week one of annual training at Camp Niantic. Each year, U.S. Army medics are validated on what is known as a “Table VIII,” eight critical tasks that demonstrate individual competence and medical education of Soldiers with the military occupational specialty of a combat medic.

The three-day FTX culminated with an unexpected mass casualty exercise. All ambulance teams were dispatched to a central training area of SRMR where they were faced with patients simulating injuries resulting from the in-air evacuation of a burning CH-47 Chinook Helicopter.

“We had no idea this was coming,” said Spc. Antoinette Jackson, also assigned to the 141st. “You think you can relax, and then you have to jump back into the medic mode to ensure patient safety and focus on teamwork to provide care to each patient.”

About 30 medics took to the scene to triage, treat and transport nearly 40 simulated injuries acted out by support elements of the 141st Medical Company.

“It’s hard to keep training fresh,” said Niles, who participated in his fifth annual training with the 141st, and his seventh with the Connecticut National Guard overall. “Adding the element of surprise is important, it adds additional communication and teamwork challenges and forces you to adapt.”

“You never know what can happen in the field, and exercises like this one prepare you for when someone’s life is really in your hands,” said Jackson. “This is as real as it will get with training.”

Following the FTX and MASCAL, the 141st Medical Company finished annual training with an after action review and follow-up unit requirements to identify how to better training and their unit’s skills.

“You can’t put a price on the value this type of training provides our entire unit,” said Capt. Vaughan. “It really tests the technical skills of our medics in a high-pressure environment, and I couldn’t be prouder of how hard everyone has worked.”



Members of the 4th Combat Engineer Battalion, Uruguayan Army, demonstrate combat bridge operations for members of the 192nd Engineer Battalion during a State Partnership Exchange in Maldonado, Uruguay. In July, members of the 192nd Engineer Battalion made their first exchange visit to Uruguay as part of the State Partnership Program. The Connecticut National Guard Engineers spent their visit providing and receiving briefings on Engineer equipment and capabilities. (Photo by Lt. Col. Charlie Jaworski, Commander, 192nd Engineer Battalion, Connecticut Army National Guard)

250th Engineer Company Builds Bridges With the Local Community

STAFF SGT. RICHARD WRIGLEY
JFHQ PUBLIC AFFAIRS
CONNECTICUT ARMY NATIONAL GUARD

NEW LONDON, Conn. – It is a little known fact that the 250th Engineer Company (Multi-Role Bridge Company), does some of their best work on the water.

The unit’s Soldiers showed its skills, deploying their boats en masse on the Thames River in support of the Sailfest, July 8.

The 250th usually deploy their Improved Ribbon Bridge in order to ferry personnel and equipment across a body of water that may be too wide to accommodate a bridge, or in a location where a bridge is not practical. The Improved Ribbon Bridge, used as the raft, is powered across the water by two bridge erection boats and guided by a bridge commander located on the raft.

While that is the norm for the 250th, this operation was not about a military supplies, troop movements or overall security, it was about coming together as a community.

This year’s Sailfest was the 40th year the festival has taken place, and it has grown into quite the extravaganza. A three-day festival, there are carnival rides, multiple food vendors, live music throughout, and a world-class fireworks display.

“Sailfest is basically about pulling our community and all the surrounding communities to just enjoy a great firework display, great music, great food – just an all-round great festival,” said Andre Danford, entertainment coordinator for the event.

The 250th definitely considers itself part of that community, as the unit is based just minutes away from Sailfest’s location, so it was more than appropriate that they come out and take part in the festivities.

This year, the engineer company participated by assembling an Improved Ribbon Bridge off the dock at the state boat ramp, loading it up with personnel and a HMMWV Utility Truck, pushing the whole thing down the Thames River with two bridge erection boats, and docking it at a pier at the festival. It seemed everyone enjoyed the display.

Of course the display could not have happened without and experienced and skilled Raft Commander. The raft commander is the person in charge of the whole operation from assembly of the raft and directing the movement of the raft.

For Sailfest, the role of Raft Commander was left to Staff Sgt. Nathan Turner from Woodstock, the noncommissioned officer in charge of retention for the 250th. Overall, he thought the operation was a success.

“I think this is good because it’s very rare that the public gets to see what we do... so it gets us in the public eye and helps people understand what it is that we do, which is good because were right down the road so were kind of the local unit for them,” Turner said. “On top of that, it also provides an opportunity for the younger



Members of the 250th Engineer Company (Multi-Role Bride Company) guide the Improved Ribbon Bridge, loaded with a HMMWV Utility Truck and personnel, with two Bridge Erection Boats across the Thames River during Sailfest in New London, Connecticut, July 8. The 250th participated in the 40th annual Sailfest event, a three-day festival that includes ship displays, carnival rides and a firework display on the waterfront of New London. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, Connecticut Army National Guard)



Members of the 250th Engineer Company (Multi-Role Bride Company) guide the Improved Ribbon Bridge with two Bridge Erection Boats across the Thames River during Sailfest in New London, Connecticut, July 8. The 250th participated in the 40th annual Sailfest event, a three-day festival that includes ship displays, carnival rides and a firework display on the waterfront of New London. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, Connecticut Army National Guard)

kids to see what they could do in the guard and get them excited to maybe do something fun.”

All in all, the Troops and the local community did seem to enjoy the experience, the 250th were able to show their neighbors a little of what they do, and according to

Danford the community enjoyed the display.

“We support our Troops, this is great for the kids to see, it’s great for the adults to see... and what a great display [watching the 250th] come in, everybody that was here just immediately flocked to see [these Soldiers].”

Annual Training At A Glance

“Planes, Trains and Automobiles”

Highlights from Connecticut Army Guard Annual Training

(Right) 1st Sgt. Joao Polonio, assigned to the 142nd Medical Company, counts members of his company loading on a Connecticut Air National Guard C-130H Hercules as the company loads onto the aircraft in anticipation of the unit’s Annual Training in West Virginia. The travel was one of many joint missions this summer where Connecticut Air National Guard assets have moved Connecticut Army National Guard personnel to out-of-state locations for AT. (U.S. Army Photo by Maj. Mike Petersen, State Public Affairs Officer)



(Above) Members assigned to the 248th Engineer Company, Connecticut Army National Guard loaded nearly 120 pieces of horizontal construction equipment onto rail cars at Camp Hartell, Windsor Locks, Connecticut, July 6. The equipment was transported by rail to Joint Readiness Training Center, Fort Polk, Louisiana, where the unit met it to begin annual training operations, July 15. (Photo by Allison L. Joanis, State Public Affairs Office)

(Right) Soldiers assigned to Bravo Company, 1-102nd Infantry Regiment, conduct searches and pull security during vehicle check point operations at Fort Drum, N.Y. during the 86th Infantry Brigade Combat Team Warfighter Exercise in June 2017. (Photo by Staff Sgt. Riaan Roberts, Bravo Company 1-102nd UPAR)



Connecticut Guardsmen Support National Scout Jamboree in the Name of Readiness

STAFF SGT. SHARON MATTHIAS
22ND MOBILE PUBLIC AFFAIRS DETACHMENT
U.S. ARMY, FORT BRAGG, N.C.

GLEN JEAN, W.Va. - The National Jamboree provides the opportunity for joint teams of military emergency medical services and civilian agencies to use their experience and years of cross training to increase their level of readiness.

Security and support are at the heart of the Jamboree as it accommodates over 40,000 youths, troop leaders, volunteers, professional staff and around 15,000 visitors on the Summit Bechtel Reserve.

“It’s important for the Army to do this, especially the West Virginia National Guard because it helps us to work in conjunction with our state and federal partners in cases of disasters and in a state of emergency,” said Army Maj. Paul T. Vaughn, a representative from the State Surgeon’s Office of the West Virginia National Guard. “We are in a state of preparedness which is just shy of a state of emergency, and it helps us exercise a lot of training in support of these events.”

Minor injuries are inevitable during the next 10 days, as approximately 50,000 scouts and visitors will participate in rigorous competitive sporting activities in temperatures above 80 degrees over 10,000 acres of property.

In response to the influx of people on the property, a fleet of Field Litter Ambulances (FLA) will be spread out to different locations 24 hours a day during the Jamboree. All emergency calls will be dispatched to the closest FLA team to respond, treat and transport the injured.

An injured person may end up receiving aid from Army Lt. Col. Michael Mystenski, a physician assistant assigned to the 142nd Area Support Medical Company, Connecticut Army National Guard and Army Staff Sgt. Mario Bustos, a combat medic assigned to the 28th

Combat Support Hospital, 44th Medical Brigade, Fort Bragg, North Carolina. The two have never worked together before, yet are using their unique experiences to augment each other to provide the greatest care to their patients.

“My role is important here because I think it gives the medics a point person to go to with experience in trauma-related cases,” said Mystenski.

“I have worked with Army National Guard in Afghanistan but have never worked with civilian counterparts,” said Bustos, a combat medic with 28th Combat Support Hospital, 44th Medical Brigade, Fort Bragg, North Carolina “This is my first time with a civilian population as large as this, but it would work really well in future cases of responding to disasters.”

West Virginia has seen its share of natural disasters in recent years



Staff Sgt. Christina Johnson, assigned to the 142nd Area Support Medical Company, Connecticut Army National Guard, discusses the First Responders' route with Roger Ellison, the Deputy Director of Rescue and Emergency Services, Lt. Col. Michael Mystenski, a physician assistant also assigned to the 142nd ASMC, and U.S. Army Staff Sgt. Mario Bustos, a combat medic with 28th Combat Support Hospital, 44th Medical Brigade, Fort Bragg, N.C. for the 2017 National Jamboree.

and the National Jamboree is an opportunity to train and test the state’s emergency resources and capabilities.

“There are training venues throughout the state where military and civilian agencies can help us prepare to respond to disasters in the state, so we take advantage of such events and use it as a training opportunity,” said Jimmy J. Gianato, director of the West Virginia Division of Homeland Security and Emergency Management.

The preparations for the 2017 National Jamboree and

a natural disaster are similar, except a disaster would render less notice, said Staff Sgt. Brian Vassak, assigned to the 118th Multifunctional Medical Brigade, Connecticut Army National Guard.

“This is great training to respond to natural disasters, especially for the multifunctional medical battalion because these are more than likely the type of operations they will be performing,” said Vassak.

By working together, military and civilian first responders are building channels of communication, improving inter-agency coordination and are creating a safer, more secure environment for everyone involved.

Editor’s Note: Elements of the 118th Multi Functional Medical Battalion from the Connecticut Army National Guard are currently in West Virginia supporting this event. Check the upcoming September issue for more about their mission.



