



# Connecticut GUARDIAN

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## New State-of-the-Art Facility Enhances 103rd Airlift Wing Capabilities

TECH. SGT. TAMARA R. DABNEY  
130TH AIRLIFT WING PUBLIC AFFAIRS SQUADRON  
CONNECTICUT AIR NATIONAL GUARD

EAST GRANBY, Conn. - Airmen of the 103rd Airlift Wing, as well as Connecticut state officials and guests, gathered to celebrate the opening of a new fuel cell and corrosion control facility during a ribbon-cutting ceremony at Bradley Air National Guard Base.

The 29,600-square foot facility, with its cutting-edge aircraft maintenance equipment, is among the most state-of-the-art fuel cell hangars in the Air National Guard. The facility meets the latest Occupational Safety and Health Administration standards and will support the Connecticut Air National Guard's fleet of eight C-130 Hercules aircraft.

After the 103rd Airlift Wing acquired C-130s and transitioned to a tactical airlift mission in 2013, construction of the new fuel cell hangar became a necessity.

"We needed a safe place to do fuel cell maintenance,"

*Continued See FUEL CELL on Page 14*



## Talking About the Elephant in the Room *September is Suicide Prevention Month*

*A Connecticut Army National Guard recruit with the Recruit Sustainment Program reads a display board at Fresh Check Day at Camp Niantic, Connecticut, May 21. Fresh Check Day is an event aimed at suicide awareness, prevention and mental health promotion. September is Suicide Prevention and Awareness Month. Please continue reading this issue to find upcoming events and resources for you or your battle buddies who may be in crisis. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center Volunteer)*

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# Disasters Don't Plan Ahead - You Can

## September is National Preparedness Month

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

This September, National Preparedness Month (NPM) will focus on planning, with an overarching theme “Disasters Don’t Plan Ahead. You Can.”

We should all take action to prepare! We are all able to help first responders in our community by training how to respond during an emergency and what to do when disaster strikes — where we live, work, and visit. The goal of NPM is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, business, school, and place of worship.

### Make A Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you’ll contact one another and reconnect if separated. Establish a family meeting place that’s familiar and easy to find.

**Step 1: Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.**

1. How will I receive emergency alerts and warnings?
2. What is my shelter plan?
3. What is my evacuation route?

4. What is my family/household communication plan?

**Step 2: Consider specific needs in your household.**

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment

- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations

- Pets or service animals
- Households with school-aged children

**Step 3: Fill out a Family Emergency Plan Download and fill out a family emergency plan or use them as a guide to create your own.**

FEMAs website has a number of different templates to fit your family’s needs.



**Step 4: Practice your plan with your family/household**

- Have regular household meetings to review and practice your plan.
- Collect and write down important phone numbers and email addresses for everyone in your household as well as other emergency contacts such as close family members or trusted neighbors.
- Designate emergency meeting places
- Practice texting, calling and communicating important emergency information to each other.
- Review your plan each year or as information changes

For more information about family planning, refer to the family section of this issue, or visit <https://www.ready.gov/september> for preparedness guides and downloads.

# Connecticut Medical Battalion Trains in Real World Setting, Saves Real World Life

PFC. JUSTIN STANNARD  
130TH PUBLIC AFFAIRS DETACHMENT

SUMMIT BECHTEL RESERVE, West Va. -- The 142nd Area Support Medical Company conducted their annual training in support of the Boy Scout National Jamboree, July 15-28.

The ASMC provided multiple ambulances and Soldiers in support of more than 40,000 scouts and leaders in attendance.

“This annual training is unique,” said Sgt. 1st Class Jesse Stanley, platoon sergeant, 142nd ASMC. “We’re getting hands on medical treatment to civilians as well as Soldiers here the last two weeks.”

The medics ran emergency calls for anyone in need of medical assistance and would either treat them on scene or transport them to one of the medical facilities, said Stanley. The medical facilities were a combination of military assets and civilian assets providing doctors, dentists, nurses, and behavioral health specialists, nothing they couldn’t handle with everything available, Stanley said.

The equipment and services available included CAT scan, x-ray, and lab capabilities, Stanley said. Helicopter and ambulance transportation were also available if the situation warranted.

The Connecticut National Guard joined with Active Duty and Reserve Army components, Navy, Coast Guard, and Special Forces units at the Jamboree.

“They’re real patients, who we don’t usually work



The 142nd Area Support Medical Company provided multiple ambulances in support of the Boy Scout National Jamboree. The jamboree served as the 142nd ASMC’s annual training providing medical support for over 40,000 scouts and leaders. (Photo by Pfc. Justin Stannard, 130th Public Affairs Detachment, CTARNG)

with, who have real injuries,” said Pfc. Gillian Westphal, of the 142nd ASMC. “It’s not just us working on our mannequins, they’re depending on us.”

If any event attendee was suspected to have any broken bones the patient was sent to the orthopedic clinic for examinations and x-rays, if necessary.

“Our Soldiers gained a lot of hands on experience that they don’t really get from a drill weekend,” Sgt. Chad Finn, 142nd

ASMC, said. “Real patients, real world, and we have plenty of staff to shadow and observe to guide us in the right direction.

“The focus was on helping the boy scouts and we assisted the civilian staff,” Finn said. “The added training value from this is stuff we wouldn’t get anywhere else. One of the soldiers can now successfully treat injuries that may not have been taught in medic school.

“If we were called up in the state of Connecticut we would be fully capable of handling a situation,” said Stanley. “We were able to handle a variety of medical situations from someone feeling sick to someone needing to be ambulated out.”

Finn assisted in helping many event participants with needed medical assistance. Sgt. Finn was recognized alongside Cpt. Wesley Kyle, also of the 142nd ASMC, for their actions in assisting a civilian suffering from cardiac arrest.

Finn and Kyle were the first medical personnel to respond to the victim, said Maj. Linda Cuhna, executive officer for the 118th Multifunctional Medical Battalion. After a phone call from the doctor who later helped the patient, it was confirmed that Finn and Kyle had saved the man’s life.

“This annual training experience has been excellent,” Stanley said. “Our Soldiers performed very well and showed just how prepared and ready the National Guard is.”



The 142nd Area Support Medical Company provided medical assistance to the over 40,000 scouts and leaders attending the Boy Scout National Jamboree. The 142nd AMSC took advantage of this event by giving CTNG medics the hands-on experience they need to perform their jobs efficiently. (Photo by Pfc. Justin Stannard, 130th Public Affairs Detachment, CTARNG)

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# TASM-G Aviation Maintainers Train on Downed Aircraft Recovery

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UPAR

EAST LYME, Conn. -- Nearly 15 Soldiers assigned to the 1109th Theatre Aviation Sustainment Maintenance Group of Groton, Connecticut, recovered a simulated downed aircraft during a Downed Aircraft Recovery Team mission, conducted at Stones Ranch Military Reservation as a part of their annual training, August 1.

The needs of an aviation maintainer go far beyond the home station hangar doors. A DART mission gives Soldiers the opportunity to exercise the vital skills required to assess, repair, and recover a downed aircraft as quickly and efficiently as possible.

“Response time is crucial and when a unit is not prepared, they could potentially be putting lives at risk, including their own,” Staff Sgt. Daniel Blum, 1109th TASM-G Aircraft Technical Inspector, NCOIC of the DART mission.

The mission at hand was coordinated in a manner that allowed personnel of all Military Occupational Specialties to benefit from the training and apply their

respected MOS training to the aid and recovery of the downed aircraft. MOS’s from this specific team included Helicopter Repairer, Aircraft Electrician, Aircraft Structural Repairer, Aircraft Pneudraulics/Hydraulic Repairer, and Avionics Mechanics.

