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143rd CSSB Deploys to Eastern Europe



Nearly 70 Soldiers of the 143rd Combat Sustainment Support Battalion say goodbye to their families, friends and Connecticut National Guard leadership as they board a plane on the flightline adjacent to the Windsor Locks Readiness Center, Windsor Locks, Connecticut, Nov. 12. The departure completed the first leg of their journey, first stopping at Fort Hood, Texas, to conduct further training. Following the completion of their mobilization training, the CSSB will travel to Eastern Europe where they will be responsible for subordinate units totaling 850 Service Members from all three Army components. (Photo by Staff Sgt. Richard Wrigley, Joint Force Headquarters Public Affairs, CTARNG)

Full Story on Page 14-15

In This Issue:



Operation E.L.F. Kicks Off
Page 4



Meet Your CTNG Financial Counselor
Page 7



The OPAT Sets a New Standard
Page 8

Flu Season is Here - Make Sure You Are Protected

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

December 3-9 is the Centers for Disease Control National Influenza Vaccination Week. The CDC established NIVW in 2005 in order to highlight the importance of continuing flu vaccination through the holiday season and beyond as well as to communicate the importance of flu vaccination for people who are at high risk of developing serious flu-related complications. The Connecticut National Guard provides its’ Soldiers and Airmen with flu shots during their annual health assessment to aid in medical readiness, but it is still important for everyone to be aware of the reasoning and benefits of the vaccine. Please keep reading for CDC information and resources for Guardsmen and families to educate themselves on the topic of the risks of influenza, the vaccination, its benefits, who needs it and where you can still get it.

If you or your family members still need a flu vaccine, visit <https://vaccinefinder.org/> to find a location offering the shot near you. The following information can be found in full on the CDC website, <https://www.cdc.gov/flu/resource-center/nivw/about.htm>.

- What is the flu?**
- The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death.
 - People of every age, including people in good health, are at risk of flu.
 - Influenza can cause illness and sometimes severe

- disease in persons of any age.
- Flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands or tens of thousands of deaths each year in the United States.
 - Although a majority of hospitalizations and deaths occur in people 65 years and older, even healthy young children and younger adults can have severe disease or even die from influenza.
 - About 100 deaths from influenza among children are reported each year to CDC.

- The Vaccination**
- An annual flu vaccine is the best way to protect against this potentially serious disease.
 - Flu vaccination can reduce flu illnesses, doctor visits, pneumonia, need for antibiotics, missed work and school due to flu, as well as prevent flu-related hospitalizations.
 - Flu vaccination also may make your illness milder if you do get sick.
 - Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.
 - Despite the unpredictable nature of the flu, you should know:
 - You need the flu vaccine for optimal protection against the flu this season because:
 - Flu viruses are constantly changing, and this season’s vaccines have been updated to protect against the viruses that surveillance data indicate will be most common this flu season, and
 - A person’s immune protection from vaccine declines

- long as flu activity is ongoing, it’s not too late to get vaccinated, even in January or later.
- With flu activity increasing and family and friends planning gatherings for the holidays, now is a great time to get a flu vaccine if you haven’t been vaccinated yet this season. A flu vaccine can protect you and your loved ones from the flu.
- NIVW Timing**
- Last season only about 40% of the US population recommended to get a flu vaccine reported having been vaccinated by the end of November.
 - CDC and its partners choose December for NIVW to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine.
 - As long as flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against the flu.
 - Even if you haven’t yet been vaccinated and have already gotten sick with flu, you can still benefit from vaccination since the flu vaccine protects against three or four different flu viruses (depending on which flu vaccine you get).

- Who is most at risk?**
- People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes, heart disease or lung disease, and people aged 65 years and older.
 - For people at high risk, getting the flu can be more serious than for other people. Flu is more likely to lead to hospitalization or death for people at high risk.
 - Flu vaccine uptake estimates among adults 50 years and older fell by 3 percentage points last year. That means many more adults were left vulnerable to flu and its complications.
 - Anyone who gets flu can pass it to someone at high risk of severe illness, including infants younger than 6 months who are too young to get the vaccine.

Additional Resources
<https://www.cdc.gov/flu/resource-center/nivw/about.htm>
https://www.cdc.gov/flu/about/disease/high_risk.htm
<https://vaccinefinder.org/>

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Lt. Gov., CTNG Kick Off 16th Operation E.L.F.

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

HARTFORD, Conn. -- Lieutenant Governor Nancy Wyman joined Connecticut National Guard officials to kick off the 16th annual Operation E.L.F. (Embracing Lonely Families) during a press conference at the Hartford Armory, Nov. 16.

The Lieutenant Governor’s program is designed to help ease stresses military families face resulting from the call to active duty.

“Operation E.L.F. is a great opportunity to show our support to our military and their families,” said Lt. Governor Nancy Wyman in a press release kicking off the campaign. “More than 400 Connecticut National Guardsmen are in the deployment cycle, and we have even more residents serving with other branches of the Armed Forces who are overseas this holiday season as well. We are grateful for their service and want to do whatever we can to make this time just a little bit easier for them. They have given us so much, this is our turn to give back.”

Wyman introduced Kim Hoffman, Director of the Connecticut National Guard’s Family Programs, who identified key items that support families both during the holidays and year round.

“We highlight E.L.F. during the holidays, but we want families to know we provide support 365 days a year,” said Hoffman. “The support we receive from the public is overwhelming, and we are so grateful to everyone who contributes to our programs.”

According to Hoffman, over \$11,000 in gift cards were distributed throughout 2017. Hoffman also noted that gift cards from grocery stores, department stores, pharmacies and gas stations are among the services people are urged to donate.

The drive is also accepting new, unwrapped toys for boys and girls of all age groups. These toys will be distributed to the children of military families at the Operation E.L.F. holiday party, to be held Dec. 16 at the Hartford Armory.

Through Dec. 8, donations can be dropped off at four locations: the Hartford Armory, the Windsor Locks Readiness Center in Windsor Locks, the Armed Forces Reserve Center in Danbury and the New London Armory.

Within ELF is the Adopt-A-Family program. Its goal is to assist those families who are suffering extreme financial hardship as a result of their service member’s call to Active Duty, according to Hoffman.

Individuals or businesses may “adopt” a family and help them have a great holiday season. The name of the family is never revealed to the adopting person or organization. Rather, a summary of the family’s demographics and wish list are provided. Gifts are delivered by that family’s case worker along with the name of the donor, if desired.

Nearly 500 members of the Connecticut National Guard deployed or were deployed in 2017. Currently, over 140 Airmen are serving overseas in Southwest Asia, and nearly 70 Soldiers are at mobilization station prior to their deployment to Eastern Europe.

For more information on Operation E.L.F., visit the Operation E.L.F. website: <https://ct.ng.mil/ELF>.



Ms. Kimberly Hoffman, Director of the Connecticut National Guard Service Member & Family Support Center, speaks about Operation E.L.F. at the program’s official kick off event at the William A. O’Neill Armory, Hartford, Conn., Nov. 16. In its 16th year, Operation E.L.F. continues to provide support to Military Families during the holidays and throughout the year. (Photo by Maj. Mike Petersen, State Public Affairs Officer, Connecticut National Guard)

Operation E.L.F. Quick Reference Guide 2017

DONATIONS may be dropped off to the following armories or National Guard facilities through Friday December 8, 2017, Monday through Friday, during normal business hours.

New London Armory 249 Bayonet St. New London, CT 06320	William A. O’Neill Armory 360 Broad St. Hartford, CT 06105
Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810	Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096

Gift cards or financial donations may also be made through the Connecticut National Guard Foundation, Inc. mailed to:

Connecticut National Guard Foundation, Inc.
360 Broad Street, Hartford CT 06105

Website: www.ctngfoundation.org

Please be sure to include your name, address and phone number so that we may acknowledge your contribution.

Prospective donors with large quantity donations or requiring a drop-off outside of normal business hours, please call (800) 858-2677.

For more information visit our website <http://ct.ng.mil/ELF> and Like Operation E.L.F. on Facebook /ConnecticutOperationELF

OPERATION E.L.F. Hotline 1-800-858-2677

Achieving A Common Goal

A Group of CT Airmen Complete the 42nd MCM

TECH. SGT. TAMARA DABNEY
103RD AIRLIFT WING, PUBLIC AFFAIRS

With the largest marathon races offering hundreds of thousands of dollars to top finishers, distance running can be a lucrative sport for marathoners. However, the Marine Corps Marathon, one of the most popular marathons in the United States, does not offer prize money. So, what motivates thousands of people from all walks of life to compete in the MCM?

During a routine office meeting in March, the thought of running the 42nd MCM suddenly popped into the mind of Senior Master Sgt. David Frates of the 103rd Airlift Wing. Then, on a whim, he declared to everyone in the room that he would run the MCM in October. At the time, he had yet to ever run a marathon in his life, so the MCM would be a new challenge for him. Although Frates may have had second thoughts about his announcement after the meeting, he knew that he couldn’t take back what he said. He did not want to reverse a decision that he had made in front of his fellow Airmen.

“I made the challenge during a staff meeting back in March because I’d heard about the marathon,” said Frates. “Everybody was like, oh that’s really hard. Then, I was just thinking, yeah, this is going to be hard, but I just said it to the whole room, so now I have to do it.”

Frates essentially made a verbal contract with himself and he refused to break it. He began a months-long training program that included running several shorter races leading up to the MCM. Feeling obligated to follow through with the decision to run the race helped to

motivate Frates to train. Nevertheless, when the day of the race finally came, he found that he needed another source of inspiration to get him to the finish line.

“Some of these guys at the race are missing legs, or they have burns all over their bodies or they are blind, and they still go out and challenge themselves,” Frates said. “There is nothing in my life that I can see that would compare to those challenges.

So, knowing that they would be there waiting at the finish line to congratulate me, I thought, “There is no way that I’m not going to finish this. I can’t stop.”

Tech. Sgt. Michael Stearns of the 103rd Security Forces Squadron, who also completed the 42nd MCM, was also inspired by fellow runners.

“I’ve seen people out there from all walks of life, from teenagers to people well in their 80s, and a lot of military



Senior Master Sgt. David Frates of the 103rd Airlift Wing poses with fellow members of Sheepdog Impact Assistance after completing the 42nd Annual Marine Corps Marathon Oct. 22, 2017, in Washington, D.C. The race was the first marathon that Frates had ever completed. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing, Public Affairs)

Veterans who are amputees,” said Stearns. “There was a guy who looked like a quadruple amputee on a skateboard. He had a tiny little sneaker on, and he was just trucking along. If they can do it, then obviously, I want to try my best to finish it too. That’s one of the things that helped me cross the finish line. It’s like, look at these people passing me. That was motivating.”

The final stretch of the MCM is an uphill trek to the finish line, located at the Marine Corps War Memorial. Each year at the culmination of the race, runners share their MCM experiences with the public. When asked why they ran the MCM, also known as

“The People’s Marathon,” participants gave several reasons; some people said they do it to honor a loved one in the military, while some want to raise money for charity. Others run the MCM to celebrate a long journey to physical fitness. Both Frates and Stearns agreed that Airmen should consider running the MCM because it could make them better physically and mentally.

“There is a physical aspect to it, which is part of being an Airman—challenging yourself physically, but there is also a mental aspect of it,” said Frates. “You’ll come to a point where your body has little or nothing left to give you. Despite all of the training you’ve done, it’s not going to be your body that gets you through it, it will be your mind. I think that whether you do it in a marathon or do it in another way, Airmen should challenge themselves physically and mentally.”

“Coming off of a Physical Training Test failure a few years ago, I swore I would never let that happen again,” said Stearns. “I had gained a lot of weight and, overall, I just wasn’t healthy. I wanted to make a positive change in my life, but I needed a goal to get me there.

When you have 26 miles that you have to run, I think it helps you stay focused. I would recommend this to any Airman.”

The Marine Corps Marathon is held annually in Arlington, Virginia and Washington, D.C. on the last Saturday in October. Anyone 14 years of age or older is eligible to participate. Sgt. Stearns is already looking forward to running the race next year.

“I swore right after that I would never, ever do another one, but then two or three days later I’m already trying to plan a trip back again,” Stearns said.