Army field litter ambulances conduct route reconnaissance convoys at Summit Bechtel Reserve, W. Va. as a part of the 2017 National Jamboree, July 17. The medical personnel are familiarizing themselves with their emergency routes to ensure patients are quickly taken to a medical treatment facility. (U.S. Army photo by Sgt. Ondirae H. Abdullah-Robinson)

Future Army Leaders - Class 63, Officer Candidate School Complete Phase One



(Left) Officer Candidates of Class 63 perform daily operations during Phase One, Officer Candidate School at the Connecticut National Guard Regional Training Institute, Camp Niantic, Connecticut. Nearly 130 Officer Candidates from 12 states conducted Phase One OCS training with the 1-169th Regiment (RTI), July 14-29. Phase One is a two-week program, tests the candidates' initial leadership abilities and proficiency on basic soldier skills such as land navigation, general military knowledge and squad and platoon tactics. (Photo by 1st Lt. Keitel Cruzvillar, 1-169th Regiment (RTI))



(Above) Class 63 Officer Candidates complete a six-mile foot march at Stones Ranch Military Reservation, East Lyme, Connecticut. Candidates must complete the road march within 105 minutes, while carrying their assigned weapon and no less than 30 pounds. Nearly 130 Officer Candidates from 12 states conducted Phase One OCS training with the 1-169th Regiment (RTI), July 14-29. Phase One is a two-week program, tests the candidates' initial leadership abilities and proficiency on basic soldier skills such as land navigation, general military knowledge and squad and platoon tactics. (Photo by Master Sgt. Nick Uccello, 1-169th Regiment (RTI))



**1st Battalion (OCS/WOCS), 169th Regiment (RTI)
OCS & WOCS OPEN HOUSE - INFORMATION BRIEF
August 19, 2017 - 9:00 a.m. - RTI, Camp Niantic
For more information and photos - Like 169th Regiment on Facebook**

(Left) Class 63 Officer Candidates sight their compasses during land navigation preparation at Stones Ranch Military Reservation, East Lyme, Connecticut. Officer Candidates conduct both day and night land navigation and are required to find five out of seven points within five hours on a combined day and night course. Nearly 130 Officer Candidates from 12 states conducted Phase One OCS training with the 1-169th Regiment (RTI), July 14-29. Phase One is a two-week program, tests the candidates' initial leadership abilities and proficiency on basic soldier skills such as land navigation, general military knowledge and squad and platoon tactics. (Photo by 1st Lt. Keitel Cruzvillar, 1-169th Regiment (RTI))

CT ESGR Boss Lift Program Connects Civilian Employers with Citizen Soldiers

Spc. ERIKKA LEMIEUX
D Co., 1-169TH AVIATION BATTALION (GSAB)
UPAR

To get a glimpse of the life of a Guardsman or Reservist, 10 local civilian employers toured multiple Connecticut National Guard training facilities via ground and air transport during the Employer Support of the Guard and Reserve Boss Lift, July 18.

Participants included representatives from the Town of Avon, Connecticut, Bozzuto's, Inc, Comcast, the University of Connecticut, and United Technologies Aerospace Systems.

The Boss Lift's main objective is to express gratitude for the support and cooperation employers show to Guardsmen and Reservists. It also provides civilian employers an inside look at what their Citizen Airman or Soldier does during drill weekends and annual training.

Beginning the day at the Army Aviation Support Facility in Windsor Locks, Connecticut, employers visited with aviation maintainers and pilots, followed by a Meal Ready to Eat for lunch.

The group then traveled to nearby Camp Hartell, for a tour of the Combined Surface Maintenance Shop that included an inside look at the maintenance bay, where wheeled vehicle mechanics working full-time provide service for the Connecticut National Guard's fleet of vehicles.

Topping off the event, the group flew to Camp Niantic in Niantic, Connecticut on a UH-60L Blackhawk, where they met Soldiers of all different Military Occupational Specialties, including Fire Fighters, Dog Handlers, and Combat Medic Specialists, all with equipment display.

Before flying back to the AASF, members of the group utilized the Engagement Skill Trainer. The EST provides Soldiers the opportunity to train on target accuracy without ever firing a live round from a weapon. This exercise also taught the employers a few basic fundamentals of firing a weapon and safety procedures, like the proper loading of a magazine into the weapon, familiarity with weapon recoil, proper breathing and trigger squeeze techniques, and how to safely clear the weapon after firing.

The ESGR is a Department of Defense program established to promote cooperation and understanding between Reserve Component Service Members and their civilian employers. The ESGR also assists in the resolution of conflicts arising from an employee's military commitment.

If you are a National Guardsman or Reservist who is interested in having your company's dedication to your service recognized, you can contact Sean Brittell, CTESGR Program Support Specialist, at sean.r.brittell.ctr@mail.mil or go to <http://esgr.mil/> and select, "Nominate your Employer," for more information.



A group of local civilian employers and members of the Connecticut Employer Support of the Guard and Reserve (ESGR) with a UH-60L Blackhawk Helicopter at the Army Aviation Support Facility in Windsor Locks, Connecticut, July 18. The employers toured Connecticut National Guard facilities as part of the ESGR Boss Lift Program, an initiative designed to express gratitude for the support and cooperation employers show to Guardsmen and Reservists. During the tour, employers visited facilities in Windsor Locks and flew on a CTARNG Blackhawk to Camp Niantic. (Photo by Spc. Erika Lemieux, D Co., 1-169th Aviation Battalion (GSAB) UPAR)



A group of local civilian employers and members of the Connecticut Employer Support of the Guard and Reserve (ESGR) get hands-on with the Engagement Skill Trainer (EST), at Camp Niantic, Connecticut, July 18. The employers toured Connecticut National Guard facilities as part of the ESGR Boss Lift Program, an initiative designed to express gratitude for the support and cooperation employers show to Guardsmen and Reservists. During the tour, employers visited facilities in Windsor Locks and flew on a CTARNG Blackhawk to Camp Niantic. (Photo by Spc. Erika Lemieux, D Co., 1-169th Aviation Battalion (GSAB) UPAR)

AROUND OUR GUARD

The Band Warms up for AT with Performances in Hartford



(Left) The 102nd Army Band, Pop Band, provides the entertainment at the Connecticut Automobile Retailers Association (CARA) Barbecue for the Troops kick off event at the William A. O'Neill Armory, July 14. (Right) The 102nd's Rock Band performs before the fireworks at Riverfest on the Mortensen River Plaza stage in downtown Hartford, Connecticut, July 8.

The 102nd Army Band will play their summer tour July 24 - August 3 at locations throughout the state. See their schedule on page 12, and follow them on Facebook for updates and future performance information. <https://www.facebook.com/102dArmyBand/> (Photos by Allison Joanis, State Public Affairs Office)

Brig. Gen. Ron Welch Honored at Retirement Ceremony



(Left) Brig. Gen. Ronald Welch (left) is presented with the Legion of Merit Medal and the Connecticut Medal of Merit by Maj. Gen. Thad Martin, Adjutant General and Commander of the Connecticut National Guard, during Welch's retirement ceremony at the Regional Training Institute, Camp Niantic, Connecticut, July 20. Welch retired after serving his state and nation for more than 39 years, 35 of those years with the Connecticut Army National Guard, finishing his career as the Director of the Joint Staff. (Right) Brig. Gen. Ron Welch (right), with his son, 1st Lt. Stephen Welch at Brig. Gen. Welch's retirement ceremony at the Regional Training Institute, Camp Niantic, Connecticut, July 20. In addition to presentations from the Joint Staff of the Connecticut National Guard, as well as each of the Major Commands and the Aviation community of the Connecticut Army National Guard, 1st. Lt. Welch, a physician's assistant, also honored his father during the retirement ceremony by speaking to a crowd of over 150 friends, family, colleagues and retirees. (Photos by Spc. Erika Lemieux, 169th Aviation Battalion, UPAR)

The 102nd Army Band, CTARNG,
proudly presents its
2017 Summer Concert Series



Date:	Location:	Time:	Group:
JULY 24	Walnut Hill Park, New Britain	7-9:00 P.M.	Full Band
JULY 25	Norton Park, Plainville	6:30-8 P.M.	Pop Band
JULY 27	Sound View Beach, Old Lyme	7-8:30 P.M.	Rock Band
JULY 27	Mill Pond Park Gazebo, Newington	6-7:30 P.M.	Pop Band
JULY 28	Yale Hospital Green, New Haven	12-1:00 P.M.	Pop Band
JULY 29	Town Green, Lebanon	7-9:00 P.M.	Full Band
JULY 31	MCC Band Shell, Manchester	7-9:00 P.M.	Full Band
AUGUST 1	Town Green, Naugatuck	7-8:30 P.M.	Rock Band
AUGUST 2	Brodie Park, New Hartford	6:30-8 P.M.	Rock Band
AUGUST 2	45 S. Main St., Wallingford	7-8:30 P.M.	Pop Band
AUGUST 3	Mills Pond Park, Canton	6:30-8 P.M.	Rock Band

Guests are invited to bring lawn chairs and picnic baskets as we perform for you a variety of patriotic, rock and today's pop tunes.



All shows are FREE AND OPEN to the public.
*Interested in joining us? We have openings
and are taking auditions.*

For more information please visit our FB page: 102dArmyBand
or contact SFC Tom Durnik at 860-375-1801

"IT PAYS TO STAY"
FY-17 ARMY NATIONAL GUARD RETENTION PROGRAM

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Re-Enlist for 2 Years
Receive a \$4,000 Bonus and
a waterbottle or hydration pack

Re-Enlist for 6 Years
Receive a \$12,000 Bonus and
a Gerber or tactical flashlight

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CONTACT YOUR RETENTION NCO FOR MORE INFO
*photos are representations only, actual items and bonuses are subject to funding and availability.

**CONNECTICUT
NATIONAL GUARD**

Leads to Enlistments Awards Program
Effective 01 Oct 16 - 30 Sept 17

1st Lead to Enlistment
Shaker Bottle & T-Shirt**

2nd Lead to Enlistment
Tactical Backpack**

3rd Lead to Enlistment
Fleece Jacket or Hoodie**

4th Lead to Enlistment*
AAM & Gerber Multi-Tool**

5th Lead to Enlistment*
ARCOM, Tactical Flashlight
& "Honorary RRNCO" plaque**

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO
Leads are subject to verification of enlistment IAW state lead tracker SOP
**photos are representations only, actual items are subject to availability and funding
*Must be eligible to receive AAM or ARCOM. One award per person given at the end of the Fiscal year based on number of enlistments.

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A Significant Deployment for Connecticut Ends on a Significant Day for America

CTNG Begins Welcome Home Celebration on the Fourth of July

TECH. SGT. TAMARA R. DABNEY
103RD PUBLIC AFFAIRS OFFICE
CONNECTICUT AIR NATIONAL GUARD

EAST GRANBY, Conn. – There is an air of excitement and pride at Bradley Air National Guard Base.

After months of anticipation, military families and friends celebrated the return of more than 100 Connecticut Air National Guardsmen of the 103rd Airlift Wing from an overseas deployment.

The deployment, which mobilized the Guardsmen for service in various locations across Southwest Asia, was significant as it marked the beginning of a new era for the 103rd Airlift Wing; it was the first time the unit had ever deployed the C-130 Hercules overseas as part of its new tactical airlift mission. In today’s world, the C-130 is just as important as it was 60 years ago.

