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Training Success Thanks to Joint Efforts

Soldiers of Bravo Company, 1st Battalion, 102nd Infantry Regiment, Connecticut Army National Guard, board a C-130H Hercules, assigned to the 103rd Airlift Wing, Connecticut Air National Guard, at the Bradley Air National Guard Base, East Granby, Connecticut, June 11. The unit was headed to Fort Drum, New York to begin its annual training period. Upon arriving at Fort Drum, the 102nd Soldiers then flew aboard CH-47 Chinook Helicopters assigned to the 1-169th General Support Aviation Battalion, Connecticut Army National Guard, for insertion into their training area. In June, more than 1,200 Connecticut National Army Guardsmen spanned across five states for AT. See inside this issue and stay tuned for the August issue for AT highlights. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)



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Hurricane Season is Here - Are You Prepared?

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

A hurricane is a tropical cyclone. Hurricanes can be catastrophic to coastlines and impact those living several hundred miles inland. The cyclone has potential to bring violent thunderstorms, waves, winds exceeding 155 mph and may further result in tornadoes. Power outage and flooding are secondary hazards that even those away from the direct path may encounter.

Hurricanes can cause extensive damage through strong winds and high flood waters from rain and storm surges.

How to Prepare for a Hurricane

Stay informed and know your hurricane terminology:

- Tropical depression**—A system of clouds and thunderstorms with a defined surface circulation and sustained winds not exceeding 38 mph.
- Tropical storm**—A system of clouds and thunderstorms with a defined surface circulation and sustained winds 39–73 mph.
- Hurricane/Typhoon**—A system of clouds and thunderstorms with a defined surface circulation and sustained winds 74 mph or higher.
- Storm surge**—A dome of water pushed ashore by winds during tropical storms and hurricanes. Storm surges can reach 25 feet high and be 50– 1000 miles wide.
- Hurricane/tropical storm watch**—Hurricane/ tropical storm conditions are possible within 36 hours in specified areas. Stay tuned to radio or TV for further information.

•**Short-term watches and warnings**—Provide detailed information about specific threats during hurricanes, such as flash flooding or tornadoes.

Understand the categorization of hurricanes:

- Category 1**—Winds 74–95 mph, storm surge 4’–5’, minimal damage to plants and signs.
- Category 2**—Winds 96–110 mph, storm surge 6’–8’, some flooding, minimal damage to mobile homes, roofs and small crafts.
- Category 3**—Winds 111–129 mph, storm surge 9’–12’, extensive damage to small buildings and low-lying roofs.
- Category 4**—Winds 130–156 mph, storm surge 13’–18’, extreme damage with destroyed roofs and mobile homes, downed trees, cut off roads and flooded homes.
- Category 5**—Winds exceeding 156 mph, storm surge over 18’, catastrophic damage destroying most buildings and vegetation, cutting off major roads and flooding homes.
- Install permanent storm shutters or have supplies available to board up your windows.
- Make sure trees and bushes are well trimmed and maintained.
- Keep enough fuel in your car’s tank to evacuate. Expect a high volume of slow traffic.
- Build an emergency kit, make and practice a Family emergency plan and evacuation procedure.
- Develop a Family communication procedure in case you are separated. Keep in mind phone lines and cell phone towers may be down.

What to Do If There Is a Hurricane

- Listen to the radio or TV for more information and further instructions.
- Secure your home by closing the storm shutters and bringing outdoor furniture inside.
- Ensure a supply of water for household purposes.
- Turn your refrigerator to the coldest setting and keep the door closed.

If you are told to evacuate:

- NEVER ignore an evacuation order.
 - Follow the guidelines given regarding times and routes.
 - Take only essential items and your emergency kit.
 - Turn off gas, electricity and water, and disconnect all appliances.
 - Do not walk in moving water.
 - Do not drive in high water (as little as 6” can cause a stall or loss of control).
 - Follow the designated evacuation procedure and expect a high volume of traffic.
- If you are NOT told to evacuate:
- Stay tuned to emergency stations on radio or TV, and listen for further instructions.
 - Stay away from windows and doors by seeking shelter in a bathroom or basement.
 - Prepare to evacuate to a shelter or a neighbor’s home if your home is damaged.
 - Do not go outside until instructed, even if the storm is over and it seems calm.
 - Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.

What to Do After a Hurricane

- If directed report your status using the Army Disaster Personnel Accountability and Assessment System (ADPAAS) (www.adpaas.army.mil.)
- Avoid flood waters, standing or moving; they may be contaminated or deeper than expected.
- Beware of downed power lines.
- Avoid any roads where flood waters have receded; they may have weakened and could collapse under the weight of a car.
- Be extremely cautious when entering buildings and homes; there may be unseen damage.
- Clean and disinfect everything that was touched by flood water; it can contain sewage and other contaminants.

It’s up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

Welcome Home, 103rd Air Control Squadron

MS. ALLISON L. JOANIS
CTNG PUBLIC AFFAIRS OFFICE

Just in time to kick off the summer with friends and families, nearly 100 Airmen assigned to the 103rd Air Control Squadron returned home to the Bradley Air National Guard Base, May 22.

Members of the 103rd ACS left Connecticut in November 2016 and were responsible for the command, control and air battle management of the coalition airspace over their assigned region in Southwest Asia.

This deployment marked the sixth time the ACS had been activated to support operations since 9/11 and continues the 103rd’s proud heritage of supporting military operations around the globe. In recent years, the squadron has deployed members and equipment to Turkey, Colombia, Germany, Portugal, Denmark, Saudi Arabia, Italy and Hungary before focusing its efforts on operations in support of the Global War on Terror.

“This is the first of many homecomings the Connecticut Air National Guard will be hosting in 2017, as we look forward to welcoming home the nearly 400 total Airmen who have deployed since late 2016,” said Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard. “We are all immensely proud of their efforts, and grateful for the sacrifices their families have made while their loved one served abroad.”

In addition to the ACS’ departure in 2016, the Connecticut Air National Guard activated nearly 300 members if the 103rd Airlift Wing in February 2017. The Airmen are currently responsible for supporting ongoing Expeditionary Combat Support operations in the Middle East— including tactical airlift, maintenance, security and logistics support.

A small group of the 103rd Airmen retuned home on May 10, with more scheduled to return over the next few months.

For photos of the May 10 return of 16 Connecticut Airmen, refer back to the June issue of the Connecticut Guardian.



Nearly 100 members of the 103rd Air Control Squadron greeted their families and friends on the flightline of Bradley Air National Guard Base, May 22. Members of the ACS left Connecticut in November 2016 and were deployed to Southwest Asia, where they were responsible for the command and control of air battle management of the coalition airspace over their assigned region. (Photo by Maj. Jefferson Heiland, 103rd Public Affairs Officer, 103rd Airlift Wing)



Nearly 100 members of the 103rd Air Control Squadron were greeted by Lt. Gov. Nancy Wyman, Maj. Gen. Thad Martin and CTNG senior leadership, as they arrived at Bradley Air National Guard Base, East Granby, Connecticut, May 22. The unit has been deployed to Southwest Asia since November 2016. (Photo by Maj. Jefferson Heiland, 103rd Public Affairs Officer, 103rd Airlift Wing)



Nearly 100 members of the 103rd Air Control Squadron greeted their families and friends on the flightline of Bradley Air National Guard Base, May 22. Members of the ACS left Connecticut in November 2016 and were deployed to Southwest Asia where they were responsible for the command and control of air battle management of the coalition airspace over their assigned region. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)

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Connecticut’s First Flight Paramedics

STORY SUBMITTED BY
1-169TH GSAB, CTARNG

WINDSOR LOCKS, Conn. -- Six flight paramedics assigned to the Connecticut National Guard’s Detachment 2, Company C, 3/126th Aviation Battalion received the Aviation Basic Badge, May 29.

The six NCOs are the first flight paramedics in Connecticut Army National Guard history, according to Command Sgt. Maj. Anthony Savino, Senior Enlisted Leader of the 169th General Support Aviation Battalion – the 3/126th’s higher headquarters.

“This is the culmination of four years of hard work,” Savino said. “Back in 2013, we opened a state-wide board for those wishing to become flight paramedics while we were preparing to stand up the unit.”

That hard work included graduation from lengthy medical courses, and training to keep up with annual certification requirements.

Right - Six flight paramedics assigned to the Connecticut National Guard’s Detachment 2, Company C, 3/126th Aviation Battalion received the Aviation Basic Badge at the Windsor Locks Readiness Center, May 29. From left to right - Staff Sgt. Sam Dybdahl, Staff Sgt. Danielle Marcue, Sgt. John Harrington, Staff Sgt. trevor O’Neill, Sgt. 1st Class Stefanie Jennings, and Sgt. Ian Berghorn. (Photo courtesy of Command Sgt. Maj Anthony Savino Jr., Senior Enlisted Leader, 1-169th GSAB, CTARNG)

Now, these NCOs are able to serve on a medical evacuation crew aboard the unit’s HH-60M Blackhawk helicopters. A flight crew consists of two pilots, a crew chief and a flight paramedic.

“We couldn’t be prouder of the dedication and effort shown by these NCOs,” said Lt. Col. Ray Chicoski, State Aviation Officer. “From day one, they knew how long the road would be, and they are truly a credit to the Connecticut National Guard’s aviation community.”

The 3/126 is commanded by Capt. Christopher Gibb, whose leadership has been key since the unit’s first official drill, according to Savino.

The six NCOs awarded the badge were: Sgt. 1st Class Stefanie Jennings, Staff Sgt. Sam Dybdahl, Staff Sgt. Danielle Marcue, Staff Sgt. Trevor O’Neill, Sgt. John Harrington and Sgt. Ian Berghorn



Trains Before Planes - Infantry Performs Railhead Ops before Flying to Ft. Drum for Annual Training



In preparation for their 2017 annual training, 14 Soldiers assigned to the 1-102nd Infantry Regiment loaded 32 pieces of equipment onto railcars at Camp Hartell, Windsor Locks, Connecticut, May 31. The battalion’s equipment took approximately one week to travel to Fort Drum, New York, just in time for the battalion to arrive by way of Connecticut Air National Guard C-130’s on June 11. See the 1-102nd take flight on page one, and check out the August issue of the Connecticut Guardian to see more about what the CTNG’s largest battalion did on AT. (Photos by Allison L. Joanis, State Public Affairs Office)



CTARNG Earns ACOE Recognition

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

The Connecticut Army National Guard earned formal recognition for its organizational self-assessment and process improvements during the annual Army Communities of Excellence Best Practices Conference and Awards Ceremony in Arlington, Virginia, May 23.

Col. Gerald Lukowski, CTNG Chief of Staff, accepted the state’s award for second place in the Bronze Division from Maj. Gen. Timothy McKeithen, Deputy Director of the National Guard.