Members of the 103rd Airlift Wing pose for a photo at Bradley Air National Guard Base, East Granby, Conn., Oct. 27, 2017. The Airmen completed the 42nd Annual Marine Corps Marathon held in Arlington, Va., and Washington, D.C. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing, Public Affairs)

Knowing What To Do When The Fan Takes A Hit

The 103rd Airlift Wing Simulates Major Accident To Be Ready for the Real Thing

TECH. SGT. TAMARA DABNEY
103RD AIRLIFT WING, PUBLIC AFFAIRS

EAST GRANBY, Conn. - In the event of a major accident at Bradley Air National Guard Base, members of the 103rd Airlift Wing must be able to deliver a response immediately. For this reason, as part of an annual training requirement, the 103rd Airlift Wing conducted a Major Accident Response Exercise on Oct. 15.

Each year, the MARE tests the interoperability of several sections on base, including the fire department, safety, aircraft maintenance and security forces. This year's exercise was based on a simulated scenario in which part of the landing gear on a C-130 collapsed. Effective communication between each section was key to the success of the exercise.

"The fire department responded very well today," said Senior Master Sgt. Kirkland Foran, Inspector General Office Superintendent.

"Security forces worked well with the incident command and Base Safety held a safety board and did their review process. Needing to know how many individuals were on the plane to work those aspects to get the teams out there quickly and appropriately, communication was instrumental in keeping things safe. Communication is key in every exercise and in the real world," said Foran.

MARE participants were evaluated on response effectiveness. Sections performed well in the exercise, however, there is always room for improvement. MARE participants will continue to train throughout the year, and there will be improvements made to the exercise scenario that include additional simulations of various types of major accidents.

"For this exercise, it was limited in nature because of the limited amount of time that we had," said Foran.

"If we had more time, we could institutionalize more aspects to it, such as outside agencies to respond and more simulated scenarios with cargo being hazardous, munitions being onboard, or bodies that may be affected from the hazards that were on a plane that crashed," he said.

The success of the MARE and the improvements that are made each year are a testament to the hard work being done by members of the 103rd every day. If a major accident were to occur on base, the 103rd Airlift Wing would be ready to respond rapidly and effectively.

"Overall, it went quite well," said Foran. "With more time comes more training and we will continue to improve. Hopefully the real-world scenario never happens," he said.



A firefighter assigned to the 103rd Airlift Wing Fire Department responds to a simulated aircraft incident Oct. 15, 2017, during a Major Accident Response Exercise on the flight line at Bradley Air National Guard Base, East Granby, Conn. Along with the 103rd Security Forces Squadron, the firefighters were among the first responders to the incident, despite that many of their major players from previous years were not present. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing, Public Affairs)



Tech. Sgt. Kent Cremer of the 103rd Security Forces Squadron, Bradley Air National Guard Base, East Granby, Conn., runs a rope around a simulated damaged aircraft Oct. 15, 2017, during a Major Accident Response Exercise. Security forces Airmen were the first responders to the exercise, despite that many of their major players from previous years were not present. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing, Public Affairs)

Brian Can Help: *Financial, Retirement Questions Answered*

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Personal Financial Counselor Brian Deal has an office in the Hartford Armory, but he spends the majority of his time traveling around the state meeting with service members who have questions and concerns about their finances and plans for retirement. He said that he'll meet service members almost anywhere, but often suggests establishments that offer free coffee refills.

"The words budget and diet have the same connotations," he said with a laugh. He said that a large portion of his job involves removing some of the stigma and fears associated with financial planning.

The Marine, and GWOT veteran, is one of two financial planners in the state assigned to work with Connecticut National Guard members. His counterpart, Rhona Heyl, has an office at Camp Niantic.

Deal's job is to help service members and their families manage finances, resolve financial difficulties and assist with education, home buying, retirement and other financial goals. His services are free and confidential.

Deal said he has been busier than usual due to the military's new Blended Retirement System, but is glad knowing that he's been assisting guard members plan their futures and take more control of their financial situations.

"The BRS opt-in online training is a good start, but it doesn't lead to a decision tree," said Deal. He said he suggests that all members who qualify for BRS talk to a professional before making a final decision.

All National Guard members with less than 4,320 retirement points will have the option to opt-in to BRS by Dec. 31, 2018. If members do not opt-in they will remain in the legacy retirement system.

As of Jan. 1, 2018, all individuals entering into the military will be automatically enrolled into BRS.

Deal said one of the first the first questions he asks service members is whether or not they plan to stay in the military for 20 years. He said the legacy pension system, as it is, is extremely valuable, but he understands that all service members have varying circumstances that could lead them to choose the new BRS.

The greatest benefit of the BRS, is that service members will no longer have to remain in the military for 20 years in order to receive retirement benefits. Instead, a member can now serve a minimum of two years in order to receive some benefits through Thrift Savings Plan contributions.

Deal said that a service member who has already served for more than 15 years may lose money in the long run by switching to the BRS rather than staying in for 20 under the legacy retirement system, but in all, neither option is a mistake if it's in their best interest.

He said that if a service member is going to opt-in that they should do it by Jan. 1 to take advantage of matching TSP contributions. After choosing to opt-in, members will receive automatic one percent contributions from the Department of Defense and up to four percent



Brian Deal, Connecticut National Guard Personal Financial Counselor, helps service members and their families manage finances, resolve financial difficulties and assist with education, home buying, retirement and other financial goals. He works full time in the Hartford Armory, but travels around the state to meet with service members who have questions and concerns about their finances. (Photo by Staff Sgt. Benjamin Simon, JFQH Public Affairs, CTARNG)

additional DoD matching contributions beginning on the first pay period.

"The longer you wait, the more matching pay you can lose out on," he said.

Deal is no stranger to the world of financial planning. In 2010, after graduating from Eastern Connecticut State University, he completed his CFP (Certified Financial Planner) coursework. He was previously employed in the insurance field by Travelers and MetLife, and was also employed by a local small financial planning firm that worked primarily with senior executives.

He said, however, that his interest in the financial field truly began in the Marine Corps.

"I was a 20-year-old sergeant at Camp Lejeune and had to help my guys deal with financial issues," he said. Deal said he had to help his Marines navigate through bad car deals, weddings, divorces, and a plethora of other matters. He said he had no choice but to learn as much as he could to help his men. And he enjoyed it.

He insists that he does not preach from an ivory tower or throw stones from a glass house when providing financial planning advice. Rather, he affirms, he has experienced his own share of financial hardships.

"I've been divorced and have made poor financial decisions in the past. I understand what lots of service members can go through," he said.

He said that if he could go back and change any of his financial decisions, he would do a better job of balancing

his quality of life with his long-term plans. "Most of us are either deeply embedded in our long-term goals or in our current qualities of life," he said. "I will never tell someone not to spend money, but I will say to try to get value out of what you spend. And the more in line your spending is with your personal values, the better off you will be."

Deal said service members' decisions to either opt-in the new BRS system, or remain in the legacy retirement system can be put through the same litmus test

"Can you stick it out for a few more years and retire at 20? If you get out after 15 years, do you have a new job lined up that can provide similar pension benefits? Do you have a balance between your quality of life now, and the life you want for retirement," he asked.

He said meeting with him is the judgement free zone. "I have nothing to buy or sell and everything that we talk about is confidential. Even if your First Sergeant asks me about our meeting, I can't tell him," he said.

"Come chat. Get in touch. Have a conversation. I can drive to meet you," he said. "I can provide you with a good objective opinion on your financial decisions."

Deal said he can be reached by text, phone, email, or drop-in in his Hartford Armory office: PFC.CT.ANG@zeiders.com, 203-233-8790.

His counterpart, Rhona Heyl, at Camp Niantic, can be reached at:

PFC3.CT.NG@zeiders.com, 860-287-7552.

Holding Soldiers to a Higher Standard

The Occupational Physical Assessment Test

Spc. ERIKKA LEMIEUX- CANTU
RECRUITING & RETENTION BATTALION,
CTARNG

With temperatures dropping and the holiday season approaching, most of us have already started preparing for the feasts ahead. But as Citizen Soldiers, we have to remember that we are being held to a much higher standard; always ready, always there. We must remain physically fit no matter what time of year or occasion. Future Soldiers awaiting basic training have learned that quickly.

The Occupational Physical Assessment Test has been in effect for just under a year but has already been exceptionally effective in preparing Soldiers for Initial Entry Training in more ways than the standard Army Physical Fitness Test, which only requires pushups, sit ups, and a two mile run. The OPAT consists of four individual tests that measure a future Soldier's muscular strength, cardiorespiratory endurance, and lower body and upper body explosive power. The four tests include the standing long jump, the seated power throw, the strength deadlift, and the interval aerobic run.

The OPAT is very similar to the Armed Services

V o c a t i o n a l
A p t i t u d e
Battery in terms of determining what Military Occupational Specialty each Soldier would best fulfill, except the OPAT determines which Military Occupational Specialty would best suit the Soldier physically as oppose to the Armed Service Vocational Aptitude Battery which is an academic scale.

The OPAT is divided into three levels of physical demand, which the Soldier must qualify under based on their desired MOS. After years of study, each MOS has been appropriately placed under one of the three categories.

The "Heavy," or, "Black," category is the most physically demanding. To qualify under Heavy, one of the four events requires the Soldier to attain a minimum of 160 pounds for the strength deadlift. Most, if not all, combat MOSs fall under the Heavy category along with a Bridge Crew Member, Scout Helicopter Repairer, and Joint Fire Support Specialist.

The "Significant" category is designed for MOSs that require frequent or constant listing of 41-99 pounds. This category is also known as "Gray." To qualify under Significant, one of the four events requires the Soldier to attain a minimum of 140 pounds for the strength deadlift. A few of the MOSs that fall under this category include UH-60 Helicopter Repairer, Military Working Dog Handler, and Health Care Specialist.

The last category is "Moderate." Also known as the "Gold" category, it is accommodating for the MOSs with all physical demands being occasional. To qualify under Moderate, one of the four events requires the Soldier to attain a minimum of 120 pounds for the strength deadlift. A few of the MOSs that fall under Moderate include Unit Supply Specialist, Human Recourse Specialist, and Intelligence Analyst.

Although the physical demands of the OPAT may



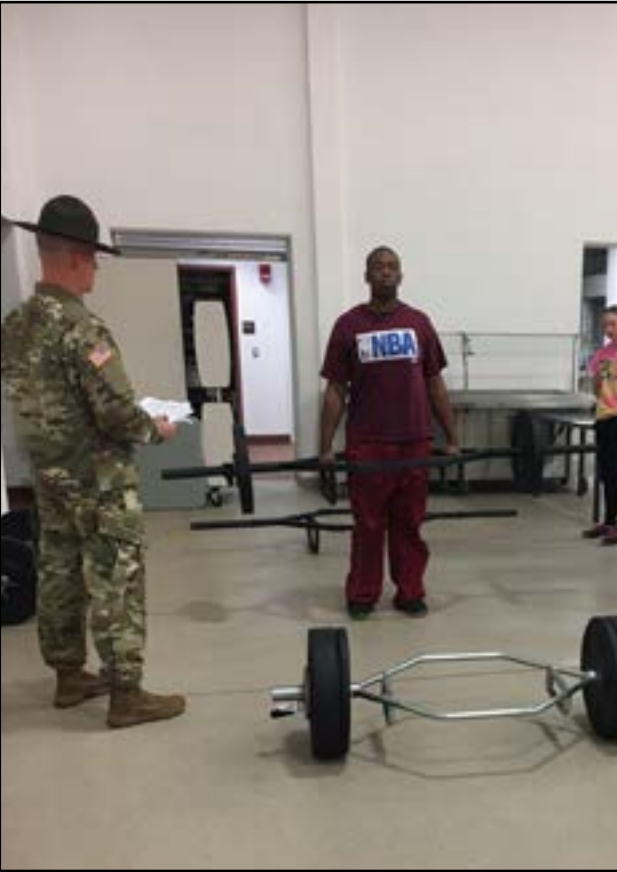
Connecticut Army National Guard Recruit Sustainment Program Soldiers conduct Physical Readiness Training in preparation for Basic Combat Training during the RSP drill weekend, at Camp Niantic, Connecticut, Oct. 29. (Photo by Staff Sgt. Robyn Campbell, Recruiting and Retention Battalion, CTARNG)

come as a shock to some future Soldiers, they must conform to the Army standards and it has to be done quickly. Future Soldiers must first take an OPAT within 30 days of enlisting and pass an OPAT within 60 days of their scheduled ship date to Basic Combat Training in order to keep their allotted training seat.

