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Always Ready, Always There



Connecticut Guardsmen Fly South to Provide Storm Relief

Staff Sgt. Chris Moore, part of the crew of a Connecticut Army National Guard CH-47 Chinook helicopter assigned to Company B, 2-104th General Support Aviation Battalion, conducts a survey mission in northern Florida, Sept. 13. The mission was to evaluate river levels and damage along the Santa Fe and Ichetucknee rivers, while ensuring areas were free of stranded civilians. When conducting reconnaissance, the air crew indicated possible increased water levels, but deemed areas clear of any civilians in distress. The crew of the CH-47 included eight of 14 Connecticut National Guard Soldiers currently operating out of the Florida National Guard's Army Aviation Support Facility No. 1 in Jacksonville, Florida, in support of Hurricane Irma relief operations. More than 30 Connecticut Soldiers and Airmen supported relief efforts in Florida, Texas, Puerto Rico and the U.S. Virgin Islands. (Army National Guard photo by Spc. Lisa Crawford)

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Disaster Distress Helpline

If You or Someone You Know is Struggling After a Disaster, You Are Not Alone

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

Editor's Note: The following is an excerpt from a pamphlet provided by the Substance Abuse and Mental Health Service Administration of the U.S. Dept. of Health and Human Services. For additional information and resources, see below.

Disasters have the potential to cause emotional distress.

- Some are more at risk than others:*
- Survivors living or working in the impacted areas (youth & adults)
 - Loved ones of victims
 - First Responders, Rescue & Recovery Workers.

Stress, anxiety, and depression are common reactions after a disaster.

- Warning signs of distress may include:*
- Sleeping too much or too little
 - Stomachaches or headaches
 - Anger, feeling edgy or lashing out at others
 - Overwhelming sadness
 - Worrying a lot of the time; feeling guilty but not sure why
 - Feeling like you have to keep busy
 - Lack of energy or always feeling tired
 - Drinking alcohol, smoking or using tobacco more

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than usual; using illegal drugs

- Eating too much or too little
- Not connecting with others
- Feeling like you won't ever be happy again.

Tips for coping with stress after a disaster:

Take care of yourself. Try to eat healthy, avoid using alcohol and drugs, and get some exercise when you can- even a walk around the block can make a difference.

Reach out to friends and family. Talk to someone you trust about how you are doing.

Talk to your children. They may feel scared, angry, sad, worried, and confused. Let them know it's okay to talk about what's on their mind. Limit their watching of TV news reports about the disaster. Help children and teens maintain normal routines to the extent possible. Role model healthy coping.

Get enough 'good' sleep. Some people have trouble falling asleep after a disaster, others keep waking up during the night.

If you have trouble sleeping:

- Only go to bed when you are ready to sleep
- Don't watch TV or use your cell phone or laptop computer while you're in bed
- Avoid eating (especially sugar) or drinking caffeine or alcohol at least one hour before going to bed

- If you wake up and can't fall back to sleep, try writing in a journal or on a sheet of paper what's on your mind.

Take care of pets or get outside into nature when it's safe. Nature and animals can help us to feel better when we are down. See if you can volunteer at a local animal shelter- they may need help after a disaster. Once it's safe to return to public parks or



natural areas, find a quiet spot to sit in or go for a hike.

Know when to ask for help. Signs of stress can be normal, short-term reactions to any of life's unexpected events- not only after surviving a disaster, but also after a death in the family, the loss of a job, or a breakup.

It's important to pay attention to what's going on with you or with someone you care about, because what may seem like "everyday stress" can actually be:

- Depression (including having thoughts of suicide)
- Anxiety
- Alcohol or Drug Abuse.

If you or someone you know may be depressed, suffering from overwhelming feelings of anxiety, or possibly abusing alcohol or drugs:

Call 1-800-985-5990 or text 'TalkWithUs' to 66746 to get help and support for any distress that you or someone you care about may be feeling related to any disaster.

The Helpline and Text Service are: TTY for Deaf / Hard of Hearing: 1-800-846-8517

Spanish-speakers: Text "Hablamos" to 66746

Visit disasterdistress.samhsa.gov.

Like on Facebook, [facebook.com/distresshelpline](https://www.facebook.com/distresshelpline).

Follow on Twitter, [@distressline](https://twitter.com/distressline):

twitter.com/distressline.

CTNG's 14th Civil Support Team Trains Alongside Local, State, Federal Agencies Refines Skills for Domestic Response

SGT. CHRISTIAN MASON
14TH CIVIL SUPPORT TEAM UPAR

NEW HAVEN, Conn. – August saw the Connecticut National Guard's 14th Civil Support Team conduct two interagency exercises in the name of improving standard operating procedures and relationships.

The 14th CST led various, "Hot Zone Entries," into a simulated incident site located in a dormitory at Western Connecticut State University, Aug. 1-3. Other agencies involved included the Vermont National Guard's 15th Civil Support Team and the Danbury Fire Department Hazmat team.

The 14th CST was tasked with identifying the hazards down range, to include a clandestine bio-warfare agent production lab, simulated drug lab, and even a clandestine explosives lab.

Over the course of the three-day exercise, members from all agencies present conducted over six joint entries into the, "hot zone." The Danbury Fire Department Hazmat team began the exercise with their first site reconnaissance of the building and improvised labs providing the 14th CST tactical operations center with critical information for follow-on sampling and analytical efforts.

Then, the CST was back at it, burning the midnight oil to conduct collective training alongside during Operation Sound Water, Aug 24.

Also partaking were the United States Coast Guard, the Federal Bureau of Investigation, the Connecticut State Police, the Connecticut Department of Energy and Environmental Protection, and the New Haven Police Department's Bomb Squad.

"There is no such thing as too much interagency cooperation," Brig. Gen. Ralph Hedenberg, Director of the Joint Staff, CTNG, said. "The more familiar we are with each other's nuances, the better prepared we all are



Capt. Steve MacSweeney, 14th Civil Support Team Survey Team Leader, CTNG, briefs CST members during training exercise, Operation Sound Water in New Haven, Connecticut, Aug. 24. The CST performed the collective training alongside the U.S. Coast Guard, the Federal Bureau of Investigation, the Connecticut State Police, the Connecticut Department of Energy and Environmental Protection and the New Haven Police Department Bomb Squad. (Photo by Sgt. Christian Mason, 14th Civil Support Team)

to help play a role in keeping Connecticut's residents safe."

Beginning at 11:00 p.m., the agencies trained on tasks including ship boarding by responding to a merchant vessel with irregular ports and rendezvous points. With the simulated target anchored offshore, agency representatives traveled to and from the ship aboard Coast Guard vessels.

deemed that the identified threat was an explosive device and stolen radiological sources.

"Every agency played a role, pulled their weight and asked the questions that need to be asked in this kind of training environment," Hedenberg said. "I was very impressed with the skill sets each organization brought to the table."

Upon reaching the simulated target, New Haven's Bomb Squad characterized and rendered the hazardous device safe, then removed it from the vessel.

From there, it was up to the CST to discover the presence of radiological sources, then identify said sources. The CST then monitored the area for contamination and practiced reporting to follow-on agencies.

This is far from the CST's first exposure to interagency coordination. In past instances, the CST has been requested to provide their expertise throughout the state.

"Receiving calls to support various missions throughout the state requires the professionalism and proficiency the team displayed working alongside subject matter experts from partnered agencies," Capt. Steve MacSweeney, CST Survey Team Leader said. "(The CST) works very hard to maintain the highest standards, and I'm proud of all the hard work these Guardsmen put in day and night."

The exercise



The Connecticut National Guard's 14th Civil Support Team staged a training event, working alongside the Vermont National Guard 15th Civil Support Team and the Danbury Fire Department HAZMAT Team at Western Connecticut State University, Danbury, Connecticut, August 1-3. (Photo by Sgt. 1st Class Mark Spencer, 14th CST, CTNG)

“The Old 1 and the 2 With Nothing in Between” *1-102nd Celebrates Past, Looks to Future on Historic Yale Field*

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

WEST HAVEN, Conn. – As the 102nd Army Band marched past each company formation, Sept. 9, with every note echoing through historic Yale Field, the men and women of the 1st Battalion, 102nd Infantry Regiment stood proudly.

Almost as if the battalion of more than 500 strong could feel the members of the 102nd who mustered near the very ground they stood on a century earlier.

The battalion marked 100 years since its muster for World War I with a special ceremony in the Yale baseball stadium to honor its past. Events of the day included a rededication of the Corporal Timothy Ahearn statue (just down the street from the field), a Purple Heart presentation, where two members of the Battalion earned the award posthumously, and a change of command ceremony.

The ceremony closed out with a pass and review, initiated by Lt. Col. Frank Tantillo, incoming battalion commander.

“It was definitely a special day,” Command Sgt. Maj. Daniel Morgan, senior enlisted leader of the 1-102nd, said. “It isn’t often you can celebrate a century of history, but it was important for the men and women of today’s Iron Greys to honor and learn about our predecessors.”

The Corporal Timothy Ahearn statue, originally dedicated in 1937, stands near the intersection of Routes 10 and 34, honoring his military accomplishments during, “The War to End All Wars.”

Ahearn was responsible for assuming command and



More than 500 members of the 1st Battalion, 102nd Infantry Regiment celebrated 100 years since the unit’s first muster as the 102nd on Yale baseball field in West Haven, Connecticut, Sept. 9. In August of 1917, the 1st and 2nd Connecticut Regiments merged to form the 102nd Infantry Regiment and shortly after went on to fight in France in World War I as part of the 26th Yankee Division. (Photo by Allison L. Joanis, State Public Affairs Office)

reorganizing the remaining men of his unit after an attack left all of his superiors dead.

The Battalion then marched into Yale Field, greeted by

CTNG leadership and past members who learned about the history of the 1-102nd as it was created from the 1st and 2nd Connecticut Infantry.

Col. Nathan Lord, Commander of the 86th Infantry Brigade Combat Team (Mountain), the higher headquarters for the 1-102nd, then posthumously honored two men – Sgt. Edward F. Ryan and Pvt. Walter Wilson Eades – with the Purple Heart for their actions during the war.



Lt. Col. Frank Tantillo (center) assumes command of the 1-102nd Infantry Regiment, accepting the colors from Col. Daniel Murphy (left), Commander, 85th Troop Command, CTARNG, during a change of command ceremony at Yale baseball field, West Haven, Connecticut, Sept. 9. Lt. Col. David Pickel (right), outgoing commander of the 1-102nd, relinquished command of the 1-102nd after two years and one month as battalion commander. (Photo by Allison L. Joanis, State Public Affairs Office)

Ryan was killed in action on Oct. 25, 1918 in France, less than ten days after his promotion to Sergeant. Eades would make it home, passing away at the age of 68 in Coffeeville, Mississippi. Two current Soldiers of the 1-102nd accepted plaques on behalf of the men.

Following the presentation, Lt. Col. David L. Pickel, Jr. relinquished command of the 1-102nd after two years and one month as battalion commander to Tantillo. In his exit speech, he thanked his mentors, current and former Soldiers, and lastly, his family.

“Taking command of the 1-102nd is one of the greatest honors I have had in my military career,” Tantillo said. “There is a lot of hard work ahead of us, but to be tapped to lead one of the oldest units in the Army inventory - and a unit I love so much - is truly special.”

Tantillo, a graduate of Georgetown University and the Quinnipiac University School of Law, currently serves full-time as the CTNG’s Purchasing and Contracting Manager. He has deployed twice with the 1-102nd (both times to Afghanistan) and has served the battalion in various staff and command positions.

Even with all that time serving with the battalion, Tantillo continues to be amazed at what the men and women of the 1-102nd are capable of.

“This battalion is made up of some of the most passionate, patriotic Soldiers I have ever had the honor of serving alongside,” Tantillo said. “I was blown away with the professionalism and execution of the entire event.”

Eyes on the Prize – CT Guardsman Taps into Mental, Physical, Spiritual Strength to Cross the Finish Line

STAFF SGT. STANQUINTO SUDDUTH
192ND HHC MILITARY POLICE BATTALION, UPAR

First Sgt. Edgardo Comulada, the senior enlisted leader of the 141st Medical Company, took fitness to a whole new level when he entered the 2017 Mainova Ironman, European Championship, held in Frankfurt, Germany, July 9.

The Ironman is an extreme challenge of physical endurance and strength that consists of three events: a 112-mile bike ride, a 2.4-mile swim, and a 26.2-mile run. It was a challenge, however, that Comulada was more than ready to tackle for the first time.

You may expect a first-time competitor in a triathlon to be bit newer to the ranks of the U.S. Army, yet Comulada has completed more than 21 years of military service and served in both Operation Iraqi Freedom and Operation Enduring Freedom. Physical fitness has always played a large part of his professional life, so it should come as no surprise that he was able to perform as well he did.

While there are many exercising regimes established

for service members, Comulada is one of many who have ventured outside of traditional Army doctrine to achieve an even more advanced level of fitness.