The ACOE Awards Program takes the best practices from the Malcolm Baldrige National Quality Program criteria and applies them to the Army National Guard, with the goal of creating a quality environment based on excellent services and excellent facilities, according to Capt. Benjamin Hull, CTARNG ACOE Examiner and Writing Team Member.

Hull is one of the four team members primarily responsible for compiling months of hard work conducted by senior staff members in order to fit the ACOE’s rigid submission criteria.

Each Army organization competing in the ACOE Awards Program submits a detailed packet outlining what the organization does well and where it can improve. The focus is on

the various processes in place to accomplish the organization’s overall mission.

“The ACOE program is designed to honor the top Army, National Guard organizations that achieve high levels of excellence providing services and support to its Soldiers, families, the state and nation,” Hull said. “It is truly a team effort. Numerous personnel from across our organization have supported the program.”

Guard officials described the ACOE program as, “invaluable to the implementation of organization-wide improvement,” to the readiness of the Guard’s units, organizations and installations.

The Connecticut Army National Guard has been a regular participant for over 20 years, but this marks the first award received under the Baldrige National Quality Program criteria.

“We have lofty, but achievable goals, moving forward,” Hull said. “Our next step is to focus on Six Sigma certifications for Connecticut National Guard personnel, which could help improve the capability of our business processes and achieve a more integrated management system.”

For those interested in learning more about the Connecticut National Guard’s ACOE team, contact the Public Affairs Office at 860-524-4857.



The Connecticut Army National Guard earned formal recognition for its organizational self-assessment and process improvements during the annual Army Communities of Excellence Best Practices Conference and Awards Ceremony in Arlington, Virginia, May 23. Connecticut was presented second place in the Bronze Division for the Fiscal Year 2017 submission, cover above.

Army Life Made Easier with IPPS-A

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Col. James F. McNulty said the Army’s new Integrated Personnel and Pay System (IPPS-A) was created for the Army’s newest and youngest Soldiers. McNulty, the IPPS-A project manager, is leading the new technologically innovative human resources project that is intended to become the go-to platform for Soldiers, leaders and administrative professionals to access their essential military and personal files and records.

IPPS-A will envelop 300 interfaces into one secure platform, and is scheduled to go live for the National Guard in 2018.

How will IPPS-A affect the Soldier?

•“MyPay” is scheduled to become phased out, and Soldiers will be able to access pay information and functions through IPPS-A

•Soldiers will no longer have to schedule appointments at DEERS offices to have dependents and other personal documents entered into the DEERS system. Instead, Soldiers will be able to enter items manually, through IPPS-A, 24 hours a day.

•Soldier transitions from active to reserve and guard components, and vice versa, will be streamlined, as new units and installation personnel will have access to Soldier documents through IPPS-A

•“iPERMS” and “AMHRR” are scheduled to become phased out, and Soldiers will have the ability to view and verify their personnel records and soldier record briefs (ORB/ERB), submit personnel action requests, and update personal information through IPPS-A

How will IPPS-A Affect Leaders and human resource professionals?

Unit leaders and HR personnel will be able to utilize IPPS-A as a single platform to process pay actions, maintain a real-time view of personnel data for managerial and manning decisions (talent management), to enter awards, and initiate Soldier evaluations.

IPPS-A is scheduled to be introduced to the National Guard in 2018. CTARNG members will be required to access a simple and short mandatory training module to successfully acclimate into the program. Soldiers are currently encouraged to access IPPS-A through Army Knowledge Online to review their soldier record



briefs (ORB/ERB) ahead of time and complete a short questionnaire. The IPPS-A interface may look familiar to Soldiers, as the program software is powered by “PeopleSoft,” which is also utilized by Connecticut’s state colleges and universities as a one-stop, self-service human resources tool.

For more information, visit www.ipps-a.army.mil. Soldiers can contact their unit’s administrative and readiness personnel for additional IPPS-A program specifics. Leaders can contact Chief Warrant Officer 3 Christopher Mackenzie, the CTARNG Standard Installation and Division Personnel Reporting System (SIDPERS) Branch Chief. Mackenzie also sits on an advisory group to Col. McNulty for the IPPS-A program.



Soldiers assigned to the Joint Force Headquarters, Connecticut National Guard, proceed to fire their M16 Carbine Service Rifles as they attempt to qualify as proficient marksmen during a unit small-arms qualification range held at East Haven Rifle Range, June 5. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)

JFHQ Heads to the Range

STAFF SGT. RICHARD WRIGLEY
JFHQ, PUBLIC AFFAIRS, CTARNG

EAST HAVEN, Conn. – The Joint Force Headquarters, Connecticut National Guard, held their annual M9 pistol and M16 rifle qualification ranges at the East Haven Rifle Range, June 5.

The JFHQ is the administrative unit that keeps the entirety of the state’s National Guard forces running smoothly. It’s not always the most attractive job, and although the unit is quite large, it is mostly staff positions.

That does not mean the personnel that collectively makeup the JFHQ aren’t warriors in their own right, and that was proven once again as they kicked off their annual training event with a day out at the small-arms ranges.

The purpose of the range is to ensure all Soldiers have maintained their proficiency with their assigned weapon, according to 1st Sgt. Stephanie Goins.

Goins, the new senior enlisted leader of the Headquarters and Headquarters Detachment, JFHQ, oversaw the range and explained that accurate marksmanship is important for all troops, even when they are in administrative roles.

“Soldiers going to the range will always be important, we need everybody to be proficient on their assigned weapon systems,” said Goins. “No matter what, we are all still Soldiers, and we need to be ready for anything.”



Soldiers assigned to the Joint Force Headquarters, Connecticut National Guard, check to see where they hit on the target, as they attempt to qualify as proficient marksmen during a unit small-arms qualification range held at East Haven Rifle Range, June 5. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)

85th Troop Command Sponsors Cadet Leadership Camp for JROTC

STAFF SGT. PHILIP BENNETT
85TH TROOP COMMAND UPAR

NIANTIC, Conn. – Over 60 Junior Reserve Officer Training Corps students from Waterbury’s Wilby High School conducted a three-day leadership camp, participating in multiple Soldier skills coordinated by 85th Troop Command and the 192nd Military Police Battalion, April 27-29.

Tasks included land navigation, leadership reaction course challenges, combatives, radio communication, how to don and clear nuclear biological chemical mask, primary marksmanship instruction and a three-mile road march.

Sgt. Maj. Jimmie Smith, Operations Sergeant Major assigned to 85th Troop Command, was a graduate of Wilby High School and coordinated the event with the help of Chief Warrant Officer 3 Anthony Hodges, Troop Command Property Book Officer.

Normal budget concerns typically limit participation to twenty students, but with CTNG coordination, this year’s leadership camp saw attendance rise by over 300 per cent. 1st Sgt. Wayne Viotte, who is retiring after 20 years with JROTC, called this iteration the best-organized event he has attended.

Viotte hopes that this can become an annual home for the Cadet Leadership program moving forward.



Sgt. 1st Class James Van Mameren, assigned to HHC, 192nd Military Police Battalion, works with Junior Reserve Officer Training Corps Cadets from Waterbury’s Wilby High School on the Leadership Reaction course at Stones Ranch Military Reservation in East Lyme, Connecticut. Over 60 members of the JROTC program attended a three-day leadership training hosted by 85th Troop Command and the 192nd MP Battalion in late April. (Photo by Chief Warrant Officer 3 Anthony Hodges, 85th Troop Command)



Two Junior Reserve Officer Training Corps Cadets are instructed on how to communicate using tactical radios by Sgt. 1st Class Jonathan Severance, assigned to the 572nd Brigade Engineer Battalion, CTARNG, during a training event at Camp Niantic, Connecticut, April 27-29. The three-day leadership training camp hosted by 85th Troop Command and the 192nd Military Police Battalion instructed more than 60 JROTC students from Waterbury’s Wilby High School on tasks including land navigation, leadership reaction course challenges, combatives, radio communication, how to don and clear nuclear biological chemical mask, primary marksmanship instruction and a three-mile road march. (Photo by Chief Warrant Officer 3 Anthony Hodges, 85th Troop Command)

He attributes the success of the event to the experience and knowledge of the Cadre, the amount of training conducted, and the camaraderie that all of his Cadets shared. Most importantly, the cadets were able to build confidence in themselves through the skills trained throughout the camp.

Cadet Commander Joshua Hodges, a 17-year-old senior at Wilby High School, is proud to serve in JROTC. This was Joshua’s final event as the Cadet Commander and he will attend the University of New Haven in the fall. He plans on continuing his JROTC career by participating in ROTC at the University of New Haven, and then commissioning into the U.S. Army.

Military tradition runs through the Hodges family, and as Joshua hopes to follow in the footsteps of his father and uncle, Chief Warrant Officer 4 Fred Hodges Jr., he revels in his elders rendering him a salute upon commissioning. Those that know the Hodges family can see the friendly competition when talking to Joshua and his father.

During the final dinner, Smith and Chief Hodges spoke with cadets about their own experiences and challenges of growing up in the inner city and all the benefits they were able to take advantage of in the National Guard.

Many of the cadets made it a point to tell the cadre they were looking forward to the event next year.

242nd CMT Performs Annual Training in Germany

SGT. BRENDAN McLAUGHLIN
TECHNICAL ENGINEER SERGEANT
242ND ENGINEER DETACHMENT (CMT)

HOHENFELS, Germany – Although the Connecticut National Guard’s 242 Construction Management Team is a small detachment, their skills still make for a large impact.

The eight-Soldier detachment spent the month of April working four construction projects in Germany as part of its annual training. Hohenfels is the home of the Joint Multinational Training Command and hosts NATO allies from abroad for training and military exercises, to also includes engineering projects.

The 242 job was to fall in on several projects and manage the construction of each one, working with engineer assets from Texas, Colorado, Utah and the Czech Republic to see the missions through.

The largest vertical project was the construction of an Airborne Parachute Landing Fall facility. This covered structure provided three elevated platforms for parachuting trainees to practice safety techniques used during landing. Although design plans were prepared by a preceding unit, the 242 CMT made revisions to account for customer request changes and to meet the German building code.

The 242 also provided oversight on the construction of a 20’ x 30’ storage facility. Although the 242 was again instrumental in ensuring existing designs met German building codes, the job will be finished at a later rotation. Engineers on site during the 242’s time in Germany were able to lay the foundation and slab so the next rotation could start the concrete block walls.