"Once Soldiers complete the OPAT they feel a sense of accomplishment and motivation they didn't have before. It's the first test after joining the Army National Guard and gives them the boost of self confidence in their ability to succeed at what they put their minds to before BCT," said Staff Sgt. Jose Quinones, recruiter with Detachment 1, Recruiting and Retention Battalion, Connecticut Army National Guard.

Future Soldiers aren't the only ones to take the OPAT, though. Any Soldier who wishes to switch to a different MOS that requires a higher OPAT qualification than the MOS the Soldier currently holds, must be administered the OPAT and reach the standard of the desired MOS prior to the commander approving the reclassification.

If any Connecticut National Guard Soldier would like more information regarding the OPAT or guidance to maintain physical readiness, please contact your recruiter or the Recruit Sustainment Program at (860) 613-7516 or by email ng.ct.ctarng.list.g1-rrc-rsp@mail.mil



A future CTARNG Soldier performs a strength deadlift as part of the Occupational Physical Assesment Test at the Niantic Readiness Center, Niantic, Connecticut in April 2017. (Photo by Warrant Officer Nicholas P. Ciullo, Det 1, Recruiting and Retention Battalion Officer in Charge)

DOD Policy: Reduce Use of Social Security Numbers

CAPT. ERICH HEINOMEN
OFFICE OF THE STAFF JUDGE ADVOCATE, CTARNG

It is estimated that data breaches reported since February 2005 have exposed almost 2.9 million current and former members of the military to identity theft, according to the Privacy Rights Clearinghouse, a nonprofit consumer organization based in California.

The financial impact of identity theft can take years to completely rectify, and the emotional toll can be equally draining. If someone steals the keys to your house, you can change the locks. If someone steals your social security number, they may have a key to your personal and financial information forever.

It is the Department of Defense's official policy that all DOD personnel shall reduce or eliminate the use of SSNs wherever possible. The purpose of the policy is to safeguard the personally-identifiable information of members of the armed services in order to reduce their risk of identity theft. Rather than using SSNs, the DoD has been gradually transitioning to use of the DOD Identification Number, the number found on the back of military ID cards.

Members of the Connecticut National Guard must understand and implement this policy. SSNs should not be used in spreadsheets, hard copy lists, electronic reports, or collected in surveys. When sending lists of personnel via email, displaying personnel lists within briefings, or otherwise physically distributing lists of personnel, be sure to remove any reference to their SSNs. Doing so may save your fellow Soldier or Airman from being a helpless victim of identity theft.

The DoD has recognized that transitioning from use of the SSN will not only take time, but in some cases use of the SSN is still necessary to accomplish the mission. Generally, SSNs are only authorized to be utilized in



approved forms and systems that have been determined to meet one or more of the acceptable use criteria. The acceptable uses of the SSN are those that are provided for by law, require interoperability with organizations beyond the DoD, or are required by operational necessities. Such operational necessities may be the result of the inability to alter systems, processes, or forms due to cost or unacceptable levels of risk. Those systems, processes, or forms that claim "operational necessity" shall be closely scrutinized. Ease of use or unwillingness to change are not acceptable justifications for this case.

While performing official duty, be cognizant of the use of your Soldiers' or Airmen's personally-identifiable information, especially their SSNs. Ensure that if you

use SSNs that it is necessary and in compliance with the DoD Policy. If you are uncertain if it is necessary, raise the question through your chain of command. A small delay in determining if use of SSNs is actually necessary is time well-spent.

As the holiday season approaches I urge all members of the CTNG and their families to remain especially vigilant. As you may make more financial transactions with various outlets and online purchases over the coming weeks, I recommend you regularly check on your credit score and financial accounts as a personal measure to ensure your identity has not been compromised. If you have any questions on this matter, you can reach the Office of the Staff Judge Advocate at (860) 493-2770.



1st Battalion (OCS/WOCS), 169th Regiment (RTI)

OCS & WOCS OPEN HOUSE

INFORMATION BRIEF



Staff and Cadre will be on hand to answer questions and support administrative requirements.



Uniform: ACUs/ OCPs with PC or Business Casual (Civilians Only)

Report Time: 10:00 a.m. RTI, Camp Niantic

Please RSVP through your chain of command and to:
Capt. Eric Roy - eric.s.roy.mil@mail.mil
Chief Warrant Officer 3 Michael Mottolo - michael.v.motollo.mil@mail.mil





Third Annual Veteran’s Holiday Drive

This year help us continue to support two local organizations,
the Soldier On group from the VA Hospital in Leeds, Massachusetts
and the Veterans Home in Rocky Hill, Connecticut.

We are looking for general items to donate to these men and women to include:

- new winter clothes, outerwear and boots,**
- bed linen and comforter sets (twin size), robes and slippers.**
- Basic toiletries and entertainment items are also welcome.**
- Past donations have included digital radio/alarm clocks,**
- local pro/college team gear, books (reading or puzzle/activity) and movies.**

They fought for us; please help us fight for them!

Thank you in advance for your support!

ACCEPTING NEW ITEMS ONLY

Collection Dates are from October 6th thru December 8th

CTANG Contacts/Drop Off Locations

Drop offs must be pre-coordinated for business hours, Monday - Friday.

All individuals subject to facility security procedures.

Master Sgt. Kristina Owren
860-292-2572 or 860-331-1220
103rd Airlift Wing Building 2 (FSS)
100 Nicholson Road
East Granby, CT

Senior Master Sgt. Kendra Ross
860-986-1591
103rd Airlift Wing Building 24 or
Hartford Armory - Room 214
360 Broad Street, Hartford, CT

“No Mail, No Morale,” The Women of the ‘Six Triple Eight’ Connected the Deployed With Their Loved Ones

SGT. 1ST CLASS TERRY MAHON
READINESS NCO, 143RD REGIONAL SUPPORT GROUP

“When I talk to students, they say, ‘How did it feel to know you were making history?’ But you don’t know you’re making history when it’s happening. I just wanted to do my job.”

-Col. Charity Early Adams
Commander, 6888th Central Postal Directory
Battalion, U.S. Army

As the holiday season approaches, many of us will spend time with family.

Unfortunately for our service members currently deployed, that may not be the case. These brave service men and women will have to settle for communicating over long distances to get in touch with family and friends.

With today’s technology it is much easier to stay in touch with loved ones serving overseas. These days, we have numerous different social media platforms and voice/video communication methods at their disposal. Although communicating with loved ones overseas has gotten easier, sending letters and mailing packages is still used today. Anyone serving outside the Continental United States can tell you receiving a care package from home is a huge morale booster. For many sending letters and packages can be done with ease most people feel confident knowing that their package will make it to their loved ones.

But that wasn’t always the case. During World War II, after noticing a low lack of morale due to service members not receiving mail, Army officials reported



Major Charity Adams, Commander, and Captain Abbie Campbell, Executive Officer, inspect the 6888th Central Postal Directory Battalion, in England in February 1945.(Photo source: National Archives and Records Administration.)

the need for a reliable mail delivery system. Due to unit movement and poor tracking practices, millions of pieces of mail and packages did not make it to the attended service member. The solution to this problem was to deploy the 6888th Central Postal Directory Battalion to the European theater.

The 6888th (nicknamed the, “Six Triple Eight”) was an all-black female battalion of the Women’s Army Corps. Comprised of 824 enlisted and 31 officers commanded by Maj. Charity Edna Adams, members received about four to six weeks of training that included ruck marches, military courtesies, plane identification and physical exercises prior to deployment.

The battalion arrived in Birmingham, England in February 1944, and was greeted by warehouses stacked from floor to ceiling with letters that were poorly addressed and airplane hangars filled

with care packages. Some of the care packages were decaying from being shelved for so long. The separating and distributing of millions of pieces of mail intended for U.S. Servicemen, government personnel and Red Cross workers was estimated to take six months.

The mission presented to the 6888th would not prove to be an easy one. Many of the letters were not properly marked, work spaces were ill lit and without heat, and the constant threat of air raids slowed progress.

If that wasn’t enough, members of the 6888th dealt with racism and sexism that plagued an already hostile work environment. Maj. Adams and her battalion were determined to accomplish their mission and the “Six Triple Eight” quickly organized into three work shifts.

The three shifts worked eight hours a day, seven days a week, maintained 7 million information cards on personnel, and developed a new tracking system that allowed for better mail processing. The productivity of the 6888th led to them completing the task three months ahead of schedule. With the warehouses and airplane hangars in Birmingham, England cleared of mail, the 6888th was transferred to Rouen, France in June 1945. In Rouen they were tasked with clearing another pileup of mail. Some letters dated back three years prior to their arrival. Like the previous assignment this task was to take 6 months, but, this assignment also carried the additional duty of providing security to keep out thieves.

The 6888th accomplished their mail clearing operation within four months. With the end of the war nearing, the battalion’s footprint was greatly reduced during a transfer to Paris, before one final transfer to Fort Dix, New Jersey where it was disbanded in February 1946.



Members of the 6888th work with French civilians to sort the mail. (Photo source: U.S. Army Women’s Museum, Fort Lee, Virginia)

Health & Fitness

Proper Form, Proper Alignment, Proper Execution to Build Strength

STAFF SGT. SILAS HOLDEN
1109TH TASMG
MASTER FITNESS TRAINER

Strength is often defined, according to the dictionary, as, “the quality of being strong; bodily or muscular power; vigor.” As tactical athletes in the military we must possess strength both mentally and physically. So how do we build muscular strength that is most useful in mission accomplishment and helps to prevent injury?

As we have all seen in our military service careers, injury rates are extremely high and can play a major part in our overall readiness. And many of these injuries are due to overtraining or overexertion in the gym while compromising form and function. While soreness is common when strength training properly, pain and injury are not. In order to prevent injury we must get away from the old mantra, “no pain, no gain.”

A major part of the Master Fitness Course involved instruction and hands-on training in proper form and injury prevention. Form truly comes into play when performing the four core lifts during strength training. These four lifts will be the backbone of any training program and they will build the strength needed to perform tasks which require us to push our own physical limits. The four core lifts include the bench press, squat, deadlift, and overhead press.

In order to get the most out of strength training and get an effective program started we must know what our one rep maximum is. One rep maximum, or 1RM, is the absolute maximum weight an individual can lift for one repetition without compromising form. It does not mean we lift as much weight as possible and create a recipe for injury so that we appear stronger than we are. While maintaining strict form and utilizing a spotter you can find out what your 1RM is. After finding out this number for each of the four lifts, an effective strength training program can be put together which works with percentage progressions of your 1RM.

Proper execution of the lifts is far more important than the amount of weight you are lifting if building truly functional strength without injury. It is through constant progression of adding weight to your lifts with proper form that real strength will be built. The, “no pain, no gain,” approach does not build strength, rather it compromises parts of the body to be more prone to injury since they absorb the consequences of improper form and overexertion. If an individual gets injured and must take time off from their training regimen then zero gains will be made and strength will actually decrease. It is much more effective to use the percentage of 1RM formula for a program and make consistent, injury free

gains.

Another important and often overlooked aspect of weight training is that of using a full range of motion during exercise execution. If you are performing squats, for instance, and you only make 50 percent of the required downward motion in the eccentric portion of the lift, you are going to create a limit within your leg muscle group (muscle memory). This will create an environment for injury as when you need to fully extend your leg muscles during normal tasks they will not be accustomed to going beyond the range of motion which has been created by doing abbreviated squats. Once extended beyond the limits the muscles have remembered from improper execution it will become injured and painful. So it is highly important to perform a full range of motion along with proper form to truly train a muscle for 100 percent effectiveness.

Lastly we will touch upon proper spine and head alignment while performing these lifts, along with stacking your wrists. How often do you see an individual performing heavy lifts while staring at themselves in the mirror to check their form? Quite often I assume. While it is great to pay attention to form, it is impossible to have proper spine and head alignment if looking in the mirror while performing the exercise. This is why the practice of having a workout partner is necessary as they can not only spot for safety but analyze and ensure proper form is utilized. During the squat, deadlift, and overhead press your head and spine should be in a neutral alignment meaning that they are stacked one above the other in a straight supportive structure. Stacking your wrists means that your wrist is not bent backward or forward when



Executing proper form, alignment and execution of your strength training routine, along with consistency, will build strength and get you results. (Photo source: www.army.mil/news/health)

lifting. Your hand should be aligned directly over your wrist, if this is not possible and your wrist bends back it is a signal that you are working with too much weight.