”I was pretty active in the past doing weight training, obstacle course events, until I injured my back. I then began doing low impact exercises and events,” Comulada said.

After sustaining the back injury, Comulada continued to want more than the Army Physical fitness exercises, yet weight training was not feasible. It was during this time that he discovered a different method of training.

“My brother, who’s a master swimmer coach and Ironman, introduced me to the triathlon world. From there, I found a local triathlon training program, where I ended up training for my first ever sprint distance triathlon,” Comulada said.

While he traveled to various Ironman contests and became more immersed in the triathlon world, Comulada met other combat veterans involved in triathlons and various veterans support groups such as the Wounded Warrior Project triathlon team. After evolving and growing in the sport, he is now proud to be on the Airborne Tri Team.

Teams like the Airborne Tri Team

use physical fitness training to help bring awareness to combat veterans who may be coping with issues related to Post Traumatic Stress Disorder. This form of physical activity is a way of helping combat veterans alleviate stress, channel their energy, and most importantly, it is a way to let them know that they are not alone.

Training and team work are not the only factors for successfully competition in an Ironman. Proper dieting is paramount in providing the energy necessary for the body to sustain the grueling physical conditioning that

is needed to compete and hopefully finish the event.

“This means staying away from fast food restaurants and saying no to substances that contain sugars,” Comulada said.

Another consideration that Comulada emphasized was important for anyone who is interested in participating in a triathlon is that there will be less time for friends, family and work. There will be times when training will have to be prioritized more than anything else. When it comes to testing your stamina, endurance, and your will to compete, you are going to require all the energy you can muster up. It won’t be easy.

“You must have the desire, commitment, and understanding of the mental, physical and spiritual endurance needed to be successful. It will become an additional full time job or lifestyle,” Comulada said.



First Sgt. Edgardo Comulada checks out his finisher medal following his completion of the 2017 Mainova Ironman, European Championship, in Frankfurt, Germany, July 9. Comulada is the senior enlisted medic with the 141st Medical Company, CTARNG, and this was his first Ironman triathlon. An Ironman triathlon consists of three events: a 112-mile bike ride, a 2.4-mile swim, and a 26.2-mile run. (Photo courtesy of 1st Sgt. Edgardo Comulada, 141st Medical Company (Ground Ambulance))



First Sgt. Edgardo Comulada at the finish line of the 2017 Mainova Ironman, European Championship, in Frankfurt, Germany. Comulada completed the Ironman triathlon that three events: a 112-mile bike ride, a 2.4-mile swim, and a 26.2-mile run on July 9. Comulada has more than 21 years of military experience and has served in both Operations Iraqi and Enduring Freedom. He is currently the senior enlisted member of the 141st Medical Company, CTARNG. (Photo courtesy of 1st Sgt. Edgardo Comulada, 141st Medical Company (Ground Ambulance))

Echo Company 1-169 Gets Local Recognition for National Award

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

WINDSOR LOCKS, Conn. - Since April 2016, Soldiers of Echo Company 1-169 Aviation Regiment, General Support Aviation Battalion mess section have performed to their highest of standards in every aspect of food service in hopes to be awarded the winners of the 49th Philip A. Connelly competition.

The company was announced as the winning team in April 2017 and took home the trophy at the 2017 Military Food Service Awards Dinner in Chicago, May 19.

Representing the company were Capt. Jamie Cuticello, Echo Company Commander, Staff. Sgt. Nicholas Berube, Advanced Culinary NCO, and Sgt. Cody Hettrick, Culinary NCO.

During the 14-month long competition, the cooks had to overcome many adversities from the blazing heat of regionals in the summer of 2016 to frozen pipes on the handwashing station's water supply source right as the national level competition kicked off in the winter of 2017.

The Soldiers were always quick on their feet and worked together to prosper which resulted in success and first place in the overall competition.

Berube described his team as, "a well-oiled machine and we still had a huge smile while we did it all."

"These Soldiers just truly love what they do. They love cooking for people," Cuticello added.

Teams competed in three different stages: State, Regional, and National. The teams, however, did not compete side-by-side. They are evaluated and scored at their home stations by a team of evaluators from the National Guard Bureau and Department of Defense.

Although everyone hopes for the best, they still have to prepare for the worst. Adversity is inevitable and it's also something the judges consider while grading. It's commonly mistaken that the taste and quality of the food is all that matters during a culinary competition but that is far from the truth.

"The judges focus on every single bit of food service. There are three evaluators who look at everything from site set up to site cleanup. The checklist consists of a 1,000 total points," Berube said.

"They focus on everything. You have combat aspect, cover and concealment, what is the threat level, is it managed appropriately, management of money and proper accounting, if someone forgets to put their cover on, is there gravel for the greywater, how much gravel is there, how far is the latrine from the cooking area? It has to be 100 yards exactly from the kitchen," Cuticello said.



The mess section of Echo Company, 1-169 GSAB with the first place trophy from the 49th Philip A. Connelly competition at the Army Aviation Support Facility, Windsor Locks, Connecticut, Sept. 10. The unit won the national award following their stand-out performance over the 14-month competition. Their win was announced in April, 2017, and representatives of the unit accepted the award at an dinner in Chicago in May. (Photo by Spc. Erika Lemieux, D Co., 1-169th Aviation Battalion (GSAB), UPAR)

Echo Company brought great honor to the 1-169th General Support Aviation Battalion and the Connecticut National Guard, but that's not the only thing that they walked away with.



Staff Sgt. Nicholas Berube (center), Advanced Culinary NCO from Echo Company, 1-169 Aviation Regiment, was received the Meritorious Service Medal from Maj. Gen. Thad Martin (left), at an award ceremony for the unit at the Army Aviation Support Facility, Windsor Locks, Connecticut, Sept. 10. Echo Company won the 49th Philip A. Connelly competition in 2017. The competition is a national military-wide competition that tests the highest of standards in every aspect of food service. (Photo by Spc. Erika Lemieux, D Co., 1-169th GSAB,UPAR)

In addition to earning the title of best mess section in the nation, the company was awarded around \$40,000 and was also able to send two Soldiers to the Culinary Institute of America in Napa Valley, Calif. for one week.

During the trip, Pfc. Tania Arroyo and Pfc. Holly Kidder received advanced culinary training and were also able to enjoy spending seven days in California together. Most of all, Cuticello wanted them to bring back a great experience and even more motivation than before.

"Win or lose, you will be rewarded in some way as long as you give 110%. The experience that they received is the real reward," Cuticello said.

The team has competed in the competition previously and plans to continue to do so. Surprisingly, this was the first time participating in the competition for 85% of the mess section. Winning this year has given them more motivation, dedication, and a real love for what they do and they will bring that with them to the competitions to come.

103rd SFS Partakes in CT SWAT Challenge for 13th Year Running

AIRMAN 1ST CLASS SADIE HEWES
103RD AIRLIFT WING, PUBLIC AFFAIRS

A team of 10 103rd Security Forces Squadron Airmen brought a whole new level of competition to the annual Connecticut SWAT Challenge from August 22 through August 24, 2017, despite the fact that many of their veteran members are currently deployed overseas.

Many of the members, like Tech. Sgt. Dedrick Baublitz, have competed in the SWAT challenge for several consecutive years, but having newer members like Airman 1st Class Adam Roach and Airman 1st Class Emilio Masella seemed to reinvigorate the team and push them harder than ever before.

The first two days of the challenge were held in Weatougue, Connecticut, at the Metacon Gun Club, where the team participated in several team and individual shooting competitions.

According to Master Sgt. Rick Marks, 103rd SFS Operations Superintendent, the most important part of the shooting competitions is being able to accurately shoot under pressure.

Staff Sgt. Aaron Jerolmon, a member of the 103rd SFS, said through many of the obstacles, both during the shooting competitions and the obstacle course, the participants were required to wear full SWAT gear, including weighted vests, kevlar helmets, and gas masks.

"It's a lot harder to shoot your weapon accurately if you're under a lot of heavy gear," said Jerolmon. "You have to work more on controlling your breathing because that affects how you shoot. If you're breathing heavy,



Members of the 103rd Security Forces Squadron team work together to carry a telephone pole as part of the 2017 Connecticut SWAT Challenge at West Hartford Reservoir, West Hartford, Connecticut, Aug. 24. The team had to synchronize its movements and perform quickly during the obstacle. (Photo by Airman Roxanne Kongkiat, 103rd Airlift Wing Public Affairs)

you're going to miss."

On the final day of the challenge, no weight was lifted from the shoulders of the team. Instead, on top of their



After completing an obstacle, 103rd Security Forces Squadron members run to the next as part of the 2017 Connecticut SWAT Challenge at the West Hartford Reservoir in West Hartford, Conn., Aug. 24, 2017. This was the squadron's 13th year participating in the event. (Photo by Airman Roxanne Kongkiat, 103rd Airlift Wing Public Affairs)

heavy vests and helmets, some of the members were also forced to carry heavy medicine balls, kettle bells, and bags of extra gear through a four-mile obstacle course.

The course was held at the West Hartford Reservoir in West Hartford, Connecticut, where they faced 35 obstacles both in water and on land.

The 103rd team competed against 33 other groups, including SWAT teams from police departments from across Massachusetts,

Connecticut, Rhode Island and even Indiana, as well as other military teams such as the Connecticut Army National Guard and a team of Army Rangers from Fort Benning.

The course began with swimming, cross fit, weight lifting, and running in gas masks. They also had to squat and lunge carrying a telephone pole, drag over 70 lbs across a field alone, and were sprayed with a fire hose while navigating through a tunnel.

"It's really meant to smoke you in the beginning," said Jerolmon. "Once you're tired, you have to do the rest of the obstacles."

The competition can be extremely taxing on the team members, but the grit shows on their faces when they're in action.

"The teams that we're going against are full-time SWAT operators," said Marks, who has participated in the competition for 11 years now. "They train SWAT day-in and day-out, whereas we train for roughly 10 days before we come out to compete. The fact that we can even go up against these other teams from across the country is really a testament to our guys."

The SWAT competition has become a tradition for the squadron, and along with the exhaustion and triumph of finishing the challenge, there is evidence that Airmen new and veteran to the test are already looking forward to attending next year.

Interested in putting a team together for next year? Contact your chain of command.

“Forming and Performing”

Connecticut ARNG Engineers Tackle JRTC

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Fort Polk, Louisiana has served as a vital U.S. military training installation for more than 75 years. As the home of the U.S. Army Joint Readiness Training Center, Fort Polk has also hosted a seemingly consistent rotation of Connecticut Army National Guard Units training for potential and impending active duty activations.

Soldiers assigned to the CTARNG’s 192nd Engineer Battalion, recently returned to Connecticut following their JRTC rotation, held July 16 to Aug. 9, 2017 at the 200,000-acre installation.

Capt. Douglas Jackson, company commander of the 192nd Engineer Battalion’s Forward Support Company, said the rotation was a welcome reminder to the unit’s Soldiers and its leaders of the importance and significance of maintaining readiness and preparedness.

Jackson’s unit of predominately of cooks and mechanics was tasked with field feeding, equipment repair, maintenance duties, and vehicle recovery operations. The FSC was attached to the Indiana Army National Guard’s 776 Brigade Engineer Battalion, 76th IBCT during mission exercises at JRTC.

Jackson said he welcomed the challenge of integrating with the 776 BEB and training with an unfamiliar unit. “We weren’t familiar with each other’s [Standing Operating Procedures]. We had numerous coordination meetings to get on the same page. The rotation



A Soldier assigned to the 76th IBCT pulls security, July 30, 2017 during rotation 17-08 during JRTC training at Fort Polk, Louisiana. 192nd FSC Commander, Capt. Douglas Jackson said working to integrate into the 776 BEB, 76th IBCT was a welcome challenge. (Photo by Joint Readiness Training Center, Operations Group)



A CH-47 Chinook helicopter assigned to the 76th IBCT takes off from the Geronimo DZ July 26, 2017, at Fort Polk Louisiana. The 76th IBCT was supported by the CTARNG 192nd Engineer Battalion, 248th Engineers and Forward Support Company during their JRTC rotation. (Photo by Joint Readiness Training Center, Operations Group)

definitely gave us the opportunity to train in an ever-changing environment and we were all extremely flexible,” he said.

The 248th Engineers were also attached to the 776 BEB, 76th IBCT, and supported their training during the rotation’s, “in the box” exercises. Spc. Jacob Avery, Construction Equipment Repairer, said the maintenance section, to which he is attached, was extremely busy during their cycle.

“We did a whole lot of on-the-fly fixes,” Avery said. Avery, who joined the CTARNG in 2014, said his

maintenance section was most challenged in acquiring the necessary parts and equipment needed to make quick repairs.

“We had to learn to build relationships with Soldiers in other units to help us get stuff done. I learned that it’s important to be able to work with other units. You may not have everything and vice versa. It’s no help being selfish. We’re all one team,” he said.

Jackson said the 248th and FSC companies met their JRTC training objectives, and then some.