Hohenfels is home to several training sites, one of which is designed to look like a small, but realistic



Members of the 242nd Engineer Detachment, Construction Management Team joined Army Engineers from Texas, Colorado, Utah and the Czech Republic for an awards ceremony in front of the completed Airborne Parachute Landing Fall facility at Hohenfels, Germany, April 2017. Members of the 242 worked alongside their fellow Soldiers to complete the facility as well as three other construction projects on post during their annual training period. (Photo by Sgt. Maj. Dave Moorehead, Operations Sergeant, 242nd Engineer Detachment (CMT))



Soldiers assigned to the 242nd Construction Management Team use heavy equipment to move more than 6,500 cubic yards of material in order to construct a Unmanned Aerial Vehicle runway at Hohenfels, Germany in April 2017. The eight-man CMT spent the month working on four projects as part of their annual training requirement. (Photo by Sgt. Maj. Dave Moorehead, Operations Sergeant, 242nd Engineer Detachment (CMT))

German village that required a pedestrian an Entry Control Point. The detachment designed the walls, doors, ingress and egress. This was particular facility is used on a regular basis by Special Operation Forces to train for a range of various scenarios.

The horizontal project consisted of building a Unmanned Aerial Vehicle runway, which required the moving of over 6,500 cubic yards of material. Dump deliveries were conducted in two shifts to manage the task.

Training with other units provided unique opportunities not often available, such as the use of alternative hardware and software platforms. Survey equipment consisted of the most modern GPS gear available, providing the 242’s surveyors the chance to cross train on a different type of hardware than previously used. Designers drafted drawings and

confirmed plans met structural integrity guideline before placing any guidance for construction.

The overall mission’s success was most obvious in the amount of work completed. The four projects were either completed or ahead of schedule, with additional tasks conducted meant for future dates.

The units falling in will now be able to tackle additional projects and react to any variables slowing progress (i.e. securing material, inclement weather, etc.).

Do you have the skill set of a Technical Engineer? Are you versed in AutoCAD or other computer aided drafting programs, or have skills as a surveyor or material testing? Opportunities are available for qualified people interested in re-classing! For more information contact Sgt. Maj. Moorehead, Operations Sergeant for the 242 CMT, at david.w.moorehead.mil@mail.mil.

Murphy Assumes Authority of 85th Troop Command

STAFF SGT. RICHARD WRIGLEY
JFHQ PUBLIC AFFAIRS, CTNG

CAMP NIANITIC, Conn. – Soldiers from all across the state of Connecticut gathered for the 85th Troop Command Change of Command Ceremony, held in the Niantic Readiness Center, June 9.

The Change of Command ceremony is a time-honored tradition where attendees view the transfer of authority over a unit from the former commander to the new commander.

On this day, friends, family, Guardsmen and supporters gathered to watch Col. Christopher Egan, brigade commander (former), 85th TC, relinquish his authority and Col. Daniel Murphy, brigade commander, 85th TC, assumed authority and command.

The command position of the 85th TC is a unique one, largely due to the fact that the 85th itself is comprised of five very different units, making it a singularly unique unit.

A lot had happened during Egan’s more than two years of command, between the complexity of mission and the restructuring within the brigade, which he talked about prior to the ceremony.

The 102nd Infantry Battalion was restructured so as to align with the 10th Mountain Division out of Fort Drum, New York, as the 10th Mountain’s sister National Guard battalion. The 192nd Military Police Battalion was deployed to Guantanamo Bay Naval Base.

The 928th Military Working Dog Detachment, the only Military Working Dog detachment in either the Guard or Reserve, resides within the 85th TC, and they were heavily tasked throughout the country and throughout Egan’s command, Egan said.

Despite the challenges, Egan enjoyed his time in command immensely.

“Troop command is just a great group of Soldiers and Airmen, always willing to go the extra mile, I just can’t say enough good stuff about the men and women of troop command,” Egan said.

Although TC is losing an experienced, seasoned commander, it gains a leader that is possibly one of the most uniquely qualified commanders to lead TC ever.

Throughout his career in the Connecticut National Guard, Murphy has commanded units in the Infantry, Chemical Detachment, and Military Police with the 85th TC.

“So three of these five units [that comprise the 85th TC] I have had command experience and am very familiar with their capabilities and of course their limitations,” Murphy said. “I might be one of the few commanders in recent history that might be uniquely suited to understand the nuances of all the moving parts [of the 85th TC].”

While certainly up to the task, one thing Murphy won’t have to worry about anytime soon is the 85th TC’s annual



Col. Daniel Murphy (center), Brigade Commander, 85th Troop Command, receives the Brigade’s colors from Brig. Gen. Francis Evon, Assistant Adjutant General, CTNG, during the 85th TC Change of Command ceremony, at the Niantic Readiness Center, Niantic, Connecticut, June 9. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)

training. Comprising a full week of training, this Change of Command was actually the culminating event for the TC’s AT.

During the AT, Troop Command focused on numerous administrative and individual tasks, like individual weapon systems qualification, and Army Physical Fitness Test completion.

It was an extensive week for the 85th TC, so it seemed much appreciated that at the end of it every one could relax a little bit, bid farewell to the old and welcome to the new, and enjoy some celebratory cake to top it all off.



Col. Christopher Egan (left), brigade commander (former), 85th Troop command hands the Brigade’s colors over to Brig. Gen. Francis Evon, Assistant Adjutant General, CTNG, during the 85th TC’s Change of Command ceremony, at the Niantic Readiness Center, Niantic, Connecticut, June 9. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)

Growing Cyber Threat Means Growing Cyber Capabilities

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

As cyber threats continue to grow and evolve, the National Guard continues to respond by enhancing training and equipping highly skilled forces.

It is no different here in Connecticut, where the Connecticut National Guard looks to fill its cyber ranks through a mix of talented professionals who already work in the field on the civilian side, while highlighting the incredible opportunities available to those interested in obtaining a Cyber MOS.

One of the Guardsmen responsible for helping Connecticut be part of this key capability is 1st Lt. Tyler Sams. Sams serves the Connecticut National Guard in two capacities – he serves as the state’s Cyber Warfare Project Manager Monday through Friday, and as the 1-102nd Infantry Regiment’s Automation Officer (otherwise known as an, “S-6”) on his drill weekends.

“There is a critical shortage of trained cyber professionals, so entering (this field) has some amazing prospects,” Sams said. “Obviously there are certain eligibility requirements that go with work of this nature, but plenty of training opportunities will be available to reinforce the skills necessary to be successful.”

Sams’ full-time job entails standing up Connecticut’s Cyber Warfare Company and continuing to fill the ranks of the Defense Cyber Operations team. The DCO’s job is to defend and maintain the CTNG network, while conducting incident response and malicious software, or malware, analysis.

“After the dust has settled from an active cyber threat, the DCO’s job is to determine what sort of malware was used and how it proliferated through the network,” Sams said. “A large part of the DCO’s job is to conduct analysis, forensics and scripting. It really is very intriguing investigative work.”

Over the last several months, the DCO has participated in regional and nationwide cyber operations. In April, a team travelled to Utah to partake in Cyber Shield and then travelled to Massachusetts for Cyber Yankee in June. The goal behind both exercises was (in a joint environment alongside civilian agencies) to best integrate the National Guard’s response efforts in the event of a cyberattack.

The Cyber Warfare Company’s primary goal is to serve in the role of penetration testing – exploiting weaknesses in networks that will assist the DCO in its duties.

And Sams knows a little about this. He is a certified penetration tester and exploit developer – certifications that are not easy to come by.

“Penetration testers are trained to think like the enemy and use the same tactics to replicate real life attacks,” Sams said. “They hack systems, identify weaknesses, and fix them before someone else can exploit them.”

In his spare time, he hunts for, “bug bounties,” by testing new web applications and software for exploits so vendors can fix them.

Sams believes the growing field of cyber warfare has



1st Lt. Tyler Sams (center), full time State Cyber Warfare Project Manager serves in his assigned role as the Automation Officer (S-6) for the 1-102nd Infantry Regiment while on annual training with his unit at Fort Drum, New York, June 21. (Photo by Sgt. Matthew Pilbro, HHC, 1-102nd Infantry Regiment, CTARNG)

unlimited potential, and is excited to be part of the team responsible for setting Connecticut up for success.

“Not only can I serve my country, but I can do it in a field I am passionate about,” Sams said. “Being able to help shape Connecticut’s portion of the cyber community is a true honor, and I hope others who share my passion join this field.”

Does joining Connecticut’s Cyber Team interest you? Positions are available for Officers, Warrant Officers and Enlisted Soldiers. Contact 1st Lt. Sams at tyler.j.sams4.mil@mail.mil through your chain of command for more information!

Join Tomorrow’s Battlefield as a Cyber Warrior



Enlisted, Warrant Officer & Officer Positions Available

For more information, contact:
1LT Tyler Sams
tyler.j.sams4.mil@mail.mil
860.595.9962

AROUND OUR GUARD

CTARNG Celebrates 242nd Army Birthday



A birthday isn’t official without cake! Members of the Connecticut Army National Guard celebrated the 242nd Army Birthday on June 14 with a traditional cake cutting ceremony at the William A. O’Neill Armory in Hartford, Connecticut (left) and during the 143rd Regional Support Group annual training at Fort Indiantown Gap, Pennsylvania (right). It is a time-honored tradition to have the longest serving Soldier and youngest Soldier available to cut the cake in celebration of the Army’s birthday.

Left: Sgt. Maj. Jeffrey Colvin (left), assigned to HHC Joint Force Headquarters, CTARNG, and Spc. Jessica Albino (center), assigned to the 192nd Military Police Battalion, cut into the Army birthday cake as Brig. Gen. Ron Welch, Director of Joint Staff, CTARNG and Col. Jerry Lukowski, Chief of Staff, CTARNG look on. (Photo by Allison L. Joanis, State Public Affairs Office)

Right: Master Sgt. Davis Foster (left) and Pfc. Spencer Weis, both assigned to the 143rd Regional Support Group, cut the Army birthday cake while on AT at Fort Indiantown Gap, Pennsylvania. (Photo by 1st Sgt. John Horn, 143rd RSG, CTARNG)



103rd Firefighters and Maintenance Group Conduct Joint Exercise

Firefighters assigned to the 103rd Civil Engineer Squadron (Firefighters) worked alongside Airmen from the 103rd Maintenance Group and Bradley Air National Guard Base’s Emergency Manager at an off-base location to train and further hone their crash recovery skills on May 31. This training allows both the firefighters and maintainers to familiarize themselves with each other’s emergency response equipment and learn how these resources can be compatible in responding to an aircraft crash. Installation Fire Chief, Chief Master Sgt. Robert Cross, said training the interoperability of these sections and their equipment is critical to safe and effective crash recovery. The sections plan to build upon this training with a larger, fast paced exercise in the fall of 2017.

(Photo by Senior Airman Steven Tucker, 103rd Airlift Wing Public Affairs)

Watch the video on the 103rd AW Facebook page, <https://www.facebook.com/103aw/>

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



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

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



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

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

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*photos are representations only, actual items and bonuses are subject to funding and availability.