The UH-60A Blackhawk helicopter sustained simulated damages such as airframe obstruction, flight control cable and wire severances, fuel line damage and leakage, APU start motor damage and more.

The Soldiers were transported from Groton, Connecticut to SRMR via Blackhawk and LMTV, where they conducted the hour-long mission. The team was allotted a reasonable three hours to get the mission completed

from start to finish, yet Blum had set high expectations for this team and presumed completion within an hour and a half, which was accomplished.

“The time frame was perfect,” Blum said. “The aircraft was on the ground the length of time I expected, just about an hour and a half.”

The Soldiers for this mission were carefully selected based on rank, MOS, and experience. Blum strategically placed at least one experienced senior NCO with junior

enlisted Soldiers of the same MOS with little to no experience on DART missions. Less experienced Soldiers were able to feel the pressure of the task at hand, but had the guidance to enforce accurate performance and productive training.

Pfc. Devin Shorey appreciated the new training and said, “leadership really stepped in to help us. They let us do the work but were there to help if we needed anything.”

Along with learning the basic fundamentals of the DART mission, Soldiers got to experience a little more about aircraft recovery and maintenance outside of the hangar, like the reality of having only a limited number of tools and supplies on hand in the field.

Even with less to work with, Sgt. Dennis Buller, 1109th TASM-G Avionics Mechanic, was impressed by the Battle Damage Assessment and Repair kits, and found the variety of MOS specific implements to be sufficient enough to complete most tasks.

“This was a great learning experience. I had never seen the BDAR kits before. They were actually really great but there are going to be times when you come out here and what you need is not going to be in the kit,” Buller said.

A week prior to the training exercise, Blum conducted a classroom lesson as a, “crawl,” stage of the overall mission. The class gave Soldiers basic background information on a DART mission and what they can expect during the “walk” phase to come. As DART is still new to many lower enlisted Soldiers, Blum foresees it becoming a bigger part of their training.

“I hope to do this again in future; whether it be myself as the NCOIC or myself training someone else if we are on home station AT. We always have room to grow and people to train,” Blum said.



Aviation Maintainers from the 1109th Theatre Aviation Sustainment Maintenance Group, Connecticut Army National Guard, are briefed during a simulated Downed Aircraft Recovery Team mission, conducted at Stones Ranch Military Reservation, East Lyme, Connecticut, August 1. The training mission provided Soldiers the opportunity to exercise the vital skills required to assess, repair, and recover a downed aircraft as quickly and efficiently as possible. (Photo by Spc. Erika Lemieux, 1-169th Aviation Battalion (GSAB) UPAR)



Aviation Maintainers from the 1109th Theatre Aviation Sustainment Maintenance Group, Connecticut Army National Guard, conducted a simulated Downed Aircraft Recovery Team mission with a UH-60A Blackhawk helicopter at Stones Ranch Military Reservation, East Lyme, Connecticut, August 1. The training mission provided Soldiers the opportunity to exercise the vital skills required to assess, repair, and recover a downed aircraft as quickly and efficiently as possible. (Photo by Spc. Erika Lemieux, 1-169th Avn. Bat. (GSAB) UPAR)

# Connecticut’s 169th RTI Graduates Another Class of Trained Army Medics

Sgt. VICTOIRE D’HUE  
CTARNG MEDICAL DETACHMENT

The 2nd Battalion, 169th Regiment (Regional Training Institute) conducted a 68W (Combat Medic) Military Occupational Specialty Transition course, June 19 to August 15, graduating nine Soldiers.

The MOS-T is a 60-day course that physically and mentally challenges Army National Guard and Reserve Soldiers transitioning to the 68W MOS.

The course consists of three phases, progressing from a basic emergency medical technician certification to a more mentally and physically demanding 68W certification. This course began with 10 students from different states and a variety of backgrounds.

Phase One required students to obtain the Emergency Medical Technician-Basic certification over a three-week period before progressing. The EMT-B is a state-level certification that confirms the trained individual can respond to emergency calls to provide efficient and immediate care to the critically ill and injured, and to transport the patient to a medical facility. The phase consisted of long days and meticulous attention to detail as the EMT-B certification process takes 4-6 months in the civilian world.

As part of the training, students worked alongside Hartford Hospital emergency department staff, getting hands-on training with patients. By the end of Phase One, the remaining students were all Nationally Registered Basic Emergency Medical Technicians.

Phase Two began the combat medic-focused 68W training, which concentrated on advanced medical skills and tactical combat casualty care.

Students were issued aid bags, and each was expected to become intimately familiar with its contents, as the demanding course required quick thinking and the need to understand the importance of its contents, as they will often find themselves working in stressful conditions.

They learned various skills, like hasty and deliberate tourniquets, emergency cricothyroidotomy, and intravenous access. The students were required to become proficient in each skill in order to pass practical exams at the end of Phase Two.

Phase Three required students to integrate and apply all of the information learned in various trauma lane scenarios.

Students began slowly, by conducting tactical combat casualty care scenarios in Camp Niantic’s state-of-the-art simulation building, with each student having an opportunity to perform as the lead medic. Command and control was a key characteristic they were required to master while performing as the lead medic.

In order to bolster the learning experience, students also took a turn serving as the simulated casualty - an ideal opportunity for the students to experience what it is like to be on the other side of the glass. It fostered a hands-on experience for the students to learn how their actions, words and body language



68W (Combat Medic) Students treat a simulated patient in the Battalion Aid Station during the culminating event of phase three of the 68W Military Occupational Specialty Transition course at Stones Ranch Military Reservation, East Lyme, Connecticut. National Guard and Reserve Soldiers from all over the country attend the course to obtain the 68W MOS. Following the three-phase course, the 1-169 Regt. (RTI) graduated nine of the U.S. Army’s combat medics. (Photo courtesy of the 1-169th Regt. (RTI))

can contribute to the overall experience for the patient. The students moved in to their field exercise where they were able to set up a Battalion Aid Station and treat simulated patients. The support staff acted as patients and were moulaged to bring a more realistic feel to their simulated injuries. The students were required to treat, care for and evacuate their patients under stressful conditions.

While in the field, they were also given various other scenario-based missions that were physically and mentally demanding. The students then faced their most daunting challenge: “War Days.” This was their official culminating event and was a compilation of all they had learned throughout the course. Each student had the opportunity to act as a squad leader while they were tasked out with various scenarios ranging from BAS operations to operations in an urban terrain, in both a mounted and dismounted setting.

By the end of War Days, the students had accomplished every mission assigned and persevered through the physical and mental fatigue. The 2nd Battalion, 169th Regiment was proud to graduate Class 17-001 and deeply appreciates all of the efforts contributed by all of those involved to make this course successful.



Nine members of the U.S. Army National Guard and Reserve completed the final FTX following the three-phase 68W (Combat Medic) MOS-T Course at Camp Niantic and Stones Ranch Military Reservation, June 19 to August 15. (Photo courtesy of the 1-169th Regt. (RTI))



# Active Shooter Exercise Provides Future Military Police Soldiers With Valuable, Relevant Training

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

NIANTIC, Conn. – The 169th Regiment (Regional Training Institute) conducted Phase Two of the 31B Military Police Military Occupational Specialty Transition Course, including an active shooter exercise held at J.B. Gates Prison, Niantic, Connecticut, Aug. 18.

The 27 Soldiers partaking in the course (three from Connecticut) were required to qualify with various weapons, as well as learn and execute multiple different maneuver and support tactics.