The company’s cooks fed approximately 900-1000 Soldiers daily, the mechanics maintained the vehicles and equipment of the BEB and IBCT, and the FSC recovery section successfully performed recovery operations for numerous battle damaged vehicles during the rotation’s training.

Jackson said Connecticut’s Soldiers worked diligently and performed exemplarily during their JRTC training, but that Spc. Luis Mota Santos, Track Vehicle Mechanic, truly exceeded the command’s intent and expectations. Mota Santos was named, “Hero of the Battle,” and was awarded an official citation during the rotation.

“He was our go-to guy. He was crucial in helping us

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JRTC From Page 8

build our unit defense, in responding to recovery missions, and treating casualties in addition to performing his mechanic duties,” Jackson said.

Mota Santos is employed at the Unit Training Equipment Site in East Lyme, Connecticut as a Surface Maintenance Mechanic. He said working at UTES helped him prepare for his unit’s time at JRTC. He said he also studied in advance.

“I studied up on recovery procedures,” said Mota Santos. “We definitely had to deal with some stressors, and we had to get used to the heat, but it made us stronger. It was an eye opener. We learned about the things we’ll have to fix going forward. It was worth it. It brought us together. I wouldn’t mind deploying with my fellow Soldiers in the 192nd.”

248th Squad Leader, Staff Sgt. Adam Ordway was also named a “Hero of the Battle.” 192nd FSC Soldier, Spc. Shawn Bethune was named, “Logistics Warrior of the Rotation.”

192nd FSC 1st Sgt. Keith Ekmalian said that despite some logistical constraints, his Soldiers did well working together as a team.

“Our junior leaders have been stepping up in key roles. My Soldiers



Soldiers assigned to the 192nd Engineer Battalion prepare for training exercises, “in the box,” at Fort Polk, Louisiana, July 31, 2017. 192nd FSC 1st Sgt. Keith Ekmalian said that his Soldiers did an outstanding job working together as a team. (Photo courtesy of Capt. Douglas Jackson, 192nd FSC)



76th IBCT Soldiers conduct live fire at Peason Ridge training area, at Fort Polk, Louisiana, July 31, 2017 during their JRTC rotation. (Photo by Joint Readiness Training Center, Operations Group)

did an outstanding job. I was happy to see everyone looking out for one another,” he said.

Ekmalian said that based on how well his Soldiers handled their JRTC training he feels that the company is better prepared for future missions and operations.

Jackson explained that the process of developing and gelling as a military unit is as simple as, “Forming, Storming, Norming, Performing,” world famous psychologist Bruce Tuckman’s theorized four stages of group development.

“When groups and units come together, they all go through this growth process, and our unit went through this process very well at JRTC. It made us stronger,” said Jackson. “This experience for the Soldiers of the FSC and the 248th will be with us for the rest of our careers. We’ll be able to look back on this rotation and as an organization, and it’ll help prepare us for future missions. Our Soldiers can now see the bigger picture. I’m proud of their growth,” he said.

The FSC is scheduled to train at Camp Dodge, Iowa in 2018 at the installation’s Sustainment Training Center. The 192nd Engineer Battalion also consists of the 250th Engineer Company, the 246th Engineer Detachment, the 247th Engineer Detachment, and the 256th Engineer Detachment.

Improve Your ASVAB GT Score; Advance your CTNG Career

MAJ. DEREK J. MUSGRAVE
EDUCATION SERVICE OFFICER

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



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

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

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

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

Sgt. 1st Class Eduardo Foster - Incentive Manager
860-524-4809
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Paving the Way for Future Leaders of the CTARNG



Command Sgt. Maj. John Carragher, State Command Sergeant Major, CTARNG, shares experiences, guidance and advice with future company-level leaders of the CTARNG at the Pre-Command and First Sergeant Course in Camp Niantic, Connecticut, Sept. 15. The training is provided for newly-promoted Captains and First Sergeants to prepare them to take command and lead a unit in the near future. (Photo by Staff Sgt. Stanquinto Sudduth, 192nd Military Police Battalion,UPAR)

STAFF SGT. STANQUINTO SUDDUTH
192ND HHC MILITARY POLICE BATTALION, UPAR

Camp NIANITIC, Conn. - The 169th Regional Training Institute held its Pre-Command and First Sergeant Course at Camp Niantic, Connecticut, Sept. 15.

The course, which has been in existence for 11 years, has become a key cornerstone in pre-leadership training for unit-level leaders. The training is provided for newly-promoted Captains and First Sergeants to prepare them to take command and lead a unit in the near future.

“The purpose of this course to give to the new Commander and First Sergeant proper understanding of their duties and responsibilities and the tools and the programs that are out there to help them facilitate a successful command,” Maj. Michael Jakobson, Training Specialist assigned to the Connecticut Army National Guard’s G-3 said.

To help distribute important information for its attendees, the course was extended from two to three days. This provided the extra time necessary for instructors to have more time to pass along vital information and to share experiences and best practices to help enhance their overall future decision making and style of leadership.

Participants selected for this leadership development are mainly chosen from their chain of command, but it is a state requirement that all new commanders and First

Sergeants complete this course so that they are prepared to lead with a foundation of knowledge and skill. The idea is to begin to train these officers and Soldiers early in their careers, so as they move forward, they can build on their skills.

“It’s to give them a great baseline foundation; how to be effective leaders at the next level,” Jakobson said.

Jakubson also stressed the importance of not only having the knowledge, but to realize resources available to leaders, so when they need help, they know where to go.

“No one can know everything,” said Jakobson. “You just need to know where to go to get the answers and information.”

The concept of learning a correct way of getting the job done along with utilizing yours peers and most importantly, knowing where to go to find the information or answers needed is what this course is all about.

“It’s a great opportunity for those that will be commanders and first sergeants to discover all of the information, tools and recourses that are at their dispose [and] to apply them when they are in command,” Jakobson said. “This will ultimately assist them in taking care of their Soldiers and being successful.”

For more information on attending the FY18 Pre-Command course, contact your chain of command. See page 24 for additional CTARNG courses.

Connecticut’s Office Of The Victim Advocate Visits With the Sexual Assault Prevention And Response Team

CAPT. ALAN L. MERRIMAN
SPECIAL VICTIMS’ COUNSEL, CTARNG

MIDDLETOWN, Conn. -- Members of Connecticut’s Office of the Victim Advocate visited with and presented to a small group of key stakeholders that, in large part, constitute the Connecticut National Guard’s Sexual Assault Prevention and Response team, Aug. 29.

The presentation took place at the Middletown Armed Forces Reserve Center and was coordinated by Vanessa Torres, OVA Secretary, and Capt. Alan Merriman, CTNG’s Special Victims’ Counsel.

OVA’s Merit Lajoie, Complaint Officer, and Hakima Bey-Coon, Staff Attorney, presented. Among the CTNG attendees were Col. Tim Tomcho, CTNG Staff Judge Advocate and Maj. Katherine Maines, Sexual Assault Response Coordinator for Joint Force Headquarters – Connecticut National Guard.

The presentation covered the history and development of crime victims’ rights in the state of Connecticut, the creation and mission of the Office of the Victim Advocate, the scope and limitations of the Crime Victims’ Rights Amendment, and victim services delivery systems throughout Connecticut. During the presentation, the teams engaged in extensive discussion about issues specific to Guard member-victims; and the teams anticipate future collaboration with the goal of enhancing our ability to provide robust services to our reporting victims.


In 1996, Connecticut residents overwhelmingly voted to adopt the Victims’ Right Amendment to the CT Constitution. The Office of the Victim Advocate was created by the Connecticut Legislature in 1998 to enforce and promote victim rights throughout the criminal justice process. According to OVA, as found on its official

website, Connecticut’s victims’ rights laws serve to promote respect for crime victims, including their safety, privacy and the interest they have in seeking justice. In addition, such laws serve to foster administrative and judicial sensitivity to the difficulty experienced when crime victims are unexpectedly drawn into an often indifferent, but always confusing, criminal justice system—often at the very time they are trying to cope with injury and the trauma of personal loss.

The mission of OVA and CTNG’s Special Victims’ Counsel Program are synergistic. Our great State is ahead of most in its efforts to ensure that criminal defendants’ rights are protected and promoted. As the Special Victims’ Counsel, I look forward to working with the passionate professionals of the Office of the Victim Advocate, as well as our committed Sexual Assault Response Team members to pursue mutually beneficial victims’ rights initiatives that will enhance the rights and remedies available to crime victims and the Connecticut National Guard’s service members. Should you have any questions about the content of this article, please contact Capt. Alan L. Merriman at alan.l.merriman.mil@mail.mil or (860) 837-4643.



Merit Lajoie, Complaint Officer for the Connecticut Office of the Victim Advocate, left, and Hakima Bey-Con, Staff Attorney for the OVA, right, visit with Capt. Alan Merriman, Connecticut National Guard Special Victims Counsel at a presentation to the Connecticut National Guard Sexual Assault Prevention and Response Team at the Middletown Armed Forces Reserve Center, Middletown, Connecticut, Aug. 29. (Photo courtesy of the CTARNG Judge Advocate General Office)



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



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


OCS & WOCS OPEN HOUSE

INFORMATION BRIEF


September 28, 2017
January 27, 2018

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



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



Health & Fitness

A New Approach to Your Physical Fitness

STAFF SGT. SILAS HOLDEN
1109TH TASMG, MASTER FITNESS TRAINER

If you ask around the Army what Physical Readiness Training is, you are sure to get a mixture of positive and negative feedback.

Many Soldiers have become very discouraged by the Army's new physical training regimen. What we must do is ask why? What has gotten them to the opinion they have formed about it? What can be done to reverse their thinking, and, most importantly, what can be done to bring up the percentages of overall physical readiness in our current force?

One of the most talked about aspects of our Army today is its state of readiness. I intend with this newly-added column to hit on all aspects of physical fitness readiness and how becoming an Army Master Fitness Trainer has opened my eyes to the realm of PRT and added to my thirst for knowledge within the fitness and wellness sector.

My name is Staff Sgt. Silas Holden, currently assigned to the 1109th TASMG. Being an English major I jumped at the opportunity to write a monthly column on fitness and health for our monthly state publication. On Aug. 18, 2017 I graduated from the Army Master Fitness Trainer Course, and I can honestly say that the course was one of the best courses of my 13-year career.

This first installment of my column is going to go over the basics of the MFTC and try to enhance the overall understanding of PRT.

The MFTC was reinstated throughout the Army so that individuals could be trained in the proper form and

function of PRT. What good is a program if those partaking in it are not performing it as intended? And how will it prevent injury as intended if the exercises and drills are not being performed properly? The two week phase 2 resident course helps to ensure that leaders are trained in the correct performance of PRT. The course also covers the four core lifts and proper execution of them. The four lifts are bench press, deadlift, squat, and overhead press. If proper form and function are not used during these lifts injury is sure to follow. When performed properly these lifts become the core of building overall strength to help increase overall physical readiness.

In 2003, I was 27 years old and shipped out to Basic Training at Fort Jackson, South Carolina. Little did I know that the battalion I was assigned to would be the initial trial cycle for the Army PRT system.

The Army began their process with PRT in 1999, but it was not until 2008 that the system was implemented Army wide. Looking at the span of years above it is easy to see that it was not a rushed decision. Many hours of study and analysis went into adopting our current physical training system.

So what was the leading driver of this you ask? Injury prevention. So many Soldiers were being injured during training that something had to be done to halt the injury occurrence and rehabilitate the injured within our ranks. As with everything, the toll

was not just manifested physically, but it was also an economic issue for the Army.