As with everything in life there are proper ways to lift and there are improper ways to lift. The choice is ultimately left to the individual, but I am certainly tired of hearing individuals complain that they somehow got injured in the gym and have to take time off. And nine times out of ten they will blame the equipment rather than themselves. What good does this do when some simple attention to proper form, proper weight, and proper body mechanics could have prevented the situation to begin with? True strength comes from training consistently, making slow and steady gains, and avoiding injury. If done properly and assisting each other with training and knowledge we can all play a pivotal role in injury prevention which will help increase our overall mission readiness. Until next month, stay fit, stay hydrated, and stay mission ready!

Staff Sgt. Holden is a newly-trained Master Fitness Trainer eager to share his knowledge with those wanting to learn. The thoughts expressed in this column are his. Always do research and consult your doctor before undergoing any physical fitness regiment. Request a topic, or ask Staff Sgt. Holden a direct question by emailing him at silas.k.holden.mil@mail.mil.

"IT PAYS TO STAY"
FY-18 ARMY NATIONAL GUARD RETENTION PROGRAM

STAY GUARD

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

CONNECTICUT NATIONAL GUARD

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 17 - 30 Sept 18

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 1ARW 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.

Camp Niantic

An Affordable Waterfront Getaway



Reserve Rooms at the RTI or Building 32
Single, Full and Queen Bed Options
Private or Shared Bathrooms

Who's Eligible?

All current CTNG Soldiers and Airmen and their dependents
Active Duty Military and their dependents
DOD employees
Retired Military
State Militia members
State Military Department employees

Post MWR Facilities

Post Exchange Open Tuesday - Saturday
Kayaks, canoes, sailfish and other sporting equipment available
Waterfront picnic areas
Volleyball court
Beach access
Fitness centers

Local Attractions

Nearby State and Local Beaches
Numerous Shopping and Dining Options
Close to I-95

For Rate Information and Reservations
Contact the Billeting Office at (860) 691-4314

Ready For The Mission Ahead

The 143rd CSSB Deploys to Eastern Europe



Nearly 70 Soldiers of the 143rd Combat Sustainment Support Battalion say goodbye to their families, friends and CTNG Leadership as they board a plane on the flightline adjacent to the Windsor Locks Readiness Center, Windsor Locks, Connecticut, Nov. 12. The departure completed the first leg of their journey, first stopping at Fort Hood, Texas, to conduct further training. Following the completion of their mobilization training, the CSSB will travel to Eastern Europe where they will be responsible for subordinate units totaling 850 Service Members from all three Army components. (Photo by Staff Sgt. Richard Wrigley, Joint Force Headquarters Public Affairs, CTARNG)

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

WINDSOR LOCKS, Conn. – On a bright, sunny Sunday, less than 24 hours removed from Veterans Day, 70 Soldiers assigned to the 143rd Combat Sustainment Support Battalion boarded a plane to complete the first leg of their journey prior to deployment to Eastern Europe.

Over 150 family members gathered at the Windsor Locks Readiness Center to wish their deploying family members and friends well as the Waterbury-based unit prepared to provide logistics support in support of Operation Atlantic Resolve.

“It’s always tough to leave your family behind,” said Lt. Col. William Daugherty, Battalion Commander. “There’s a lot of uncertainty. This is a professional

group of Soldiers, many with a previous deployment under their belts. The support network is there on both sides of the pond.”

At a sendoff ceremony Wednesday, Nov. 8, Gov. Dannel Malloy, Lt. Gov. Nancy Wyman and other state officials expressed their pride in the important work the unit will conduct overseas, and that their loved ones should be proud.

“I’m extremely proud of these men and women,” Daugherty said. “They know how important every mission is, and each and every one of them is ready to head out and serve their nation.”

Prior to deploying to Europe, the unit must first head to Fort Hood, Texas, where it will conduct further training. Once overseas, the CSSB will be responsible for subordinate units totaling 850 Service Members from all three Army components.

“Once you get overseas, it is all about mission accomplishment,” Daugherty said. “I look forward to working alongside Soldiers from different parts of the nation, different backgrounds, and teaming up to accomplish any task put in front of us.”

This deployment will be the battalion’s fourth in 15 years. Previously, the CSSB deployed to Bosnia in 2001, to Iraq in 2006 and Kuwait in 2013.

Prior to the CSSB’s departure, the last Connecticut Army National Guard unit to deploy overseas was the 1109th Theater Aviation Sustainment Maintenance Group’s mission to Kuwait and Afghanistan. The TASMGM returned in the late summer of 2016.

“We’re excited to hit the ground running,” Daugherty said. “I cannot wait to see what this mission has in store for us.”



Soldiers of the 143rd Combat Sustainment Support Battalion salute the flag during the National Anthem at the unit’s formal send off ceremony at the William A. O’Neill Armory, Hartford, Conn., Nov. 8. The 70 Soldiers of the CSSB heard from Guard and state officials who wished them well on their mission and thanked their families for their unwavering support. The 143rd CSSB left the state on Nov. 12, for their mobilization station in Texas before beginning their missions in Eastern Europe. (Photo by Allison L. Joanis, State Public Affairs Office)



Soldiers of the 143rd Combat Sustainment Support Battalion shared emotional goodbyes with their families and friends at the Windsor Locks Readiness Center, Windsor Locks, Conn., Nov. 12. The 70 members of the CSSB left the state for Fort Hood, Texas where they will conduct further training prior to traveling to Eastern Europe where they will be responsible for subordinate units totaling 850 Service Members from all three Army components. This is the battalion’s fourth deployment in 15 years, previously deploying to Bosnia in 2001, to Iraq in 2006 and Kuwait in 2013. (Photo by Staff Sgt. Richard Wrigley, Joint Force Headquarters Public Affairs, CTARNG)



Above: The leadership of the 143rd CSSB is presented a Connecticut flag by Governor Dannel Malloy (far right), Maj. Gen. Thaddeus Martin (center), Adjutant General of the Connecticut National Guard and Command Sgt. Maj. John Carragher, State Command Sergeant Major of the CTARNG (far left). The flag was presented to the unit during their send off ceremony at the William A. O’Neill Armory, Hartford, Conn., Nov. 8. (Photo by Allison L. Joanis, State Public Affairs Office)



Soldiers of the 143rd Combat Sustainment Support Battalion shared emotional goodbyes with their families and friends at the Windsor Locks Readiness Center, Windsor Locks, Conn., Nov. 12. The 70 members of the CSSB left the state for Fort Hood, Texas where they will conduct further training prior to traveling to Eastern Europe where they will be responsible for subordinate units totaling 850 Service Members from all three Army components. (Photo by Staff Sgt. Richard Wrigley, Joint Force Headquarters Public Affairs, CTARNG)

Submit Your NGACT Award Nominations

CAPT. ULRICK BRICE
NGACT

Greetings to all Soldiers, Airmen, families and friends. I encourage you to nominate a deserving member for one of the NGACT awards listed below. Each winner will be recognized at the 2018 NGACT Annual conference. Nomination forms are due February 14, 2018. All awardees will be informed if they are selected no later than February 28, 2018.

NGACT Awards & Eligibility

The Minuteman Award: The highest honor bestowed on a member of the Association. It recognizes exceptional achievement, a patriotic act, highly distinguished service and/or an outstanding contribution to a military organization, community, the State, the Nation or National Guard Association of Connecticut. Posthumous awards may be made to the next of kin.

Eligibility: Member or former member of the military and NGACT
The NGACT Leadership Award: Recognizes a company grade officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the Officer’s Creed.

Eligibility: Company grade officer, member of the Connecticut National Guard, Member of NGACT and recommendation endorsed by the respective chain-of-command.

The Commander Sergeant Major Anthony V. Savino Award: Recognizes a noncommissioned officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the NCO Creed.

Eligibility: NCO and member of the Connecticut National Guard, member of NGACT and recommendation endorsed by the respective chain-of-command.

The Meritorious Service Award: Bestowed on an individual, firm or organization for outstanding service to the Connecticut National Guard and/or NGACT.

Eligibility: Any individual, firm or organization; military or civilian.

The President’s Corporate Member Award: Recognizes a corporate member that distinguishes itself through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current corporate member of NGACT.

The President’s Retiree Award: Recognizes a retiree member who distinguishes themselves through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current member of NGACT.

*National Guard Association of Connecticut
2018 Awards Program Nomination Form*

The National Guard Association of Connecticut recognizes outstanding achievement or service in keeping with the purpose, goals, objectives and policies of the Association through its annual Awards Program. We will recognize recipients at the NGACT Annual Conference and Awards Luncheon on March 31, 2018. The NGACT Awards Committee is now accepting nominations through **February 14, 2018**. All nomination forms must be postmarked NO LATER THAN February 14, 2018 to be considered.

Please complete the form and forward it with any supporting documentation to: NGACT Awards Committee, 360 Broad Street, Hartford, CT 06105-3795 or email to ulrickbrice@gmail.com. The complete form can also be found at <https://ngact.org/>.

Name of Person being nominated: _____

Is the person a current member of the CTNG? Yes ___ No ___

Is the person a retired member of the CTNG? Yes ___ No ___

Is this a posthumous award? Yes ___ No ___

Nominee’s Unit: _____ Nominee’s Rank: _____

Nominee’s Phone Number: _____

Nominee’s Email: _____

Award being nominated for: _____

Please provide as detailed a description as possible of why this Nominee is deserving of the Award: (Use a separate sheet if necessary)

Name/Rank of person submitting the nomination: _____

Unit of person submitting the nomination: _____

Phone Number: _____

E-mail: _____

Relationship to nominee: _____

LOOKING TO BE WELL PAID FOR A CHALLENGING CAREER?

BECOME A MEMBER OF THE 1943RD TEAM

*The 1943rd Contingency Contracting Team has **two vacant E-6 M-Day positions**. Gain contracting experience as a 51C and become certified in federal contracting, for a highly in-demand career field that has open opportunities in both private and government sectors.*

As of November 5, 2017, there are 284 job openings nationwide on USAJOBS.gov for a Contracting Officer. Salaries are well above the national average.

Considered grades are ARMY E-5 and newly promoted E-6. E-4 may be considered if Basic Leader Course is completed and the individual is promotable. Must have or within one year of joining the team, be able to obtain, a bachelors degree and 24 business credits (business credits do not have to be within bachelor’s degree).

For more information contact 1st Lt. Robert Ragos, 1943rd Executive Officer, at robert.j.ragos.mil@mail.mil.



Enlisted Update

Closing the Door on 2017 Leaves 2018 Open to Possibility



COMMAND CHIEF MASTER SGT.
JOHN M. GASIOREK

Greetings my fellow Guardsmen.

It is hard to believe it is December. As I look back at all of 2017’s accomplishments, and the future we have ahead of us, it is hard to find where to start.

As always, and especially during this holiday season, I would like us all to keep our fellow Guardsmen and their families in our hearts

and minds as they are in harm’s way both overseas and within the homeland. We still have Air Guard personnel deployed overseas and we just sent off 70 Soldiers of the Connecticut Army National Guard.

We also have both Army and Air Guard personnel continually supporting hurricane relief efforts. We never know what is around the corner which is why we all need to pull together, maintain a constant state of readiness, take care of one another and remain Always Ready, so we can be Always There!

On Nov. 4, the 103d Airlift Wing experienced its first change of command ceremony in nearly a decade, as Col. Frank Detorie relinquished command to Col. Stephen Gwinn. As a Wing First Sergeant and Wing Command Chief, I have had the privilege to serve directly for Col. Detorie and see first had the exceptional leader he truly is and how he has cared for the entire Wing during so many historical accomplishments. I look

forward to his continued leadership as he moves on to the Joint Force Headquarters.

During this same time period I also had the pleasure to work for Col. Gwinn as his First Sergeant. I have found Col. Gwinn to be one of those quiet professionals whose wheels are always turning as he cares for our people resulting in many mission success stories and accomplishments. The operations group has grown tremendously under his leadership and the 103 Airlift Wing couldn’t be in better hands.

During the October drill, I was invited to the Veterans of Foreign Wars Post 9544 in West Suffield, Conn. for a welcome home celebration for many of our Air National Guard Airmen who recently redeployed. I had opportunity to hear a number of different stories from those who have bravely served our great nation, to include a World War II Navy veteran and several Vietnam War veterans. The passion which rages in their hearts, the stories they tell and just the overall sense of pride they have as veterans was emotionally overwhelming.

A common theme was the difficulty in seeking new veterans of this generation to join, participate and carrying on the proud tradition their veteran service organization.