Staff Sgt. Kevin Arrojado, an instructor at the RTI and one of the lead instructors in the active shooter training stressed the importance of such scenario-based training.

“Active shooter training is priceless, especially in today’s age,” Arrojado said. “Violence is all around. We have to be prepared to respond to active shooter incidents.”

Soldiers spent over two hours of classroom training and up to six hours of practical exercise training where they were taught how to approach a building, stack on a wall, clear a hallway and stairwell, position weapons appropriately to maintain individual sectors of fire and stay in the correct lane while clearing rooms.

Most importantly, Soldiers are required to maintain a sense of situational awareness at all times while

distinguishing between victims, bystanders and the active shooters.

The culmination of this training was a practical evaluation where Soldiers are tested on all the training involving an active shooter scenario. Soldiers were dispatched to a call, responded in a Military Police vehicle, utilizing lights and sirens to add to the realism, and then cleared the building of any suspected incident.

To add a more realistic feel to the training exercise, Soldiers switched from rubber weapons used



MP students conduct stairwell clearing operations during active shooter training as part of the second phase of the 31B (Military Police) MOS-T course at J. B. Gates Prison, Niantic Connecticut, Aug. 18. During the training, Soldiers were required to qualify with various weapons, as well as learn and execute various maneuver and support tactics. Following the completion of Phase two, Soldiers earn the 31B MOS and return to their home stations as U.S. Army Military Police. (Photo by Staff Sgt. Stanquinto Sudduth, 192nd HHC Military Police Battalion, UPAR.)

during the initial training to a 9mm pistol with simulation rounds. They were also required to contend with an opposing force who played victims, bystanders and active shooters.

“Active Shooter training will make [the MP students] better prepared than the average bear,” Arrojado said.

“Trust in other Soldiers around you, trust in leadership and trust that the other person has cleared their sector and he [knows his] responsibility so that [everyone] can be safe at the end of the day,” said Spc. Tum Tum Souriyamath, currently assigned to the CTARNG’s 643rd Military Police Company. “The instructors are fantastic; they push you to a whole other level and you can see the motivation behind them. They want us to succeed.”

Souriyamath is actively pursuing a career in law enforcement and thanks his leadership for providing the

opportunity to attend the Military Police Course.

“This experience is a once in life time opportunity that will open the doors to my future and will help me further my career in both the military and civilian,” Souriyamath said.

Spc. Walter Valdez is also an internment/resettlement specialist in the 643rd who is taking the course to obtain second MOS as an MP. He also understands the real world application such training offers.

“With everything going on in the world and people not in their right senses this could happen any day.” Valdez said. “The active shooter training is realistic giving the Soldier an idea of what to expect and how they may need to respond. No one knows for sure how they may react when involved in an active shooter incident, but having some form of training increases the chances of survival.”

Valdez comes from a family line of service members, which includes his father and brother. He considers himself a, “late bloomer,” since he joined in his late 30s.

“It’s the best the decision, and I am happy and proud,” Valdez said.

Valdez also stressed his thanks to the knowledgeable staff of instructors.

“The instructors and the training that the Soldiers receive can have major impact. The instructors know their stuff, I am very comfortable with all of them,” Valdez said. “Training has opened my eyes to the possibility of what could happen. I’m hoping it doesn’t, but if it should I am ready for it.”



Staff Sgt. Ben Rogers, an instructor with the 3-169th Regiment, RTI, illustrates the importance of sectors of fire and responsibility of each of Soldier when clearing a room during active shooter training at J.B. Gates Prison, Niantic Connecticut, Aug. 18. Soldiers practice room clearing multiple times before their practical exercise. The training was conducted as part of the second phase of the 31B (Military Police) MOS-T course for Soldiers hoping to obtain the 31B MOS. (Photo by Staff Sgt. Stanquinto Sudduth 192nd HHC Military Police Battalion, UPAR)

# CTNG Leadership Provides Tour of State Facilities

MAJ. MIKE PETERSEN  
STATE PUBLIC AFFAIRS OFFICER

Connecticut National Guard leadership hosted a state-wide tour of facilities to educate attendees on the mission, capabilities and equipment of the nearly 5,000-strong organization, August 1.

Attendees included Connecticut State Sen. Michael McLachlan and Mr. William Murdy, Civilian Aide to the Secretary of the Army.

The visit included stops at the Danbury Veterans Memorial Armed Forces Reserve Center, Camp Niantic, the 1109th Theater Aviation Sustainment Maintenance Group in Groton, the Windsor Locks Readiness Center and Army Aviation Support Facility, as well as Bradley Air National Guard Base in East Granby. The group moved between sites via Connecticut National Guard Blackhawk helicopter, which maximized time on ground at each facility.

“I was impressed both by the facilities and equipment at the Guard’s disposal, and also by the diverse programs and capabilities that reach beyond Connecticut’s borders,” Sen. McLachlan said in a press release. “Whatever may happen in Southern New England, I know we can count on

the well-trained men and women of the Guard to handle it. We are in good hands.”

The briefings and facilities tours are designed to give attendees a better picture of the Guard’s mission – both in state and abroad. While deployments and other overseas missions are a big part of what the Guard does, leadership is quick to remind tour-goers about the efforts taking place right here at home, including support during weather-related events. In past years, the Guard has assisted with highway assistance teams for stranded motorists during snowstorms and provided route clearance equipment to help clean up blocked streets.

(Right) Mr. William Murdy (foreground), the Civilian Aide to the Secretary of Defense, and Connecticut State Sen. Michael McLachlan (left), learn more about the HH-60 Blackhawk helicopter at the Army Aviation Support Facility in Windsor Locks, Conn., Aug. 1. The tour and subject matter expertise were provided by Lt. Col. Ray Chicowski (right), State Aviation Officer, and Staff Sgt. Paul Croteau (right center), a maintenance supervisor at the AASF. (U.S. Army Photo by Maj. Mike Petersen, State Public Affairs Officer)



## Celebrating Hispanic Heritage Month

OCPA & JFHQ-NCR/MDW PUBLIC AFFAIRS  
HTTPS://WWW.ARMY.MIL

Hispanic Heritage Month begins on Sept. 15, the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on Sept. 16 and Chile on Sept. 18. Each year, the U.S. Army takes time to reflect on and celebrate the tremendous contributions of Hispanic Americans to its force and to the nation.

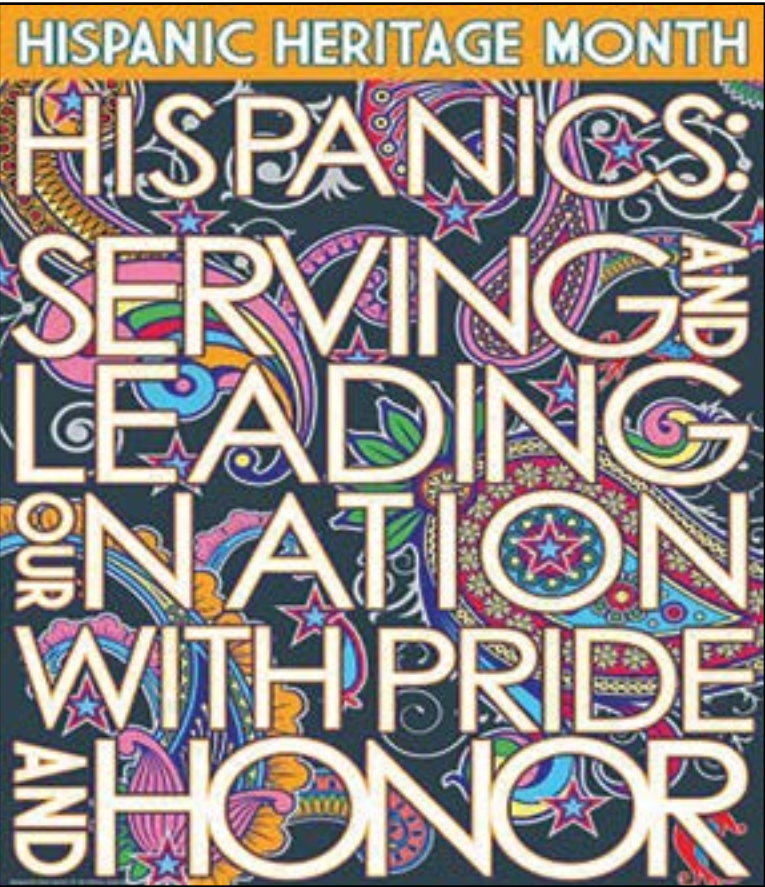
Some of the Army’s prominent senior leaders proudly uphold the legacy of exceptional service begun by prior generations. The hard work and dedication of Soldiers like Under Secretary of the Army Joseph Westphal, Lt. Gen. Rhett Hernandez, Medal of Honor recipient Sgt. 1st Class Leroy Petry and, many other such Hispanic American service members, has greatly benefited America and its armed forces.