The injury most commonly seen at BCT which initiated the changes in physical training was the Femoral Neck Stress Injury. When the hips and legs are not strong enough to support the weight and stress of training, FNSI is known to occur. The head of the femur bone becomes fractured due to its lack of ability to withstand the stress it is put under. When you have multiple occurrences of this injury the economic impact goes up rapidly creating quite a liability to burden. A

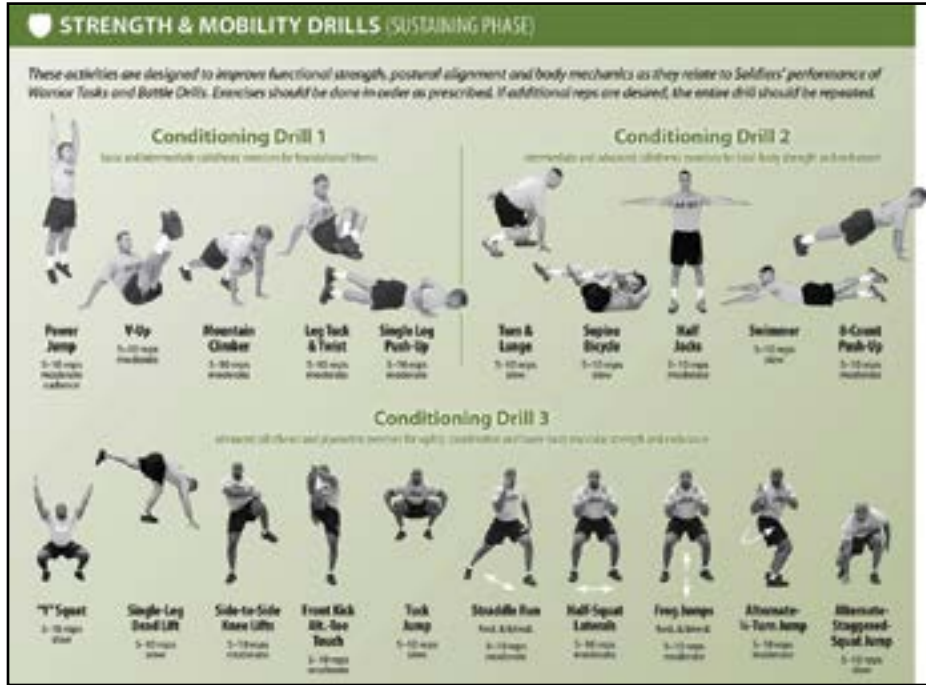


Staff Sgt. Silas Holden from the 1109th Theatre Aviation Sustainment Maintenance Group, and also a recent graduate from the Army Master Fitness Trainer Course is an avid competitive golfer outside of his Connecticut National Guard responsibilities. Be sure to check back each month for his health and fitness pointers and advice. (Photo courtesy of Staff Sgt. Silas Holden, 1109th TASMG, A Co MFT)

great video pertaining to this can be viewed on YouTube, simply search for Lt. Gen. Hertling speech about FNSI. Many have the impression that PRT only utilizes the exercises and drills that are the core part of the program, this is false. PRT is exactly as it sounds, physical readiness training, and it can encompass a vast array of fitness and exercise. At the core of the program are drills and exercises that enhance flexibility, mobility, and overall functional strength.

If you have not utilized the entire PRT system I would greatly encourage you to do so. There are many exercises that will awaken muscles within you that don't often get the attention they need. An example of this is Conditioning Drill 3, which consists of more advanced plyometric training. If attempting to perform these get with either an MFT or do your research about the exercises so you execute them properly.

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.



Download a complete Army Pocket Physical Training Guide at https://m.goarmy.com/content/dam/goarmy/downloaded_assets/pt_guide/pocket-pt-guide.pdf.

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103rd Flying Yankees Complete First Herc Hurricane Relief Missions

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

The 103rd Airlift Wing completed its first Hurricane Disaster Relief Mission since converting to a tactical airlift mission.

On Aug. 28, 2017, the Flying Yankees of the 103rd provided an airplane and crew to transport a command and control team from Andrews AFB in Maryland to Austin, Texas, to aid in Hurricane Harvey relief efforts.



Maintainers assigned to the 103rd Airlift Wing wash the windshield of a C-130 Hercules, September 9, on the flight line of Bradley Air National Guard Base, East Granby, Conn. The Airmen were preparing the aircraft for a flight to Puerto Rico to deliver meals ready-to-eat to victims of Hurricane Irma. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs Squadron)



Members of the 103rd Airlift Wing return to Bradley Air National Guard Base, East Granby, Conn., after completing a disaster relief mission Aug. 29. As part of the mission, members of the unit were tasked with transporting command and control personnel to southeast Texas to support Hurricane Harvey disaster relief efforts. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs Squadron)

The mission was different than hurricane relief efforts of the past in that it required the unit to provide a greater amount of support.

“Sometimes our state mission can cross state lines,” said Col. Roy V. Walton, Vice Wing Commander, 103rd Airlift Wing. “The C-130 conversion has changed how the 103rd is being utilized for support. Skillsets, such as aerial port, that we didn’t have in 2005, when Katrina hit, are now available for use.”

The Air National Guard has dual missions that include both federal and state operations. The mission requires units to maintain mobilization readiness and pro-vide emergency relief support during natural

disasters, such as floods and hurricanes. The C-130, with its proven versatility and reliability, plays an important role in mission accomplishment.

The CTANG has supported several missions in Florida, Puerto Rico and the U.S. Virgin islands since, in the wake of Hurricane Irma.

“In the past, before the C-130 conversion, our role would typically be state specific,” said Walton. “This is the first time we’ve used the C-130s in support of Defense Support to Civil Authorities. We’ve been alerted to provide additional C-130 support to ensure relief personnel and equipment are available to send to Texas.”

Editor’s Note: As of Sept. 21, over 30 Connecticut National Guardsmen supported hurricane relief efforts – including 17 Air National Guardsmen - in Florida, Texas, Puerto Rico, and the U.S. Virgin Islands.



A maintainer assigned to the 103rd Airlift Wing washes the windshield of a C-130 Hercules September 9, on the flight line of Bradley Air National Guard Base, East Granby, Conn. The Airmen were preparing the aircraft for a flight to Puerto Rico to deliver meals ready-to-eat to victims of Hurricane Irma. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs Squadron)

Connecticut Army National Guard Sends Troops, CH-47s to Support Relief Efforts

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Fourteen Army National Guardsmen headed south to support ongoing relief efforts in the wake of Hurricane Irma, Sept. 10.

Men and women assigned to the 169th General Support Aviation Battalion took off from the Army Aviation Support Facility in Windsor Locks, Conn. aboard two CH-47F Chinook helicopters and made the nine-hour journey to South Carolina, where they staged in anticipation of follow-on missions. The group saely returned to Connecticut, Sept. 16.

The crew then moved forward to Jacksonville, Fla. and were housed at the Florida National Guard’s own AASF.

“When there are people in need, time and time again the Guard stands up and answers the call,” Maj. Gen. Thad Martin, Adjutant General and Commander of the Connecticut National Guard said in a recent press release announcing Connecticut’s hurricane relief efforts. “We continue to pray for those affected by these weather events, and know that the Guardsmen of Connecticut supporting these relief efforts will remain on duty until the job is done.”

The crew was composed of rotary-wing pilots, crew members and maintainers – individuals specifically trained to provide airlift support for both equipment and personnel if the need arises.

The CH-47F Chinook is a heavy-lift helicopter capable of moving personnel, supplies and equipment weighing up to 26,000 pounds, according to Lt. Col. Raymond Chicowski, State Aviation Officer, CTNG.

The extent of Hurricane Irma’s damage left millions without electricity throughout the Caribbean and Florida, according to multiple sources.

As of Sept. 13, the Total Army response for Hurricane Irma totaled more than 15,000 Soldiers and U.S. Army Corps of Engineers civilians in the U.S. Virgin Islands, Puerto Rico and the continental United States, according to the United States Army.

“Connecticut stands ready to assist our friends and neighbors in the Sunshine State in the days, weeks and months to come,” Governor Dannel P. Malloy said in a recent press release.

(right) A CH-47 Chinook helicopter and crew of Guardsmen from Company B, 2-104th General Support Aviation Battalion, conduct a survey mission in northern Florida, Sept. 13. While performing reconnaissance, the air crew indicated possible increased water levels, but deemed areas clear of any civilians in distress. The CH-47 crew included eight of 14 Connecticut National Guard Soldiers currently operating out of the Florida National Guard’s AASF No. 1 in Jacksonville, Florida, in support of Hurricane Irma relief operations. The CTNG has more than 30 Soldiers and Airmen who have been supporting relief efforts in Florida, Texas, Puerto Rico and the U.S. Virgin Islands. (Army National Guard photo by Spc. Lisa Crawford)



(From left) Sgt. John Harrington, a flight medic from Company C, 3-126th Aviation Regiment, sits next to Staff Sgt. Dave Gulino and Staff Sgt. Chris Moore - all part of the crew of a Connecticut Army National Guard CH-47 Chinook helicopter from Company B, 2-104th General Support Aviation Battalion, conducting a survey mission in northern Florida, Sept. 13. The mission was to evaluate river levels and damage along the Santa Fe and Ichetucknee rivers, while ensuring areas were free of stranded civilians. When conducting reconnaissance, the air crew indicated possible increased water levels, but deemed areas clear of any civilians in distress. The crew of the CH-47 Chinook helicopter included eight of 14 Connecticut National Guard Soldiers currently operating out of the Florida National Guard’s Army Aviation Support Facility No. 1 in Jacksonville, Florida, in support of Hurricane Irma relief operations. The CTNG has more than 30 Soldiers and Airmen who have been supporting relief efforts in Florida, Texas, Puerto Rico and the U.S. Virgin Islands. (Army National Guard photo by Spc. Lisa Crawford)



New Equal Opportunity Guidelines

1ST LT. RYAN SERFES
STATE EQUAL EMPLOYMENT MANAGER

In September 2016, the National Guard Regulations governing the Equal Opportunity complaint process was rescinded and on April 25, 2017, a new regulation governing the Equal Opportunity Complaint Process was released (CNGBM 9600.01).

Many of the reporting procedures and timelines have changed. Below are highlights from the regulation and contact information should any employee of the Connecticut National Guard have questions about EO or if they would like to initiate an EO complaint.

First and foremost, the primary goals of the EO program are to prevent discrimination in the workplace and to resolve EO disputes at the lowest level possible. When possible, it is incumbent upon anyone who feels they are being discriminated against to inform the offender that their behavior is unwelcome. If the discriminatory behavior continues or is egregious, the Service Member should inform their immediate supervisor or the offender's next-higher-level commander immediately.

Equal Opportunity Leaders are a great resource to use for initially addressing discrimination claims. EOLs are

available at the company level and can help facilitate interaction with the chain of command prior to initiating a complaint.

If a Service Member believes that they are being subjected to discrimination including sexual harassment, and they would like to make a complaint, they must report their complaint to one of the following individuals: their Equal Opportunity Advisor, the Military Equal Employment Officer, or the State Equal Employment Manager. Deadlines for filing a complaint are different depending on the complainant's status at the time the alleged discrimination occurred.

M-Day, AGR, and Title 10 EO Complaints

A timely complaint must be filed no later than 180 calendar days from the time of the discriminatory event. The service member may remain anonymous during the initial, informal stage of the complaint. Regardless of anonymity, an inquiry officer will be appointed to investigate and will report their findings to the commander. The commander will make a final determination as to any corrective action to be taken as a result. If the complainant is not satisfied with the decision, an appeal process is available. An EOA or the

SEEM will be able to guide a complainant through that process.

Title 32 Technician and Title 5 Civilian EEO Complaints

This category of complaints is governed by civil laws and regulations requiring different procedures and reporting timelines. If a technician or civilian employee in the CTNG are subject to discrimination, a complaint must be initiated within 45 calendar days of the discriminatory event. Upon receipt of the complaint ,the EO professional will attempt to resolve the dispute through a counseling process and through contact with the Responsible Managing Official to resolve the complaint. An appeal process is also available for EEO complaints. If a service member is unsure what their status was at the time the discrimination occurred, please contact the SEEM for further guidance.

In summary, it is important to report any claim of discrimination as soon as possible. Use the chain of command to resolve disputes as early as possible and at the lowest level. For questions, concerns, or to file a complaint please contact your assigned EOA or the SEEM.

Equal Opportunity Advisors by MACOM

JFHQ & Sep Units (acting):	Lt. Col. Valery Seery	860-613-7610	SEEM:	1st Lt. Ryan Serfes	860-613-7610
143d RSG:	Sgt. 1st Class Terry Mahon	860-613-7549	MEO Army:	Lt. Col. Val Seery	860-613-7610
169th RTI:	Cheif Warrant Officer 3 Brett Wilson	860-613-7622	EEO Air:	Maj. David Ferrer	860-292-2382
85th TC:	Sgt. 1st Class Jason Bloom	860-739-1679			
1109th TASMG:	Master Sgt. Charles Joseph III	860-691-6043			
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COMMAND CHIEF MASTER SGT.
JOHN M. GASIOSEK

Ready, Always There.”

It is hard to believe that yet another summer has come and gone with the holiday season quickly approaching. Time flies when you are a Connecticut National Guardsman! After the Labor Day weekend, many of our Connecticut Guardsmen will soon return from overseas and we will need to ensure we take full advantage, recognizing their outstanding accomplishments as we prepare packages for the annual awards program.

With the holiday season approaching we need to also heighten our Battle Buddy and Wingman skills to ensure we keep our fellow Guardsman safe through the New Year and beyond.

As you may remember from my last article, I mentioned I would be attending a four-week professional military education program. As expected the course was full of great information and reminded me you can still teach an old dog new tricks.

During the strategic course of study we talked about CKRIT otherwise known as China, Korea, Russia, Iran and Terrorism. When talking about CKRIT, we often referred to and applied military doctrine.

Some of you Air Force historians may remember

Gen. Curtis E. LeMay, the founder of Strategic Air Command (now known as Air Force Global Strike Command). Gen. LeMay was an exceptional leader who was responsible for quotes like, “That was the era when we might have destroyed Russia completely and not even skinned our elbows doing it,” or “If you kill enough of them they stop fighting,” and lastly, “that’s the reason some schools of thinking don’t rule out a destruction of the Chinese military potential before the situation grows worse than it is today. It’s bad enough now.”