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143rd RSG, Subordinate Units Spread Across Five States to Complete Annual Training 2017

MAJ. GEORGE DUGGAN
PUBLIC AFFAIRS OFFICER
143RD REGIONAL SUPPORT GROUP

The 143rd Regional Support Group and supporting units spent their Annual Training periods were spread across the Eastern Seaboard throughout June.

The 143rd RSG Headquarters headed to Fort Indiantown Gap, Pennsylvania, in order to shore up skills with a major staff exercise, but also took part in weapons and physical fitness training. According to Maj. Jeffrey Ritter, assigned to the 143rd RSG, evaluators said they had never seen the level of Non-Commissioned Officer and Junior Enlisted involvement in a staff exercise.

The 169th General Support Aviation Battalion conducted its AT at Fort Drum, New York. Deployments and robust company-level training plans have made it difficult to bring the entire battalion together in one location, but this year, the battalion was together and whole.

Training emphasized pilot flight time, crew served weapons and tactical living conditions. The weather was typical for summer at Fort Drum: Lots of heat, rain and mud. The food was prepared by the battalion's Forward Support Company, Echo Company, fresh of a national championship in the Philip A. Connelly Award Competition. The Connelly provides recognition for excellence in the preparation and serving of food in Army Troop dining facilities and field kitchen operations.

The 1048th Truck Company spent the majority of its Annual Training on the ranges of Fort Dix, New Jersey. Crew served weapon training included familiarization



Soldiers of the 1048th Medium Truck Company, fire with the M240B machine gun during annual training at Fort Dix, New Jersey, June 4. (Photo by Maj. George Duggan, 143rd Regional Support Group Public Affairs, CTARNG)

and qualification with the M240B machine gun and .50 caliber machine gun.

True to its name, the unit also trained heavily in convoy movements. The unit was able to train in diverse skills that they could not normally perform in Connecticut, according to Sgt. 1st Class Alexander Fatone, Unit

Readiness NCO.

The 192nd Multifunctional Engineer Battalion stationed its command post at Camp Niantic, but was spread out all across the United States. The fire fighters assigned to the 246th and 256th Engineer Detachment trained at the Muscatatuck Urban Training Center, in Butlerville, Indiana. Operations included a technical rescue, structural fire, hazmat operations and vehicle extractions.

One hundred and twenty four Soldiers of the 192nd Headquarters and 250th Engineering Company conducted water safety training, designed to build confidence, knowledge and skill in case of boating mishaps. Soldiers of the same units had a four-mile road march along the main trails of Stones Ranch Military Reservation.

The 118th Medical Battalion will be supporting the 2017 Boy Scout Jamboree, from July 19-28. The unit members will assist with the medical needs for 40,000 participating scouts and leaders. It is located on 10,600 acres of property on the Summit Bechtel Family National Scout Reserve, in West Virginia. Adjacent to New River Gorge National River area. Whitewater rafting, kayaking, mountain bikes, rock climbing and bouldering are some of the planned activities for the scouts.



CH-47 Chinook Helicopters assigned to the 1-169 General Support Aviation Battalion, depart from their homestation, the Army Aviation Support Facility in Windsor Locks, Connecticut to travel to Fort Drum, New York for their two weeks of Annual Training. (Photo by Maj. George Duggan, 143rd Regional Support Group Public Affairs, CTARNG)



Above: Firefighters assigned to the 246th and 256th Engineer Detachments conduct training on a live burn, simulating a car fire at a gas station during their annual training at Camp Atterbury, Indiana in June 2017. (Photo by State Command Sgt. Maj. John Carragher, State Command Sergeant Major, CTARNG)



Above: A UH-60 Blackhawk Helicopter and crew from the 169th General Support Aviation Battalion, CTARNG sling load a M198 Howitzer as fellow Connecticut Aviation Soldiers look on during their 2017 annual training at Fort Drum, New York, June 15. (Photo by 1st Lt. Krista Yaglowski, 169th GSAB Unit Public Affairs Representative)

Right: Staff Sgt. Nicole Vassallo and 2nd Lt. Zachary Cormier of the 192nd Engineer Battalion count M16 target hits, from the control tower at the at the East Haven Rifle Range, East Haven Connecticut, during the unit's annual training in June. (Photo by Maj George Duggan, 143rd Regional Support Group Public Affairs, CTARNG)



Above: First Platoon, 1048th Medium Truck Company conducts Improvised Explosive Device tactical maneuvers during a convoy mission at annual training at Fort Dix, New Jersey. (Photo by Sgt. Rosly Hernandez, 1048th MTC Unit Public Affairs Representative)



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

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

Maj. Derek J. Musgrave - Education Services Officer
860-524-4816
derek.j.musgrave.mil@mail.mil
Mr. Sam Salmeron - Education Service Specialist
401-275-4143
samuel.s.salmeron.civ@mail.mil
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REUNION: C/101ST, B/242ND COMBAT ENGINEERS

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Contact Joe Lindley at 860-928-5527 or Email Joe at: joelindley119@Hotmail.com

Enlisted Update *Final Thoughts Upon Retirement - Be Ready, Be Brave, Work Together*



CHIEF MASTER SGT.
ROBERT GALLANT

great nation. Make sure you reach out to those families and let them know that they are not alone.

By the time you read this, I will have retired after proudly serving my state and nation for over 40 years. The time has finally come for me to move on but, given the option, I would do it all over again. There were difficult times that made it tough, but it was the best times that kept me moving forward.

It has been a long and exciting journey and I have had the privilege to meet and work with many individuals that have mentored and guided me throughout my career. The United States Air Force and the Connecticut Air National Guard gave me the opportunity to expand my horizons, travel the world, see new places, and meet new people. Those people helped me build a military family that has been my key factor to success and longevity.

At the end of my very rewarding career, I hope I was able to help develop and mentor Airmen and Soldiers to become effective leaders and lead successful careers. I also hope those Airmen and Soldiers go on

Greetings Airmen and Soldiers of the Connecticut National Guard.

I want to wish all a safe and fun summer with your families, but I also ask you to think about our Battle Buddies and Wingmen currently deployed and away from their families, protecting us and guarding this

to mentor the Connecticut Guardsmen of the future. As one door closes, a door to the future opens. I want to wish the best of luck to the next State Command Chief Mater Sergeant for the Connecticut Air National Guard, Chief Mater Sergeant John Gasiorek. Gasiorek is currently the 103rd Air Lift Wing Command Chief Master Sergeant. I have had the privilege to work with him and he is a superior Airman, mentor, leader and friend. He is totally committed to you and Connecticut Air National Guard.

As I move on, I wanted to pass on the three most important factors that have helped me to be successful as an Airman and senior leader within the Air National Guard. Remember these, so when opportunities open, you are ready for your next challenge.

- **Be prepared** - Complete all your training and requirements in your schools. Whether they are in-residence, career development courses or other professional military education, be the best you can be.
- **Step out of your comfort zone** - Don't be afraid to accept challenges and take the next step to move forward. There may be some disappointment and failure along the way, but you learn from your missteps and adjust, which will make you a better Airman, Soldier and leader.
- **Learn from others** - Emulate the successful people around you, learn from mentoring others and learn from



Happy Retirement, Chief Gallant!

State Command Chief Master Sgt. (Ret.) Robert Gallant (right) and Maj. General Thad Martin at Gallant's retirement ceremony held at in the main hangar of the 103rd Air Lift Wing in East Granby, Connecticut, June 4. Gallant retired after serving for more than 40 years. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs)

being mentored. Build that family of support because we all need Wingmen and Battle Buddies. You never have to do it alone.

Again, I want to thank everyone for all the support, mentoring and guidance that you provided to develop me into the leader I became. It has been an absolute honor and privilege to wear this uniform and to be a part of the U.S. Air Force and the Connecticut Air National Guard for all these years, serving with each and every one of you by my side.

Final Inspiration:

Authorities act with themselves in mind. Leaders act with others in mind. Authorities take; leaders give. Authorities die; leaders live on. - Simon Sinek

CONNECTICUT AIR NATIONAL GUARD

COMMISSIONING OPPORTUNITIES

Qualified candidates may email resumes/CVs to:

Senior Master Sgt. Aaron Hann aaron.f.hann.mil@mail.mil (860) 292-2331	Master Sgt. Christopher Grizzle christopher.h.grizzle.mil@mail.mil (860) 292-2758
--	---

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



Spotlight on a Recruiter Sgt. Jessica Roman

What was your original Military Occupational Specialty?
My original MOS is a 92Y (Unit supply specialist with 169th Aviation Battalion)

Who was your recruiter?
My recruiter was Chief Warrant Officer 2 Tasha Katterman.

Why did you join the military?
I wanted to carry on my family tradition and serve my country. My mother retired from the Army National Guard and my brother previously served in the Army National Guard and is still serving on active duty.

Before working in the Recruiting and Retention Battalion, what was the most unusual or interesting job you’ve ever had?
When I got back from Advanced Individual Training, I worked with military funeral honors for over a year. Initially it took some getting used to but I truly enjoyed the position.

My first civilian job was at Blockbuster Video before Netflix and everything else came along. It was interesting to see how upset people would get when you don’t have the movie they want!

How many years have you been working in recruiting?
Previously, I worked temporary positions with the recruiting battalion on and off. This is my second year as an AGR recruiter.

Do you have any children? If so, how many, names, ages?
I have two wonderful and hilarious children. My son Spencer is 11 and my daughter Isabella is 3.

Do you have any hobbies?
I devote my free time to working out. I’m addicted.

Who did you first see live in concert? This is embarrassing but B2K, a boy band.



Get to Know Connecticut’s Newest Soldiers

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

Graduates of the RSP are briefed on the extensive benefits and programs available to members of the Connecticut National Guard.