“This type of mission is new to the 103rd and it has a very high ops tempo,” said Lt. Col. Stephen Gwinn, 103rd Operations Group Commander. “The most important role that the C-130 plays now is supplying front-line operators with the supplies that they need when they are on the ground. Our work was definitely highlighted during this deployment. Whenever the threat reached very high levels, the C-130 was the only aircraft that could be sent to deliver necessary supplies to troops on the ground.”

According to Gwinn, the Airmen of the 103rd Airlift Wing performed their jobs with remarkable proficiency during the deployment; they made mission accomplishment look easy. However, despite how effortless the deployment may have appeared, the new mission presented tough challenges. Years of training, extended work days and working with limited resources and facilities are just a few of the obstacles that the unit had to overcome to ensure the success of the deployment.

“Training the aircrew for the new mission without some of the resources and facilities that we have now was very challenging,” said Gwinn. “100 percent of the credit goes to the Airmen who did all of the work to get us to our first C-130 deployment. Our training office and our maintainers in the unit were able to get out and practice the mission to perfection. Other units are now trying to emulate what we do. We had to work to make ourselves better than what we were. We did an amazing job of accomplishing the mission.

“The reward is in mission completion,” said Gwinn. “Every one of our Airmen who deployed and worked 16-hour days, flying into hostile environments--they all came home even more motivated and it’s because of the training we did at home station. This is like our graduation. We finished school by going to the desert and completing this deployment. We’re not done yet. We’re going to continue getting better.”



Members of the 103rd Airlift Wing, Connecticut Air National Guard are greeted by Gov. Dannel P. Malloy, Lt. Gov. Nancy Wyman and Maj. Gen. Thad Martin, at a homecoming celebration at the Bradley Air National Guard Base, July 4. More than 100 members of the Airlift Wing returned from deployment over three days the first week of July. This deployment marked the beginning of a new era for the 103rd Airlift Wing; it was the first time the unit had ever deployed the C-130 Hercules overseas as part of its new tactical airlift mission. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center, Volunteer)



Members of the 103rd Airlift Wing, Connecticut Air National Guard are greeted by families and friends at homecoming celebration at the Bradley Air National Guard Base, July 4. More than 100 members of the Airlift Wing returned from deployment over three days the first week of July. This deployment marked the beginning of a new era for the 103rd Airlift Wing; it was the first time the unit had ever deployed the C-130 Hercules overseas as part of its new tactical airlift mission. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center, Volunteer)



Families crowd the flightline of the Bradley Air National Guard Base as they await the arrival of members of the 103rd Airlift Wing, Connecticut Air National Guard, July 8. Beginning July 4, more than 100 members of the 103rd AW returned home following a historic first deployment operating a mission overseas with the C-130H Hercules. While deployed, the Airmen supported Expeditionary Combat Support operations that included tactical airlift, maintenance, security and logistics support. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center, Volunteer)



Staff Sgt. Bailee Graveline of the 103rd Airlift Wing, Connecticut Air National Guard is embraced by her family upon her return from deployment at the Bradley Air National guard Base, East Granby, Connecticut, July 4. More than 100 members of the Airlift Wing returned from deployment over three days the first week of July. This deployment marked the beginning of a new era for the 103rd Airlift Wing; it was the first time the unit had ever deployed the C-130 Hercules overseas as part of its new tactical airlift mission. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Public Affairs Office, CTANG)



A member of the 103rd Airlift Wing embraces his family on the flightline of the Bradley Air National Guard Base, July 6. Nearly 100 members of the 103rd returned home to Connecticut following deployment to multiple locations in Southwest Asia over three days the first week of July. (Photo by Allison L. Joanis, State Public Affairs Office)

Panel Discussion on Suicide in the Military and with Veterans



Come and learn what Connecticut is doing to address the issue and what resources are available.

September 15, 2017
8:30 - 12:00

Central Connecticut State University
Constitution Room

FREE EVENT
OPEN TO SERVICE MEMBERS, VETERANS, CLINICIANS, and THE PUBLIC
RSVP to Eileen Hurst at hursteim@ccsu.edu or 860-832-2976

PANELISTS:

Albert Guillorn, LMFT – Community Clinician, Military Support Program, DMHAS and Vietnam Veteran

Latonya Harts, LCSW – Suicide Prevention Coordinator, Department of Veterans Affairs

Katherine Hermes, J.D., Ph.D. – Department Chair and Professor of History at CCSU; co-author of “Explaining Suicide”

Susan Tobenkin, LCSW, SCSA – Behavioral Health Team, CT National Guard

Aaron Jones, MSW– Readjustment Counselor, Hartford Vet Center



This event is open to the public.

Improve Your ASVAB GT Score; Advance your CTNG Career

MAJ. DEREK J. MUSGRAVE
EDUCATION SERVICES OFFICER

If you are interested in improving your Armed Services Vocational Aptitude Battery General Technical score, you can schedule an appointment to take the Army Armed Forces Classification Test in the Hartford Armory. With prior coordination, proctors are available most weekdays at 8:00 a.m.

The GT score is the “General Technical” test area of the ASVAB and is a measure of word knowledge, paragraph comprehension and arithmetic reasoning. A GT score of 110 is required for entry into the Officer and Warrant Officer Candidate programs. If you are concerned about passing the exam, we have resources here to help you study or you can take online practice exams to prepare you for the test.

If you have any questions about your education benefits, stop by the Education Services office in room 103 of the William A. O’Neill Armory in Hartford or contact Education Services directly.

Maj. Derek J. Musgrave - Education Services Officer
860-524-4816
derek.j.musgrave.mil@mail.mil

Mr. Sam Salmeron - Education Service Specialist
401-275-4143
samuel.s.salmeron.civ@mail.mil

Sgt. 1st Class Eduardo Foster - Incentive Manager
860-524-4809
Eduardo.e.foster.mil@mail.mil

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Enlisted Update

Exceeding Expectations, Not Maintaining the Minimum

COMMAND CHIEF MASTER SGT.
JOHN M. GASIOREK

I would first like to thank our personnel and their families as our Connecticut National Guard personnel are returning from deployments, bringing great credit upon our military and state. As they arrive home safely, the stories are slowly leaking out about the phenomenal contributions they have been making on our behalf. I salute you and thank you! As the rest of our teams head out, we want you to know your families will be taken care of and your leadership is grateful! Connecticut’s contributions to the global fight against terror is and will always be unwavering!

I would also like to wish Command Chief Master Sergeant Robert Gallant best wishes on his retirement and thank him for his 40 years of contributions to our military! Chief Gallant’s dedication and heart has always been with all of you optimizing the Air Force Core Value, service before self. He has left some pretty big shoes to fill however I am encouraged by the challenge.

It is an absolute honor every day I am afforded the opportunity to wear the fabric of our nation and I never imagined one day I would be your Air National Guard Command Chief Master Sergeant. I have been very fortunate to have had great mentors throughout my career. I absolutely love what I do and I am truly here for all of you. I would not be able to voice your concerns without your trust in me. I am fortunate to have had over the last 22 years my wife Debra as my go-to Battle Buddy and Wingman at home who has supported me endlessly. When I struggle, she struggles

and when you struggle, she struggles. She is my rock and family is so important in the business we do every day. It is important we keep our family in the forefront of our minds as we execute our mission.

During my eight years of active duty Air Force, three of the four bases I was assigned to are now closed. Our Connecticut National Guard both on the Army and the Air Force side have almost seen extinction and/or at least significant changes to manpower and mission set in the past. Had it not been for our senior leadership and all of your hard work and contributions to the warfighting mission, it would not be what it is today. I believe the Connecticut National Guard has prevailed only because we had a product for our leadership to justify why our Nation cannot survive without the Connecticut National Guard.

We all need to maintain minimum standards with limited amounts of time usually one weekend a month and two weeks out of a year. Our regular active duty Air Force typically works two hundred and seventy-nine days a year. Our full time Air National Guard works on average two hundred and fifty-three days a year. Our Air Force drill status guardsman typically work thirty eight days a year. In other words, the Air National Guard is held to the same standards as our active duty counterparts accomplishing one hundred percent of the requirements in fourteen percent of the time. I am the first to acknowledge it is not easy and there are sacrifices along the way.

Despite this limited amount of training time we need to put more emphasis on exceeding expectations. This includes our professional military image, supervision, mentorship, education, physical fitness, and being an outstanding Battle Buddy or Wingman. Whether you agree or not I believe it should be about the name tape over your left breast pocket and not about the name tape over your right breast pocket. I think it is imperative we continue to be focused on exceeding which we all know how to do rather than meeting the bear minimum standard.

As I write this article, I am preparing to attend a four-week professional development course at Maxwell

AFB, so I can better serve all of you. With this comes sacrifice, as I have a son who is about to deploy and I will miss his send off as he departs on his first deployment. I take great comfort in knowing my Battle Buddies and Wingmen will have my back as he departs in my absence. You all are the greatest thing about our Connecticut National Guard.

I am always open to ideas on how we can better encourage anyone to want to be part of our organizations. I want to know how we can better preserve our legacy. There is a huge difference between 103.50% end strength versus 85.46% effective manning. The difference is between recruiting new people coming into the Connecticut National Guard and retaining the same people to replace our aging force. One of the last documents I saw for 2017 retention statistics reflected 23% of personnel were resigning or were not reenlisting when their ETS date arrived. Another 10% of the personnel were transferring to another unit. We experienced 10% of our force being discharged for unsatisfactory service, misconduct or disciplinary issues. We have also loss 38% of our people to retirements during this same time frame. Those percentages actually reflect a total loss of sixty-six personnel however this puts a huge strain on recruiting to make up those numbers. We really need to lead by example and exceed the standard in order to keep the quality people we need.

As the state command chief master sergeant I am excited at this opportunity to spend time not only with our Air National Guard but more importantly I want to spend more time with Command Sergeant Major Carragher and our Army National Guard. I was a graduate of Military Police Investigations course class 017-91, at Fort McClellan AL. I have flown on your Blackhawks and Chinooks. I am grateful for your professionalism which gave me great confidence as a passenger as I stepped upon your aircraft. I am purple through and through.

I am looking forward to seeing all of you! Our senior leadership and my family is grateful for all that you do! Be safe!

CONNECTICUT AIR NATIONAL GUARD

COMMISSIONING OPPORTUNITIES

Qualified candidates may email resumes/CVs to:

Senior Master Sgt. Aaron Hann
aaron.f.hann.mil@mail.mil
(860) 292-2331

Master Sgt. Christopher Grizzle
christopher.h.grizzle.mil@mail.mil
(860) 292-2758

- 44K - Pediatrician
- 42E3 - Optometrist
- 48A - Aerospace Medicine Specialist
- 48R - Flight Surgeon
- 43H3 – Public Health Officer
- 45G3 – OB/GYN Physician
- 42G3 – Physician Assistant



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WE'RE HIRING!

Inside OCS

A Journey Coming to a Close

OFFICER CANDIDATE MICHAEL DOWD
OCS CLASS 62
1-169TH REGT (RTI)

It has been a long year for Class 62.

Twelve months ago, we were preparing for Phase 1 and the beginning of our journey through Officer Candidate School. Now, a year later, Phase 2 is in the books, and arguably the most difficult part of OCS is behind us.