These quotes were made during the height of the cold war. It is hard to believe all these years later some of these same territories still dominate the topics of our daily conversations. It makes sense the Air University has named their doctrine website the Curtis E. Lemay Center for Doctrine Development and Education.

For the purposes of a further explanation I would ask you to take some time and access from a military computer <http://www.airuniversity.af.mil/LeMay/Display/Article/1099110/doctrine-websites/> which will bring you to the Air University Curtis E. Lemay Center for Doctrine Development. All Department of Defense Doctrine, Multi-Service Doctrine and Multinational Doctrine will be available for review. If you select the Air Force Doctrine, and select under Doctrine Annexes your will find in the drop down box topics like Force Development, Operations and Planning, Force Protection, Counterland Operation, Medical Ops, and Public Affairs to name a few. Without digging too far into the weeds, I will mention Force Protection and Command Relationships in a Joint Environment as an example.

Within all military operations and military services, protecting the force is an all-embracing mission responsibility which we can all relate to. Within this annex there is an explanation on service authority and on administrative control versus tactical control as well as other important methods of operation. When commanders and senior enlisted leaders plan their force protection strategy, having a basic understanding of the governing doctrine will aid in the successful execution of the mission.

In late July, Secretary of the Air Force, Dr. Heather

Wilson and Chief of Staff of the Air Force, General David L. Goldfein established the Air Force priorities as “Restore readiness... to win any fight, any time. Cost-effectively modernize... to increase the lethality of the force. Drive innovation... to secure our future. Develop exceptional leaders... to lead the world’s most powerful teams. Strengthen our alliances... because we are stronger together.”

All five of the Air Force priorities directly impact our Connecticut National Guard.

While both the Army and Air Connecticut National Guard continue their readiness efforts they have the ability to work together as highlighted in the August 2017 edition of the Connecticut Guardian article, “Planes, Trains and Automobiles.” This article exemplified how both Army and Air worked together to move Army personnel and equipment to the Joint Readiness Training Center at Fort Polk, Louisiana for annual training.

When we talk about developing exceptional leaders, we have the capability to participate not only in senior enlisted joint professional military education but, also in in-residence sister-unit professional military education and first sergeant academies. Last year there were one hundred and forty-four joint professional military education opportunities offered by the Air Force however only 80 of them were filled.

Through the two previously mentioned Air Force priority examples we will further enhance strength in our alliances and we will truly be stronger together. I encourage all of our Army and Air Noncommissioned Officers and Senior Noncommissioned Officers to be innovative and seek out joint training opportunities. Start educating your subordinates now on this concept as this will become the norm as we continue to drive forward in accordance with Joint Operating Environment 2035, The Joint Force in a Contested and Disordered World. JOE 2035, outlines how future Joint Forces will approach war and conflicts into the year 2035. Another interesting read and concept.

Our senior leadership and my family are extremely grateful for all that you do! Be safe!

CONNECTICUT AIR NATIONAL GUARD

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12M - Mobility Combat Systems Officer (Navigator)

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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



Connecticut Military Department 38th Annual Officer's Dining In

Hosted by the 169 Regiment, Regional Training Institute
Connecticut Army National Guard

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Please join us for an evening of camaraderie
as we honor the 38th Annual Officer's Dining In,
Thursday, November 2, 2017

6:00 - 10:00 p.m.

The Aqua Turf Club, Southington, Connecticut

**Uniform: Army Dress Blues, Air Force Mess Dress,
Retirees - uniform or a business attire**

Highlights

**Traditional Punch Bowl Ceremony
Keynote Speaker to be Determined**

Cost: \$60 per person

**Meal Options: Prime Rib, Chicken Florentine,
Baked Scrod, Vegetarian Lasagna**

**Please detach and mail in the below portion by October 22, 2017
to 169 Regiment RTI**

**c/o, Chief Warrant Officer 3 Michael Mottolo,
38 Smith Street Niantic, CT 06357**

For more informaiton, email michael.v.mottolo.mil@mail.mil or call 860-691-5905

I WILL attend the CTNG Officer's Dining In on November 2, 2017.

My check in the amount of \$60.00 is attached and made out to 169th Regiment Unit Fund

Rank/Name: _____

Organization/Unit: _____

Mailing Address: _____

Email Address: _____

Meal Choice (Circle One): **Prime Rib** **Chicken** **Fish** **Vegetarian**



OCS Class 62 Graduates



TAKE THE CHALLENGE TODAY, CONTACT
CW2 Lisa Chipman
WARRANT OFFICER STRENGTH MANAGER
(203) 410-0828
lisa.a.chipman.mil@mail.mil



Maj. Alyssa Kelleher, Operations Officer, 1st Battalion, 169 RTI (OCS), administers the Oath of Office to nine members of Officer Candidate Class 62 at the Regional Training Institute, Camp Niantic, Connecticut, August 19. The candidates became 2nd Lieutenants after completing the 18-month OCS program hosted by the 1-169th RTI (OCS), CTARNG. (Photo by Chief Warrant Officer 3 Michael Mottolo, 1-169 Regt. (RTI))



2nd Lt. Michael Dowd is presented the Distinguished Honor Graduate Award by Lt. Col. Paul Thompson, Deputy Commander, 169th Regt. (RTI), left, and keynote speaker, Brig. Gen. (Ret.) Ronald Welch, during the Officer Candidate Class 62 Graduation Ceremony at the Regional Training Institute, Camp Niantic, Connecticut, August 19. Dowd was one of 10 graduates of the CTARNG OCS program and he will be assigned to Headquarters and Headquarters Company, 1-102nd Infantry Battalion, CTARNG. (Photo by Chief Warrant Officer 3 Michael Mottolo, 1-169 Regt. (RTI))

R3SP - Resilience, Risk Reduction & Suicide Prevention

Resilience:
"Skill of the Month"

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

HANDLING THE SITUATION

What type of situations do I handle well, and not well?

Use the **Activating Events** activity below to rate yourself on how effectively you handle different types of situations. **Be Honest!**

The **ATC Model** can help you look back and discover your thoughts and consequences (emotions/reactions) to situations of your past. – Think: were your thoughts helpful, or harmful to you in the situation?

Activating Event
The trigger: a challenge, adversity, or positive event

Thoughts
Your interpretations of the Activating Event; what you say to yourself in the heat of the moment

Consequences: ER
E: Emotions
R: Reactions

What is the skill?
Activating Event, Thoughts & Consequences, or "ATC" is a skill in which you identify your Heat-of-the-Moment Thoughts about an Activating Event and the Consequences of those Thoughts so you can have greater control over your emotions and reactions

B.L.U.F.

- ATC helps to build Self-awareness
- It's about what **works for you**: evaluate whether or not your thoughts are helping you or harming you when dealing with situations, or Activating Events.
- Self-awareness about patterns in our thinking is foundational to resilience.

Takeaways

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

CTNG Substance Abuse Program Staff

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

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

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

Life Lines

Emergency - 911
CTNG Behavioral Health Help Line - 1-855-800-0120
Wounded Soldier and Family Hotline - 1-800-984-8523
www.armyfamilysonline.org - 1-800-833-6622
www.militaryonesource.com - 1-800-342-9647
National Suicide Hotline - 1-800-SUICIDE
www.suicidepreventionlifeline.org - 1-800-273-TALK (8255)

Resilience Resources:

Outward Bound
www.outwardbound.org/veterans
Service Member and Family Support Center
1-800-858-2677
Connecticut Veterans Affairs
Newington: 860-666-6951
West Haven: 203-932-5711
Military OneSource
www.militaryonesource.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention

Suicide Prevention Courses FY18

Ms. MEAGAN MACGREGOR
SUICIDE PREVENTION MANAGER
CTARNG

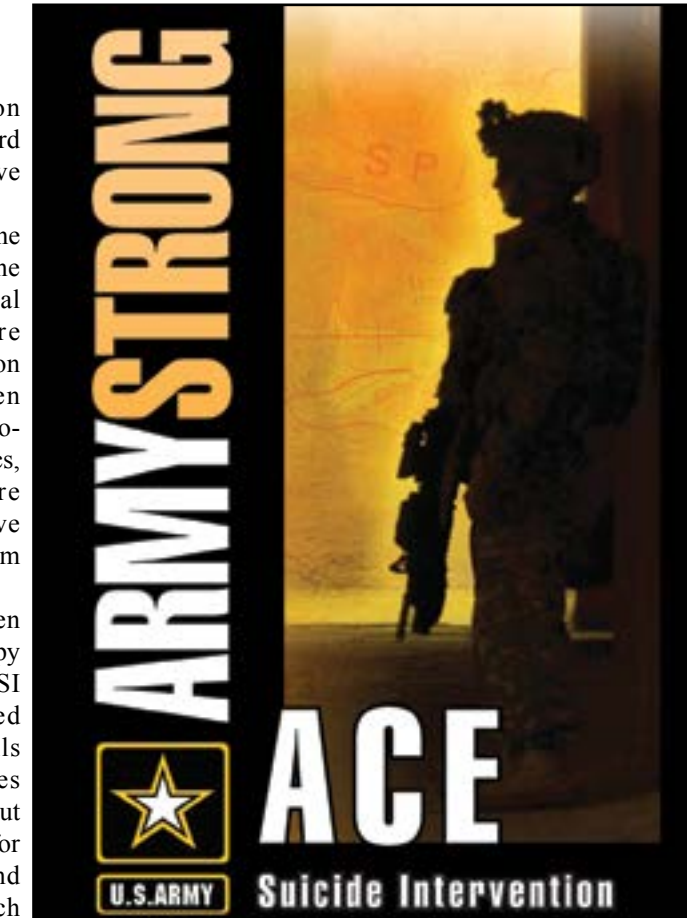
The Suicide Prevention Program is looking forward to an active and productive year ahead.

In order to best address the needs of the Soldiers of the Connecticut Army National Guard, a new Ask Care Escort- Suicide Intervention (ACE-SI) Brief has been developed to provide up-to-date information and statistics, as well as provide more opportunity for interactive conversation and less boredom through PowerPoint.

Training dates have been solidified and the SPP is happy to be offering four ACE-SI courses and five Applied Suicide Intervention Skills Training (ASIST) courses in fiscal year 18. Check out Guard Knowledge Online for the Training Circulars and rank requirements for each course.

The SPP is proud to announce that 1st Lt. Alexander Long, SPP Trainer, has completed all the requirements to become a certified ASIST instructor. We are happy to have him on board and look forward to his unique contributions to each ASIST course.

As the Suicide Prevention courses continue to gain popularity and momentum, SPP will be looking to bring on additional trainers.



If you are interested in becoming a Trainer in either ACE-SI or ASIST please contact Meagan MacGregor, SPPM at 860-524-4962 or meagan.e.macgregor.ctr@mail.mil to discuss upcoming training opportunities.

Editor's Note: Each month a training schedule is ran on page 24 of the Guardian. ACE-SI and ASIST courses will be listed there in addition to GKO. Contact your chain of command to sign up.



Seek Help Immediately

If you are thinking of hurting yourself, looking for ways to kill yourself, or becoming self-destructive, don't continue to face it alone.

Contact the Military Crisis Line

- Dial: 1-800-273-8255
- Text: 838255
- Online chat: www.militarycrisisline.net

Identify the Warning Signs

1. Hopelessness, feeling like there is no way out
2. Anxiety, agitation, sleeplessness, mood swings
3. Feeling like there is no reason to live
4. Rage or anger
5. Engaging in risky activities without thinking
6. Increasing alcohol or drug abuse
7. Withdrawing from family and friends

Know Your Resources

- <https://www.guardyourhealth.com>
- <http://www.readyairman.org>
- <https://phc.amedd.army.mil>
- <http://www.airforcemedicine.af.mil>
- <http://www.preventsuicidect.org/>
- <https://suicidepreventionlifeline.org/>

Off the Bookshelf

with Staff Sgt. Simon

Lost Boys of The River Camp

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

The military histories of New London and Groton, Connecticut and the region’s significance to the defense of the United States are well established.

Much of New London was burnt to the ground in the Revolutionary War during Benedict Arnold’s effort to draw General George Washington’s forces North to protect the busy port in the Battle of Groton Heights. Fort Trumbull still stands today in New London, and Fort Griswold lies just across the Thames River.

Farther North along the Thames, past the U.S. Coast Guard Academy, but south of the Mohegan Sovereign Reservation and Fort Shantok, lays swaths of rocky beachfronts and sandy properties in Uncasville (named after the 17th century Mohegan Sachem). This is where hundreds of spectators gather each spring to watch the annual Yale-Harvard Regatta.