RSP drills each month at Camp Niantic, Connecticut. Keep up with their training by liking their Facebook page, <https://www.facebook.com/ConnecticutGuardRsp/>



*Meet PV1
Kyron D.
Bridges
Age: 18
11B, Infantryman*



*Meet PV1
Erin C.
Scherfner,
Age: 22
68W, Health Care
Specialist*

What were you doing before you joined?	I am a senior at Conard High School in West Hartford, and also work at Chipotle as a grill cook.	I was working full time for Nissan as a Retention Analyst. I was also attending Naugatuck Valley Community College studying Pre-Med.
Why did you join the Guard?	I joined the Guard to serve my country and to give back to the state that I grew up in. I also joined for the educational benefits that the Guard offers.	I joined for educational benefits in addition to receiving more medical training that the Guard offers.
Who is your Recruiter?	Staff Sgt. Andre Mack	Sgt. 1st Class Joseph Benete
What do you tell friends about the Guard?	I tell my friends that the Guard is great and that they should join.	My friends are very supportive of my decision to join the Guard and are always eager to hear my stories.
Do you have any hobbies?	I played football in high school and enjoy lifting weights.	I enjoy hiking, reading and am always seeking something new to learn.
What is your dream vacation destination?	West Palm Beach, Florida	Nepal or Tibet, mostly to hike Mt. Everest
What was the most influential life event?	Moving out of the inner city and into a suburban neighborhood.	Watching my little sister grow up.
If you could buy any one thing, what would it be?	A BMW	An unlimited supply of fried chicken.
What would be your entrance music?	New Level by ASAP Ferg	I Hear You Knocking by Dave Edmonds

Inside OCS

Time Management: The Key to Success

OFFICER CANDIDATE DEVON CAFAZZO
OCS CLASS 62
1-169TH REGT (RTI)

As Phase II draws near its close for OCS Class 62, the demands of the course are as high as ever.

Connecticut and New York candidates are putting everything they have learned into practice during a field exercise where they will have to accomplish objectives such as clearing routes and reconning villages.

They will be pitted against opposing forces, led by a senior military police officer and an infantry combat veteran. Candidates have spent numerous hours planning, surveying the area, developing imagery and sand tables, and reviewing battle drills, all in preparation for this month’s drill. This type of work is not unique for the current candidates. Before drill, they are usually studying for the next month’s exams, working on standard operating procedures, writing operation orders, and reviewing any other pertinent material that may help with the multitude of variables cadre will throw our way to test our skills.

Like every other member of the National Guard, the candidates are Citizen Soldiers, leading busy lives outside of OCS. Soldiers have careers as police officers or security guards; some are in business, engineering, or science. In addition to career and military, members of class 062 have families and children, they are active in their communities, they volunteer or attend school. With all of this on their plate, proper time management is crucial in order to get everything accomplished.

All of us in the Guard wear multiple hats: Soldier, civilian, employee, parent, coach, among many others. Without managing everything properly, we can miss deadlines, publish sloppy work that is full of errors, or fail to accomplish the mission.

There are two ways I have seen people go about attempting to accomplish multiple challenging tasks: The first, which I have fallen victim to, is to accomplish whatever task is loudest or in your face at the moment. The other is to prioritize tasks, completing them out in order of importance. While the second path makes more sense and can make us more successful, it can be easy to fall into the trap of completing whatever task is right in front of you, or letting things pile up and getting



overwhelmed. Without properly managing limited time, the current candidates would not be as successful as they are.

After this month, Class 62 will head to its Phase III annual training. The main task will be to accomplish a situational training exercise, or STX, lane under careful evaluation on how we conduct the Troop Leading Procedures.

Connecticut and New York candidates have trained tirelessly in preparation for this, and when these skill were tested in May, Class 62 was up to the challenge.

Just like managing time in between and during drills, being able to prioritize is key to a successful STX lane in Phase III. Now, we will use the time management skills we have honed over the past 11 months to continue to meet and exceed the standard in our attempt to earn a commission as Army National Guard Officers.

Become an Officer in the Connecticut Army National Guard

Do you have what it takes to withstand mental and physical challenges of the Connecticut Army National Guard Officer Candidate Program?

For information and requirements, contact your chain of command or
Capt. Ulrick Brice, RRB Officer Strength Manager
ulrick.g.brice@mail.mil

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susan.w.curtiss.mil@mail.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention

GOAL SETTING



Resilience: "Skill of the Month"

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

WHAT'S MY GOAL?

Do you have a "Bucket List?"

- Do the Bucket List activity below
- Then use the Goal Setting participant activity located on the next page to start achieving!

Your Bucket List

First: Take a moment to *brainstorm* and write down the goals you would like to achieve, then circle the ones that would need a deliberate plan...

Examples:

- Run a marathon
- Write a song
- Take a yoga class
- Visit all 7 continents
- Keep a journal
- Get six-pack abs


Next: Use the 7-step Goal Setting Process (see next page) to outline your plan for goal achievement.

What is the skill?

"Goal Setting" is a process to deliberately energize, direct, and sustain behavior to ensure progress. The end-state is *goal achievement*.

Bottom Line Up Front (B.L.U.F.)

- Goal Setting helps to build *Self-regulation*.
- Goal Setting is an effective strategy to facilitate *achievement of dream goals* as well as enhanced performance.



#BETHERE



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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

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)

R3SP - Resilience, Risk Reduction & Suicide Prevention

Overdose: Know the Details, How to Get Help

SUBMITTED BY THE CTNG SUBSTANCE ABUSE PROGRAM

What is an Overdose?
An overdose happens when too much of a drug or substance (ex. alcohol) is consumed, leading to a toxic effect on the body. Although the body may heal itself, help is often needed. Overdose can result in permanent organ damage or death.

Types of Overdose

- Accidental – a person takes the wrong drug or combination of drugs, in the wrong amount or at the wrong time without knowing that it could cause them harm.
- Intentional misuse: a person attempts to get 'high' or to inflict self-harm. The latter may represent a cry for help or a suicide attempt.

Symptoms of an Overdose

- Unusual vital signs — heart rate, breathing, blood pressure, and body temperature can increase, decrease, or become completely absent.
- Sleepiness, confusion, and coma are common and can be dangerous if the person breathes vomit into the lungs (aspirated).
- Chest pain is possible and can be caused by heart or lung damage.
- Abdominal pain, nausea, vomiting, and diarrhea are possible.

Preventing an Overdose

- Read medication labels carefully and take prescription medications only as directed by a doctor. (Keep medications in original packaging).
- Return unused drugs to the pharmacist if no longer needed.
- Be cautious when combining medications or substances (including alcohol) at or around the same time as they can interact negatively and increase the risk of overdose.
- Mixing: Mixing illegal drugs with legal substances, including alcohol and sleeping pills increases overdose risk.



Members of the U.S. Armed Forces are not immune to substance abuse. According to the National Institute on Drug Abuse, heavy alcohol, tobacco and especially prescription drug abuse are much more prevalent and on the rise among members of the military. If you or someone you know is in need of help, call 911 in the case of an emergency or the National Helpline for Substance Abuse Prevention, 1-800-662-4357. (Photo by Seaman Tina Staffieri, U.S. Navy)

Get Help

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

Suicide Signs - What to Look For

Attend ACE-SI and ASIST to See the Signs

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

You can help save a life!

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

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

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



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

Off the Bookshelf

with Staff Sgt. Simon

Somewhere in the Darkness

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

Father’s Day recently passed, and millions of Americans spent June 18 with their dads.

Millions of American children do not have fathers or positive role models and mentors in their lives, however, and this unfortunate phenomenon is present throughout America’s various socioeconomic concentrations.

Walter Dean Myers, a U.S. Army Veteran, wrote more than 100 books in his career as a children’s and young adult author. One of his most noteworthy titles is the Newbery-winning, “Somewhere in the Darkness,” which explores a teenage boy’s strained relationship with his absent father and their brief reconciliation.

In “Somewhere in the Darkness,” the father’s name, fittingly, is Crab. To his son, Jimmy, he is a scavenger and criminal, but through the course of the novel, Jimmy develops a degree of empathy for his dad, which, at the novel’s conclusion, he is able to view as a gift.

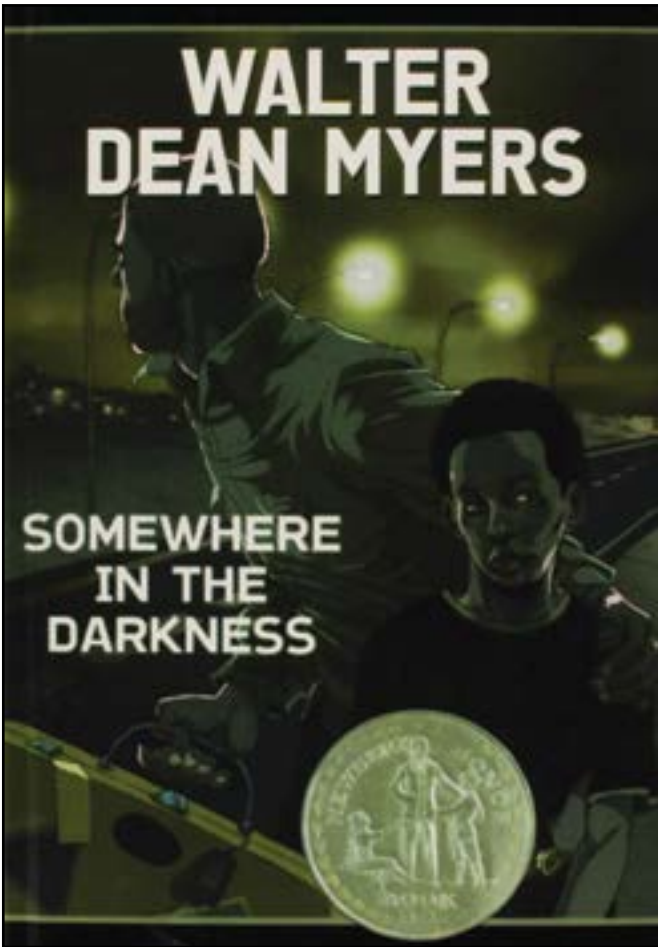
Myers, who used the Montgomery G.I. Bill to pay for his college education, stated most of his writing was semiautobiographical. Like his protagonist, Jimmy, in “Somewhere in the Darkness,” Myers was orphaned as a child and raised by foster

parents. Myers said he hadn’t met his father until he was a teenager, and that among all of his novels, “Somewhere in the Darkness.” was nearest to many of his personal feelings.

Myers said that during his many visits to prisons and juvenile detention centers as a visiting author and speaker, he met hundreds of young men and boys and learned that in addition to their mostly being from homes with absent parents, the majority had abysmally low reading levels. He frequently stated in interviews that to help prepare children for the world, the best gift a parent could give to their child, in addition to strong mentorship, was the encouragement to read. Myers’ own son, Christopher, provided illustrations to many of the elder Myers’ books.

In 2012, Myers was named the Library of Congress’ National Ambassador for Young People’s Literature. He routinely toured the country on speaking tours and continued publishing his work until his death in 2014. Myers’ books, including the formerly widely banned, “Fallen Angels,” inspired by his brother’s death in Vietnam, have sold more than 15 million copies.

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



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

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Military History

Connecticut in the Civil War

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

Despite its small size and population compared to others involved, Connecticut made enormous contributions to the Civil War.