As a tribute, a tri-signed letter, was signed by the Secretary of the Army, the Chief of Staff and the Sergeant Major of the Army, encouraging units, agencies to plan and execute appropriate commemorative activities to celebrate National Hispanic Heritage Month. The Army will also pay tribute to Hispanics by telling their stories in command information products at all levels. Army installations throughout the world will also

honor its Hispanic American Soldiers through local events.

The Army encourages every member of the Army family to learn about and celebrate the contributions of all Hispanic Soldiers, families and civilians who have given so much to help safeguard the nation’s freedom. Many events and activities are planned at numerous Army installations. The Army will continue to recruit the best qualified Soldiers of all backgrounds and will ensure that every Soldier is given the opportunity and encouragement to rise to his or her highest level of ability so they can be “Army Strong!”

Hispanic Soldiers have always served in the Army. During the Korean War, the Borinqueneers of Puerto Rico’s 65th Infantry Regiment launched the last recorded battalion-sized bayonet charge and overran the Chinese 149th Division south of Seoul on Feb. 2, 1951. This battle exemplifies the unwavering courage and indomitable spirit that has earned the Hispanic American Soldiers a distinguished legacy. With more than 40 Medal of Honor recipients, dating back to the Civil War, Hispanic Americans continue to represent the Army with deep and abiding patriotism and heroism.





# Connecticut MPs Train Alongside Counterparts from United Kingdom

Sgt. ALICIA M. BROCUGLIO  
130TH PUBLIC AFFAIRS DETACHMENT, CTARNG

FORT INDIANTOWN GAP, Penn. – In order to facilitate reserve component training and integration with foreign allied nations, the Department of Defense offers the Military Reserve Exchange Program, which provides National Guard and U.S. Army Reserve personnel the opportunity to share knowledge and experience with their allied counterparts. For their 2017 annual training at Fort Indiantown Gap, Pennsylvania, the 143rd Military Police Company took advantage of the MREP to incorporate representatives of the British Army into their training.

Three Soldiers of the 143rd volunteered to participate in the professional exchange, taking advantage of this international partnership: 2nd Lt. Sam Watson, platoon leader, Sgt. 1st Class John Kaminski, platoon sergeant, and Sgt. Aaron Heller, team leader. In return, the Soldiers will visit and participate in a similar training event with the British Army later this year.

Soldiers of the 143rd viewed the MREP as an opportunity to share their experience, training, and leadership with an important ally.

“This program is vital for NATO allies to keep that cohesion and for understanding how we operate; and to work together during both war times and peace keeping time,” Heller said.

The program partners allied Soldiers with U.S. Soldiers of similar rank and military specialty, and provides a unique opportunity to train together.

British Army Capt. Aimee Nash, deputy commander, 116th Provost Company, Cpl. Toby Townsend and Cpl. Paul Harding, section commanders of the Royal Military Police, were each paired up with a member of the 143rd for the exchange.

“The program broadens our horizons as soldiers and in our personal experience and skills,” Townsend said. “If we are deployed in the future, at least we have knowledge of how to use and work with U.S. Army systems and work together.”

Townsend and Heller were paired for the training, and will continue to work together for the duration of the MREP period.

“We created relationships and good ties with our allies. Corporal Townsend and myself hit it off and we are like best friends; it’s a great feeling,” said Heller.

The allied Soldiers work together learning each other’s tactics, procedures, training expectations, and leadership styles, while overcoming dialect and cultural differences.

Heller said that the leadership experience is enhanced because it lets our allies see the respect and camaraderie within the unit. “And to have a foreign ally soldier come into our element, and to accept him like one of our own,



U.S. Army Sgt. Aaron Heller, 143rd Military Police Company, Connecticut Army National Guard, coaches British Army Cpl. Toby Townsend, Royal Military Police, while qualifying with a .50-caliber machine gun during the 143rd annual training at Fort Indiantown Gap, Pennsylvania, Aug. 21. Heller and Townsend are participants of the 2017 Military Reserve Exchange Program. (Photo by Sgt. Alicia M. Brocuglio, 130th Public Affairs Detachment, Connecticut Army National Guard)

we all worked together as team through our training missions,” Heller said.

Capt. Angela Nida, commander of the 143rd, facilitated and arranged for the exchange.

“Operationally, the British soldiers are learning a lot about the process of operation centers for training and a real world scenario,” Nida said. “We are teaching our Soldiers to not only implement, but to become empowered to teach. As leaders that is so important; to learn, do, teach.”

While here in the U.S., the British soldiers also provided the 143rd with some of their traditions and training exercises by taking the company on a, “Tactical Approach to Battle,” which is similar to an Army road march. The TAB is an 8-mile march, with participants carrying about 35 pounds of gear.

During this annual training the 143rd implemented a scenario-based training environment to execute military police operations, including stabilize security in a town, civil security using different processes, key leader engagement and training military police tasks. British Soldiers also took advantage of the opportunity to qualify on U.S. weapons systems.

“What I learned just from communicating with [the British soldiers] is incredible,” Heller said. “We are

always on tactical convoy and the Royal Military Police are more like a police infantry unit. They are boots on ground, and walk and ruck everywhere they go. It’s amazing to the see the different tactics and how we operate and train.”

The MREP, formerly an officer-only exchange program, selects representatives that are qualified, experienced, and trained in their military specialties as determined by the respective Military departments.

The representatives are expected to follow the responsibilities and procedures provided by the Department of Defense for the program. The participants receive 2-4 weeks of training in each respective nation as part of a single rotation. The three exchange Soldiers of the 143rd are expected to join their counterparts in the United Kingdom later this year for two weeks of training with the British Army.

“It is going to be a great experience for myself to go over there and train differently with them,” Heller said. “We should have more of this cross training with our NATO allies.”

Check out our future issues to read about the 143rd Soldiers’ experience training in the United Kingdom with the British Army.

## Local Boy Scouts Tour Bradley, Kick Off Military Dreams

Airman 1st Class SADIE HEWES  
103RD AIRLIFT WING PUBLIC AFFAIRS SQUADRON  
CONNECTICUT AIR NATIONAL GUARD

EAST GRANBY, Conn. - Boy scouts from Troop 240 of East Lyme, Connecticut, toured Bradley June 3, after one of the scouts seeking leadership credentials reached out to the base.