On Dec. 1, the Civil Air Patrol will celebrate its 76th anniversary of service. The 58,000 CAP members fly more than 100,000 flight hours per year in support of this mission, providing emergency services, aerospace education, and cadet programs for youth ages 12-20. If you want to learn more about this fantastic organization visit <http://www.gocivilairpatrol.com/>. You will be pleased to witness, “Citizens Serving Communities.”

On Dec. 13, we celebrate 381 years as a National Guard. I recall when I enlisted in the Air Force, my recruiter never mentioned the National Guard as an option. It wasn’t until my fourth active duty assignment

in eight years where I learned there was an Air Force installation in Connecticut. Before my son joined the Air National Guard, we had a conversation about what he should do. Although I remember my active duty days fondly I advised him the National Guard was, in my experienced-based opinion, the better way to serve our. Today, the National Guard continues to be one of America’s best secrets. Don’t be afraid in your daily travels to keep your eyes open for opportune times to tell the right people about what it is we do. We have a lot to be brag about.

With the holiday season now in full swing, I wish all of you and your families a happy, peaceful holiday and a happy new year. During this time of giving, one of the least financially impacting gift you can give is the gift of caring for one another and your families. We are truly stronger together than we are as individuals. We cannot afford to lose a single Soldier, Airman or family member during this time of celebration. We work so very hard at all we do and we definitely deserve some extra time off to celebrate safely!

There is nothing that dampens this time of year more than allowing someone to opt for a permanent solution to a temporary problem. We need to all be phenomenal Battle Buddies and Wingman exercising extreme vigilance during this time of year for all the warning signs. If you need anything you can contact me directly! It wouldn’t be the first time I have been called late at night, or during a holiday and I am sure it won’t be the last. We need you all healthy and we are here to help you stay that way. Your senior leadership, my family and I are extremely impressed in all that you do, and we are grateful.

Be safe, enjoy, and again, thank you for everything you do!

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

12M - Mobility Combat Systems Officer (Navigator)

32E3 - Civil Engineer Officer

48A - Aerospace Medicine Specialist

48R - Flight Surgeon

43H3 – Public Health Officer

42G3 – Physician Assistant



Spotlight on a Recruiter Sgt. 1st Class Andres Quintero

What was your original MOS and who was your recruiter? - My original Military Occupational Specialty was 11B (Infantryman) and I was assigned to C Company, 1-102nd Infantry Regiment. My recruiter was Sgt. 1st Class Khalise Thomas.

Why did you join the military? - I joined the National Guard for the educational benefits and because I always knew that I wanted to serve, but the biggest reason was 9/11. I was 16 years-old when 9/11 happened. I remember watching everything happen in my first period class in High School. That was the day I knew that I was going to join the Army.

Where did you work before RRB - Before being a recruiter with the Connecticut Army National Guard Recruiting and Retention Battalion, I was the Readiness NCO for B Company, 102nd Infantry Battalion and then I was on Active Duty Special Work (ADSW) orders RRB. Before joining, I worked at a Subway Restaurant as a sandwich artist.

How many years have you been working in recruiting? - I have been in recruiting for almost 15 years.

Do you have any children? - I have one son named Nikolai, he is 4 years old and he is a great kid. He was Scooby-Doo for Halloween and he says that he wants to go to West Point for college someday.

Who did you first see live in concert? -I think the first person that ever saw in concert was 50 cent. I also think that it was at a recruiting event so I was in a hallway recruiting with Sgt. 1st Class Khalise Thomas and didn’t get to hear most of the show.

Which superhuman power do you wish you had? - I wish I had the power to time travel. I think would be awesome to travel back time and witness historical events.

What was the single-most influential event in your lifetime? - The most influential moment in my life was March 28, 1995. That day my mother, brother and I moved to the U.S. from Colombia. When we’re getting off the plane my mother stopped me and my brother and told us that we moved to the U.S. so we could have opportunities we would never have in Colombia and we would have to work as hard we possibly could. I have tried to live up to my mother’s words as best I could.

What are your hobbies? - I have a few hobbies and outside interests. I love History, reading and I love to run as much as I can before there is snow on the ground.

I love history in general, but I really enjoy reading U.S. Revolutionary War history and anything about World War II.

What is your theme song, what would it sound like? - My theme song would be a mix of “The Emperor Arrives” from Star Wars and the “Milkshake” song by Kelis.

If you could have dinner with any three people (dead or alive) who would you invite and what would you eat? - I would have dinner with John Adams, General Patton and President George W. Bush. I think maybe we would have White Castle because everyone knows White Castle is delicious. I would have too many questions to ask to have a fancy dinner.



Get to Know Connecticut’s Newest Soldiers

The Recruit Sustainment Program acclimates new Connecticut Guardsmen to their military career both before and after attending their initial entry and advanced individual training. Following their completion of AIT, RSP Soldiers graduate from RSP and continue their careers training with their new CTARNG units.

Graduates of the RSP are briefed on the extensive benefits and programs available to members of the Connecticut National Guard. RSP drills each month at Camp Niantic, Connecticut. Keep up with their training by liking their Facebook page, <https://www.facebook.com/ConnecticutGuardRsp/>



Meet Pfc. Laura Edwards, Age: 30 92G (Culinary Specialist)



Meet Pfc. Elijah Udoh Age: 22 31E (Internment/Resettlement Specialist)

What were you doing before you joined?	I worked at Hartford Healthcare Medical Group as a Patient Service Coordinator.	I attended UCONN and MCC and studied Kinesiology and Exercise Science.
Why did you join the Guard?	I joined to protect my family and to provide them with the many benefits that the Guard has to offer.	To finish college and for the Student Loan Repayment benefit.
Who is your Recruiter?	Sgt. T. Jessica Roman.	Sgt. 1st Class Ray Caron.
What do you tell friends about the Guard?	I tell my friends that if they are interested in having college paid for and getting affordable health benefits that the Guard is a great path for them.	I tell them that I never thought I would join the military, just go talk to a recruiter and see what the options are. It’s definitely worth it.
Do you have any hobbies?	I love cooking, I cook every day and always try to cook new things.	I work out six days a week, and most of the time I work out twice a day.
What is your dream vacation destination?	I would love to visit all of Africa, but especially Egypt.	Brazil.
What was the most influential life event?	Having my daughter and being a mother.	Realizing that I have only one life to live and have to make the best of it right now.
If you could buy any one thing, what would it be?	A house for my daughter.	A house in the Carolinas for my mother.
What would be your entrance music?	“Moment of Clarity” by Jay-Z.	“Family Feud” by Jay-Z.

Inside OCS Nearing the Midpoint

OC JOSHUA PASAY
OCS CLASS 63
1-169 REGT (RTI)

The 15 remaining members of OCS Class 63 successfully completed all assigned tasks and evaluations of the October drill weekend and are one month closer to (hopefully) gaining their commissions next August.

The majority of the weekend was spent in the classroom at Camp Niantic Regional Training Institute learning about mission command, personnel management and officer evaluation report systems. These classes prepare the candidates with a basic understanding of the various roles and responsibilities carried out by an officer in the National Guard. The 14-month program front loads the academic requirements which allows room for multiple field exercises come springtime.

Connecticut’s Army National Guard OCS is structured to have different candidates fulfill leadership roles each month, such as the role of platoon leader, platoon sergeant, or one of multiple squad leader positions. One of the primary tasks of the designated platoon leader is to develop an operations order (also known as an OPORD) for the upcoming drill and present it to the class and members of the cadre. They’re evaluated on the presentation itself along with the organization and completeness of the five paragraph order they came up with. This allows the candidates to get the first-hand experience of planning and executing orders, which is essential to their success as potential future officers in the National Guard. Each subsequent OPORD incorporates feedback from the class and critiques provided by members of the cadre. As the process goes on, the candidates hone their skills to draft complete and competent operation orders.

Cadre assigned the candidates an extra task. After teaching a block of instruction in September on how to properly format a battle analysis, Sgt. 1st Class David Earle asked each candidate to prepare and complete a battle analysis on a small conflict of their choice by the following drill. A battle analysis provides insight from historical battles and campaigns to help deepen the understanding of warfare and the profession of arms. The extra assignments and tasks required of the candidates



between drill weekends adds to the demand of the program but prepares each officer candidate for the challenges they will face as future leaders.

The members of Class 63 are nearing the midpoint of Phase 2 and have been increasingly working together as one team. The various challenges presented by the program and cadre are met with teamwork and collaboration among each candidate. Fourteen OCS candidates from New York will join their Connecticut counterparts in an upcoming 12-mile ruck march. The timed event is pass/fail and will be the longest of the three ruck marches necessary to successfully complete OCS. In order to prepare for the ruck, not only are the candidates responsible to maintain their own

physical fitness regimen but they get together and ruck in places like the backroads of Norwich, the Nipmuck Trail behind UConn’s main campus or Bluff Point in Groton.

The challenges presented by the OCS program help shape and develop the leadership of each candidate. They’re constantly reminded by the cadre that leadership is not exclusive, it requires the teamwork and collaboration that is echoed throughout the course. Rest assured that at any point between drill weekends, the candidates are utilizing their spare time in preparation for the upcoming tasks they face. As the lessons are learned and teaching points made, their experiences are broadened to create well-rounded officer candidates. Good luck to all the candidates for November’s 12-mile ruck march!

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.mil@mail.mil.

R3SP - Resilience, Risk Reduction & Suicide Prevention

1-800-273-TALK
Start a Conversation


MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

This past year there has been a whirlwind of media attention surrounding suicide. The suicides of famous musicians Chris Cornell and Chester Bennington along with the release of the controversial, “13 Reasons Why,” brought the topic of suicide and mental health to the forefront of conversation. When those conversations waned there was no discernable change to the way suicide and help-seeking behaviors are discussed. New cautionary tales may have emerged but the stigma is still present and as strong as ever. In the realm of suicide prevention silence can be deadly. Silence perpetuates the stigma and restricts the ability to make resources known to those who may be struggling. Luckily, silence isn’t something celebrities are known for.


The summer of 2017 saw rapper Logic release a song titled, 1-800-273-8255.” Those of you who pay attention in the ACE briefs may be familiar with this number. The title of the song is the phone number to the National Suicide Prevention Hotline, 1-800-273-TALK (8255). The lyrics to the song depict personal struggle and thoughts of suicide followed by messages of resilience and coping and finally the person choosing life, or at least safety for now. It’s just one song. One song realistically portraying the feelings and thoughts that may be in the mind of someone struggling with thoughts of suicide, but the impact of this song is remarkable.

John Draper, director of the National Suicide Prevention Hotline, gave an interview, captured by American Foundation for Suicide Prevention, in which he noted that the call center had the second highest call volume in its history the day after the song’s release. Overall Mr. Draper noted a 33 percent rise in call volume in the period since the release. Access to helping resources is critical in suicide prevention. Not all communities have the financial resources to provide physical locations for suicide prevention so call centers and helplines

provide universal access for people to reach someone to help them. In rural areas it is more difficult to publicize resources so people who may need assistance may not have an access point to locate assistance or applicable hotline numbers. By using the universal medium of music, Logic has been able to transcend a multitude of barriers and bring awareness to not only suicidal ideations but also a life-saving resource. Need more proof? In August of 2017 Logic performed his song at the MTV Video Music Awards and Draper reported that call volume increased 50 percent in the 24 hours following this performance. Maybe you’re not a rapper and you’ll never have the media attention and platform to spread this information. So how can you make an impact? You can do exactly what Logic is doing, talk about suicide. Talk about suicide openly and honestly with your unit, your Battle Buddy, your friends, your family, the people you encounter in your everyday life whether military or civilian. Start a conversation that encourages help-seeking behaviors and shows support for those who may be experiencing risk factors. Talk about the resources you’re aware of and that there is help available for those who may be struggling with thoughts of suicide. Talk about how it’s never too early to seek help if life’s stressors are impacting a person’s livelihood. Talk about how the Army encourages Soldier’s to seek help and provides support to not only the Soldier but their family. The more we normalize conversation about suicide the less impact stigma will have on a person’s choice to seek help. It is our job to be a ready and resilient force. We can’t be mission ready if our Soldiers are silently struggling with thoughts of suicide or life-stressors. Help is out there, it’s time for us to start talking about how to get it.



Resilience: "Skill of the Month"



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

JUST the FACTS

What exactly are Thinking Traps? What are the different kinds?

Thinking Traps are overly rigid patterns in thinking that cause us to miss critical information about a situation or individual.