Phase 2 tested all of us both physically and mentally. The last 11 months have included timed ruck marches, swim tests, a 3 mile run, 8 exams, PT tests, barracks inspections, a dining out, and countless hours of planning and preparation before each drill weekend.

Looking back, it seems like the year flew by. I attribute that to the friendships I have made with my fellow candidates because OCS is truly a team effort. We all worked to motivate and encourage each other when things were getting tough. Whether it was cheering someone on during a ruck march or helping tutor someone struggling before an exam, we supported each other to stay focused and complete the task at hand.

Our last drill was no different, as we finally executed our culminating event - a platoon mission against an opposing force, or OPFOR, comprised of our cadre. The mission took months to plan, but everyone knew their role and what needed to be done even before we started the weekend. Our student leadership had done an excellent job at preparing us for this event.

The mission was broken out into four key tasks; route clearance to the objective, a recon of the objective, establishing a patrol base, and clearing the objective. What made this mission so unique was that the opposition was not aware of our plan at all. Nobody warned the OPFOR that we were in the area or gave any details about the attack. It was a true, "force on force," training event and something that I have never experienced in my time as an enlisted Soldier. There was real motivation to move quietly and keep vigilant throughout the weekend.

Whether it was raining heavily or we were moving through a swamp, we didn't let those outside forces get the best of us. We pushed on, knowing this was our final weekend and we could all see the light at the end of the tunnel.

As the mission progressed, things changed from what was originally planned, but nobody panicked. Everyone adjusted accordingly to variables not anticipated. This included an attempted ambush by the OPFOR while we conducted route clearance, second squad capturing

OPFOR that tried to recon our position, the entire platoon keeping calm not to give away the patrol base location as OPFOR tried to engage us during the night with random harassing fire, and people stepping into higher leadership roles because of simulated casualties sustained during the mission.

The operation concluded Sunday morning at 7:30 a.m., as we secured the objective and completed our mission. We owed much of our success to the cadre who worked so hard to prepare us over the last year. After last month's exercise in New Hampshire, I personally feel that Connecticut candidates were among the best prepared. In talking to candidates from other states, I realized how different each state's OCS program is and it became evident that our cadre went above and beyond in preparing us to become officers, taking time to mentor us during drill and throughout the month. I know I speak for all of Class 62 when I say that we are very fortunate to be in this program.

As we joked and laughed over celebratory takeout food, remembering the year that had gone by, it started to sink in that we were almost done. Phase 2 was now over, and we all knew that this was the last time we would be doing this. On to Phase 3!

Editor's Note: Phase 3 for the Northeast Region is held in Maryland. It is the third and final two week phase of the OCS program that puts everything together that the candidates have been training on throughout the year. It consists of an obstacle course, combat water survival test, STX lanes and Platoon lanes. Candidates must receive a "GO" as a leader of a STX lane in order to graduate Phase 3. CT will be sending 10 candidates to Phase 3 this year, as well as two cadre members as Platoon Training Officers. Once candidates pass Phase 3, they return home to commission in August.



WARRANT OFFICER

Use Your Military Experience in a Leadership Role as a Warrant Officer in the National Guard.




CONNECTICUT NATIONAL GUARD

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susan.w.curtiss.mil@mail.mil

Become an Officer in the Connecticut Army National Guard
Do you have what it takes to withstand mental and physical challenges of the Connecticut Army National Guard Officer Candidate Program?
For information and requirements, contact your chain of command or
Capt. Ulrick Brice, RRB Officer Strength Manager
ulrick.g.brice@mail.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention



Resilience:
"Skill of the Month"

CSM James Sypher
R3SP Program Manager
james.a.sypher.mil@mail.mil

TRUE STORY!

Something good that happened in my life recently...

"Yesterday at final formation, the Battalion Commander presented me with a coin."

1. Why did this good thing happen to me?
✓ Because I shot "Expert" at weapon qualification this past weekend at drill.
2. What does this good thing mean to me?
✓ It means my Leadership recognizes and rewards achievement; it also means that paying attention during PMI at the unit really paid off.
3. What can I do tomorrow to enable more of this good thing?
✓ Look for more ways to exceed the standards of my superiors, such as scoring high on the APFT or volunteering for challenging tasks.
4. How did I or others contribute to this good thing?
✓ I paid attention during PMI; also, I got plenty of sleep the night before weapon qualification.
✓ Our training sergeant gave very good instruction during the PMI; also, our Battalion Commander made the decision to recognize the Soldiers who shot "Expert."

How does it Work?

* Reflect on **3** good things in your life each day. Share your recent positive experiences with others in order to "savor" or "re-live" the good moments.

Hunting the Good Stuff...

- ✓ Builds positive emotions, optimism, and gratitude
- ✓ Counteracts the Negativity Bias
- ✓ Leads to better health, better sleep, and feeling calm
- ✓ Strengthens relationships
- ✓ Increases optimal performance

R3SP Prepares to Observe Suicide Prevention Month

Ms. MEAGAN MACGREGOR
SUICIDE PREVENTION MANAGER
CTARNG

September is upon us and the CTARNG's R3SP Programs are preparing to observe Suicide Prevention Month.

Suicide Prevention Programs is organizing multiple events to help bring awareness to the continued issue of suicide in the National Guard. The prelude to this month-long event will be two ASIST courses, taking place August 5-6 in Middletown and August 19-20 at Camp Niantic, as well as two ACE-SI courses, which will fall the Friday before each ASIST course.

A special ASIST course will be held in September which will be open to Soldiers and their families. This two-day course will provide all participants with the tool and knowledge to perform a suicide intervention.

On September 15, the CTARNG and Central Connecticut State University will co-sponsor a panel on suicide in the military and veteran communities with Susan Tobenkin of the CTARNG's Behavioral Health Team serving as a panelist.

During the third week of September, Behavioral Health will be facilitating a Postvention Course for Soldiers to learn how to restore moral and unit cohesion after a suicide or an attempt. This elective course will also offer insight from family survivors of suicide for an alternative perspective on the effects of suicide.

The month will culminate with a Resiliency Day sponsored by R3SP Programs. This event will feature multiple wellness activities to help show expand Soldiers' idea of resiliency. Presentations by Master Resiliency Trainers, Suicide Prevention Programs, and ASAP will round out the event. Keep an eye out for flyers and schedule of events coming out in August! If you would like to volunteer for Resiliency Day please contact Meagan MacGregor- Suicide Prevention Programs Manager at 860-524-4962 or meagan.e.macgregor.ctr@mail.mil. We look forward to seeing you all in September.



refer a soldier at risk

visit realwarriors.net #bethere

Substance Abuse Issues? Get Help Now

Call 911 in the event of an emergency.
National Helpline for Substance Abuse Prevention -
1-800-662-4357

CTNG Substance Abuse Program Staff

Mr. Denis Tomczak
Alcohol and Drug Control Officer
860-729-9745
dennis.tomczak@accenturefederal.com

Ms. Shaneka Ashman
Prevention Coordinator
860-549-2838
Shaneka.ashman@accenturefederal.com

Sgt. Chris Wichrowski
Drug Testing Coordinator
(860) 549-3298
christopher.j.wichrowski.mil@mail.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention

101 Critical Days of Summer

Think Before you Drink, Avoid Dehydration, Stay Safe in the Sun

SUBMITTED BY 1ST LT. SHANEKA ASHMAN
PREVENTION COORDINATOR
SUBSTANCE ABUSE PROGRAM, CTNG


The 101 Critical Days of Summer is moves into what is typically the hottest time of the year. This month, we will look at the relationship between alcohol and dehydration and discuss staying safe in the sun. We all know that when it comes to hot weather, good hydration is essential. Did you know that drinking alcohol will cause you to lose significantly more fluid from your body than the alcohol you consume? For example, drinking a 200 mL shot of alcohol will actually cause you to lose 320 mL of fluid -- 120 mL more than the drink you consumed. Many of the effects of a hangover are not caused by the alcohol itself, but rather by the dehydration that accompanies drinking the alcohol.

This piece of information is critical for anyone who will be spending time in the sun and heat: though we may be taking in more liquid, alcohol actually depletes our bodies of the much needed resources to fuel our bodies. Therefore, someone who drinks while out in the heat, risks life threatening heat injuries. Alcohol is a powerful diuretic and can cause a severe electrolyte imbalance from which recovery can take up to a week. For people involved in sporting activities, the dehydration can increase the risk of musculoskeletal injuries including cramps, muscle pulls and strains. It can also lead to a decrease in lean muscle mass and muscle recovery, impacting overall athletic performance.

Being hydrated is essential to your health and performance this summer- whether you're working in the yard, fishing at the lake or hiking your favorite trail. Also, keep in mind that skin cancer is the most common cancer in the United States and can be prevented by using and reapplying sunscreen. Please make the healthy choice to drink more water when in the sun and heat, and save the alcohol for a time and place where the temperatures will be more forgiving. And avoid harsh sunburns by wearing sunscreen!

If you do make the decision to drink alcohol while in the sun, be sure to follow the Low Risk Guidelines and drink twice as much water:

- ZERO-** No drinking if you are pregnant, underage, driving, boating, engaging in high risk activities or if you have trouble drinking responsibly
 - ONE-** No more than one drink (.6 oz of pure alcohol) per hour
 - TWO-** No more than two drinks per day, if drinking daily
 - THREE-** No more than three drinks on any one occasion, if only drinking occasionally
- Please contact Shaneka Ashman, Prevention Coordinator, CT National Guard Substance Abuse Program for more information at 860-549-2838 or shaneka.ashman@accenturefederal.com.




Sun Safety

BE SUN SAVVY!

The most common cancer in the United States is skin cancer. However, it can be prevented if you follow some simple guidelines!

Apply sunscreen (SPF 30 or higher) 20 minutes before sun/outdoor exposure and reapply every 2-3 hours. Wear protective headgear, clothing and sunglasses with UV absorption up to 400nm. Seek shade to cool off. Alcohol consumption increases the likelihood of sunburn.

(NDSU Extension)



Hydration


STAY HYDRATED!

Hot weather and physical activity require increased fluid intake to replace lost body water. Be sure to stay hydrated and replenish your electrolytes.

Before exercise drink 2 cups cold water 1-2 hrs. before your activity. Cold fluids at 40-50 degrees work best. During exercise drink 1/2 cup cold water every 15 minutes. After exercise drink 2 cups cold water for every pound of weight lost.

Carbonated beverages, high-sugar drinks, caffeinated beverages, energy drinks and alcoholic beverages will dehydrate the body. Energy drinks and alcohol will dehydrate the body even more!

(Nebraska Extension)



101 CRITICAL DAYS OF SUMMER

Boating

NEVER DRINK AND BOAT!

Have personal floatation devices available for everyone in the boat.

Drinking/drugs and boating don't mix. The boat's motion, vibration & engine noise as well as sun, wind & spray make the effects of alcohol & drugs more intense in a boat.

Alcohol is the leading contributing factor in fatal boating accidents. BUI penalties are very similar to DUI penalties.