“Each of the scouts had a leader’s project that they needed to coordinate to meet one of the ranks and one of the scouts, Chris, decided that he wanted to take a tour of the base,” said Rebecca Miller, committee chair of Troop 240 and mother of scout Joshua Miller. “He reached out to Master Sgt. Weissgarber and, from there, we were able to coordinate a visit.”

During the tour, the troop first visited with Airmen from the 103rd Maintenance Group, where they were shown aircraft engines and a flight simulator.

Next, the troop was brought out onto the flight line, where they were allowed inside a C-130 to see the cargo area and the cockpit.

“One of the things that a scout had commented to me on the way over here was that he was impressed by the size of the C-130,” said Miller. “The fact that you can fit a whole vehicle inside of the back of the plane is really impressive.”

After exploring the aircraft, the boys were brought to the fire department and the aerial port to learn about



A boy scout from Troop 240, East Lyme, Conn., operates the flight simulator June 3, 2017, at Bradley Air National Guard Base, East Granby. In the simulator, the boys were shown how to read gauges, take off, and land aircraft. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs Squadron, Connecticut Air National Guard)

different missions and operations across the base.

Finally, they had the opportunity to meet with Airmen from the 103rd Security Forces Squadron for “hands-off” weapons training.

Miller said that this was the first time most of the boys had ever been on a military base, and that it may have sparked an interest in the military for some of the scouts.

“We have one scout who had expressed an interest in aviation and I believe he’ll probably pursue that badge, and we’ll do everything we can to facilitate,” said Miller.

In order to obtain the aviation badge, Miller said the

scouts have to be able to recognize different parts of the aircraft, recognize what many gauges in the cock-pit measure, and be able to run through a pre-flight checklist.

Additionally, the aviation badge re-quires the troops to visit an establishment that houses aircraft. Their trip to Bradley qualified as one of those visits, so the whole troop is one step closer to their aviation badges.

There is no saying what the scouts of Troop 240 will do with the knowledge they gathered today, but it wouldn’t be surprising to see them working as maintainers, pilots, or firemen on base a few years down the road.

## Save the Date

**2017 Connecticut Military Department Officers’ Dining In**  
***Hosted by the 169 Regiment, Regional Training Institute***



**Thursday, November 2, 2017**  
**Aqua Turf Club, Southington, CT**

***Additional Details Are Forthcoming***

**For more information, please contact,**  
**Lt. Col. Paul Thompson**  
**paul.e.thompson7.mil@mail.mil**



# Connecticut National Guard 36th Annual Senior NCO/CPO Dining In

Thursday, October 5, 2017 - 6:00 p.m.

The Aqua Turf Club, Southington, Connecticut

\$60.00 per person

**ELIGIBILITY:** Non-Commissioned Officers and Chief Petty Officers, E-7 and above. CPOs are invited to attend. Retirees are most welcome.

**UNIFORM:** Army Service Uniform with black bow tie, Army Blue Uniform with white shirt and black bow tie, or Army Blue Mess. Air Force Mess Dress or Semi Formal Uniform. Appropriate attire for other services. Retirees may wear the uniform or a business suit as meets their desires.

**HOST:** Chief Master Sgt. John M. Gasiorek, State Command Chief Master Sergeant, Connecticut Air National Guard

**GUEST SPEAKER:** Command Sergeant Major Christopher S. Kepner, Senior Enlisted Advisor to the Chief, National Guard Bureau

**APPLICATION DUE DATE:** Military Protocol requires prompt response  
*No responses accepted after September 28, 2017*

**NOTE:** Seating will be arranged with unit integrity or upon a specific request for tables of ten. Appropriate fines will be imposed for violations of the Mess. Cost of fines will range from \$1.00 to whatever is deemed appropriate by the President or Mister Vice.

*The cost of the affair includes a full course dinner (main entree: Roast Prime Ribs of Beef, or a fish entrée upon request) and refreshments before and during dinner. On receipt of your application, you will receive a mailing that will include specific uniform and protocol information.*

Please detach and mail in the below portion to State Command Chief Master Sergeant, Connecticut Air National Guard, 103rd Airlift Wing, 100 Nicholson Road, East Granby, CT, 06026

I will attend the CTNG Senior NCO/CPO Dining In on October 5, 2017.

My check in the amount of \$60.00 is attached and made out to HQ Activities Fund

Name: \_\_\_\_\_ Rank: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Unit: \_\_\_\_\_ Seating Preference (If any): \_\_\_\_\_

Indicate your meal preference for fish in lieu of beef: \_\_\_\_\_



Brigadier General Ralph Hedenberg (second from left), Director of the Joint Staff, Connecticut National Guard, is joined by his family as Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard gives remarks before promoting Hedenberg to the rank of U.S. Army Brigadier General at a ceremony at the William A. O'Neill Armory, Aug. 22. (Photo by Allison L. Joanis, State Public Affairs Office)

## AROUND OUR GUARD

*A Glimpse at Connecticut Guardsmen and Events*



Members of the 102nd Army Band, Connecticut Army National Guard, played a concert at the Manchester Community College Band Shell, Manchester, Connecticut, July 31. The performance was one of the band's 11 performances on their 2017 concert tour that also fulfills the Soldier's annual training requirement. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center, Volunteer)



A representative of the American Red Cross speaks with a member of the 103rd Airlift Wing, Connecticut Air National Guard, during a Yellow Ribbon Event at the Radisson Hotel in Cromwell, Connecticut, Aug. 6. More than 100 Connecticut Airmen who recently returned from deployment attended the event that provided resources, information and benefits available to Guardsmen in order to help reduce the stressors associated with post deployment. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center, Volunteer)



# Celebrating Women’s Equality

MASTER SGT. CHARLES JOSEPH III  
EQUAL OPPORTUNITY MANAGER, 1109TH TASM-G, CTARNG

*On August 26, the United States celebrated National Woman’s Equality, a day that Congress designated to commemorate the 1920 certification of the 19th Amendment to the Constitution, granting women the right to vote. In celebration of women’s equality, here is a brief reflection on the workplace advancement of women from pre-World War II to today.*

World War II was a turning point for women in the United States. As the male population went off to war, there was a great need to backfill the numerous positions here in the United States.

As a result, women answered the call and went to work in factories to support the war effort. Women were fabricating warships, aircraft, tanks, and were taking on the physically demanding jobs held by men during this period, such as welding, machinist, riveting, construction, and other industrial fields.

After WWII, the percentage of women in the work force dropped from 32 percent to 28 percent, however, those that remained found opportunities to develop their own financial freedom.

There are still several challenges ahead for women in the workplace, but we as a country are steadily moving in the right direction. It has been a very long road to

move from the Rosie the Riveter WWII era to today where woman can do almost anything they wish. While improvements can still be made, the following Joint Resolution is a turning point in history to celebrate:

Joint Resolution of Congress, 1971 designating August 26 of each year as Women’s Equality Day.

WHEREAS, the women of the United States have been treated as second-class citizens and have not been entitled the full rights and privileges, public or private, legal or institutional, which are available to male citizens of the United States; and

WHEREAS, the women of the United States have united to assure that these rights and privileges are available to all citizens equally regardless of sex; and

WHEREAS, the women of the United States have designated August 26, the anniversary date of the certification of the Nineteenth Amendment, as symbol of the continued fight for equal rights: and

WHEREAS, the women of United States are to be commended and supported in their organizations and activities,

NOW, THEREFORE, BE IT RESOLVED, the Senate and House of Representatives of the United States of America in Congress assembled, that August 26th of each year is designated as Women’s Equality Day, and the President is authorized and requested to issue a



proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote, and that day in 1970, on which a nationwide demonstration for women’s rights took place.