Once again, the Provisions State lived up to the nickname earned 86 years earlier, becoming a virtual arsenal. The most well-known manufacturers were Colt’s Patent Fire-Arms Manufacturing Company (Hartford), the Eli Whitney Jr. Company (New Haven), Sharps Rifle Manufacturing Company (Hartford), and Savage Revolving Fire Arms (Middletown). Others in the state included the Connecticut Arms Company in Norfolk, William Muir in Windsor Locks, and the Norwich Arms Company. Nearly all of the buttons worn on Soldier’s uniforms were made in Waterbury.

The state furnished 30 full regiments of infantry, including two comprised of African American men. Two regiments of heavy artillery, which also served as infantry toward the end of the war, and three batteries of light artillery. The Nutmeg State also fielded one regiment of cavalry. Casualties from Connecticut military units during the war included 97 officers and 1094 enlisted men killed in action, with another 700 men dying from wounds while more than 3,000 perished from disease, and thousands more returned to Connecticut wounded.

Many Connecticut men served in senior positions in the Union Army. Maj. Gen. Joseph K. Mansfield of Middletown led the II Corps of the Union Army of the Potomac in 1862, until he was killed in action at the Battle of Antietam in September. Cornwall’s John Sedgwick commanded the Union VI Corps for much of the war until he was killed at the Battle of Spotsylvania Court House.

This year marks the 154th anniversary of the

Battle of Gettysburg. The costliest battle of the entire conflict was the last time the Confederate Army would invade the North, and Connecticut regiments served with distinction. Roughly 1,270 men from the state were at the battle, organized into five infantry regiments and one light artillery battery. Around 340 men (27%) were casualties.

The 14th Regiment, protecting one of the most important points of the Union line, withstood Confederate Maj. Gen. George Pickett’s famous charge on July 3, 1863. Some soldiers leaped over a stone wall and captured six enemy battle flags. Three men from the regiment, Private Elijah W. Bacon, Corporal Christopher Flynn, and Sergeant Major William B. Hincks were awarded the Congressional Medal of Honor for valor.

Connecticut is home to more than 130 Civil War monuments. Just about every town erected a monument in honor of the men and women who served in the war to preserve the Union. In New Haven alone there are eight. The Soldiers and Sailors Monument is located on the 366-foot summit of East Rock Park. The Yale Civil War Memorial at Woolsey Hall is notable for honoring both Union and Confederate dead.

For many years, various organizations in the Connecticut National Guard would conduct Staff Rides



Soldiers with cannons. 1st Connecticut Heavy Artillery, Fort Richardson, Arlington, Virginia, 1861. (Library of Congress, Prints and Photographs Division)

on this historic site. Some units, while participating in Annual Training at Fort Indiantown Gap in Pennsylvania, took the opportunity to visit the battlefield and honor the soldiers of the Connecticut units that fought there.

For more information about Connecticut regiments at the Battle of Gettysburg and the monuments placed there go to <http://gettysburg.stonesentinels.com/union-monuments/connecticut/>.

A great resource for more information on the Civil War is the Central Connecticut State University History Department website at <http://web.ccsu.edu/civilwar/>.

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 TY17 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
IDS Training Class 03	350-17-35	Mr. Tom Colangelo	1-Aug-17	1-Aug-17
IDS Training Class 07	350-17-35	Mr. Tom Colangelo	2-Aug-17	2-Aug-17
ACE-SI	350-17-29	Ms. Meagan MacGregor	4-Aug-17	4-Aug-17
Tag Match	350-17-25	Sgt. 1st Class Jonathon Cuebas-Marrero	4-Aug-17	6-Aug-17
ASIST	350-17-08	Ms. Meagan MacGregor	5-Aug-17	6-Aug-17
IDS Training Class 04	350-17-35	Mr. Tom Colangelo	8-Aug-17	8-Aug-17
IDS Training Class 08	350-17-35	Mr. Tom Colangelo	9-Aug-17	9-Aug-17
IDS Training Class 11	350-17-35	Mr. Tom Colangelo	10-Aug-17	10-Aug-17
UPL Course	350-17-12	Staff Sgt. Joshua Prochnicki-Fitzgerald	15-Aug-17	16-Aug-17
IDS Training Class 12	350-17-35	Mr. Tom Colangelo	17-Aug-17	17-Aug-17
ACE-SI	350-17-29	Ms. Meagan MacGregor	18-Aug-17	18-Aug-17
ASIST	350-17-08	Ms. Meagan MacGregor	19-Aug-17	20-Aug-17
Leadership Challenge Program II Course	350-17-41	1st Lt. T. Ryan Serfes	29-Aug-17	31-Aug-17
HEAT Instructor Course	350-17-42	Staff Sgt. Gerald Santos	30-Aug-17	30-Aug-17
Annual Government Purchase Card Refresher Course	350-17-39	Sgt. Kyle Stafford	4-Sep-17	4-Sep-17
Annual Government Purchase Card Refresher Course	350-17-39	Sgt. Kyle Stafford	12-Sep-17	12-Sep-17
ASIST	350-17-08	Ms. Meagan MacGregor	13-Sep-17	14-Sep-17
Army Substance Abuse Prevention (ASAP) AGR	350-17-04.a	Ms. Robin Tanguay	13-Sep-17	13-Sep-17
Pre-Command / 1SG Course	350-17-24	Maj. Mike Jakubson	15-Sep-17	17-Sep-17
Annual Government Purchase Card Refresher Course	350-17-39	Sgt. Kyle Stafford	20-Sep-17	20-Sep-17
Annual Government Purchase Card Refresher Course	350-17-39	Sgt. Kyle Stafford	28-Sep-17	28-Sep-17

Highlighted Courses:

Unit Prevention Leader (UPL): This training ensures that Soldiers serving in the capacities of Unit Prevention Leader (UPL) or Alcohol and Drug Control Officers (ADCO) are provided with the knowledge on how to increase individual fitness and overall unit readiness. Training will emphasize substance abuse (SA) specimen collection procedures, chain of custody documentation, and specimen packaging. In addition, it will cover the Substance Abuse Prevention Program, its benefits to units, and providing training and training aids. 15-16 August 2017. 30 Soldiers Max. See your unit Training NCO for current availability.

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

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

Note: TY18 Training Circulars are published. See your unit training NCO or visit GKO; GKO at G3>Training Circulars>Training (TR)>TY18.

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

THE DA PHOTO PROCESS

Do You Need A DA PHOTO?

1

Must be SSG or above

And at least one of the following:

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

2

REVIEW YOUR ERB/ORB

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

3

PREPARE YOUR UNIFORM

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

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

4

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

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

5

SHOW UP AT SCHEDULED TIME

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

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

IMAGE MANIPULATION

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

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

How Does your photo get to your ERB/ORB?

Photo Lab → Human Resources Command → DAPMIS

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

What to Wear for a DA Photo

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

No headgear worn for DA photo

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

Equal Opportunity - *Learning About the Islamic Faith*

LT. COL. VALERIE SEERY, HR EO OFFICER

Like any religion, the history of the Islamic faith is a complex story and has filled countless books, journals and other mediums with interpretations and theory. As a nation that deploys often to countries where Islam is the faith of the majority, it is important to understand its history and some of the basic tenants of the religion. Here is a quick look at some of the basic details of the faith. It is highly recommended you do your own research to learn about the customs and beliefs of the Nation of Islam.

History of Islam

In 570 A.D., in the city of Mecca, in the country now known as Saudi Arabia, a man called Muhammed was born. His parents died when he was very young, leaving him to extended family who raised him as their own. He grew up traveling by caravan with the family, trading and mingling with the people of Mecca until one day he met a Christian monk who proclaimed him the last prophet.

Although much was not made of this proclamation at the time, at age 25 he married a wealthy widow, also a caravan traveler whose family business was trade. For 15 years he traveled and traded in the family business, mingling with the people called Henefites who were

Arabs searching for the, “true religion.”

At age 40, Muhammed had a vision that he was possessed by a demon. His wife consulted with her uncle, a Christian, who proclaimed this vision was a message from God and declared Muhammed a prophet of the Arab people. The Arab people were skeptical of this at first and he had few followers, mostly family. His message was that Allah is the one true God and he rejected the idol worship that most Arabs of Mecca at the time believed in. Word spread of this new prophet and fighting broke out between Muhammed’s followers, the Muslims, and other Arabs in the area.

After years of fighting, his small group grew in number with more people recognizing him as the prophet. By the time of his death in 632 A.D., he had amassed enough support to force the city of Mecca to accept Islam as their religion and him as their leader.

After Muhammed’s death, a male family member succeeded him as Caliph (successor) and three more Caliphs followed after each Caliph’s death. There was a disagreement between Muslims over who were the legitimate Caliphs. One group believed only the grandson, Ali the fourth Caliph, was legitimate, and this group became known as the Shia Muslims. One group

accepted that all four of the Caliphs were legitimate and they became known as Sunni Muslims.

The foundation of Islam is based on the Five Pillars of Faith, and a Muslim is a person who has submitted to Allah and observes these Five Pillars.

Five Pillars of Faith

- *Shahada* – “There is no God but God” and “Muhammad is the messenger of Allah”
 - *Salat* – Prayer five times per day facing Mecca
 - *Zakat* – Almsgiving - give to the poor and sick
 - *Sawm* – During the month of Ramadan from dawn and sunset
 - *Hajj* – Pilgrimage to Mecca once in a lifetime
- ### The Beliefs of Islam
- *God* – The one true God is Allah who is all knowing
 - *Angels* – Are created of light, they serve Allah, and they record all of our good and bad deeds
 - *Scripture* – The four books of Islam are the Quran, Tawrat, Ingil, and Zabur
 - *Prophets* – Include Adam, Noah, Abraham, Moses and Jesus of the Christian faith, but the most important is Muhammad
 - *Last Days* – There will be an end of the world with resurrection and judgement.

BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:

Children
Older adults
Outside workers

WHERE:

Houses with little to no AC
Construction work sites
Cars

HOW to AVOID:

Stay hydrated with water, avoid sugary beverages
Stay cool in an air conditioned area
Wear light-weight, light colored, loose fitting clothes

During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°

Inside 109°
Time Elapsed: 20 minutes

Inside 118°
Time Elapsed: 40 minutes

Inside 123°
Time Elapsed: 60 minutes

CONNECTICUT NATIONAL GUARD SAFETY FIRST

Be Prepared for Rising Temps

Heat-related deaths and illness are preventable yet annually many people succumb to extreme heat. Extreme heat caused 7,415 heat-related deaths in the United States from 1999 to 2010. Extreme heat kills more people than hurricanes, floods, tornadoes and lightning combined, according to the National Weather Service. In 2001, 300 deaths were caused by excessive heat exposure.