(NDDOT)

For more information, call Robin Tanguay (ADCO) at 401-465-4947 or Shaneka Ashman (PC) at 860-548-3291 - Accenture Federal Services

Suicide Signs - What to Look For

Attend ACE-SI and ASIST to See the Signs

Many people who are suffering from thoughts of suicide show signs. Would you know what to look for? What if you saw signs of someone suffering from thoughts of suicide? Would you know how to help?

You can help save a life!

Attend the Army ACE Suicide Intervention Program(ACE-SI) and the Applies Suicide Intervention Skills Training (ASIST) to learn life-saving intervention skills.

August 4-6 Middletown AFRC
August 18-20 Camp Niantic
September 13-14 Middletown AFRC

For more information, contact Ms. Meagan MacGregor
State Suicide Prevention Program Manager
(860) 524-4962, meagan.e.macgregor.ctr@mail.mil



Space is Limited.
Funds are available.
Contact your unit to enroll.

Off the Bookshelf

with Staff Sgt. Simon

Life Flows Along Like the Quennehtuckget



STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

Connecticut residents are fortunate in having over 200 accessible historical societies, associations, research centers and genealogical groups (not including major libraries and museums) to visit to learn about the rich and exciting history of the state’s 169 towns and municipalities. New Haven residents can visit the Italian American Historical Society of Connecticut, located on the campus of Southern Connecticut State University. Manchester is home to the Connecticut Firemen’s Historical Society. The French-Canadian Genealogical Society of Connecticut is in Tolland, for example.

Haddam Neck residents are extremely lucky in having much of their small village’s history printed in an extremely readable and fun book. “Neck” resident, Lillian Kruger Brooks, published “Life Flows Along like a River: A History of Haddam Neck” in 1972. In less than 100 pages, she creatively narrates the village’s unique history from its early Native American inhabitants to the construction of its first firehouse in 1970.

Additional historical Haddam Neck curiosities include, Captain Kidd’s purported burial of treasure in the village, the difficult year-long winter of 1816, the legend of the powerful Native American deity Hobomoko and, of course, the brave actions of the residents during the nation’s wars, dating to conflicts between early settlers

and Native Americans. Also, according to Brooks, Haddam Neck’s Connecticut Yankee Nuclear Power Plant was constructed on the site of a ferocious battle between Wangunk and Mohawk Native American tribes in the 17th century.

Venture Smith may in fact be Haddam Neck’s most well known historical resident. His “Narrative of the Life and Adventures of Venture,” published in 1798, was one of the United States’ first slavery self-written narratives. Smith lived as a slave in Newport, Rhode Island and Stonington, Connecticut, before eventually settling in Haddam Neck with his family and, ironically, his own slaves. Smith’s original manuscript was first published by New London’s, “The Bee” newspaper, the forerunner to the modern, “The Day.”

Lillian Kruger Brooks’ family history in Haddam Neck dates to 1710 when the first residents settled in the area near the banks of the Connecticut (Quennehtuckget) River. “Life Flows Along like a River,” (Ut Amnis Vita Labitur) is her family’s motto.

What hidden histories does your town offer? Have you visited your local historical society or association museum lately? To start your adventure, visit the Connecticut’s Secretary of The State’s website.

www.ct.gov and type, “museums and libraries,” into the search bar.

Would you like Staff Sgt. Simon to review a book? We are always looking for suggestions! Email the editor, allison.l.joanis.civ@mail.mil

The Connecticut Guardian
ONLINE
<http://ct.ng.mil/guardian>

Now in full color!

THE CONNECTICUT NATIONAL GUARD
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Connecticut National Guard Public Affairs Office
Social Media Submissions and Information
(860) 524-4858 ctngpublicaffairs@gmail.com

Military History

Connecticut On the Border

BRIG. GEN. (CT-RET.) ROBERT CODY
HISTORICAL COLUMNIST

The Connecticut National Guard was, “on the border” a little more than 100 years ago during a crisis with our southern neighbor.

A long running internal struggle in Mexico spilled over the border and as Francisco “Pancho” Villa rebelled against the government and proceeded to gain control over most of the northern part of Mexico, he instigated a series of border incidents that culminated in a surprise attack by 500 of his men against Columbus, New Mexico, on March 9, 1916. Villa’s troops killed a substantial number of American Soldiers and civilians and destroyed considerable property before units of the 13th U.S. Cavalry drove them off. The following day, President Wilson ordered Brig. Gen. John J. Pershing into Mexico to assist the Mexican government in capturing Villa.

Villa and his “army” continued their attacks into the U.S. in an ill-conceived attempt to gain support. The most important battle took place in June at Carrizal, near Chihuahua, Mexico where 50 U.S. Soldiers were killed, 39 wounded and 24 taken prisoner. This action created a critical situation that led President Wilson to immediately call 75,000 National Guardsmen into federal service to help police the border. He soon authorized a partial

train headed for Nogales, Arizona. Although their patrols along the border were important, the training that the Guardsmen received was invaluable. Guardsmen were physically toughened and officers and NCOs gained experience in handling



Connecticut National Guard troops March to Fort Huachuca, 1916. (Photo courtesy of the Connecticut State Library, <http://ctinworldwar1.org/mexican-border/>)

The 2d Connecticut mustered out of Federal service in November 1916, only to be mobilized again in February 1917. Redesignated as the 102d Infantry and assigned

to the famous 26th “Yankee” Division, the regiment fought in six World War I campaigns. Today, the 102d Infantry, Connecticut Army National Guard continues its proud record of over 300 years of service to state and nation.

Although General Pershing never captured Pancho Villa, the experience gained by both Regular Army and National Guard troops who served on the border and in Mexico would prove to be invaluable in the very near future. In addition to the 1st Battalion, 102nd Infantry Regiment, the 169th Regiment (Regional Training Institute), and 118th Multi-Functional Medical Battalion display a Prickly Pear cactus



Soldiers of the Connecticut National Guard on the Mexican Border, 1916. (Photo courtesy of the Connecticut State Library, <http://ctinworldwar1.org/mexican-border/>)

mobilization of 158,664 Guardsmen from all states (except Nevada, which was just organizing its Guard) to move to protect in-depth the border areas.

Among the many units activated for service was the 2d Connecticut Infantry. On June 20, 1916, the regiment assembled and began preparations for the long rail journey to the border. Within a week, they were on a troop

on their Distinctive Unit Insignia, signifying service on the Mexican Border in 1916 with General “Black Jack” Pershing.

Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th grade Social Studies in Stamford, Connecticut. Email him at rmcody@snet.net.



Connecticut National Guard Soldiers at Camp Holcomb, Nogales, Arizona, 1916. (Photo courtesy of the Connecticut State Library, <http://ctinworldwar1.org/mexican-border/>)

Training Circulars for TY17 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
Leadership Challenge Program II Course	350-17-41	1st Lt T. Ryan Serfes	29-Aug-17	31-Aug-17
HEAT Instructor Course	350-17-42	Staff Sgt. Gerald Santos	30-Aug-17	30-Aug-17
Annual Government Purchase Card Refresher Course	350-17-39	Sgt. Kyle Stafford	4-Sep-17	4-Sep-17
Annual Government Purchase Card Refresher Course	350-17-39	Sgt. Kyle Stafford	12-Sep-17	12-Sep-17
ASIST	350-17-08	Ms. Meagan MacGregor	13-Sep-17	14-Sep-17
Army Substance Abuse Prevention (ASAP) AGR	350-17-04.a	Ms. Robin Tanguay	13-Sep-17	13-Sep-17
Pre-Command / 1SG Course	350-17-24	Maj. Michael Jakobson	15-Sep-17	17-Sep-17
Annual Government Purchase Card Refresher Course	350-17-39	Sgt. Kyle Stafford	20-Sep-17	20-Sep-17
Annual Government Purchase Card Refresher Course	350-17-39	Sgt. Kyle Stafford	28-Sep-17	28-Sep-17
		Master Sgt. Jonathan Trouern-Trend		
Intelligence Section Working Group	350-17-28		7-Oct-17	8-Oct-17
Bus Driver Training Course	350-17-21	Master Sgt. Tom Ahearn	16-Oct-17	20-Oct-17
Digital Training Management System Course	350-17-30	Sgt. 1st Class Richard Reynolds	17-Oct-17	17-Oct-17
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	17-Oct-17	19-Oct-17
American Heart Association (AHA) Heartsaver AED Certification	350-17-18	Staff Sgt. Sara Landon	18-Oct-17	18-Oct-17
		Chief Warrant Officer 3 Stephanie Richard		
Medical Readiness Training (MEDRED)	350-17-01		24-Oct-17	24-Oct-17
		Chief Warrant Officer 3 Stephanie Richard		
Medical Readiness Training (MEDRED)	350-17-01		25-Oct-17	25-Oct-17
OIP Workshop	350-17-03	Maj. Daniel Caisse	26-Oct-17	26-Oct-17

Highlighted Courses:

HEAT Instructor Course: This training opportunity provides training for soldiers to set-up, operate, troubleshoot and perform minor PMCS on the HEAT rollover trainer. These individuals may have ADOS opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating the system to provide training their own units. 30 August 2017. 12 Soldiers Max. See your unit training NCO for current availability.

Company Level Pre-Command and First Sergeant's Course: The objective of the Pre-Command and First Sergeant's Course is to provide current and future Company Commanders and First Sergeants with basic information to successfully perform company/detachment command. This course is required for selection of future Company Commanders and for First Sergeants currently with less than one year of time in current position or E-8s projected for future assignment to a First Sergeant position. 15 September 2017. 25 Soldiers Max. See your unit training NCO for current availability.

Bus Driver Training Course: The Operator's Training Course is a "Train the Trainer" (T3) course, primarily targeted to personnel with the skills necessary to train individuals on the safe operation of a GSA Bus. This course will provide training on Preventive Maintenance Checks and Services (PMCS), Operations, Operational Policies and Safety. 16-20 October 2017. 16 Soldiers Max. See your unit training NCO for current availability.

Note:

- TY18 Training Circulars are published. See your unit training NCO or visit GKO; GKO at G3 > Training Circulars > Training (TR) > TY18.
- There will be a new fielding for the EST II system in September and October 2017. You must receive certification on the new system to operate the device. Certification on the EST 2000 is not valid for the EST II. Training Circular to be published when fielding dates are finalized.

Maj. Michael Jakobson - G3-FTB, Training Specialist - michael.p.jakubson.mil@mail.mil - Phone: 860-493-2774

THE DA PHOTO PROCESS

Do You Need A DA Photo?

1

Must be SSG or above

And at least one of the following:

- No photo on file
- Current photo over 5 years old
- Promoted since last photo
- Received ARCOM or higher

2

REVIEW YOUR ERB/ORB

- Check records for accuracy
- Determine which awards you are authorized to wear for your photo
- DO NOT Wear awards not listed in your record
- ERB/ORB accuracy is an individual responsibility

3

PREPARE YOUR UNIFORM

Ensure your uniform is up to AR 670-1 standards before scheduling an appointment

- Uniform preparation is an individual responsibility
- Last minute cancellations due to incomplete uniforms waste available slots. Be considerate of fellow Soldiers and only schedule an appointment once your uniform is 100% to standard
- Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment

4

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

- Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details
- Only available time slots are shown. If your first choice is unavailable, choose another time

5

SHOW UP AT SCHEDULED TIME

MO Maurice Rose
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322

- Be on time and fully dressed at the scheduled time
- Locker rooms available on the first floor if you wish to carry your uniform on a hanger

IMAGE MANIPULATION

DA photos WILL NOT be digitally altered. DO NOT ASK.