As women’s equality continues to develop, change, and redefine itself, it is important to always reflect where we were as a country, our citizens, and the significant accomplishments made by women. Diversity and the sharing of ideas makes us stronger, uniquely innovative, far more creative, plus opens our minds to new thoughts and directions. The understanding of each other’s differences and the ability to culminate those differences makes us much more harmonious as a society as our nation advances into the future. Women’s Equality is on the leading edge of making changes... and they are very good changes for everyone, society, and for a world with equality for all.

# Your Government Email Account *How to Avoid Common Ethical Pitfalls*

CAPT. ERICH J. HEINONEN  
JUDGE ADVOCATE, CTARNG

As Soldiers and Airmen of the Connecticut National Guard, we rely on the use of email on a daily basis to effectively communicate with one another and accomplish our mission.

Use of our government email accounts is vital to the clear and efficient dissemination of a vast majority of the communication of our organization, from routine correspondence on administrative matters to notification of events that trigger commanders’ critical information requirements and immediate action. With this daily use comes the risk of complacency in which individual Soldiers or Airmen place themselves at risk of running afoul ethical rules or of portraying the military in an unfavorable light.

Government email is considered a government resource. Therefore, the ethical rules regarding the use of government resources apply to the use of your government email account. Generally, your government email account, like all government resources, should be used for official government purposes only. Official use of email means communications that are necessary for government operations, emergency communications, and morale and welfare communications while on extended deployments.

Personal communications via government email are also authorized. However, personal communications are the exception to the rule. In order to utilize government email for personal communications they must not adversely affect official duties, must be of reasonable duration and frequency, serve a legitimate public interest (such as paying your just debts or coordinating medical care), not reflect adversely on the Department of Defense, cannot overburden communication systems, nor can they create any significant additional cost. Government email should not be utilized to coordinate leisure activities or for routine conversations of personal matters between acquaintances. When engaging in proper personal communications with a civilian entity, Soldiers and Airmen must also refrain from using their official military rank and position. Generally, personal communications are permissible when they enhance an individual Soldier or Airmen’s personal readiness and enable them to report to duty when so ordered unencumbered by personal obligations.

Soldiers and Airmen should equally be aware of strict prohibitions against using email to communicate obscene material, to gamble, for unofficial advertising, solicitation, endorsement, or chain letters. In addition, confidential or classified information must not only be appropriately marked and transmitted through

appropriately classified systems, but also only disclosed to the appropriate individuals.

Members of the Connecticut National Guard must be aware of and comply with these standards in order to avoid compromising mission accomplishment, the positive perception of the Connecticut National Guard, and individual adverse action. Email communications using your government email account are not private. They are subject to routine monitoring, interception, and search, and may be disclosed or used for any purpose that has been authorized by the US Government. Moreover, email correspondence on your government email account may be released to the public through the Freedom of Information Act pursuant to a proper request. Because of these facts, it is vital that Soldiers and Airmen not only comply with the standards regarding email communications described above, but also use language in emails that is courteous and professional at all times. Failure to do so can cause not only personal embarrassment, but embarrassment for the organization as well.

*If any member of the Connecticut National Guard has a question concerning appropriate use of government email accounts, please contact the Office of the Staff Judge Advocate at (860) 493-2770.*

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

**STAY GUARD**

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

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

**CONNECTICUT NATIONAL GUARD**

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

**CONNECTICUT NATIONAL GUARD**  
**Leads to Enlistments Awards Program**  
Effective 01 Oct 16 - 30 Sept 17

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

**2nd Lead to Enlistment**  
Tactical Backpack\*\*

**3rd Lead to Enlistment**  
Fleece Jacket or Hoodie\*\*

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

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

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

## Camp Niantic *An Affordable Waterfront Getaway*



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

### Who’s Eligible?

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

### Post MWR Facilities

Post Exchange Open Tuesday - Saturday  
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Volleyball court  
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### Local Attractions

Nearby State and Local Beaches  
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Close to I-95

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



FUEL CELL from Page 1

said Staff Sgt. Erich Buhagiar, an aircraft fuel systems specialist assigned to the 103rd Maintenance Squadron. “There are breathing control apparatuses that enable us go inside tanks without breathing toxic vapors. Tanks are vented properly and, unlike some fuel cells that we’ve worked in, there is excellent climate control.”

Before the fuel cell hangar was built, Airmen of the 103rd Maintenance Squadron had to travel to various fuel cells across the country to diagnose and repair fuel system malfunctions; the process of getting the unit’s C-130s ready to deploy was cumbersome and very costly.

“Facilities were a major shortfall when we had to go off-station just to do fuel work,” said Maj. Cheryl Mead, 103rd Maintenance Operations Flight Commander. “We had to work days, nights and holidays and have an all-in mentality to have the planes flying to the desert on-time. Now we don’t have to do that.”

With the construction of the new fuel cell and corrosion control facility, the 103rd Airlift Wing will now be capable of meeting operational and training needs quicker and more efficiently. However, according to Buhagiar, the greatest benefit may be the valuable time the unit’s aircraft maintainers will gain by not having to travel as much.

“For two years, I was constantly traveling and living out of a suitcase,” said Buhagiar. “After a while, all the traveling starts to wear on you. Now that we don’t have to travel all over the country to use other fuel cells to do our job, maintainers can spend more time training together and we’ll be able to understand the aircraft better. I’m also able to spend more time with my family.”



Airmen of the 103rd Airlift Wing stand in front of the new fuel cell and corrosion control facility during a ribbon cutting at the Bradley Air National Guard Base in East Granby, Connecticut, July, 26. The 29,600-square foot facility, with its cutting-edge aircraft maintenance equipment, is among the most state-of-the-art fuel cell hangars in the Air National Guard. The facility meets the latest Occupational Safety and Health Administration (OSHA) standards and will support the Connecticut Air National Guard’s fleet of eight C-130H Hercules aircraft. (Photo by Spc. Erikka Lemieux, 1-169th Aviation Battalion (GSAB) UPAR)



Connecticut Gov. Dannel P. Malloy (left, center) joins Maj. Gen. Thad Martin (right, center), the Adjutant General and Commander of the Connecticut National Guard, to cut the ribbon during a ceremony in celebration of a new fuel cell and corrosion control facility at Bradley Air National Guard Base, East Granby, Conn., July 26, 2017. The duo are assisted by Brig. Gen. Kevin T. McManaman (far left), Chief of Staff, Connecticut Air National Guard and Col. Frank Detorie (far right), Commander, 103rd Airlift Wing. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs Squadron, Connecticut Air National Guard)



Col. Frank Detorie, Commander, 103rd Airlift Wing, addresses members of the 103rd Airlift Wing as well as state officials and guests during a ribbon-cutting ceremony at Bradley Air National Guard Base, East Granby, Conn., July 26, 2017. The ceremony was held in celebration of a new fuel cell and corrosion control facility at the base. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs Squadron, Connecticut Air National Guard)

# 103rd Airmen Break in Their New Work Space, Set Example for ANG Nationwide

AIRMAN 1ST CLASS SADIE HEWES  
103RD AIRLIFT WING PUBLIC AFFAIRS SQUADRON  
CONNECTICUT AIR NATIONAL GUARD

BRADLEY AIR NATIONAL GUARD BASE, Conn. – After nearly three years of having to travel around the country to work, maintainers from the 103rd Airlift Wing finally have an opportunity to do their jobs at home.

The 29,600-square foot state-of-the-art fuel cell facility, built by Cutter Enterprises, LLC of Vernon, Connecticut, was open for business July 26, 2017, following a ribbon-cutting ceremony on base.