The Traps:

- Jumping to Conclusions:** Believing one is certain about a situation despite having little or no evidence to support it.
- Mind Reading:** Assuming that you know what another person is thinking or expecting another person to know what you are thinking.
- Me, Me, Me:** Believing that you are the sole cause of every problem you encounter.
- Them, Them, Them:** Believing that other people or circumstances are the sole cause of every problem you encounter.
- Always, Always, Always:** Believing that negative events are unchangeable, and that you have little or no control over them.
- Everything, Everything, Everything:** Believing that you can judge one's worth/character based on a single event or believing that what caused the problem is going to negatively affect many areas of one's life.

What is the skill?

Identify the "Thinking Traps" you tend to fall into so you can correct your thinking in the moment and avoid the trap(s) in the future.

"Mental Cues" and "Critical Questions" help you identify IF you're in a Thinking Trap:

- Jumping to Conclusions
Slow Down: What is the evidence for and against my thoughts?
- Mind Reading
Speak Up: Did I express myself?
- Me, Me, Me
Look Outward: How did others and/or circumstances contribute?
- Them, Them, Them
Look Inward: How did I contribute?
- Always, Always, Always
Grab Control: What is changeable? What can I control??
- Everything, Everything, Everything
Get Specific: What is the specific behavior that led to the situation?



refer a soldier at risk

visit realwarriors.net #bethere

R3SP - Resilience, Risk Reduction & Suicide Prevention

Ignorance is Not Bliss

SGT. CHRISTOPHER J. WICHROWSKI
DRUG TESTING COORDINATOR,
CTARNG

With the holidays right around the corner many of our Soldiers and their families are gearing up for festive events, parties, and social gatherings to celebrate. While these celebrations can be a great time to reduce strength and build bonds with family and friends it is also important that Soldiers remain vigilant about the substances they put in their body. Spiking and lacing food and beverages with illegal drugs, such as marijuana, is a practice that could lead to a Soldier ingesting illicit substances without their knowledge. AR 600-85 strictly prohibits the use of illicit substances by service members. Ignorance to the consumption of drugs will not erase a positive drug test for a Soldier. Soldiers are expected to be mindful of their environment and take necessary precautions to remain in good standing with the organization. Vigilance is key. If you suspect food or beverages at a party may be spiked, err on the side of caution. Some easy ways to alleviate this risk are to bring your own beverage or only drink from cans/bottles that you personally open. Offer to bring a dish to the event so that you can be sure of the ingredients. The holidays should be a fun occasion and a time to de-stress, don’t let a drug positive ruin your cheer.

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

Ms. Meagan MacGregor
Alcohol and Drug Control Officer
860-524-4962
dennis.tomczak@accenturefederal.com

Sgt. Chris Wichrowski
CTARNG Drug Testing Coordinator
(860) 548-3298
christopher.j.wichrowski.mil@mail.mil

Cheyenne Carden
Prevention Coordinator
(860) 548-3291
cheyenne.t.carden.mil@mail.mil

Make it a Holiday to Remember

Winter holidays bring opportunities for celebration with friends and family. They also bring added stress. And often, alcohol is more readily available.

Know your numbers. Follow the 0-1-2-3 guidelines for low-risk choices.

0

-No illegal drugs or non-prescribed medications
-No drinking if underage, pregnant or history of alcoholism
-Zero is **always** a low risk choice with alcohol

1

-One standard drink **maximum per hour**

2

-Two standard drink **maximum per day** if drinking regularly
(spread apart by at least one hour)

3

-Three standard drink **maximum per day** if NOT drinking regularly
i.e. special occasions like birthdays, holidays, celebrations, etc.
(spread apart by at least one hour)

One standard drink =

0.6 oz. of pure alcohol:

 Beer
12 oz.
5% alcohol

 Wine
5 oz.
12% alcohol

 Liquor
1 - 1.5 oz.
40 - 50% alcohol

Decrease your risk for alcohol-related problems—follow these tips:

Skip the party and suggest a change of scenery. Suggest that your group do something that doesn’t center around alcohol—go to the movies, dinner, a performance or a sporting event... or try doing an activity together like ice skating, games or something crafty!

Eat before you go. Food slows the absorption of alcohol, especially foods high in carbs and protein. Snack while drinking, but avoid salty foods. Alternate drinks with alcohol and drinks without to stay hydrated. Take non-alcoholic drinks with you if necessary.

Bring a supportive friend. Have a person with you who is observing low-risk guidelines and hold each other accountable. Also, have a designated driver who is not drinking alcohol at all.

Make plans for after the party. Give yourself an out at a specific time so you don't stay and drink too long. Get tickets to a show, or make plans to meet someone or pick up the kids a few hours after the party starts.

Be a good host. Have fun non-alcoholic drinks available. Cut off people who drink excessively, and stop serving all alcohol an hour before the party is scheduled to wrap up. Never serve alcohol to anyone under 21.

Find additional R3SP resources on Guard Knowledge Online
https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/G1/Resilience/SitePages/Home.aspx

Get social with the
CONNECTICUT NATIONAL GUARD

Official Pages - Managed by the CTNG PAO

FACEBOOK

@ConnecticutNationalGuard

http://facebook.com/ConnecticutNationalGuard

TWITTER

@CTNationalGuard

http://twitter.com/CTNationalGuard

INSTAGRAM

@CTNationalGuard

https://www.instagram.com/CTNationalGuard

FLICKR

http://www.flickr.com/photos/CTNationalGuard

Official Unit/ Leadership Pages

Maj. Gen. Thad Martin

Twitter - @TAGCTMG MARTIN

State Command Sgt. Maj. John Carragher

Facebook - @CTCommand SgtMaj

CTARNG Recruiting Battalion

Facebook - @CTArmyGuard

Instagram - @CTArmyGuard

CTANG Recruiting Team

Facebook - @CTAirGuard

103rd Airlift Wing

Facebook - @103AW

102nd Army Band

Facebook - @102dArmyband

Instagram - @102d_army_band

Twitter - @102dArmyband

HHC, 169th Aviation Battalion

Facebook - @HMC169AVN

1-169th Regiment (RTI)

Facebook - @169REG

1109th TASMG

Facebook - @1109thTASMG

Joint Force Headquarters

Facebook - @CTJFHQ

CTATNG Recruit Sustainment Program

Facebook - @ConnecticutGuardRSP

CTNG Service Member and Family Support

Facebook - @CTNGFamilies

CT Employee Support of Guard and Reserve

Facebook - @CTESGR

Twitter - @CT_ESGR

Don't see your unit's page here? Make sure it is
registered with the CTNG PAO.
Want to start a public page for your unit? Call the
CTNG PAO for information.
860-324-4857



Army National Guard 4.0

"Total Readiness For the 21st Century"

COURTESY OF NATIONALGUARD.MIL

The 343,000 men and women serving in the Army National Guard remain globally engaged while conducting combat operations, cyber operations humanitarian assistance, deterring aggression or reassuring our allies and partners around the world. Serving in their communities, in a number of professional/ volunteer roles, their sense of service goes well beyond responding to disasters or serving in harm’s way.

The dedication and commitment our Citizen Soldiers possess is exemplary and remains the foundation of our force. The threats our nation faces are unprecedented in scope and variety and they demand a new level of focused readiness. ARNG 4.0 determines our ability to do just this.

What is ARNG 4.0?
ARNG 4.0 is the Army National Guard’s evolutionary response to an uncertain, changing global environment. It prioritizes the increase of combat readiness through well-equipped, well-maintained and well-trained personnel and units.

Combined with high morale and outstanding leadership, ARNG Soldiers and units are ready, and will remain ready, to adapt and perform missions both within their individual state and overseas.

ARNG 4.0 prepares the ARNG to quickly and effectively meet the nation’s security challenges of the 21st century by maintaining a higher level of readiness, prioritizing efforts and enhancing force capabilities for today and in the future.

Why is it important?
Since 9/11, ARNG has operated far outside the, “one weekend a month,” framework familiar to many Americans. Our Soldiers and units are now an operational force capable of conducting Unified Land Operations at home and abroad as part of the U.S. Army.

To continue to succeed in an increasingly unstable and unpredictable world, the ARNG must remain aggressive in training and providing quality, deployable Soldiers.

The key rewards for doing so are two-fold: The nation

gets a proven force on the battlefield and our states can call upon trusted Soldiers and units capable of addressing any disaster on the homefront.

Who will be affected?
Additional professional military education and training increases time commitments for Soldiers. Families, employers and communities are more valuable than ever. As much as the ARNG values the flexibility and resilience of our Soldiers, without the support of their families, employers and communities, ARNG 4.0 would not be successful.

Families
As the ARNG embarks on this new way forward, we remain fully committed in supporting our families. Ready and resilient families provide the support and strength that many Soldiers depend on to accomplish their missions. The ARNG has several family programs in place that helps families and positively impact unit morale and readiness.

Employers
At the same time, the ARNG understands these Soldiers could not defend us aborad and protect us at home without the assurance that their civilian jobs are protected. Since 9/11, civilian employers have consistently underwritten Soldiers’ service and the time it requires them to be away from their jobs. Under ARNG 4.0, employer support becomes even more critical as Soldiers schedules and training tempo may fluctuate.

Communities
When not in uniform, ARNG Soldiers are woven into the fabric of their communities in many diverse capacities. From teachers to firefighters, doctors to electricians, inside Fortune 500 companies and small businesses, they live, work and serve in their communities. When called away for duty, their absence is felt not only by their employers and families, but by all the organizations and citizens they serve. The ARNG is launching an effort to educate stakeholders at all levels of government, in the news media, our academic institutions and civic organizations.

For more information, visit
<http://www.nationalguard.mil/Resources/ARNG-Readiness/>

Military History

The Hartford City Guard

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

Fearing an attack by Confederate sympathizers on the city of Hartford, a group of men met with Gen. J.D. Williams, The Adjutant General, in November 1860, to discuss the formation of a military company.

The Hartford City Guard was organized as an independent company and mustered into service in January of 1861. Many cities and towns in Connecticut still retained their volunteer militia companies for parades and other patriotic events. As war drew closer, many of these companies formed the nucleus of volunteers that President Lincoln called for. An article in the Hartford Courant stated, “...the Hartford City Guard has overthrown their character of holiday troops, and are putting themselves into condition for acceptance as volunteers.” Some Hartford City Guard officers joined the volunteer forces at the outbreak of hostilities in April.

In September of 1861, the Hartford City Guard was re-designated as Artillery Company A, 1st Regiment, Connecticut Militia. It was soon reorganized into an infantry company and re-designated Company A, 4th Regiment, Connecticut Volunteers. On August 18, 1865, after the war ended, it became Battery D, Light Artillery, Connecticut National Guard, attached to the 1st Regiment. In 1865 the term “Militia” was dropped and “Connecticut National Guard” was substituted.



A postcard image of the Hartford City Guard Clubhouse on the bank of the Farmington River in Windsor, Connecticut. (Image courtesy of the Town of Windsor Historical Society Digital Archive)

Each year, they held a reunion on the second Wednesday of January. The first reunion was held on January 8, 1868. The association constructed a clubhouse in Windsor on the banks of the Farmington river. At their 50th reunion, it was agreed that it should be the last.

Many of the records of the Hartford City Guard are in the archives of the Connecticut State Library. A copy of the sheet music for the Guard’s own, “quickstep,”

march is in the Library of Congress. There is also a monument to the Veteran Association at Cedar Hill Cemetery. The cemetery is on Maple Avenue, across from Goodwin Park.

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.

Commemorating the 100th Anniversary of the 102nd Infantry

Maj. Alyssa Kelleher, Operations Officer, 1-169th Regt. (OCS), CTARNG and Director of Veterans Affairs and Military Programming, University of Connecticut, presents about the 1-102nd Infantry Battalion participation in Afghanistan during Operation Enduring Freedom in 2009-2010 at the Commemoration of the 100th Anniversary of the 102nd Infantry Battalion event at the State Capitol, Nov. 16. The event, hosted by the Connecticut Militia Heritage Committee and the Connecticut State Library, highlighted the rich history of the 102nd Infantry, specifically over the past 100 years, since 1st and 2nd Connecticut Regiments were joined in August, 1917 in anticipation of their deployment to France to fight in World War I attached to the 26th Infantry Division.