- Per AR 640-30: Photographers will not alter the photograph, to include adding new rank, ribbons, stars or existing insignias or markings. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs
- Per AR 640-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier

How Does your photo get to your ERB/ORB?

Photo Lab → Human Resources Command → DAPMIS

Once approved in DAPMIS, your photo will automatically be routed to your ERB/ORB

What to Wear for a DA Photo

Must Wear Unit Crests (Enlisted)

NO Infantry cords or blue discs

NO Green leadership tabs

Wear RDI if affiliated

Wear only Unit Citations that PERMANENT and listed in your individual records

Nameplate must be worn

Wear ONE CSIB, if authorized

Only wear PERMANENT awards listed in your records

Wear Marksmanship Badges

Identification badges worn on left pocket, if authorized

No headgear worn for DA photo

FOR MORE INFORMATION, VISIT: WWW.ARMY11.ARMY.MIL/UNIFORM/

CONNECTICUT NATIONAL GUARD SAFETY FIRST

Keep Hiking Fun. Know the Dangers!

COMPILED BY THE KNOWLEDGE STAFF
U.S. ARMY COMBAT READINESS CENTER

Your safety is your responsibility and depends on your own good judgment, adequate preparation and constant attention. Backcountry hikers should be in good physical condition and able to survive on their own. Proper equipment and knowing how to use it are essential for a safe trip. Here are a few basics to help you get started:

- Let a responsible person know your route and return time.
- Always hike with another person. Keep your hiking party together and stay on officially maintained trails. Always keep children in your sight when hiking. Do not allow them to get ahead of you or fall behind.
- Carry a current park trail map and know how to read it. A handheld GPS or compass could also be useful, but make sure you know how to use one properly. Practice before your hike.
- Carry two small flashlights or headlamps — even on a day hike. If you have trouble on the trail, darkness may fall before you can finish your hike.
- Take a minimum of two quarts of water per person per day. All water obtained from the backcountry should be treated either by filtering or boiling.
- Bring some jerky or trail mix to snack on if you do become lost. It will give you some energy to fight off the cold weather.
- Carry a small first aid kit designed for hikers

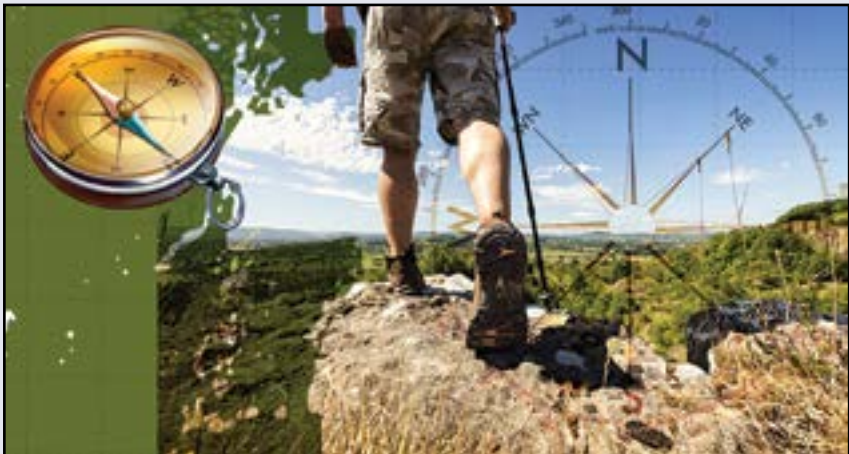
and campers. Make sure you include medications for those with medical conditions.

- Check the current weather forecast and be prepared for quickly changing conditions.
- Wear shoes or boots that provide good ankle support.
- Avoid hypothermia, the dangerous lowering of body temperature, by keeping dry.
- Avoid cotton clothing.

Dress in layers that can be easily removed or added as you heat up or cool down. Always carry a wind-resistant jacket and rain gear — even on sunny days.

- Don't attempt to cross rain-swollen streams. They will recede rapidly after precipitation stops, so waiting may save your life. When crossing any stream more than ankle deep, unbuckle the waist strap of your pack, wear shoes and use a staff to steady yourself.
- Familiarize yourself with the local wildlife and know how avoid confrontations with it.

Sure, you may be in good physical shape. But if you live at or near sea-level, you may not realize how thin the air is at 7,000 feet, advises Al Nash from Yellowstone National Park. People unaccustomed to the rarified air at higher altitudes are vulnerable to dehydration and



suffering the effects of overexertion. If you become disoriented, Nash recommends staying put and sounding, on a regular basis, that emergency whistle you brought with you. (You did bring one, didn't you?) A signal mirror can also be a lifesaver by allowing you to alert aircrews to your location.

The difference between being home for supper and sitting in the dark, shivering under a tall tree in the forest, could be up to how well you planned for your hiking trip. Remember, your safety in the great outdoors is your responsibility.

CTARNG Safety Office
(860) 292-4597

CTANG Safety Office
(860) 292-2776

Join Tomorrow's Battlefield as a Cyber Warrior



Enlisted, Warrant Officer & Officer Positions Available

For more information, contact:

1LT Tyler Sams
tyler.j.sams4.mil@mail.mil
860.595.9962

Retiree Voice National Cemetery Administration

SGT. 1ST CLASS (RET.) STEPHANIE CYR
RETIREE AFFAIRS COLUMNIST

Pre-Need Eligibility Program

The Department of Veterans Affairs (VA) recently announced that it now provides early eligibility determinations for interment in VA national cemetery prior to the time of need. Through the Pre-Need Determination of Eligibility Program, individuals can request and learn if they are eligible for burial or memorialization in a VA national cemetery.

The VA operates 135 national cemeteries and 33 Soldiers’ lots in 40 States and Puerto Rico. The VA also provides funding to establish, expand and maintain 105 Veterans cemeteries in 47 states and territories. For Veterans buried in private or other cemeteries, the VA provides headstones, markers, or medallions to commemorate their service.

If you are interested in learning whether you are eligible for burial in a VA national cemetery, submit a VA Form 40-10007, Application for Pre-Need Determination of Eligibility for Burial in a VA National Cemetery. Along with the application, you must also submit documentation of service, such as DD Form 214, NGB Form 22, Discharge Certificate and/or Orders. All applications and supporting documents are sent to the VA National Cemetery Scheduling Office, P.O. Box 510543, St. Louis, MO 63151, or by fax at 1-855-840-8299.

Upon receipt of your application, the VA will review it and provide written notice of its determination of eligibility. The VA will save all determinations and supporting documents in an electronic information system. Because laws and personal circumstances change, upon receipt of a burial request, the VA will

validate all pre-need determinations in accordance with the laws in effect at that time.

Eligible individuals are entitled to burial in any open VA national cemetery, opening & closing of the grave, a grave liner, care of the gravesite, and a government furnished headstone or marker or niche cover, all at no cost to the family. Additionally, Veterans are eligible for a burial flag and may be eligible for a Presidential Memorial Certificate.

Presidential Memorial Certificates

A Presidential Memorial Certificate (PMC) is an engraved paper certificate, signed by the current President, to honor the memory of deceased Veterans who are eligible for burial in a national cemetery.

The Department of Veterans Affairs administers the PMC program. An eligible recipient (i.e., next of kin, a relative or friend upon request, or an authorized service representative acting on behalf of such relative or friend) may apply for the PMC, by completing VA Form 40-0247, Presidential Memorial Certificate Request Form. Additionally, the Veterans military discharge documents and death certificate must be included with the application. Do not send original documents, since they are not returned.

Paragraphs (1), (2), (3) or (7) of section 2402(a) of title 38 U.S. Code, sub section 112, determines eligibility for a PMC for Veterans who are eligible for burial in a national cemetery. The contents of paragraphs (1), (2), (3) & (7) are listed below:

1. Any Veteran (which for the purposes of this chapter includes a person who died in the active military, naval, or air service).
2. Any member of a Reserve component of the Armed

Forces, and any member of the Army National Guard or the Air National Guard, whose death occurs under honorable conditions while such member is hospitalized or undergoing treatment, at the expense of the United States, for injury or disease contracted or incurred under honorable conditions while such member is performing active duty for training, inactive duty training, or undergoing that hospitalization or treatment at the expense of the United States.

3. Any member of the Reserve Officers’ Training Corps of the Army, Navy, or Air Force whose death occurs under honorable conditions while such member is—

- A. attending an authorized training camp or on an authorized practice cruise;
- B. performing authorized travel to or from that camp or cruise; or

C. hospitalized or undergoing treatment, at the expense of the United States, for injury or disease contracted or incurred under honorable conditions while such member is—

- i. attending that camp or on that cruise;
- ii. performing that travel; or
- iii. undergoing that hospitalization or treatment at the expense of the United States.

7. Any person who at the time of death was entitled to retired pay under chapter 1223 of title 10 or would have been entitled to retired pay under that chapter but for the fact that the person was under 60 years of age.

Applications and supporting documents are sent to the Presidential Memorial Certificates (41B3), National Cemetery Administration, 5109 Russell Road, Quantico, VA 22134-3903, or by Fax at 1-800-455-7143.

Veterans’ Services, Where to Find Them

Veterans of the United States Armed Forces may be eligible for a broad range of programs and services provided by the U.S. Department of Veterans Affairs.

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started.

http://www.va.gov/opa/publications/benefits_book/

Health Care

VA’s health care offers a variety of services, information, and benefits. As the nation’s largest integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliaries, readjustment counseling centers, and various other facilities.

Benefits & Services

VA administers a variety of benefits and services that provide financial and other forms of assistance to veterans, their dependents, and survivors. Major benefits include compensation, pension, survivors’ benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance coverage.

Burial and Memorials

Burial and memorial benefits are available for eligible service members, Veterans and eligible family members. Service include interment, headstones and markers, and Presidential memorial certificates. VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 soldiers’ lots, confederate cemeteries, and monument sites.

Veterans Benefits Fact Sheets

<http://www.vba.va.gov/VBA/benefits/factsheets/#BM1>



Contact CT VA at (860) 616-3600, <http://www.ct.gov/ctva>

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Blood, Justin A.
Wenzloff, Luke W.
Bowensheets, Richard J.
Butkus, Alexa A.
Owusuansah, Samuel A.
Arcuri, Jorge M.
Mcgrath, Brett M.
Kelly, Malik T.
Requenes, Juan O.
Rojas, Joshua
Warnke, Megan L.
Buonomo, Matthew D.
Kidd, Anthony O.
Roche, Luis A. Jr.
Ramos, Daniel Jr.

To Private First Class

Ogazi, Magnus I. Jr.
Moreno, Alexander E.
Dube, Marc A. Jr.
Milford, Tashika A.
Payne, Jonathan B.
Savino, Olivia A.
Dazaulloa, Carlos A.
Sutton, Anandah M.
Mendoza, Ezekiel J.
Feliciano, Joselle N.