Bradley’s crew chiefs, fuel systems specialists, and structural maintainers alike wasted no time in breaking-in their new work space, and have had nothing but positive things to say about the cell since then.

One of the greatest benefits of the fuel cell facility is how much safer Bradley’s Airmen are working in this new environment.

Master Sgt. Johnathan Shepard, 103rd Maintenance Squadron fuel systems shop chief, said that even the simplest of features in the fuel cell, like drop lights and a back-up generator, make the job safer and more efficient.

“If someone were to be in the tank and the power failed, we now have back-up power to continue an air purge, which would allow the person to exit the tank safely,” said Shepard.

The fuel cell also has a fuel-foam storage facility, which eliminates the hazard of storing foam from the tanks in the base hangar.

“Having this room that’s positively ventilated allows



Airman 1st Class Matthew Doucette, integrated instrument and flight control systems specialist, 103rd Maintenance Squadron, scrubs a C-130H Hercules aircraft at Bradley Air National Guard Base, East Granby, Conn., July 21, 2017. The aircraft had recently returned from a deployment to Southwest Asia in support of contingency operations. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs Squadron, Connecticut Air National Guard)



An airman assigned to the 103rd Maintenance Squadron scrubs the underside of a C-130 Hercules aircraft at Bradley Air National Guard Base, East Granby, Conn., July 21, 2017. The aircraft had recently returned from a deployment to Southwest Asia in support of contingency operations. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs Squadron, Connecticut Air National Guard)

them to store them somewhere bonded and grounded for long-term storage,” said Shepard. “This whole facility makes our job much easier, much safer, and cuts down on the time of completion for our jobs so the aircraft can return to work and we can complete the mission faster.”

With the completion of the facility, Bradley is quickly becoming the premier airlift wing in the Air

National Guard, and other bases are striving to model their processes after the up-and-coming Flying Yankees.

“We’ve spent nearly the last three years flying to different bases. We went to Niagara, Kentucky, Schenectady, and Westover, to name a few,” said Tech. Sgt. Lucas McEnitre, 103rd Maintenance Squadron fuel systems technician.

Since the new facility was built, the tables have turned.

“I know a lot of other units from places like Long Island, Rhode Island and even Kentucky have been calling us. They’re trying to get their aircraft up here because they’re in the same situation that we were in three years ago,” McEntire said. “I think it’s pretty cool, Bradley means business. We’re here to fix planes and be the best at it.”

There is no limit to the benefit that the new facility has brought and will continue to bring to Bradley and surrounding units who have access to the facility. From washing aircraft, painting parts, and controlling corrosion, to climbing in the tanks to repair the fuel cells, Bradley’s maintainers have an easier, safer, and more enjoyable workplace all-around.

As a fairly new C-130 unit, the facility is allowing Bradley to lead the way in airlift capabilities and be a model to other wings.



## Panel Discussion on Suicide in the Military and with Veterans



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

**September 15, 2017  
8:30 - 12:00**

### Central Connecticut State University Constitution Room

#### FREE EVENT

OPEN TO SERVICE MEMBERS, VETERANS, CLINICIANS, and THE PUBLIC  
RSVP to Eileen Hurst at [hurstem@ccsu.edu](mailto:hurstem@ccsu.edu) or 860-832-2976

#### PANELISTS:

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

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

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

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

Aaron Jones, MSW – Readjustment Counselor, Hartford Vet Center



This event is open to the public.

# Improve Your ASVAB GT Score; Advance your CTNG Career

MAJ. DEREK J. MUSGRAVE  
EDUCATION SERVICE OFFICER

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

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

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

Maj. Derek J. Musgrave - Education Services Officer  
860-524-4816  
[derek.j.musgrave.mil@mail.mil](mailto:derek.j.musgrave.mil@mail.mil)  
Mr. Sam Salmeron - Education Service Specialist  
401-275-4143  
[samuel.s.salmeron.civ@mail.mil](mailto:samuel.s.salmeron.civ@mail.mil)  
Sgt. 1st Class Eduardo Foster - Incentive Manager  
860-524-4809  
[Eduardo.e.foster.mil@mail.mil](mailto:Eduardo.e.foster.mil@mail.mil)

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## Enlisted Update

# Achieving Collective Readiness in Connecticut



COMMAND SGT. MAJ.  
JOHN S. CARRAGHER

retired. Chief retired after a long and distinguished career in your Air National Guard. I thank him for keeping me straight on all things related to Airmen and salute him for his service to State and Nation. Thanks Chief!

The retirement of Chief Master Sgt. Gallant brings you a new State Command Chief. Chief Master Sgt. John M. Gasiorek assumed the duties of the State Command Chief following Gallant's retirement. Gasiorek was most recently the Command Chief for the 103rd Airlift Wing. He brings a wealth of knowledge and experience to the position. I look forward to learning from him and to working together on the issues that impact our Airmen and Soldiers.

Change has not been limited to local organizations. Command Sgt. Maj. Christopher S. Kepner was selected as the new Senior Enlisted Advisor to the Chief, National Guard Bureau. Kepner was most recently the Army National Guard Command Sergeant Major. He hails from the Commonwealth of Pennsylvania where he served as the Command Sergeant Major of the 28th Infantry Division. He is a superb Soldier and friend that I look forward to working with in the future. We are fortunate to have Command Sgt. Maj. Kepner as our guest for this year's Senior NCO/CPO Dining In that will take place on October 17 in Southington.

I told you back in June that we had an aggressive schedule to visit your units conducting Annual Training. It was great to be able to get out and see the things that each of your units is doing to generate readiness. From Camp Atterbury to Fort Polk to Fort Drum to Fort Indiantown Gap and places in between,

Greetings and welcome to September! I hope everyone had an enjoyable summer. The summer season always goes by too fast!

It has been a couple of months since my last article and there are some personnel changes you may not be aware of. The Connecticut Air National Guard Command Master Chief, Chief Master Sgt. Bob Gallant has

every one of your units conducted well planned and executed collective training at the appropriate echelon. In many cases we observed young officers, NCOs and enlisted Soldiers working above their current positions due to other Soldiers attending required professional development courses. At first glance, that may seem like a problem, but I look at it as a positive. The foundation of readiness is individual qualification and professional military education is the basis for individual proficiency. Your Soldiers are getting after PME and it shows.

There were a couple of common observations I made that I want you all to be aware of. The first relates to training using the appropriate doctrine. When conducting training, the appropriate reference material must be present. Additionally, the unit must have a tactical standard operating procedure present and published. Leaders must make it available to everyone so a common operating picture can be followed and understood at the lowest level.

The next observation relates to the evaluation of training. All training must be evaluated against the appropriate individual task outline or the collective training and evaluation outline. Most importantly, there must be a designated evaluator for the training. This evaluator must be certified as proficient in the task and has the appropriate references and training and evaluation outline to record the outcome of the training. Recording training proficiency allows the commander to make an objective assessment of the unit's Mission Essential Tasks and to update readiness reports.

The third observation relates to pre-combat checks and pre-combat inspections, troop leading procedures, and basic field craft. As NCOs, we own all of these. It is our job to make sure that our Guardsmen, teams, and squads are prepared for the next mission and understand how to survive, fight, and win under austere conditions for an extended time.

My final note concerns tactical communications. The sheer number of different systems we need to operate just to conduct operations is daunting. The single biggest issue I saw was an overreliance on our civilian smart phones, etc. The next fight is expected to be against a near-peer adversary where the electronic warfare domain will likely not be permissive. The reliance on cell phones and other civilian devices during training will reduce our proficiency in operating the hardened systems available to us on the battlefield. If we are not habitually operating with tactical FM comms all year round, bad habits will creep into our collective training events and operations.