Other highlights of the event included, a viewing of the American Battle Monument Commission Film, “Never Forgotten,” telling the story of the 102nd’s Sgt. Paul Maynard, a presentation about the 102nd’s involvement in the World War I, Battle of Seicheprey in April of 1918. Watch the Commemoration in its entirety on the State Library YouTube page, <https://www.youtube.com/user/CTStateLibrary>. (Photo by Allison L. Joanis, State Public Affairs Office)



Training Circulars for TY18 Are Now Available
Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffery Colvin	7-Dec-17	7-Dec-17
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Meagan MacGregor	12-Dec-17	12-Dec-17
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	13-Dec-17	14-Dec-17
American Heart Association (AHA) Heartsaver AED Certification	350-17-18	Staff Sgt. Sara Landon	10-Jan-18	10-Jan-18
Army National Guard Annual Substance Abuse Prevention Training Course for AGR & FTSP	350-17-04	Meagan MacGregor	11-Jan-18	11-Jan-18
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	16-Jan-18	18-Jan-18
68W Sustainment Course	350-17-06	Sgt. 1st Class Megan Authier	21-Jan-18	30-Jan-18
Engagement Skills Trainer II (EST II), Laser Marksmanship Training System (LMTS)	350-17-22	1st Sgt. Corey Lewis	26-Jan-18	28-Jan-18
Unit Public Affairs Representative Training Course	350-17-09	Maj. Michael Petersen	27-Jan-18	27-Jan-18
High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	1st Sgt. Corey Lewis	10-Feb-18	10-Feb-18
Command Movement Workshop	350-17-49	Master Sgt. Thomas Ahearn	10-Feb-18	11-Feb-18
Digital Training Management System (DTMS) Course	350-17-30	Sgt. 1st Class Richard Reynolds	14-Feb-18	14-Feb-18
G4 Quarterly Supply Training/Meeting	350-17-44	SGM Jeffery Colvin	22-Feb-18	22-Feb-18
Basic Life Support (BLS) Refresher for 68W Personnel	350-17-10	Sgt. 1st Class Megan Authier	25-Feb-18	25-Feb-18
Unit Environmental Officer Training Course	350-17-23	Robert Dollak	3-Mar-18	3-Mar-18
Army National Guard Annual Substance Abuse Prevention Training Course for AGR & FTSP	350-17-04	Meagan MacGregor	8-Mar-18	8-Mar-18
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Meagan MacGregor	9-Mar-18	9-Mar-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	10-Mar-18	11-Mar-18
Bus Driver Training Course (Train the Trainer Course)	350-17-21	MSG Thomas Ahearn	12-Mar-18	16-Mar-18
Virtual Convoy Operations Trainer (VCOT)	350-17-27	1st Sgt. Corey Lewis	12-Mar-18	16-Mar-18

Highlighted Courses:

- **Unit Finance Course:** This training ensures that the unit Readiness Non-Commissioned Officer (RNCO) or designated individual are provided with the knowledge on how to increase soldiers’ financial readiness and overall unit auditability. Training will emphasize regulations, reports, preventative and reconciliatory measures, and key supporting documents/entitlements. In addition, it will cover interconnected departments, applicable systems, schedules, inspections, submittal procedures and inquires. Full Time RNCOs or designated individuals responsible for payroll submittal at the Unit/Battalion/MACOM level are highly encouraged to attend. 16-18 January 2018; 25 Seat Max per class; See you unit training NCO for current availability.
- **Engagement Skills Trainer II (EST II) Training Course:** This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II, and the LMTS. These individuals may have Active Duty Operational Support (ADOS) opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating and taking responsibility of the system to provide training their own units. This is a (4) day course available twice during TY-2018. Attendees must attend both days of instruction to be considered certified on any Training Aids, Devices, Simulator and Simulations (TADSS) device. 25-28 January 2018; 10 Seat Max per class; 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. 12-16 March 2017. 16 Soldiers Max, See your unit training NCO for current availability.

Maj. Michael Jakubson - 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 Rhee Armed Forces Reserve Center 375 South 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?

What to Wear for a DA Photo
Must Wear Unit Crests (Enlisted)
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
NO Infantry cords or blue discs
NO Green leadership tabs
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/

Focus on Safety - *Winter Driving Tips*

FROM THE NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION
U.S. DEPARTMENT OF TRANSPORTATION

When the chilly temperatures of winter set in, will your vehicle be ready for the cold? Are you prepared to drive in the wintry conditions ahead? Planning and preventative maintenance are important year-round—but especially when it comes to winter driving.

Before You Go - Get Your Car Serviced

No one wants their car to break down in any season, but especially not in cold or snowy winter weather. Start the season off right by ensuring your vehicle is in optimal condition.

- Visit your mechanic for a tune-up and other routine maintenance.
- Have your vehicle checked thoroughly for leaks, badly worn hoses, or other needed parts, repairs, and replacements.

Check for Recalls - Look up your VIN

Owners may not always know that their vehicle is under an open recall and needs to be repaired. NHTSA's Recalls Look-up Tool lets you enter a Vehicle Identification Number (VIN) to quickly learn if that specific vehicle has been recalled in the last 15 years and whether it has been repaired or not. Check for recalls on your vehicle by searching now: www.nhtsa.gov/recalls. If your vehicle is under a recall, get it fixed at your nearest dealer FOR FREE.

Know Your Car

Every vehicle handles differently; this is particularly true when driving on wet, icy, or snowy roads. Take time now to learn how your vehicle handles under winter weather driving conditions.

- Before driving your vehicle, clean snow, ice or dirt from the windows, the forward sensors, headlights, tail lights, backup camera and other sensors around the vehicle.
- When renting a car, become familiar with the vehicle before driving it off the lot. Know the location of the hazard lights switch in case of emergency, and review the owner's manual so that you're prepared for any driving situation that may arise.

Create and Go Over Your Vehicle Safety Checklist Battery

When the temperature drops, so does battery power. For gasoline and diesel engines, it takes more battery power to start your vehicle in cold weather. For electric and hybrid-electric vehicles, the driving range is reduced when the battery is cold, and battery systems work better after they warm up. Make sure your battery is up to the challenges of winter.

Lights

See and be seen! Make sure all the lights on your vehicle are in working order. Check your headlights, brake lights, turn signals, emergency flashers, and interior lights. Towing a trailer? Be sure to also check your trailer brake lights and turn signals. Trailer light connection failure is a common problem and a serious safety hazard.

Cooling System

Make sure the cooling system is in proper working order and that you have enough coolant in your vehicle and the coolant meets the manufacturer's specifications. See your vehicle owner's manual for specific recommendations on coolant.

Windshield

Washer Reservoir

- Completely fill your vehicle's reservoir before the first snow hits.
- Use high-quality "winter" fluid with deicer and keep extra in your vehicle.

Wipers and Defrosters

- Make sure your windshield wipers work; replace worn blades and consider installing heavy-duty winter wipers.

- Check to see that your front and rear window defrosters work properly.

Tires

If you plan to use snow tires, have them installed in the fall so you are prepared before it snows. Check out www.nhtsa.gov/tires for tire ratings before buying new ones and look for winter tires with the snowflake symbol.

As the outside temperature drops, so does tire inflation pressure. Make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure, which is listed in your owner's manual and on a placard located on the driver's side door frame. The correct pressure is NOT the number listed on the tire. Be sure to check tires when they are cold, which means the car hasn't been driven for at least three hours.

Look closely at your tread and replace tires that have uneven wear or insufficient tread. Tread should be at least 2/32 of an inch or greater on all tires.

Check the age of each tire. Some vehicle manufacturers recommend that tires be replaced every six years regardless of use, but check your owner's manual to find out.

For more information on tire safety, visit NHTSA's Tires page, <https://www.nhtsa.gov/equipment/tires>.

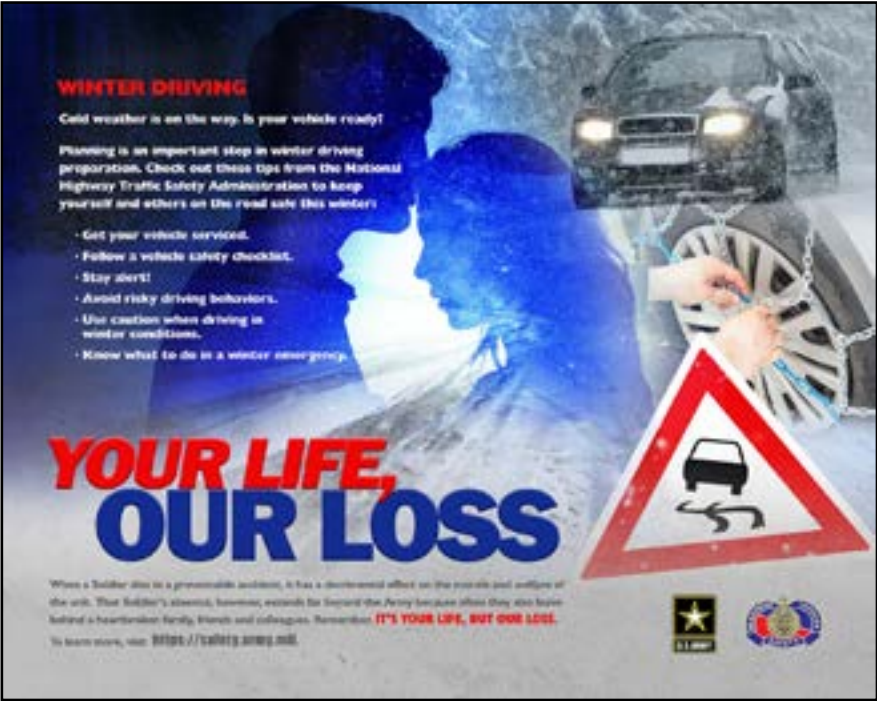
Plan Your Travel and Route

Keep yourself and others safe by planning ahead before you venture out into bad weather.

- Check the weather, road conditions, and traffic.
- Don't rush; allow plenty of time to get to your destination safely. Plan to leave early if necessary.
- Familiarize yourself with directions and maps before you go, even if you use a GPS system, and let others know your route and anticipated arrival time.

Driving in Winter Conditions

- Drive slowly. It's harder to control or stop your vehicle on a slick or snow-covered surface. On the road, increase



your following distance enough so that you'll have plenty of time to stop for vehicles ahead of you.

- Know whether your vehicle has an antilock brake system and learn how to use it properly. Antilock brake systems prevent your wheels from locking up during braking. If you have antilock brakes, apply firm, continuous pressure to the brake pedal. If you don't have antilock brakes, you may need to pump your brakes if you feel your wheels starting to lock up.

Navigating Around Snow Plows

- Don't crowd a snow plow or travel beside it. Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently.
- When you are driving behind a snow plow, don't follow or stop too closely. A snow plow operator's field-of-vision is limited; if you can't see the mirrors, the driver can't see you. Also, materials used to de-ice the road could hit your vehicle.
- Snow plows can throw up a cloud of snow that can reduce your visibility to zero in less time than you can react. Never drive into a snow cloud – it can conceal vehicles or hazards.

What to Do in a Winter Emergency

- If you are stopped or stalled in wintry weather, follow these safety rules:
 - Stay with your car and don't overexert yourself.
 - Put bright markers on the antenna or windows and keep the interior dome light turned on.
 - To avoid asphyxiation from carbon monoxide poisoning, don't run your car for long periods of time with the windows up or in an enclosed space. If you must run your vehicle, clear the exhaust pipe of any snow and run it only sporadically — just long enough to stay warm. Please drive safe this winter! For more information on safe winter driving, visit www.nhtsa.gov/winter-driving-tips.

Retiree Voice

How Provisions of the 2017 National Defense Authorization Act Affect Retirees, Dependents

CHIEF WARRANT OFFICER 4 (RET.) JOHN GODBURN
RETIREE AFFAIRS COLUMNIST

Retiree At-Cost Hearing Aid Program / Retiree Hearing Aid Purchase Program

Retirees can purchase hearing aids at significant savings by using the Retiree At-Cost Hearing Aid Program / Retiree Hearing Aid Purchase Program (RACHAP/RHAPP). Under this program, Retirees can purchase hearing aids at government cost. Exact costs vary and are subject to change, but as a general rule, two high-tech hearing aids can usually be purchased for less than \$2,000.

This program is run through military treatment facilities, but not every MTF participates, so contact your local MTF to see if they provide this program. It should also be noted that this program is not a TRICARE benefit. Retirees can use any MTF which will accept them. You do not have to return to your service affiliation MTF to participate in this program.