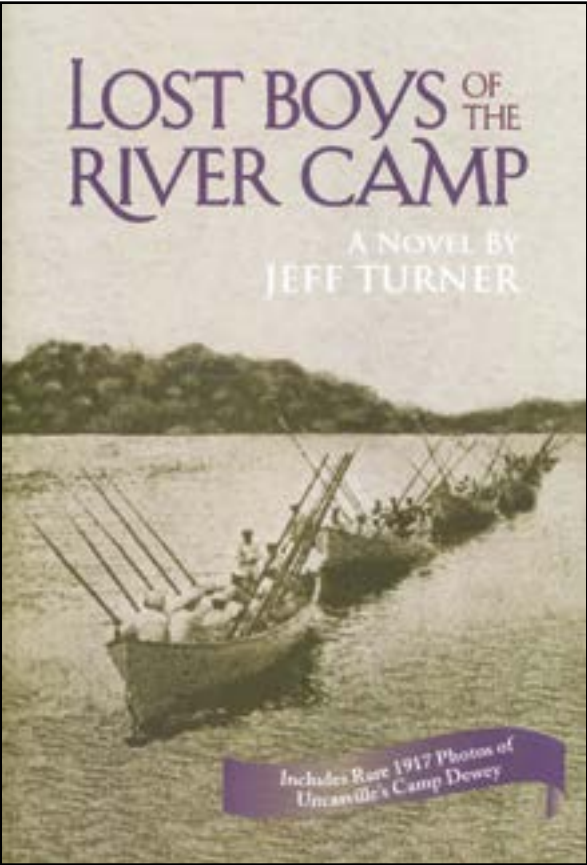
In 1916, a private company leased a few acres of property in Uncasville along the river and created a training camp for teenage boys interested in joining the U.S. military.

The proprietors of the new Camp Dewey (named after U.S. Admiral of the Navy, George Dewey) and the financiers of the U.S. Junior Naval Reserve did not create their training camp in a vacuum. The United States’ involvement in World War I was looming, and much of Europe had been at war since 1914. There was a high demand for able-bodied men in the United States military, and for many boys who were still too young to enlist, “training camps,” like Camp Dewey presented them with a reasonable alternative.

In “Lost Boys of The River Camp,” author and former Quaker Hill, Connecticut resident, Jeffrey S. Turner, resuscitates life into Camp Dewey, and the young men who trained there in the short years prior World War I.

His fictional account of the boys’ camp adventures carries a romanticism and spirit that is suggestive of early twentieth century, “Boys Life,” magazine covers, and mid-century Norman Rockwell portraits. Based on Turner’s narrative, it’s fair to state that Camp Dewey did not have to sell itself to the public. The allure of serving in the military was exceptionally present in the region’s young men, and many had long since grown out of the Boy Scouts.

Camp Dewey cadets learned basic military skillsets that would serve them in their young adult lives: marching, order and discipline, battle formations, marksmanship, camping and survival skills. The boys also discovered that the allure of their uniforms and the presence of their inevitable future endeavors had an effect on the community, including members of the opposite gender.



An August 12, 1916 “New London Day” article detailed the Dewey cadets’ visit to the nearby all girls Camp Sebowisha in Montville, Connecticut. According to the article, the campers enjoyed tennis, croquet, canoeing, slide shows, music and dancing together.

The United States entered World War 1, April 6, 1917 and many of Dewey’s cadets, enlisted in the military. The annual Yale-Harvard Regatta was canceled that year. Camp Dewey stayed open to campers until October 1918, shortly after the property was sold to the Eastern CT Power Company. Fortunately, a wonderful story about the camp has been preserved in Turner’s novel.

Today, large power line networks span over the property that once hosted hundreds of young men preparing for future military endeavors. Ledyard, Connecticut is directly across the Thames River from the old campground. The town’s namesake is, of course, Colonel William Ledyard, who was killed with his own sword after surrendering to British Forces during the battle of Groton Heights.

Would you like Staff Sgt. Simon to review a book?
Send in your suggestions!
Email allison.l.joanis.civ@mail.mil

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

connecticut GUARDIAN

Director of Air National Guard Visits with Airmen, Tours Facilities

COURAGE

Thank You Veterans!

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<http://twitter.com/CTNationalGuard>

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<https://www.instagram.com/CTNationalGuard>

FLICKR
<http://www.flickr.com/Photos/CTNationalGuard>

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CHECK OUT OUR WEBSITE:
<http://www.ct.ng.mil>

READ THE CONNECTICUT GUARDIAN ONLINE:
<http://www.ct.ng.mil/Guardian/>

For media inquiries and general information
contact the Public Affairs Office at (860) 524-4857

Military History

Continental Army Maj. Benjamin Tallmadge

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

This summer, the cable television network, AMC concluded a four-season drama called “TURN: Washington’s Spies.” The true story of America’s earliest espionage effort had many ties to Connecticut.

The leader of the infamous, “Culper Ring,” was Continental Army Maj. Benjamin Tallmadge. Although not a native of the state, he spent a great deal of his life in Connecticut.

Tallmadge was born on Feb. 25, 1754, in Setauket, New York, just across the Long Island Sound from Fairfield. At the age of 15, he entered Yale College and it was here that he developed a close personal friendship with a classmate, Nathan Hale. Hale would also eventually become involved in a Revolutionary War espionage effort. After completing his studies four years later, Tallmadge became a teacher in Wethersfield and joined the local militia company.

After the fighting had started Lexington and Concord in April 1775, Tallmadge joined the Continental Army as a Lieutenant. By December 1776, he had been appointed a captain in Colonel Elisha Sheldon’s prestigious 2nd Regiment of Light Dragoons, and was promoted to the rank of Major in April 1777.

Tallmadge participated in the Battles of Brandywine and Germantown. In 1778, he was appointed Director of Military Intelligence by George Washington, tasked with collecting information about the British in New York City. Tallmadge had a personal stake in this. His older brother, William was captured at the Battle of Long Island and died onboard a British prison ship in New York Harbor.

In addition to his role as Washington’s chief of intelligence, he was constantly engaged in attacks and reprisal raids in Westchester County’s “Neutral Ground.” What Tallmadge called, “the most rascally part of the

country I was ever in.”

Tallmadge played a significant role in the apprehension of Major John André, the British spy involved in the treason of Benedict Arnold. After being captured by three militiamen in September 1780, André, who had been using a false name of John Anderson, was turned over to the 2d Regiment Light Dragoons. It was then that incriminating documents were found in his boots, implicating General Arnold in the plans to turn over West Point to the British. Arnold was able to escape to the British garrison in New York City. Andre was tried, convicted and executed for spying.

After the war, Tallmadge returned to civilian life with his wife Mary and their seven children in Connecticut. As the overseer for Washington’s most active intelligence network in New York and Long Island, he never spoke directly about his activities, nor did he reveal the identities of his agents, even after the war. During Washington’s first presidential term, Tallmadge was given the position of postmaster for Litchfield, Connecticut. He was elected to Congress in 1800 and remained in the House of Representatives until 1817. After retiring from public service he devoted himself to establishing a training school for Native American and Asian missionaries. Benjamin Tallmadge died at the age of 81 in 1835.



Continental Army Maj. Benjamin Tallmadge

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

CONNECTICUT NATIONAL GUARD

IS YOUR SOCIAL MEDIA SAFE?

- Check your Privacy Settings
- Be selective who you connect with
- Turn off Geotagging on your devices
- Don't post Personal Identifying Info
- Watch for OPSEC violations
- Post with common sense!

Be sure to check and adjust your settings!

Training Circulars for TY18 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
Engagement Skills Trainer II (EST II) New System Training (FTSP)	350-17-47	1 st Sgt. Corey Lewis	03-Oct-17	06-Oct-17
Intelligence Section Working Group	350-17-28	Master Sgt. Jonathan Trouern-Trend	7-Oct-17	8-Oct-17
Engagement Skills Trainer II (EST II) New System Training (FTSP)	350-17-47	1 st Sgt. Corey Lewis	10-Oct-17	13-Oct-17
Bus Driver Training Course	350-17-21	Master Sgt. Thomas Ahearn	16-Oct-17	20-Oct-17
Digital Training Management System Course	350-17-30	Sgt. 1 st Class Richard Reynolds	17-Oct-17	17-Oct-17
Unit Finance Course	350-17-34	Sgt. 1 st Class Fabian Bennett	17-Oct-17	19-Oct-17
American Heart Association (AHA) Heartsaver AED Certification	350-17-18	Staff Sgt. Sara Landon	18-Oct-17	18-Oct-17
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	24-Oct-17	24-Oct-17
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	25-Oct-17	25-Oct-17
OIP Workshop	350-17-03	Maj. Daniel Caisse	26-Oct-17	26-Oct-17
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffery Colvin	9-Nov-17	9-Nov-17
Range Control Operator Course	350-17-02	1 st Sgt. Michael Nugent	13-Nov-17	17-Nov-17
Casualty Notification Office/Assistance Officer Training (CNO/CAO)	350-17-05	Sgt. 1 st Class Michael J. Cardozo	14-Nov-17	16-Nov-17
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Christopher Wichrowski	18-Nov-17	19-Nov-17
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Ms. Meagan MacGregor	1-Dec-17	1-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	Mr. Dennis Tomczak	11-Jan-18	11-Jan-18
Unit Finance Course	350-17-34	Sgt. 1 st Class Fabian Bennett	16-Jan-18	18-Jan-18
Unit Public Affairs Representative Training Course	350-17-09	Maj. Michael Petersen	27-Jan-18	27-Jan-18

Highlighted Courses:

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

Engagement Skills Trainer II (EST II) New System Training Course: This training opportunity provides training for Soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II. The EST II will replace all existing EST 2000s in CT and current operators of the EST 2000 must complete the EST II course in order to be a qualified operator on the new system. This initial system training is a 4 day course. Attendees must attend all 4 days of instruction to be considered certified on the EST II. Multiple dates for M-Day (ADOS available) and FTSP based on MSC allocations; See your unit training NCO for current availability.

Range Control Operator Course: Attending Soldiers will be trained and certified to properly run the Stones Ranch Military Reservation (SRMR) and East Haven Rifle Range (EHRR) Range Control Operations. These individuals must make themselves available to the Connecticut Training Center (CTC) as operators in support of utilizing units. Upon certification and course completion, Soldiers will also be eligible to perform Range Control support in a paid, FTNGDOS Status (pending available funds). 13-17NOV17; 12 Seat Max per class; See you unit training NCO for current availability.

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

THE DA PHOTO PROCESS

Do You Need A DA PHOTO?

1

Must be SSG or above

And at least one of the following:

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

2

REVIEW YOUR ERB/ORB

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

3

PREPARE YOUR UNIFORM

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

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

4

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

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

5

SHOW UP AT SCHEDULED TIME

MO Maurice Rose Armed Forces Reserve Center
375 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 emblems. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs
- Per AR 640-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier

How Does your photo get to your ERB/ORB?

Photo Lab → Human Resources Command → DAPMIS

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

What to Wear for a DA Photo

- Must Wear Unit Crests (Enlisted)
- NO Infantry cords or blue discs
- NO Green leadership tabs
- Wear RDI if affiliated
- Wear only Unit Citations that PERMANENT and listed in your individual records
- Nameplate must be worn
- Wear ONE CSIB, if authorized
- Only wear PERMANENT awards listed in your records
- Wear Marksmanship Badges
- Identification badges worn on left pocket, if authorized

No headgear worn for DA photo

FOR MORE INFORMATION, VISIT: WWW.ARMY1.LARRY.MIL/UNIFORM/

CTNG Safety: October 8-14 is National Fire Prevention Week

Seconds Can Mean the Difference Between Life and Death

NATIONAL SAFETY COUNCIL

The theme for this year’s Fire Prevention Week is “Every Second Counts; Plan 2 Ways Out!”

Working smoke alarms, which cut the chances of dying in a house fire in half, are a family’s first indication of a fire. Yet once that alarm sounds a fire can spread quickly, leaving only a minute or two to escape, according to the National Fire Protection Association. That’s why it’s so important to have an escape plan and practice it using different ways out of the house. The NFPA offers more educational resources on fire safety below.

Call to Action for Families: Home Fire Drill Day

A home fire is reported every 86 seconds. Despite this threat, families rarely practice home fire drills, and nearly half of parents report their children do not know what to do in the event of a fire.

Home Fire Drill Day, a safety observance developed by Nationwide in partnership with NSC and other organizations, will be held at the end of Fire Prevention Week, on Oct. 14. Families are encouraged to practice home fire drills and take advantage of tools and resources offered at HomeFireDrillDay.com, including:

- Step-by-step instructions for doing a home fire drill
- Games to make the experience memorable for children
- Worksheet to help you draw a floor plan of your home
- Video of a fire drill in action
- Family pledge to practice a home fire drill twice a year
- Downloadable fire safety resources to share with friends and family
- Link to download the free Make Safe Happen mobile app that puts home fire drill instructions, including a

drill timer, in the palm of your hand

To participate in Home Fire Drill Day, practice as a family, take the pledge and encourage others to take the pledge. Also, be sure to spread the word on social media using #homefiredrillday.

Leading Causes of Fire

Over the past several decades, deaths from home structure fires in the United States have steadily gone down – from 5,200 in 1980 to 2,646 in 2015, according to Injury Facts 2017®.