During Hot Weather:

- *Drink Plenty of Fluids* - Don't wait until you're thirsty to drink
- *Replace Salt Minerals* - Sports beverages can replace the salt you lose from sweat
- *Wear Appropriate Clothing and Sunscreen* - Choose lightweight, light-colored, loose fitting clothing, and wear sunscreen of SPF 15 or higher
- *Schedule Outdoor Activities Carefully* - If you must be outdoors, limit your activity to morning and evening hours
- *Pace Yourself* - Start slowly and pick up the pace of your activity gradually
- *Stay Cool Indoors* - If you can, stay inside in the air-conditioning. No AC? Go to a shopping mall, movie theatre or public library where it is cool
- *Use a Buddy System* - When working in the heat, monitor the condition of your coworkers, and have someone do the same for you
- *Monitor Those at High Risk* - Infants and young children, individuals 65 years and older, people who are overweight, people who are physically ill
- *Adjust to the Environment* - Allow for several days to acclimate to an early summer heat wave or a hotter climate that you are accustomed
- *Do Not Leave Children or Pets in Cars* - Even with windows cracked open, interior temperatures can rise almost 20 Degrees Fahrenheit within the first 10 minutes
- *Use Common Sense and listen to your body*

Information and Graphic from Centers for Disease Control and Prevention
https://www.cdc.gov/disasters/extremeheat/heat_guide.html

Consider Safety in All Seasons At Home and on the job!

CTARNG Safety Office
(860) 292-4597

CTANG Safety Office
(860) 292-2776

Retiree Voice Cyber Safety - Stop, Think, Connect

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

Technology has changed our world. Connection to the Internet has opened a host of opportunities and access to knowledge unheard of thirty years ago. With this access has come vulnerability to personal security.

One can no longer go online and blindly surf the net, shop, or do personal business without considering there are individuals out in cyberspace preying on the personal information of others. The Department of Homeland Security says those online need to, “Stop. Think. Connect.”

Before you go online, take these steps to secure whatever device you use. Smartphones can track your location and reveal information about you, including your contacts, so make sure to only download and use reputable apps and be sure to password protect your phone. Know how to erase personal data from lost phones.

Secure your Internet router. That device has a password and username and sometimes the default passwords are very easy to guess. Your devices should be password protected so you can secure your connection from public access to your computer, which can be accomplished simply by someone parked outside your house and logging on to an unprotected network.

Computers need to have good security and firewall software in place. If you need help to do this, reach out to



your Internet service provider or mobile operator. Some may offer free anti-virus software, or you can purchase security software from a reputable company such as the ones listed at the Connect Safely website. Senior centers, schools, and

some religious or community groups offer free or low-cost classes on protecting yourself in the cyber realm.

Online, proceed with caution. Shop or bank only on secure websites with an “https” in the browser’s address bar. The “s” stands for secure. If you shop or bank using a mobile app, be sure it was issued by that company.

Payment should always be with credit cards, or online payment services like PayPal, which offer you the best consumer protections. You should never pay by sending cash, cashier’s checks or money orders.

Be very cautious about posting your complete birthdate, birthplace or other personal information that could be used to steal your identity. Monitor any online financial accounts for unauthorized activity. Report it as soon as possible.

Remember, emails promising free gifts or deals too good to be true usually are. When websites ask for personal information, whatever you input or write is visible to others and it’s not erasable. What you put out there stays out there. Be very cautious about on what you click, from attachments or links in emails to links within websites.

Finally, use common sense. We can plan trips, shop, and manage finances without ever leaving the comfort of home, but it is misused by those who are out to take advantage of naive behavior. You don’t want to be a victim. By taking proactive steps, it is less likely you will be a victim of identity theft, frauds or scams.

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

Pozochacon, Samantha V.
Alvelo, Miguel A.
Rodriguezrodriguez, Johnathan
Ingraham, Colin R.
Grabowski, Michael T.
Lathuras, Josselin L.
Le, Andy
Freeman, Jazmyn E.
Stgermain, Maxim F.
Holzschlag, Nathan A.
Lafrance, Norman V. III
Laconte, Olivia R.
Kussainova, Diana

To Private First Class

Hoar, Tyler L.
Malave, Joshua X.
Gonzalez, Angel
Grant, Stives R.
Smith, Corey D.
Dingee, Luke T.
Zamfino, Aron F.

Burgos, Jocelyn T.
Reilly, Andrew J.
Moreno, Bryanna N.
Nembhard, Cadeem C.
Alamosalva, Luis C.
Williams, Navardo O.
Goslin, Paul M.
Thomas, Lucinda V.
Mclendon, Toni K.
Ortiz, Victor J.
Goncalves, Dallas J.

To Specialist

McGorty, Bernard C.
Figueroa, Jarred E.
Razdan, Pranav A.
Lucien, Shiller A.
Bennett, Akeba J.
Soto, Daniel R.
Nowak, Mitchell J.
White, Ragjade O.
Miyares, Alexeil E.
Lenning, Christopher J.
Lenaku, Geri
Cutler, Tyler J.
Perkins, Robert A.

Nolan, Kelly E.
Kyllonen, Tyler A.
Charles, Edgar
Bauza, Bernabe Jr.
Barabas, Frank A. III
Niles, Ryan D.
Federcraney, Carl J.
Hamilton, Reneesha S.
Palmer, Kimani
Quinones-Rodriguez, Karina
Pastula, Christopher D.
Desmond, Paul G.
Brown, Hakeem S.
Bass, Jesse A.
Delgadomoraes, Jean C.
Cianci, Samantha L.
Riordan, Patrick R.
Vega, Luis A.

To Sergeant

Haug, David W. Jr.
Silva, Robert C.

To Sergeant First Class
Smith, Ronald F.

Richards, Christopher J.

To Master Sergeant

Vanacore, Gerald S.

To 1st Lieutenant

Rutka, Patrick C.
Jameson, Cory C. II
Arnold, Grant J.
Pratte, Justin E.
Klein, Edmund J.

To Captain

Alexander, Ross M.
Cuticello, Jamie C.
Dewey, Christopher M.

To Lt. Colonel

Converse, Brian J.

To Colonel

Murphy, Daniel W.
Carpenter, Moira E.

AIR

To Senior Airman

Taccariello, Angelena
Mendoza, Freddie Jr.
Malekivash, Reza

To Staff Sergeant

Albani, Christopher R.
Gdula, Dorota E.
Riggott, Eric J.
Stgeorge, Gerard R.

Torres, Jose D. Jr.
Aponte, Joshua L.
Brown, Leon G. Jr.
Salter, Nathaniel G.
Kret, Radoslaw
Shopey, Robert J. III

To Technical Sergeant

Bourbeau, Christopher J.
Russo, Joshua E.

Stearns, Michael J.
Zanow, Trenton T.

To Master Sergeant

Torres, David
Reynolds, Crystal L.
Keogan, Christopher J.
Daniel, Zachary O.

To Senior Master Sergeant

Daley, Timothy F.
Concepcio, Jonas

Congratulations to All!



Promotions as of June 1, 2017

Coming Events & Holidays

July
June 4

Independence Day

July 11

August Guardian Deadline

July 29

Korean War Veterans Armistice Day

August

August 4

Coast Guard Birthday

August 7

Purple Heart Day

August 8

September Guardian Deadline

August 14

Victory Over Japan Day

August 24

Retiree & Military Department Picnic

September

September 4

Labor Day

September 5

October Guardian Deadline

September 11

Patriot Day

September 15

POW/MIA Recognition Day

September 18

Air Force Birthday

September 20

Rosh Hashana

September 24

Gold Star Mothers & Families Day

September 30

Yom Kippur

Have a safe and happy Fourth of July!

From the staff of the CTNG Public Affairs Office and the Connecticut Guardian

Reconnect with friends!!!

Cookout starts at Noon

Retiree Benefit Update at 10:00 a.m.

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

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

Name _____ Rank _____ Army _____ Air _____

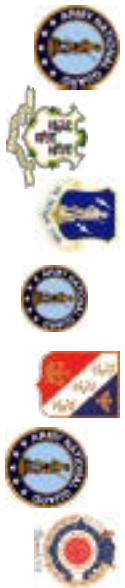
Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

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

CHANGE SERVICE REQUESTED



Connecticut Family GUARDIAN

VOL. 18 NO. 7 HARTFORD, CONNECTICUT JULY 2017

Connecticut Military Teens Attend Weekend Camp in Niantic

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

CAMP NIANTIC -- The Connecticut National Guard Child & Youth Program hosted the fifth annual Teen Training Weekend, June 2-4.

The event hosted 20 Connecticut Military dependents of high school age for the weekend to participate in leadership and resiliency training in a relaxed, social setting where participants had the opportunity to meet one another and have some fun.

The weekend was kicked off with the, "Four Lenses," curriculum trained by Jennifer Hollidge, Lead Child and Youth Coordinator for the New Hampshire National Guard. The Four Lenses curriculum helps teens identify their personality traits, assigning each trait a color. Teens then learn how to evaluate their own traits and how to best communicate with others who possess different "colors" and traits. The emphasis is placed on embracing and working with the differences of others. The rest of the weekend training focused on resilience, building upon the theme of communication.

It was not just all work, all weekend. Participants took part in the post's state-of-the-art Fire Arms Training Simulator, work on a Service Project for the So Others Can Survive organization, had a friendly game of capture the flag and dressed up from their favorite music decade at a, "Music Through the Times," themed party on Saturday evening.

The entire weekend was planned by youth leaders of the Connecticut National Guard Youth Council. This council is comprised of military kids ages 11 and older. The council meets monthly, where they plan the weekend of events and designate leaders for all scheduled activities.

If you have a military youth you feel would benefit from being on the CYC, please contact Michelle McCarty for more information at michelle.m.mccarty4.ctr@mail.mil or 860-548-3254.