A provision in the 2017 National Defense Authorization Act amends Section 1077 of Title 10 United States Code to now give the Department of Defense permission to provide hearing aids at government cost to dependents of military retirees. This is good news for retired beneficiaries already eligible for hearing aids through the RACHAP / RHAPP programs. Now retiree dependents can use this program as well.

Contact your local MTF to see if you are eligible and

if they provide this service.

Reserve Component Survivor Benefit Program Beneficiary Changes

In the 2017 NDAA, beneficiary rules were changed for two categories of Reserve Soldiers who death is in a non-duty status. The law did not change the calculation of the survivor benefit annuity for the survivors of these Soldiers. The SBP annuity is still calculated based on the Servicemembers Pay Entry Base Date and the retirements points.

The changes in the NDAA affect the following two categories of Soldiers:

- Soldiers who die in a non-duty status and are qualified for a Reserve non-regular retirement, but never received the notification of eligibility for a non-regular retirement – the 20-year letter.

- Soldiers who die in a non-duty status, did receive notification of eligibility for non-regular retirements, were within the 90-day period to make a Reserve Component Survivor Benefit Plan election, but had not yet made the RCSBP election prior to their death.

The NDAA changed the beneficiary rules for the survivors of these two categories of Soldiers as follows:

- Effective December 23, 2016, surviving spouses who lose survivor benefit eligibility for any reason will now have the survivor benefit go to any eligible children. The effective date of the child annuity will be on or after December 23, 2016, and the Defense Finance and

Accounting Service will make the change automatically.

- Spouses may request to be excluded from the survivor benefit and the survivor benefit will go to eligible children. An example of this might be a spouse whose survivor benefit is offset dollar for dollar when the spouse is also receiving Dependency and Indemnity Compensation from the VA. There is no offset to a child’s survivor benefit by DIC

- When there is no one else eligible for survivor benefits when the Soldier dies, an election may be made by the Service for someone otherwise not eligible for survivor benefits, but is authorized an ID card under Section 1072(2), Title 10, United States Code as the deceased Soldier’s dependent.

What if there is no SBP election made at the time of retirement?

Soldiers who, at the time of retirement, do not have a spouse or child, are not closed out of future enrollment in SBP. If they marry after retirement, they have up to one year from the date of the marriage to notify DFAS that they want SBP coverage for their new spouse. And if they gain a child after retirement, they also have one year from the anniversary date of gaining that child to notify DFAS that they are electing child coverage. If you elect SBP coverage under one of these instances, the SBP premiums and SBP coverage normally begin on the first anniversary of the marriage and/or of gaining the child.

Where to Find Veterans Services

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

Storrs, Samuel T.
Toth, Alexander J.
Weah, Joshua M.
Ferriolo, Lilliana L.
Middlebrough, Desirae
Rodriguez, Yariana
Rodriguezmartinez, Jossean
Ryan, Douglas J.
Rivard, Zachary D.
Sirimark, Ekkaphop

To Private 1st Class

Madridruiz, Derick A.
Alicea, Ishtua
Benoit, Richard L.
Sigmon, Brandon D.
Pomales, Diamond L.
Hood, Tyler T.
Banton, Kelesha A.
Hinds, Kaila R.
Hamer, William E.
Decosta, Mathew J.
Noiseux, Riley D.
Otero, Angelise

To Specialist

Wilson, Darryl D.
Codner, Myles K.
Mccullough, Mitchell E.
Weis, Spencer H.
Oquendo, David I.
Warren, Oshane Saint P.
Agli, Anthony E.
Aguilargarcia, Larry

To Sergeant

Ponce, Reyna

To Staff Sergeant

Hinds, Shalonda K.
Surowitz, Samuel D.

To Lt. Colonel

Cunha, Linda
Shealy, John B.

AIR

To Senior Airman

Vanwormer, Daniel N.
Lumpkin, Daysean L.

To Staff Sergeant

Cazeault, Charles A.
Beckford, Hunter K.

Lenzi, Jennifer L.
Rubino, Joseph C.
Barlow, Joshua J.
Sherman, Ke M.
Ruiz, Marissa
Schnopp, Patrick W.
Wojtkowiak, Steven J.

To Master Sergeant

Jones, Gregory A.
Lateano, Sarah R.

To Senior Master Sergeant

Gonzalez-Smith, Jennifer

Congratulations to All!



Promotions as of November 1, 2017

Coming Events & Holidays

December

December 7

Pearl Harbor Remembrance Day

December 12

Hanukkah Begins

December 12

January Guardian Deadline

December 13

National Guard Birthday

December 16

National Wreaths Across America Day

December 20

Hanukkah Ends

December 24

Christmas Eve

December 25

Christmas Day

December 31

New Year’s Eve

January

January 1

New Year’s Day

January 9

February Guardian Deadline

January 15

Martin Luther King Day

January 27

CTNG PAO UPAR Course

February

February 2

Groundhog Day

February 6

March Guardian Deadline

February 13

Mardi Gras

February 14

Ash Wednesday/Valentine’s Day

February 16

Chinese New Year

February 19

U.S. Coast Guard Birthday

February 19

President’s Day

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Connecticut Family GUARDIAN

VOL. 18 NO. 12

HARTFORD, CONNECTICUT

DECEMBER 2017

Service Member and Family Support Center Gears Up to Provide Holiday Support Through Adopt-A-Family

COURTESY OF THE CTNG SMFSC

For many, the holiday season is a time of joy and a time to relish in the company of our close friends and family, but for some it can be a stressful reminder of the absence of a Service Member due to deployment, or the stressful reminder of a hardship. For families experiencing those hardships, the Connecticut National Guard Service Member and Family Support Center is asking for the help of the community.

Adopt-A-Family is a CTNG SMFSC program that seeks to provide food, clothing and essential household needs to currently serving members of any branch of service, or their dependent family members.

Eligible families in need may apply by contacting the CTNG SMFSC at 1-800-858-2677. All applications are confidential.

In addition, the SMFSC is in need of families to "adopt" these in need families in order to provide the most basic human needs, ensuring that Service Members and their families are properly clothed, housed and fed, first and foremost.

If you would like to adopt a family, please contact the SMFSC at 1-800-858-2677.

Applications for enrollment in the program must be submitted no later than Dec. 1.

Please see below for more information and answers to frequently asked questions.

Adopt-A-Family Guidelines

Eligibility:

Any currently serving member of any branch of service, or their dependent family member, is eligible to make application for adoption.

Adoptions are limited to one per household.

Application:

Application can be made by contacting the Service Member and Family Support Center directly, at 1-800-858-2677 or at any one of our regional Family Assistance Centers.

The application requires that you provide basic

information on your family and the nature of your hardship.

Confidentiality:

All applications are confidential.

Your name, or any other identifying information, is never shared with the adopting individual or business.

Enrollment Deadline:

Application for enrollment must be made and approved no later than December 4, 2017, so as to allow the adopting entity enough time to shop and deliver items to our Center.

How can I adopt a family?

Those interested in adopting should contact the Service Member and Family Support Center at 1-800-858-2677.

Frequently Asked Questions

What types of support does Adopt-A-Family provide?

Adopt-A-Family seeks to provide for the most basic of human needs and is not designed to provide gifts and services that may be deemed as non-essential.

Food, clothing and household needs are the main tenets of the program. Our goal is to make sure that our Service Members and Families are properly clothed, housed and fed, first and foremost.

If I have participated in the past, can I participate again?

Every application is individually evaluated for enrollment consideration.

The SMFSC staff is responsible for making the most appropriate referral to the most appropriate program or service for all of our Clients. Additionally, the staff is responsible for acting as good stewards of the donations received and distributing them in an efficient, proper and responsible manner.



If you are in need of support or if you want to provide support, please call the
Connecticut National Guard Service Member and Family Support Center
1-800-858-2677
Applications must be made and accepted no later than December 4.

Death Claim For a Dependent Child

Eligibility For Family Servicemember Group Life Insurance Coverage

Family SGLI (FSGLI) coverage provides life insurance coverage for the spouses and dependent children of all Active Duty, Ready Reserve and National Guard members who have full-time SGLI coverage.

A “dependent child” includes any unmarried child in one of the following categories:

- Natural born child
- Legally adopted child
- Stepchild who is a member of the Service Member’s household
- Unmarried child between the ages of 18 and 23 who is pursuing a course of instruction at an approved educational institution
- Child who became permanently incapable of self-support before age 18
- Stillborn child whose death occurs before expulsion, extraction, or delivery, and not for the purposes of abortion, and:
 1. Whose fetal weight is 350 grams or more; or
 2. The fetal weight is unknown, whose duration in utero was 20 or more completed weeks of gestation, calculated from the date the last normal menstrual period began to the date of expulsion, extraction, or delivery.

Dependent Child Coverage

Dependent child coverage is the set amount of \$10,000 for each dependent child.

FSGLI Claim for Stillborn Children

Under FSGLI child coverage, the \$10,000 benefit is paid upon the death of a covered, dependent child. Under FSGLI guidelines, the definition of a dependent child includes:

- stillborn child whose death occurs before expulsion, extraction, or delivery, and not for the purposes of abortion, and:
 1. whose fetal weight is 350 grams or more; or
 2. if the fetal weight is unknown, whose duration in utero was 20 or more completed weeks of gestation, calculated from the date the last normal menstrual period began to the date of expulsion, extraction, or delivery.
 3. if a death certificate is not issued, soldier is required to submit discharge paperwork or a letter from the doctor stating the above information. The most important information is that the fetus was at least 350 grams in weight.

All other death claims require a birth certificate for processing.

For additional information, contact
Ms. Shelia Cook, Office of Personnel Management, CTARNG
860-524-4802
shelia.a.cook.civ@mail.mil

Service Member & Family Support Center Staff Directory

William A. O'Neil Armory: 160 Broad Street, Hartford, CT 06105 - Fax: (866) 693-2795 - Open Monday-Friday			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(866) 858-2677
Deputy Director	SSG Melody Baber	melody.cheyenne.baber@mail.mil	(866) 548-3276 (desk); (866) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.reed.ctr@mail.mil	(866) 524-4938 (desk); (866) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.o.donnell.ctr@mail.mil	(866) 493-2797 (desk); (866) 883-6949 (cell)
Family Assistance Center Specialist	Vacant		
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(866) 524-4963 (desk); (866) 680-2269 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(866) 524-4920 (desk); (866) 883-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.t.cummings@mail.mil	(866) 493-2796 (desk); (866) 538-5659 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.mccarty4.ctr@mail.mil	(866) 548-3254 (desk); (866) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.oshaughnessy.ctr@mail.mil	(866) 548-3258 (desk); (866) 794-8748 (cell)
Military OneSource Consultant	Chris Roslan	christopher.roslan@militaryonesource.com	(866) 503-5416 (cell); (866) 493-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nott	david.l.nott@mail.mil	(866) 548-3240 (desk); (866) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(866) 524-4908 (desk); (866) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britell	sean.r.britell.ctr@mail.mil	(866) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(866) 524-4908 (desk)
Windsor Locks Readiness Center: 85-100 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday			
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(866) 292-4602 (desk); (866) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(866) 292-4601 (desk); (866) 883-2764 (cell)
Veterans' Memorial Armed Forces Reserve Center: 90 Windsor Heights Road, Danbury, CT 06819 - Open Monday-Friday			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 235-5020 (desk); (866) 883-2746 (cell)
New London Armory: 209 Bayonet Street, New London, CT 06320 - Open Monday-Friday			
Family Assistance Center Specialist	Vanessa Fowler	vanessa.m.fowler.ctr@mail.mil	(866) 772-1422 (desk); (866) 883-2720 (cell)
103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.a.timberlake.civ@mail.mil	(866) 292-2730 (desk)
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(866) 292-2730 (desk); (866) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(866) 292-2730 (desk); (866) 923-2746 (cell)
Natick Readiness Center: 31 Smith Street, Natick, CT 06357 - (866) 834-2677 - Open By Appointment			
Family Assistance Center Specialist	Timothy Hetney	timothy.j.hetney.ctr@mail.mil	(866) 221-5540 (cell)
103rd Air Control Squadron: 206 Eastern Post Road, Orange, CT 06477 - (866) 834-2677 - Open By Appointment			
Waterbury Armory: 64 Field Street, Waterbury, CT 06702 - (866) 834-2677 - Open By Appointment			
Norwich Armory: 35 State Avenue, Norwich, CT 06360 - (866) 834-2677 - Open Wednesday, And By Appointment			