However, even one death from a preventable fire is too many. While fire doesn’t discriminate by age, it is the third leading cause of death for children ages 1 to 14. In 2015, 232 children in this age group died from fire and smoke inhalation.

Cooking equipment is the leading cause of home structure fires and fire injuries, followed by heating equipment, according to the NFPA. Other causes include smoking, electrical problems, children playing with fire and candles.

What You Can Do

NSC provides the following tips to keep your home safe from fire:

- Install both types of smoke alarms (ionization and photoelectric) and carbon monoxide alarms; change the batteries at least once a year in these devices
- Plan – and practice – an escape route and agree on a meeting place outside of your home; be prepared to assist young children, family members with special needs and pets
- Know two ways out of every room in the home
- Learn how to use your fire extinguisher



- If your clothes catch on fire, stop, drop and roll
- When evacuating, if door handles are hot, pick an alternate route
- Leave your house and call for help; do not go back to help someone else
- The U.S. Fire Administration offers these additional tips to keep children safe from fire and burns:
 - Keep children three feet away from anything hot, like candles, space heaters and stove-tops
 - Keep smoking materials locked up in a high place; never leave cigarette lighters or matches where children can reach them
 - Never play with lighters or matches when you are with your children; they may try to imitate you

CTARNG Exellence in Safety Nomination Information

Find the full form at https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/Safety/SitePages/Home.aspx, or email the following information to Capt. Matthew P. Soucy, matthew.p.soucy.mil@mail.mil

Please nominate for all applicable awards

- CTARNG Unit Accident Prevention Safety Award
- CTARNG Maintenance Facility Safety Award
- CTARNG Certificate of Merit for Safety Award
- CTARNG Safety and Occupational Health Award

Please include, Soldier’s name, unit name, unit address, nominator phone number and email address.

Also provide significant contributions and list eligibility requirements met by Solider up for award.

Eligibility requirements are listed in the CTNG PAM 385-10, Appendix K, found on the Connecticut GKO Safety page.https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/Safety/SitePages/Home.aspx

Questions? Call the CTARNG Safety Office (860) 292-4597

CTARNG Safety Awards Program

The CTARNG has established a State Safety Awards Program to recognize Soldiers for their contributions in Safety. Leaders and supervisors wishing to nominate a Soldier should fill out the form located at the Connecticut GKO State Safety Page (link below) or email nomination information to the State Safety Office.

The requirements and types of awards are laid out in detain in the State Safety SOP, CTNG PAM 385-10, Appendix K and full nomination form can be located on the Connecticut GKO State Safety Page, see link below.

For questions on the State Safety Awards Program, call the CTNG State Safety Office at 860-292-4597 or 860-292-4599.

Connecticut GKO State Safety Page : https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/Safety/SitePages/Home.aspx.



Veterans Affairs – Individual Unemployability

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

Individual Unemployability is a part of the VA’s disability compensation program that allows the VA to pay full benefits to Veterans who are found to be “unemployable” even if they are rated less than 100 percent disabled.

More than 3.4 million Veterans with medical conditions or injuries that were incurred or worsened during active-duty service are receiving disability compensation from the VA. The amount of compensation they receive depends on the severity of their disability (generally rated in a scale of 10 percent up to 100 percent).

However, the VA may supplement the regular disability compensation payments for Veterans whom it deems unable to engage in substantial work. To qualify for these supplemental benefits, termed Individual Unemployability (IU) payments, Veterans may not earn more than the federal poverty guidelines and generally must be rated between 60 to 90 percent disabled. A Veteran receiving the IU supplement, would receive a monthly disability payment equal to the amount that he or she would receive if they were rated 100 percent disabled.

Basic IU Eligibility Requirements are:

- You must be a Veteran
- You must have at least one service connected disability rated at least 60 percent OR
- Two or more service connected disabilities with at least one disability ratable at 40 percent or more with a combined rating of 70 percent or more
- You must be unable to maintain substantially gainful employment because of the service-connected disabilities. Marginal employment, such as odd jobs,

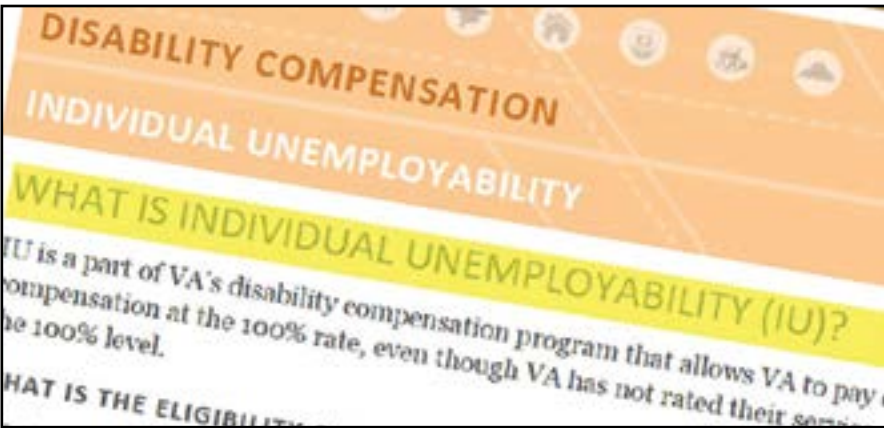
is not considered substantial gainful employment for the VA

- Besides the Eligibility Requirements, there are also Evidence Requirements. These include:

- Evidence of at least one service connected disability AND
- That the service-connected disability or disabilities are sufficient (without regard to other factors) to prevent the mental and/or physical tasks required to get or keep substantially gainful employment AND
- That one disability is rated at 60 percent or more OR
- If more than one disability exists, one disability is rated at 40 percent or more, with a combined rating of 70 percent or more

The VA’s regulations require that IU benefits be based on a Veteran’s inability to maintain substantial employment because of the severity of a service-connected disability. It is not based on age, voluntary withdrawal from work, or other factors. A Veteran therefore may begin to receive IU payments, or continue to receive them, after the full retirement age for Social Security.

At a recent Congressional hearing, VA Secretary Dr. David Shulkin stated that President Trump’s budget request includes a proposal to terminate IU benefits for disabled Veterans once they reach age 62 and become eligible for Social Security, and that he supports this proposal. He further said that this group of Veterans



should receive reduced disability compensation because they wouldn’t be working past age 62, so they shouldn’t be paid “unemployment” compensation.

In my opinion, this is wrong. IU is not a form of unemployment insurance. Rather it is a total disability allowance. A Veterans disability does not simply end or go away once they are old enough to retire and IU should not end either. Some disabled Veterans might find it difficult or impossible to replace the income provided by the IU supplement. Additionally, if they had been out of the workforce for any significant amount of time, their Social Security benefits might be small, and they might not have been able to work long enough to accumulate much in personal savings. To just abruptly end the IU payments, due to age, could result in devastating consequences for many Veterans.

If you feel the same as I do, contact your Representatives and Senators, and tell them to reject this proposal in its final budget.

Veterans’ Services, Where to Find Them

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

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

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

Health Care

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

Benefits & Services

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

Burial and Memorials

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

Veterans Benefits Fact Sheets

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



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

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Zea, Diego
Aquino, Jashua N.
Trudeau, Nicholas C.
Calderon, Katherine E.
Boone, Tyler C.
Valentin, Louis M.
Almeidaperez, Leandro
Andino, Mariano A.
Ficeto, Alexis M.
Michaud, Justin J.
Mercado, Sheila B.
Boi, Tyler P.

To Private First Class

Ruckey, Curtis J. II
Martinez, Jacob W.
Ouellette, Thomas M.
Forbes, Jodi K.
Dinglasan, Paolojoaqin D.
Tharp, Samuel M.
Myska, Daniel J.

Leary, Tyshawyn T.
Kwaky, Russell Y.
Merced, Javier Jr.
Pozochacon, Samantha
Perrotti, Frank R.
Butkus, Alexa A.
Rodriguezfigueroa, Eli
Kussainova, Diana
Alfarorosa, Christopher
Pierce, Aleksander
Caldwell, Timothy E. Jr.
Damicol, Justin M.
Jimenezbaptiste, Luis
Paier, Christopher J.

To Specialist

Schneider, William J.
Swider, David
Mack, Chris R.
Villamana, Matthew J.
Maderia, Joshua J.
Kosswig, Joseph M.
Gaines, Devante R.

Lu, Luis A.
Gilman, James K.
Turner, Shayquan J.
Gosselin, Maverick T.
Gagnon, Justin S.
Lopeztirado, Angel

To Sergeant

Silk, Luk B.
Arpin, Jake D.
Bennett, Jack D.
Rohrberg, Seth T.

To Staff Sergeant

Machin, Vanessa M.
Passantino, Patrick J.
Mcintosh, Lesha A.
Loosemore, Troy C.
Yanker, Emily A.
Quinones, Jose A.

To Master Sergeant

Cruzarroyo, Jose A.

To Chief Warrant Officer 3

Picard, Jonathan R.

To 2nd Lieutenant

Sirianno, Kyle E.
Barnabei, Christopher
Arango, Fabiola
Dowd, Michael D.

To 1st Lieutenant

Siwanowicz, Robert J.

To Captain

Monahan, Jennifer J.

To Colonel

Tomcho, Timothy J.
Nowak, Craig P.

To Brig. Gen.

Hedenberg, Ralph F.

AIR

To Senior Airman

Morin, Alexander
Ruffin, Briana E.
Jarvis, Chad T.
Beaudoin, Christopher
Della Penna, David M.
Laquerre, Gregory R.
Chebelyondalizu, Likuvi
Doucette, Matthew A.
Miller, Matthew W.

Quiles, Nathaniel R.
Zygadlo, Patryk J.
Knochenhauer, Peter H.
Hernandez, Torie D.

To Staff Sergeant

Siksay, Alexander C.
Lyew, Andre B.
Bursiewicz, Brian R.

Davis, Christopher R.
Ventura, Jennifer
Bartow, Jeremy A.
Marler, Keefer B.

To Technical Sergeant

Duquette, Sara B.



Congratulations to All!

Promotions as of September 1, 2017

Coming Events & Holidays

October

October 9

Columbus Day

October 10

November Guardian Deadline

October 13

Navy Birthday

October 26

National Day of the Deployed

October 31

Halloween

November

November 5

Daylight Savings Ends

November 7

December Guardian Deadline

November 10

U.S. Marine Corps Birthday

November 11

Veterans Day

November 23

Thanksgiving Day

December

December 7

Pearl Harbor Remembrance Day

December 12

Hanukkah Begins

December 12

January Guardian Deadline

December 13

National Guard’s 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

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Connecticut Family GUARDIAN

VOL. 18 NO. 10

HARTFORD, CONNECTICUT

OCTOBER 2017

Connecticut Military Kids Make Lifelong Friends, Memories this Summer

MICHELLE McCARTY
LEAD CHILD & YOUTH COORDINATOR
CTNG SERVICE MEMBER & FAMILY SUPPORT CENTER

It was a busy summer for the Connecticut National Guard Child and Youth Program, filled with programs and activities to keep military kids in Connecticut busy and learning during their summer vacations.

The Connecticut National Guard ran two installations of Operation Military Child Intelligence Training at its facilities in Windsor Locks and Southington, Connecticut.

Operation Military Child Intelligence Training is a week-long day camp for military children from

kindergarten through fifth grade. During the week, the campers participate in science programs, 4-H activities, military cultural experiences along with traditional camp activities and games. The culminating event of the camp is a field trip to the Connecticut Science Center in Hartford, Connecticut.

In addition to CTNG-run camps, Connecticut Military kids also can participate in several additional camps run by local community organizations offering summer programming to Military children.

For the past seven years, Connecticut's WTNH Channel 3 Kids Camp applies for a grant from the National Military Family Association to offer Operation Purple Camp here in Andover, Connecticut. Operation Purple Camp is a week-long overnight camp that offers traditional camp activities designed to foster camaraderie and community among children who may be dealing with the stress of a deployed parent or other military family challenges.

Camp Sloane YMCA also offers camperships to military children to attend a two-week overnight traditional summer camp session at their facility in Lakeville, Connecticut. At Camp Sloane, campers stay in canvas walled tents and engage in a wide range of activities based on the four core values of caring, honesty, respect and responsibility.

Over the past five years, Operation Camp Farnam in Durham, Connecticut offers a week-long day camp program at no cost to military children. The program emphasizes the group experience and encourages an appreciation for nature and the environment. Some of the activities include Red Cross swimming instruction, team-building activities, nature studies, organized sports,



Connecticut's military kids enjoyed a field trip to the Connecticut Science Center, Hartford, Connecticut as part of the Operation Military Child Intelligence Training Summer Camp in July and August. The week-long day camp, hosted by the Connecticut National Guard Child and Youth Program included science programs, 4-H activities, military cultural experiences in addition to the science center outing. (Photo courtesy of Michelle McCarty Lead Child & Youth Coordinator, CTNG Service Member & Family Support Center)

field events, nutrition education and cook-outs.