Connecticut military teens were presented with certificates of participation in the fifth annual Teen Training Weekend at Camp Niantic, Niantic, Connecticut, June 2-4. The Connecticut National Guard Child & Youth Program hosted 20 Connecticut Military teens who attended leadership and resiliency training as part of the weekend events. (Photo by Michelle McCarty, Lead Child & Youth Coordinator, CTNG Service Member and Family Support Center)



Connecticut military teens played a game of capture the flag at fifth annual Teen Training Weekend at Camp Niantic, Niantic, Connecticut, June 2-4. The Connecticut National Guard Child & Youth Program hosted 20 Connecticut Military teens who participated in training and social events during the weekend. (Photo by Michelle McCarty, Lead Child & Youth Coordinator, CTNG Service Member and Family Support Center)



CATHERINE GALASSO-VIGORITO

Be Secure in the Knowledge that God Loves You

On one especially beautiful day, I met a friend of mine at the park for a brisk early morning walk. The sky was brushed with gorgeous light blue hues. Sparrows flew overhead as we walked along the country road. Then, the birds disappeared into the distance. The sound of the breeze was rustling the leaves in the trees and as we walked further, and I saw a little rabbit peek out of the green grass and two squirrels chasing each other across the street before us. The wondrously peace-inducing and healing balm of nature soothed our mind and spirit. Step by step, as we carried on with our walk, my friend confided solemnly, “A few years ago, I went through a great crisis. I began to feel worthless and fearful and struggled to remain strong.” With concern tightening her voice, she fought back the tears that were pooling in her eyes, and she told how she could barely function. Because of traumas in her past, my friend said she had just about given up all hope for her future. I listened to her words. My thoughts were drifting back and forth as to what she would say next. A few minutes passed, and my friend spoke, “One day while outside in front of my home, I saw a man on a bicycle approaching me from the opposite direction. As he drew near, he called out, ‘God loves you’ and persisted on his way. What a gift! I believe God used this man to bring me a message to fill my empty heart. Thereafter, I felt contented and renewed, as I was reminded of the great love, security and kindness that we find in God.” From that moment on, my friend’s healing began. A certain amount of calm came over her, and she said, “When I prayed I could hear God saying, ‘I am here and I care.’” Daily, she clung to her faith and slowly her anxiety and fears disappeared. She explained she felt a renewed purpose. It was the hand of God working and, once again, she has an excitement for life. In wonderment, I responded, “What a lovely testimony.” Then, I said softly, “We must all be secure in the knowledge that God loves us.” Maybe you used to be excited about life. You were enthusiastic about your plans and passionate about the

future. But along the way, you could have had some struggles, faced unjust circumstances or stumbling blocks and the many dreams you once had seem to be slowly fading away. Now, you may think that God has failed to remember you, and you don’t know what to do anymore. But God has not forgotten about you. No matter who you are, where you are now or what has happened in the past, God loves you. Your Heavenly Father isn’t finished with you yet, for He wants you to have the desires of your heart. So with an empowering and positive outlook, make up your mind to get rid of the guilt, the feelings of regrets, and break the bondages that are holding you back from success. Last week for breakfast, my youngest daughter attempted to make an egg and cheese omelet. But the cheese got stuck to the bottom of the pan, and there were shells in the egg. My daughter didn’t give up or give in sitting back idly because she made a mistake. For mistakes or setbacks happen to the best of us. Without flinching, my daughter tried again. The second time, the omelet came out great. Sitting at the kitchen table smiling, my daughter uttered to me, “The first time didn’t work out. But the second time it did,” she said, confidently. Just as perennial flowers extend out into view rising again from the ground after the cold, harsh winter, God can give you another chance. Therefore, dream a new dream. Make another plan. Chart a new course. Today can be a fresh beginning for you. So, “Forget about what has happened before. Do not think about the past. Instead, look at the new things God is going to do.” (Isaiah 43:18). What you believe, you become. Therefore, don’t plan on defeat. Believe and plan on fulfilling your dreams and goals. With God all things are possible. There is no problem that you cannot conquer, no negative history you cannot overcome, and no dream that you cannot achieve. A while back, I received a heartfelt note from a reader who wrote, “All my life I was told I wouldn’t make anything of myself. I was very poor, felt unattractive and was never encouraged. Each time I wanted to try something I heard from family members, ‘You can’t do that’ and ‘You don’t have what it takes,’ never allowing me to dream my dreams.” I continued reading the letter, “But then I read a quote from the Bible. In Joshua 1:8 it says: ‘Don’t be afraid.

Be strong, be bold, and very courageous for the Lord your God is with you wherever you go.’ I felt free and realized that God was with me and made me for a divine reason. So, I made the decision to get out of self-imposed limitations, to stop listening to the condemning voices of others and to start believing in myself. Against all odds, I went to college, received my degree and I am now a teacher inspiring children to make their dreams come true, because with faith in God, we can do anything!” So stay filled with love, joy and hope. God is watching over you and guiding you. Miracles are in store for your future. Soon, God will intervene and make a way for victory. Once, I heard a story about British preacher Charles H. Spurgeon. In the lovely English countryside, Spurgeon and a friend were talking and walking together. As they strolled along the rural area, Spurgeon noticed a red barn with a weathervane on its roof. At the very top of the weathervane, was a plaque with the words inscribed, God is love. Spurgeon thought for a few moments in the enchanting silence of the woodlands. Then, he commented, “Weathervanes are changeable,” he said to his friend, “but God’s love is constant.” His friend nodded. And after some contemplating, the friend replied, “God’s love is constant, but I think you misunderstood the meaning.” Spurgeon looked a bit confused, as his friend continued, “The sign on the weathervane reveals the truth. For regardless of which way the wind blows, God is love.” God sees the best in you. So start expecting good things again. Recognize that many of the blessings you desire are well within your grasp. And as you reach out in faith to an abundant future, God will give you the strength you need to fulfill your God-inspired aspirations. God hasn’t abandoned you. His mercy is there to help you. Give your cares and worries to God, then go out each day and use your life to be a blessing to others. And be secure in the knowledge that with an everlasting love. God loves you.

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

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

Keeping Your Child Healthy & Engaged Over the Summer

MILITARY OneSource



Summertime is the perfect opportunity for your children to loosen up and have some fun, but the structure of the school year doesn’t have to stop after the final bell rings. You can use your downtime to help your children maintain their academic skills and develop healthy habits. It can also be beneficial for children with special needs to maintain a routine during the summer months as a way to ease anxieties and reduce stress levels. Here are a few ideas to help your children have a healthy and happy summer:

- Seek out a summer program. Check your installation, local schools, recreation centers and other community-based organizations for programs on topics that might interest your child.
- Crack open a book. Whether reading with your younger children or encouraging your older children to read on their own, summer reading can help keep brains engaged and study habits fresh.
- Take a field trip. Visit parks, museums, zoos or nature centers for a low-cost educational opportunity for your entire family.
- Count, track and measure. Find fun ways to incorporate numbers into everyday tasks. Measure items around the house or track daily temperatures. Go to the grocery store and practice adding, subtracting or multiplying the prices of items.
- Think ahead. Check with your child’s school to see if they have summer packets of math and reading skill activities to help your child prepare for the next school year.
- Get moving. Outdoor activities reign supreme in the summer, so don’t forget to schedule time for your children to play and burn off energy with some sunshine and exercise.
- Snack healthy. A healthy diet is just as important in the summer as it is during the school year. Keep plenty of fruits and vegetables on hand to encourage good snack habits.
- Recharge. Children need a chance to refuel, and being out of school isn’t a green light to stay up all night. Keep a regular summer bedtime to make sure they’re getting enough sleep.

Even while having fun in the sun, you can still find



plenty of ways to put your children’s health and education first. Helping your children stay engaged academically and physically throughout the summer will help set them up for success in the new school year.

For fun activities to keep your kids busy in the area, visit, <https://www.arts.gov/national/blue-star-museums>, <https://www.nps.gov/planyourvisit/passes.htm>. For available CTNG summer programs, contact, Michelle McCarty, Lead Child & Youth Coordinator at (860) 548-3254, michelle.m.mccarty4@mail.mil.

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

CONNECTICUT NATIONAL GUARD

Family Assistance Center Locations

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



CT National Guard

Save the Date!!

Back to School BASH

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

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

Multiple locations to be announced

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

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



OPERATION MCIT SUMMER CAMP

SOLD OUT

July 22-21, 2017
Windsor Locks Readiness Center
85-300 Light Lane, Windsor Locks
AND
August 22-25, 2017
Southington Armory
590 Woodruff St. Southington
9:00 AM to 3:00 PM
(drinks and snacks provided)

Military Youth in grades K-5 are welcome to participate in this day camp. Each day will include a variety of fun activities that will make learning fun! Activities include, health and fitness, science and technology, a field trip to the CT Science Center and MORE! Most important you will be with other military kids just like you!

Registration is REQUIRED through the Eventbrite links below addition to completed registration paperwork prior to the start of the program.

July link: <https://july-2017-mcit.eventbrite.com> **PASSWORD: JULYMCIT**
August link: <https://august-mcit-2017.eventbrite.com> **PASSWORD: AUGUMCIT**

\$20 Non-refundable registration fee per camper per week of camp

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.ch@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melody.chyenne.baber.mil@mail.mil	(800) 548-3276 (desk) (860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.reed.ctr@mail.mil	(800) 524-4908 (desk) (860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.o'donnell.ctr@mail.mil	(800) 493-2797 (desk) (860) 883-6949 (cell)
Family Assistance Center Specialist	Vacant		
Family Readiness Support Assistant	Linda Rolstone	linda.l.rolstone.ctr@mail.mil	(800) 524-4903 (desk) (860) 680-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(800) 524-4920 (desk) (860) 881-4077 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.t.cummings.mil@mail.mil	(800) 493-2796 (desk) (860) 538-5629 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	micheelm.mccarty.ctr@mail.mil	(860) 548-3254 (desk) (860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.oshaughnessy.ctr@mail.mil	(860) 548-3258 (desk) (860) 794-8748 (cell)
Military OneSource Consultant	Chris Rouman	christopher.rouman@militaryonesources.com	(800) 502-5416 (cell) (800) 493-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nutt	david.e.nutt.mil@mail.mil	(800) 548-3240 (desk) (860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(800) 524-4908 (desk) (860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britell	sean.e.britell.ctr@mail.mil	(800) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(800) 524-4908 (desk)
Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday			
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(800) 292-4602 (desk) (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(800) 292-4601 (desk) (860) 883-2704 (cell)
Veterans' Memorial Armed Forces Reserve Center: 90 Weaver Heights Road, Danbury, CT 06819 - Open Monday-Friday			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5070 (desk) (860) 883-2746 (cell)
New London Armory: 209 Bayonet Street, New London, CT 06320 - Open Monday-Friday			
Family Assistance Center Specialist	Vanessa Foster	vanessa.m.foster.ctr@mail.mil	(860) 772-1422 (desk) (860) 883-2720 (cell)
101st Abn Bn: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday			
Alman and Family Readiness Program Manager	Kasey Timberlake	kasey.b.timberlake.civ@mail.mil	(800) 292-2730 (desk)
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(800) 292-2730 (desk) (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(800) 292-2730 (desk) (860) 922-2746 (cell)
Natick Readiness Center: 31 Smith Street, Natick, CT 06357 - (800) 334-2677 - Open By Appointment			
Family Assistance Center Specialist	Timothy Honeoy	timothy.j.honeoy.ctr@mail.mil	(860) 221-5540 (cell)
101st Air Control Squadron: 206 Boston Post Road, Orange, CT 06477 - (800) 858-2677 - Open By Appointment			
Waterbury Armory: 64 Field Street, Waterbury, CT 06702 - (800) 858-2677 - Open By Appointment			
Norwalk Armory: 38 West Avenue, Norwalk, CT 06850 - (800) 858-2677 - Open Wednesday And By Appointment			