To Specialist

Andrychowski, Samuel
Amos, Kobe M.
Nations, Steven A.
Ligon, Katonya R.
Corcoran, William P. II
Oneill, Alex J.
Blades, Douglas A. II
Genovese, Christopher J.
Privitera, Salvator R.
Levesque, Ian J.
Lheureux, Nicholas A.
Roldan, Daniel
McCollum, Justin M.
Niles, Kaitlyn M.
Henaghan, Devin M.
Hill, Wayne E. Jr.
Jones, Roshane C.
Peck, Alan T.
Perez, John M.
Britoespinosa, Elizabeth
Collins, Rebekah M.
Nichols, Jason L.
Mcbride, Jordan R.
Barker, Devon C.
Szymaniak, Andrew C.
Levine, Benjamin A.
Salcedo, Kenneth R.
Laudat, Jamus

Aponterobles, Carlos H.
Ruscoe, Zachary A.
Sterling, Jayson J.
Smith, Todd W.
Walker, Zaria D.
Wald, Troy E.
Santos, Jessica F.
Null, Jakob G.
Santoro, Christopher A.
Eastman, Michael C. II

To Sergeant

Errico, Lindsay L.
Cavanna, Daniel J.
Gossett, Jesse D.
Martin, Michael L.
Amaro, Joshua L.
Croze, Joseph Ryan
McIntosh, Ryan S.

To Staff Sergeant

Strba, Kelly A.
Spring, Corey R.
Guertin, Joshua W.
Frazier, Terry G. II

To Master Sergeant

Vedrani, Ryan W.

To 1st Sergeant

Daigle, Joseph R. Jr.

To Sergeant Major

Berube, Ulric F.

To Chief Warrant Officer 3

Bisson, Alain J. C.

To 2nd Lieutenant

Bittner, Kevin T.
Miner, Diana L.

To 1st Lieutenant

Welch, Stephen P.

To Captain

Michalak, Ryan A.
Kane, Kevin L.
Bartlett, Andrew C.
Jameson, Cory C.

To Major

Barasz, Jonah A.
Miller, Ryan K.
Johnson, Shawn K.
Dougall, Nathan W.

AIR

To Airman

Santana, Angela C.
Walsh, Kayla F.
Kongkiat, Roxanne

To Airman 1st Class

Phillips, Alana C.
Cruz, Ashley M.
White, Owen J.

To Senior Airman

Rieley, Adam D.
Buhagiar, Alexander F.
Gallagher Paeth, P.
Martovich, Corey D.
Miller, Douglas T.
McLane, Haley S.
Stegmaier, Nathaniel T.
Borden, Scott R.

To Staff Sergeant

Lavin, Brian G.
Mills, Caitlin M.
Araujo, Gregory
Cloutier, Samantha M.
Glennon, Zachary J.

To Technical Sergeant

White, James C.
Mcentire, Lucas A.

Congratulations to All!



Promotions as of July 1, 2017

Coming Events & Holidays

August August 4

Coast Guard Birthday

August 7

Purple Heart Day

August 8

September Guardian Deadline

August 14

Victory Over Japan Day

August 24

Retiree & Military Department Picnic

September September 4

Labor Day

September 5

October Guardian Deadline

September 11

Patriot Day

September 15

POW/MIA Recognition Day

September 18

Air Force Birthday

September 20

Rosh Hashana

September 24

Gold Star Mothers & Families Day

September 30

Yom Kippur

October October 9

Columbus Day

October 10

November Guardian Deadline

October 13

Navy Birthday

October 26

National Day of the Deployed

October 31

Halloween

Reconnect with friends!!!

Cookout starts at Noon

Retiree Benefit Update at 10:00 a.m.

NGACT RETIREES' & FULL TIMER PICNIC
THURSDAY, AUGUST 24, 2017
CAMP NIANTIC, NIANTIC CT

Mark your calendar
\$25.00 by July 31st, 2017 & \$30.00 at the Door
Register & Pay Online at WWW.NGACT.ORG

Name _____ Rank _____ Army _____ Air _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

Mail to: NGACT Retirees' Picnic
360 Broad Street, Hartford, CT 06105

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Connecticut Family GUARDIAN

VOL. 18 NO. 7

HARTFORD, CONNECTICUT

AUGUST 2017

Healthy, Active Children & Academic Achievement

MILITARY OneSource

We all want our children to enjoy learning, make good grades and achieve success. Nutrition and physical activity are linked to academic achievement, so making sure your children are healthy and active will assist them in reaching their academic goals.

A healthy lifestyle can help improve a child's:

- Attention span
- Thinking ability
- Memory

Make healthy eating and physical activity part of your child's daily life. Reach out to Military OneSource online, or call 800-342-9647, to set up a specialty consultation for health and wellness coaching.

Nutrition

When children skip breakfast, bad things can happen. Hungry kids tend to have shorter attention spans and have difficulty with problem solving, math skills and memory recall, according to studies from the Journal of School Health.

Children need a nutritional breakfast of whole grains, fiber and protein. They also need snacks throughout the day that are high in protein and low in sugar, to boost their ability to listen, process and remember what they are learning. It's important to give your kids healthy eating options at home, and to talk to them about making healthy food choices when they're at school.

Visit these websites to get tips about healthy food choices:

- ChooseMyPlate.gov, for the Nutrition Education Series that you can post at home.
- Defense Commissary Agency, for recipes, cooking tips and more.

Physical activity

According to the Centers for Disease Control and Prevention, children need at least 60 minutes of physical activity every day. Physical activity can include school recess periods, hiking, playing sports, or walking to and from school. If none of those things appeal to you and your kids, try a having daily dance party at home.

Check out the following resources for ideas about how to keep your children physically active:

- Boys and Girls Club of America, Military Partnership, for community participation opportunities.
- Let's Move, for strategies to encourage a healthy, active lifestyle.

Social and academic success can increase if you make healthy eating and physical activity part of your children's daily life.

CT National Guard

Save the Date!!

BACK to SCHOOL BASH

Hosted byThe Service Member and Family Support Center and The Child & Youth Program

Wednesday, August 16th
5:00- 7:00 PM

Multiple locations to be announced

The Back to School Bash is open to dependent military children ONLY. We're sorry but friends, nieces, nephews, etc. are not eligible. We welcome any branch of service to participate!

Children will receive a FREE backpack and school supplies provided from the Operation Homefront Back to School Brigade! Additionally, we will have giveaways and providers available with helpful resources for the family!





CATHERINE GALASSO-VIGORITO

God’s Love Will Never Fail You

Do you feel as though life has turned upside down? Are you in need of a miracle?

Many times the pressures of daily living, fears, or insecurities can cause us heavy emotional stress. Broken in spirit or heart, we could stay awake all night and lose sleep worrying about people,

circumstances or past hurts that are out of our control.

Worry can drain the joy out of you and can keep your mind in bondage. When conflicts capture your thoughts, you must dissolve your attachment to them and with faith and prayer get to a place of peace. God has you in the palm of His hand, and He is all-powerful. Don’t use your energy recalling difficult memories. So, cast your cares upon Him. Find serenity in your heart knowing that there is nothing you are confronted with now that is too big for God to handle.

Today, let me encourage you to find the strength to rise up again. God’s love will never fail you. So lay down your fears, and God will sustain you. No matter what you are facing right now say: “I will not be shaken.”

There are no hopeless situations. Never allow past disappointments to lower your expectations for your future. With God, there are no unfair circumstances over which you cannot prevail. There are no dreams that are too far-fetched to achieve or difficulties that cannot be successfully removed from your path.

So stand on God’s word. The God of miracles is here for you:

- I read in Matthew 9:27-29, how Jesus healed two blind men. In a second, their lives were changed forever. So don’t quit now. God is not finished with you yet. He is a God of justice, and He will recover and restore. God is lovingly taking your broken pieces and molding them into something beautiful. Keep believing and stay strong in faith. At this moment, God is working in your behalf and is turning around situations for your good. Soon you will see the results of His mighty work.
- In Luke 5:3-10, Jesus asked Simon to push their boat

out a little into the water and let down his nets. Simon did so, and then the nets became so abundantly full of fish, they began to tear. Likewise, God can make the unexplainable happen. And, momentarily, something miraculous will be produced in your life. So with keen focus, imagine successful results, work hard, and confidently affirm the things to which you aspire. Before long, God is going to give you abundantly more than you can ask or think.

- I love the story in Matthew 5-7, where Jesus came down the hillside, and a leper approached Him pleading, “If You want to, You can heal me.” Jesus touched the man, and he was made well. God wants to help you. A grateful heart is a strong heart. So prayerfully give thanks and ask for God’s guidance and direction. Do not let an unfair condition, resentments or a mistake poison your attitude. Release past injustices. Let them go and move ahead to a bright, new future. Soon, God will grant you the desires of your heart putting the pieces of your life together in a way that will exceed your grandest dreams.

- In Matthew 8:23-27, Mark 4:35-41, Luke 8:22-25, Jesus got into a boat with His disciples to cross the Sea of Galilee and a great windstorm arose. Jesus rebuked the wind, saying, “Peace! Be still!” Thus, if the storms come against you “Be Still” and at “Peace.” God is with you; walking beside you. Think creatively, constructively, and, above all, optimistically. Feed your mind daily with positive affirmations, inspiration and prayer and recall what King David said, “What time I am afraid, I will trust in the Lord.” Trust Him. God is going to bring peace and healing into your life.

- Written in Matthew 14:22-33, Mark 6:45-52, and John 6:16-21, His disciples saw Jesus walking on water. This says to me with strong and active faith, we can accomplish the seemingly impossible. God has a plan and purpose for you. Don’t you dare give up now. Be strong and courageous. Do not be moved by your circumstances. For God will shape the disappointments into exciting, new plans. Hence, keep your eyes focused on God. Out of the blue, your breakthrough will come. And, you’ll see God’s hand of blessings in your life.

“A righteous man may have many troubles, but the Lord delivers him from them all.” (Psalm 34:19).

For the same Lord who performed miracles then, stands ready to perform a miracle for you today. With God all things are possible. Try this idea: Look back and recall all the occasions that God transformed stumbling blocks into stepping stones, large hurdles into small hills, and failures into successes. Bring to mind when God healed you, delivered you, and opened seemingly impossible doors. Write these miracles on paper. Make a list and review the list often. Remember, if God carried you through in the past, He will certainly help you again in the future.

A while back, I was talking to a remarkable woman who said that her husband is a long-time diabetic and is now in need of a new kidney. “He goes to dialysis three times a week,” she explained. And with tear-filled eyes she uttered, “Thanks be to God, my kidney is compatible to his and we are looking forward to a transplant operation. It’s truly a miracle. And I know that prayers work. God has lifted us up many times. I am not afraid of the operation. I know God will be there for us.”

The second we call upon God, He is there at our side. God’s love will never fail you. And, soon, you, too, will be the recipient of an invisible miracle that has visible results.