We are so grateful to our community partners who graciously open their facilities to military kids. With their help, we had a packed summer and Connecticut's Military kids were able to learn new things, make new friends and to create life-long memories.

While we are looking forward to next summer already, we also know that we have an entire year of great state programming for military children. Please check the Connecticut Guardian and our facebook page, <https://www.facebook.com/CTNGFamilies/> for flyers and updates about future events and programming.

If you would like to be on the mailing list to find out more about camp programs and along with other programs throughout the year please email Michelle McCarty, Lead Child and Youth Program Coordinator at michelle.m.mccarty4.ctr@mail.mil.



Military kids got hands on with aircraft at the Windsor Locks Readiness Center as part of the Operation Military Child Intelligence Training Summer Camp in July and August. (Photo courtesy of Michelle McCarty Lead Child & Youth Coordinator, CTNG Service Member & Family Support Center)



CATHERINE GALASSO-VIGORITO

With God, There is Always a Way

On a cool autumn afternoon, a father and his teenage daughter took a hike in a quiet, conservative countryside. While walking on a deserted trail, they enjoyed the beauty and serenity of nature. After a while, hiking up a long, winding pathway, the father stopped. He looked to the right and then to the left. Feeling a twinge of uneasiness, the father thought that they might be lost.

So he asked his daughter, “Do you have any idea where we are now?” The girl shrugged her shoulders and replied, “No, father.”

They walked further. The next ten minutes seemed like an eternity. Then they stopped again. Not sure which way they should proceed, the father leaned against a tree for a moment and questioned his daughter, “Do you know where we’re going?” Once again, the girl uttered, “No, father.”

A bit puzzled, the father said, “I guess we’re lost then.” The girl followed her father’s gaze and shook her head ‘no.’

The daughter’s gentle brown eyes seemed to gleam with a secret message. Next, she confidently declared, “I’m not lost, father.... I am with you.”

Overcome with emotions, the father smiled. And soon they found their way back to the right trail and back home to safety.

In difficult times, it’s easy to say, “Father, where are you?” Maybe challenges are knocking at your door like a regular visitor. Possibly, you’re uncertain about the future. And, at times, perhaps, you don’t know what you should do next. But as this father was with his beloved daughter through the path of twists and turns, God, your father, is with you now.

With God, you are never lost. You’re not alone. God’s presence is with you. So trust in His promises. Trust in His timing. And trust in God. You’ll never be overcome. Therefore, be encouraged. Rest assured. God is there. So stay committed. Be determined. Don’t give up on

the promises God placed in your heart. And He will see you though to victory. For, today, God is saying to you, “I am with you every step of your journey.”

- Are you fearful or anxious? With God, there is always a way. God created you to have wings, to rise above your circumstances. Thus, put fears and concerns aside over uncertainties that may lie ahead. Rather, focus on being grateful and thank God daily for all of your blessings. Remember, “The Lord is your light and your salvation— whom will you fear? The Lord is the strength of your life; of whom will I be afraid?” (Psalm 27:1).
- Have you experienced unfair circumstances? With God, there is always a way. Do not give up on what you’re believing. There are infinite possibilities ahead for you. Pray and keep pursuing your goals. Soon, your stumbling blocks will turn into stepping stones. God will make the wrongs turn out right. And you will go further than you’ve imaged. Hence, “Trust in the Lord with all your heart; listen to His voice in everything you do, and He will keep your paths straight.” (Proverbs 3:5,6).
- Is there a dream you’ve had that has not yet come to pass? With God, there is always a way. God’s resources are unlimited, and His supply is boundless. So don’t pull back. Step up, for God has a great plan for you. You have countless gifts and strengths to be used for the good of others. Start looking forward to what God has next for you. Your time of success is coming. Before long, you’ll receive your breakthrough. Thus, “Commit your way to the Lord, Trust also in Him, and He shall bring it to pass.” (Psalm 37:5).

Therefore, do not despair or be shaken by temporary setbacks, challenges or delays. Similar to a Rubik’s Cube that has many different sides, God has countless ways to help you, heal you, and restore you. It is just a matter of time before God blesses you and causes your situation to work out much better and more rewarding than ever.

I know a woman who, years ago, was dealing with a painful breakup in a relationship. Although the change was troubling, she made the decision to not sit around and feel sorry for herself. The woman knew God was with her. She had the attitude that believed that her past

difficulties were stepping stones to move her forward onto something far better.

The woman didn’t complain for she knew that complaining could distort our perspective. And when we magnify adverse situations, we can make them worse. For if we keep thinking about and talking about wrongdoings or the seemingly dead end; it will stifle our ability to come up with creative solutions. Paralyzed by anxiety, the stress of replaying that negativity in our minds and holding on to bitterness, may zap our energy, trigger un-due stress, and might cause us to make poor choices.

Even though the woman got knocked down, she got back up again. She remained faithful. The woman prayed. And she went places with her friends to meet new people and even asked her co-workers if they knew any single, young men. Then, she joined an exercise class that helped her increase her confidence and even volunteered in her community. The woman continued to enjoy her life, trusting that at the right time God would bring her to the perfect person for with whom to share her life.

Quite coincidentally, at a work event, she did meet someone. Almost immediately, she knew that this man was her soul-mate. Now, four years later, they are married and expecting their first child.

When she looks back, she says, “That break-up was the best thing that ever happened to me.” And she thanks God daily for knowing best, and moving her out of that past relationship.

You haven’t been brought this far for God to give up on you now. So don’t give up on yourself and the amazing future that’s in store.

God your Father is with you. Take that next step in faith.... and you’ll discover ... with God, there is always a way.

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

Children, Schools and Family Initiatives, Promising Practices, Tools and Resources



A fit and healthy fighting force is the foundation of a strong national defense. In the United States, poor nutrition, obesity, lack of physical fitness and tobacco use pose a growing threat to the military’s four “Rs”: recruitment, retention, readiness and resilience.

To address these threats, the Department of Defense launched a Healthy Base Initiative to make healthy living the easy choice for Service Members and their Families. The military supports programs that protect the well-being of our military Families, including:

Initiatives

- *Alliance for a Healthier Generation* - This program targets the prevalence of childhood obesity and empowers kids to develop lifelong, healthy habits.
- *Share our Strength* - Shopping and cooking classes empower families to purchase and prepare healthy food on a budget.

- *Operation Kid Fit* - This is a military-adapted, evidence-based child obesity program.
- *5210 Healthy Military Children campaign* - This educational campaign is aimed at increasing activity and consumption of fruits and vegetables, while reducing sugar-sweetened beverages and recreational screen time.

Promising Practices

- *Baby Hot Wheels* - This free circuit-training program is also a social outlet for mothers and babies alike. Sessions are rain or shine in the gym or on the track.
- *Club 2150* - This after-school program setting targets childhood obesity through the concepts of 5210.
- *Recess Before Lunch* - The initiative improves child nutrition and reduces waste by implementing a school schedule change for recess prior to lunch.
- *Youth sports program* - This comprehensive, year-round youth sports program for kids ages 3-15 at 29 Palms, teaches participants skills in a variety of sports and overall functional movement while instilling lessons of leadership and responsibility.

Tools

- *Initiative Program Fidelity Tool template* - Program

Fidelity Tools are short, checklist-style surveys tailored to each program implemented under the Healthy Base Initiative. The surveys assess fidelity on a semi-annual basis, as appropriate to the specific program, based on the intervention’s HBI start date.

Resources

- *The President’s Council on Fitness, Sports and Nutrition*- The president’s council engages, educates, and empowers all Americans to adopt healthy lifestyles, including regular physical activity and good nutrition. The council is made up of athletes, chefs, physicians, fitness professionals and educators who are appointed by the president to serve in an advisory capacity through the Secretary of Health and Human Services.
- *Human Performance Resource Center* - The center’s human performance optimization website is for U.S. warfighters, their families and those who support them. The goal is total force fitness: warfighters optimized to carry out their mission as safely and effectively as possible.

Find this article and direct links online at <https://www.militaryonesource.mil/>.

CONNECTICUT NATIONAL GUARD HELPLINE

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

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

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

HELPLINE - 1-855-800-0120

William A. O'Neill Armory
360 Broad St. RM 112
Hartford, CT 06105
Service Member and Family Support Center
(800) 858-2677
Fax: (860) 493-2795
Child and Youth Program
(860) 548-3254
Yellow Ribbon Reintegration Program
(860) 493-2796
Military OneSource
(800) 342-9647
(860) 502-5416
Survivor Outreach Services
(860) 548-3258
Open Mon.-Fri.
Windsor Locks Readiness Center
85-300 Light Ln.
Windsor Locks, CT 06096
(860) 292-4602
Open Mon.-Fri.
Veterans' Memorial Armed Forces Reserve Center
90 Wooster Heights Rd.
Danbury, CT 06810
(203) 205-5050
Open Mon.-Fri.

CONNECTICUT NATIONAL GUARD

Family Assistance Center Locations

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

Our Programs Include:

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

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

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

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

Fall Resource Fair

Please join the CT National Guard Service Member and Family Support Center in partnership with the Child & Youth Program at one of the below Fall Resource Fair events! There will be trunk to trunk treats along with valuable information for each family that attends. Also please feel free to join us in the fun and decorate your trunk!

Please register at the links below for the location that works best for you!

Date: Friday, October 13th

Time: 5:30—7:30 PM

Locations:

Veterans Memorial Armed Forces Reserve Center (Danbury)

90 Wooster Heights, Danbury CT

To register visit <https://danbury-tot-2017.eventbrite.com>

New London Armory

249 Bayonet Street, New London

To register visit <https://nl-tot-2017.eventbrite.com>

103rd Airlift Wing

100 Nicholson Road, East Granby

To register please call Kasey Timberlake at 860-292-2730 or kasey.b.timberlake.civ@mail.mil

Register by
October 10th!

FREE hot food
provided by the
CFC!



Trunk or Treat



2nd Annual Service Member & Child Dinner Dance

Photo
Area

Dancing

Craft
Activity

Door
Prizes

SAVE

THE DATE

November 18, 2017

5 pm to 8 pm

(Dinner begins at 5:30)

Dress Code: Semi-Formal

Ages 2 &
below
are free!

Service Member & Family Support Center Staff Directory

William A. O'Neil, Army: 160 Broad Street, Hartford, CT 06105 - Fax: (860) 93-2795 - Open Monday-Friday			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(860) 858-2677
Deputy Director	SSG Melody Baber	melody.baber.civ@mail.mil	(860) 548-3276 (desk); (860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.reed.civ@mail.mil	(860) 524-4938 (desk); (860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.o'donnell.civ@mail.mil	(860) 493-2797 (desk); (860) 883-6949 (cell)
Family Assistance Center Specialist	Vacant		
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.civ@mail.mil	(860) 524-4963 (desk); (860) 680-2269 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.civ@mail.mil	(860) 524-4920 (desk); (860) 881-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.t.cummings.civ@mail.mil	(860) 493-2796 (desk); (860) 538-5629 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.mccarty.civ@mail.mil	(860) 548-3254 (desk); (860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.o'shaughnessy.civ@mail.mil	(860) 548-3258 (desk); (860) 794-8748 (cell)
Military OneSource Consultant	Chris Rouman	christopher.rouman@militaryonesources.com	(860) 502-5416 (cell); (860) 493-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nutt	david.e.nutt.maj@mail.mil	(860) 548-3240 (desk); (860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.civ@mail.mil	(860) 524-4908 (desk); (860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britell	sean.e.britell.civ@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Windsor Locks Readiness Center: 85-100 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday			
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.civ@mail.mil	(860) 292-4902 (desk); (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.civ@mail.mil	(860) 292-4901 (desk); (860) 883-2764 (cell)
Veterans Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06819 - Open Monday-Friday			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.civ@mail.mil	(203) 205-5050 (desk); (860) 883-2746 (cell)
New London Armory: 249 Bayonet Street, New London, CT 06320 - Open Monday-Friday			
Family Assistance Center Specialist	Vanessa Foster	vanessa.m.foster.civ@mail.mil	(860) 772-1422 (desk); (860) 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.b.timberlake.civ@mail.mil	(860) 292-2730 (desk)
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.civ@mail.mil	(860) 292-2730 (desk); (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.civ@mail.mil	(860) 292-2730 (desk); (860) 922-2746 (cell)
Natick Readiness Center: 31 Smith Street, Natick, CT 06357 - (860) 334-2677 - Open By Appointment			
Family Assistance Center Specialist	Timothy Honeoy	timothy.j.honeoy.civ@mail.mil	(860) 221-5540 (cell)
101st Air Control Squadron: 206 Boston Post Road, Orange, CT 06477 - (860) 858-2677 - Open By Appointment			
Waterbury Armory: 64 Field Street, Waterbury, CT 06702 - (860) 858-2677 - Open By Appointment			
Norwalk Armory: 38 West Avenue, Norwalk, CT 06860 - (860) 858-2677 - Open Wednesday - And By Appointment			