As we travel the road of life, let’s use the experiences we have had to encourage others around us who are struggling. Let us do all we can to help them move up their mountain. For the joy of life is reaching out to help others, assisting them to see and develop their awesome possibilities.

There are miracles in store for you. And God will complete the good work He’s begun in you. He will give you a future filled with immeasurable joy, fulfillment and victory.

Catherine Galasso-Vigorito is a nationally-syndicated columnist and author from Connecticut who donates a monthly inspirational column to demonstrate her appreciation of U.S. Service Members and their families. The content is her own and does not express the official views of the Connecticut National Guard, the U.S. Government or the Department of Defense. You may write to Ms. Galasso-Vigorito in care of the Connecticut Guardian, 360 Broad Street, Hartford, CT 06106-3795 or e-mail her directly at cgv@anewyouworldwide.com. Visit her website at www.anewyouworldwide.com. © Catherine Galasso, 2017

How to Spot Scholarship Scams

By LINDA ROLSTONE
FAMILY READINESS SUPPORT ASSISTANT, CTNG

For students, differentiating between legitimate scholarship opportunities and scams can sometimes be overwhelming and confusing. Every year an estimated 350,000 students and families are victims of scholarship scams, costing more than \$5 million annually. Free scholarship money is always great, but sometimes offers are just too good to be true.

The Federal Trade Commission cautions students for these tell-tale lines:

- “The scholarship is guaranteed or your money back.”
- “You can’t get this information anywhere else.”
- “I just need your credit card or bank account number to hold this scholarship.”

Legitimate scholarship funds are usually paid by check or sent directly to your college. Providers should never need this information.

- “We’ll do all the work. You just pay a processing fee.”

Application or processing fees are unfortunately the most popular scams and deceive thousands of students each year. To protect yourself from these scams, just remember four magic words: **Never Pay a Fee!**

- “You’ve been selected by a “national foundation” to receive a scholarship” – or “You’re a finalist in a contest you never entered.”

Other companies claim they have programs that

could make you eligible to receive financial aid, including grants, loans, work-study and other types of aid. For a processing fee, they’ll handle all the paperwork. But experts caution: The only application that will determine eligibility for all programs is the Free Application for Federal Student Aid (FAFSA) – a form you can complete and submit for free.

One way to locate legitimate scholarships is to use a scholarship search platform. These platforms compile large databases of available scholarships and provide filters to allow students to maximize their searches. For more information please read the following article at Reviews.com titled “The Best Scholarship Search Platforms of 2017” <http://www.reviews.com/best-scholarship-search-platforms/>.

Other places to look for legitimate student aid include: a college or career school financial aid office, a high school or TRIO (Program outreach and student services programs designed to identify and provide services for individuals from disadvantaged backgrounds) counselor, your state grant agency, the U.S. Department of Labor’s free scholarship search, foundations, religious or community organizations, local businesses, or civic groups organizations (including professional associations) related to your field of interest, ethnicity-



based organizations, the student’s employer or student’s parents’ employers

Don’t be discouraged—there are thousands of legitimate scholarships and sites that are dedicated to helping you. Just make sure to always research the scholarship to which you are applying, never send in money, and be cautious of offers that seem too good to be true.

For even more information, turn to the U.S. Department of Education’s Federal Student Aid Office for an excellent article on avoiding scams.

CONNECTICUT NATIONAL GUARD HELPLINE

If you or someone you know is struggling with the stressors of life, please contact us at **1-855-800-0120.**

In an effort to support the needs of our service members and their families, the Connecticut National Guard has a 24-hour HELPLINE.

Your call will be answered by a behavioral health professional. You will receive information and referrals to community resources to support you and your family.

HELPLINE - 1-855-800-0120

William A. O’Neill Armory
360 Broad St. RM 112
Hartford, CT 06105
Service Member and Family Support Center
(800) 858-2677
Fax: (860) 493-2795
Child and Youth Program
(860) 548-3254
Yellow Ribbon Reintegration Program
(860) 493-2795
Military OneSource
(800) 342-9647
(860) 502-5416
Survivor Outreach Services
(860) 548-3258
Open Mon.-Fri.
Windsor Locks Readiness Center
85-300 Light Ln.
Windsor Locks, CT 06096
(860) 292-4602
Open Mon.-Fri.
Veterans’ Memorial Armed Forces Reserve Center
90 Wooster Heights Rd.
Danbury, CT 06810
(203) 205-5050
Open Mon.-Fri.

CONNECTICUT NATIONAL GUARD

Family Assistance Center Locations

New London Armory
249 Bayonet St.
New London, CT 06320
(860) 772-1422
Open Mon.-Fri.
103rd Airlift Wing
100 Nicholson Rd.
East Granby, CT 06026
(800) 858-2677
Open Tues.-Fri.
103rd Air Control Squadron
206 Boston Post Rd.
Orange, CT 06447
(800) 858-2677
By Appointment
Niantic Readiness Center
38 Smith St.
Niantic, CT 06357
(800) 858-2677
By Appointment
Norwich Armory
38 Stott Ave.
Norwich, CT 06360
(800) 858-2677
Wednesday or By Appointment
Waterbury Armory
64 Field St.
Waterbury, CT 06702
(800) 858-2677
By Appointment

Family Assistance Centers are an information and referral hub for all Branches of Service

Our Programs Include:

Budget Counseling	Community Support Options	Financial Assistance and Relief
Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)
Legal and Pay Information	Outreach	Family Readiness Groups (FRG)
TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance

Support is available 24/7 by calling (800) 858-2677

**Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.*

Get Ready - National Preparedness Month

WENDY HAGEN
CTNG FAMILY READINESS SUPPORT ASSISTANT

National Preparedness Month is recognized in September and while it is one month away, now is a great time to get a jump on making sure that your Service Members and Families are ready for anything that comes their way.

This year’s Ready.gov theme is “Don’t wait. Communicate. Make your emergency plan today.” There are a variety of resources on the National Preparedness Month (<https://www.ready.gov/september>) website that you can use. Weekly themes, links to resources and toolkits tailored to specific populations will help you get the word out.

Ready.gov’s main goal is to get Families to develop an “Emergency Communication Plan” (<https://www.ready.gov/make-a-plan>) which discusses how Families:

- Will receive emergency alerts and warnings
- Get to safe locations for relevant emergencies
- Get in touch with family members if communication is down
- Let family know they are safe and where to meet after an emergency.

The Ready.gov site provides answers and information on all aspects of preparedness and breaks them down for various age groups including a special section for parents to use in discussing the communication plan with their kids.

Concerned that your single Service Members are left

out? Don’t worry, there is a section devoted to individual preparedness providing them with information and resources on how to be safe in an emergency.

It Is always a good plan to have an Emergency Kit on hand to be prepared. A few items you may want in your kit are:

- Water - One gallon per person per day for two weeks
- Batteries
- Flashlight
- Battery powered hand crank radio
- Emergency blankets & clothes
- First aid kit
- Medications for one week for each family member
- Cell phones with chargers both for home and vehicle
- Cash
- Non-perishable food for people and pets

Other sites that will provide more weather-related preparedness information are:

- The National Oceanic and Atmospheric Administration: Weather-Ready Nation (<http://www.nws.noaa.gov/com/weatherreadynation/>) which has tips on weather safety, local forecasts and specific weather safety tips for the day.
- The American Red Cross has a National Preparedness Site (<http://www.redcross.org/get-help/prepare-for-emergencies/national-preparedness-month>) that is set up with information and a page of mobile apps that you can download to help you monitor emergency weather



situations, first aid information and even an app to help you with every day emergencies with your pets!

The military has its own campaign designed around Family Readiness to assist in increasing the resilience of our military families. The Ready Army site (<http://www.acsim.army.mil/readyarmy/>) has information and downloadable resources that are specific to Service Members and their Families.

For local alerts in Connecticut, download the CTPrepares App for android and iphone. It provides Connecticut residents information and real-time alerts in emergency situations as well as helping residents to prepare in advance of an emergency.

Service Member & Family Support Center Staff Directory				
William A. O’Neil (Army): 160 Broad Street, Hartford, CT 06105 - Fax: (860) 93-2795 -Open Monday-Friday				
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.ct@mail.mil		(860) 858-2677
Deputy Director	SSG Melody Baber	melody.cheyenne.baber.mil@mail.mil		(860) 548-3276 (desk); (860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.reed.ctr@mail.mil		(860) 524-4938 (desk); (860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O’Donnell	rita.m.odonnell.ctr@mail.mil		(860) 493-2797 (desk); (860) 883-6949 (cell)
Family Assistance Center Specialist	Vacant			
Family Readiness Support Assistant	Linda Rolstone	linda.l.rolstone.ctr@mail.mil		(860) 524-4963 (desk); (860) 680-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil		(860) 524-4920 (desk); (860) 883-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.t.cummings.mil@mail.mil		(860) 493-2796 (desk); (860) 538-5629 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.mccarty.ctr@mail.mil		(860) 548-3254 (desk); (860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O’Saughnessy	megan.l.osaughnessy.ctr@mail.mil		(860) 548-3258 (desk); (860) 794-8748 (cell)
Military OneSource Consultant	Chris Reulman	christopher.x.reulman@militaryonesources.com		(860) 502-5416 (cell); (860) 493-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nutt	david.l.nutt.mil@mail.mil		(860) 548-3240 (desk); (860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil		(860) 524-4908 (desk); (860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Brittell	sean.r.brittell.ctr@mail.mil		(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov		(860) 524-4968 (desk)
Windsor Locks Readiness Center: 85-100 Eagle Lane, Windsor Locks, CT 06096 -Open Monday-Friday				
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil		(860) 292-4602 (desk); (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil		(860) 292-4601 (desk); (860) 883-2764 (cell)
Veterans’ Memorial Armed Forces Resource Center: 90 Weaver Heights Road, Danbury, CT 06819 -Open Monday-Friday				
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil		(203) 205-5050 (desk); (860) 883-2746 (cell)
New London Army: 249 Bowen Street, New London, CT 06320 -Open Monday-Friday				
Family Assistance Center Specialist	Vanessa Fowler	vanessa.m.fowler.ctr@mail.mil		(860) 772-1422 (desk); (860) 883-2720 (cell)
101st Abn Hq: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday				
Alman and Family Readiness Program Manager	Kasey Timberlake	kasey.j.timberlake.civ@mail.mil		(860) 292-2730 (desk)
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil		(860) 292-2730 (desk); (860) 221-5836 (Cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil		(860) 292-2730 (desk); (860) 922-2746 (cell)
Naugatuck Readiness Center: 31 Smith Street, Naugatuck, CT 06457 - (800) 334-2677 - Open By Appointment				
Family Assistance Center Specialist	Timothy Hetney	timothy.j.hetney.ctr@mail.mil		(860) 221-5540 (cell)
101st Air Control Squadron: 206 Burton Post Road, Orange, CT 06477 - (800) 858-2677 - Open By Appointment				
Waterbury Army: 64 Field Street, Waterbury, CT 06702 - (800) 858-2677 - Open By Appointment Norwich Army: 38 Swat Avenue, Norwich, CT 06240 - (800) 858-2677 - Open Wednesday And By Appointment				