Readiness is and will remain the number one priority.

The foundation of readiness is people. Achieving and maintaining our end strength with motivated, well trained Soldiers is the first tier of readiness and it is everyone's responsibility. We continue to be in a challenging recruiting environment. When you are out in your community, tell our story! We have amazing opportunities for our young people to take advantage of and each of us is a great example of the results of those opportunities. Have a card available or collect the person's information and turn it over to your local recruiter. Strength equals readiness!

The second tier of readiness is individual medical readiness. Each of us has a responsibility to make sure we are current in all medical requirements, physically fit, and prepared to deploy. Just as importantly, we need to make sure that our status is properly documented. You can check your medical readiness on AKO.

The third tier of readiness is individual qualification. Regardless of what the current or past personnel "rules" say or what your experience level may be, if you are not at least current with your PME, you are not qualified to lead Soldiers. The standard to be considered current for our enlisted leaders is: SGT: Basic Leader Course; SSG: Advanced Leader Course; SFC: Senior Leader Course. Our Soldiers deserve the best trained leaders we can give them. We are risking their lives on your proficiency. We cannot afford not to give them the best!

Without all three tiers, we cannot begin to achieve collective readiness. I would ask that each of us continue the hard work that is required to be truly ready. Our State and Nation are counting on us!

I recently became much more active on social media, particularly Facebook. I hope you have seen and enjoyed my "Updates to the field" posts. I just started an official page. I will be posting updates to the new official page in the future. Check it out at: <https://www.facebook.com/CTCommandSgtMaj/>.

Thank you for everything you do. A special thanks to our Families, employers, and Retirees that do the real heavy lifting that enables us to serve.

Talk to you in November. Army Strong!! Go Guard!!

#### Thought of the Month:

"Tactical patience always expires just before a commander's decision point. Make sure you understand your commander's decision cycle."

*Any Soldier, Any Issue, Any Time.*  
-CSM Carragher

**Command Sgt. Maj. Carragher is now officially on Facebook! Please like and follow him at <https://www.facebook.com/CTCommandSgtMaj/>**



# Spotlight on a Recruiter Sgt. Cody McVeigh

**What was your original MOS and who was your recruiter?** - I enlisted as a 68W (Combat Medic) with Sgt. 1st Class Chris Mike. I originally wanted to be an MP but he talked me into being a medic. I'm glad he did!

**Why did you join the military?** - Like many, I wanted to give back and serve my country. I also wanted to do something that would separate myself from my high school peers.

**Before working in the RRB, what was the most unusual or interesting job you've ever had?** - I had a fun job working for a pharmacy where I delivered medication to clients.

**How many years have you been working in recruiting?** - I have been with RRB for less than one year.

**Do you have any hobbies?** - I am a big sports fan. Football is my favorite to watch and basketball is my favorite to play.

**Who did you first see live in concert?** - Fist concert was Dave Matthews Band. That concert was also when I decided that I wanted to join the National Guard. June 2013 in Hartford.

**Which superhuman power do you wish you had?** - The ability to convince anyone to do anything. Would be helpful in this job.

**What was the single-most influential event in your lifetime?** - Meeting my girlfriend!

**If your organization had a theme song, what would it sound like?** - Something patriotic, but also a good instrumental to freestyle over.

**What was your first car?** - 1997 Jeep Wrangler

**What is the most interesting/nicest place you've ever been?** - Yankee Stadium

**If you could have dinner with any three people (dead or alive) who would you invite and what would you eat?** - F. Scott Fitzgerald, Henry David Thoreau, and Kobe Bryant. We would eat something vegetarian of course!



# Get to Know Connecticut's Newest Soldiers

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

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

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



**Meet Pfc. Justin T. You,**  
*Age: 20*  
*68W, Combat Medic*



**Meet Pfc. Iranie Valcinreda**  
*Age: 31*  
*92A, Automated Logistics Specialist*

<b>What were you doing before you joined?</b>	Prior to joining the CTNG, I was a full-time student at Boston University pursuing a Bachelor's in Health Studies.	Working part time and attending school full-time.
<b>Why did you join the Guard?</b>	I joined for the educational benefits and to have a more adventurous job.	Besides serving my country and community, I joined the Guard to better myself as a person.
<b>Who is your Recruiter?</b>	Staff Sgt. Joseph Benete.	Sgt. 1st Class Felix Guiffra.
<b>What do you tell friends about the Guard?</b>	I tell my friends that the time I spent training was the best time of my life that I never want to repeat again.	That it is a rewarding career and offers valuable training experiences that are applicable to life.
<b>Do you have any hobbies?</b>	My hobbies are playing piano, hiking, rock climbing, and bowling.	Cooking, walking, volunteering in my community, singing in the church choir.
<b>What is your dream vacation destination?</b>	My dream vacation would be Hawaii.	Dubai.
<b>What was the most influential life event?</b>	Being put in the ER with a case of pneumonia. The experience taught me to take better care of myself.	Earning a college degree.
<b>If you could buy any one thing, what would it be?</b>	A nice acoustic guitar.	A house.
<b>What would be your entrance music?</b>	Till I Collapse by Eminem is my theme song.	The Comeback by Danny Gokey.

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

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

## OCS & WOCS OPEN HOUSE

### INFORMATION BRIEF

## September 9, 2017

Report Time: 9:00 a.m.  
RTI, Camp Niantic

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

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

# 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](mailto:tyler.j.sams4.mil@mail.mil)  
860.595.9962




## R3SP - Resilience, Risk Reduction & Suicide Prevention

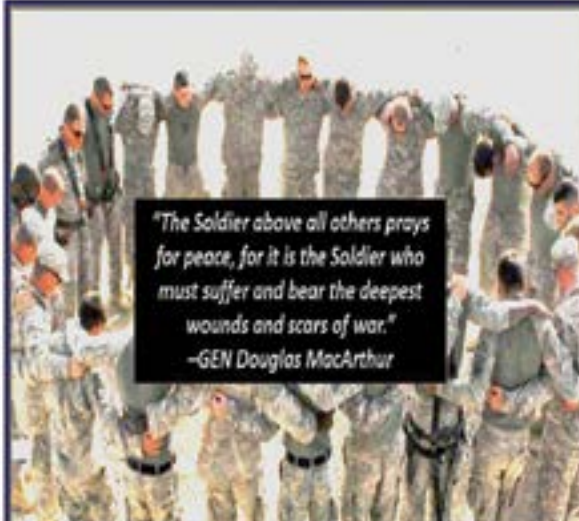
VALUES & BELIEFS



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




**Spiritual Dimension**  
Identifying one's purpose, core values, beliefs, identity, and life vision. These elements, which define the essence of a person, enable one to build inner strength, make meaning of experiences, behave ethically, persevere through challenges, and be resilient when faced with adversity.



*"The Soldier above all others prays for peace, for it is the Soldier who must suffer and bear the deepest wounds and scars of war."  
-GEN Douglas MacArthur*

**Opportunities for Spiritual Growth**



**Identifying Personal Core Values**  
Our core values influence our everyday behavior, so knowing what they are can act as a guide both professionally and personally. Using these steps to help identify your personal core values:

1. **Write down a situation that evokes a really strong reaction in you.** List what happened to you, how you felt and what principle coincides with it.
2. **List your highs and lows.** Recall several situations when you were the happiest and saddest and why. This establishes not only what you feel fulfilled, but what might be missing that you may not have been aware of before.
3. **Identify moments of pride and disappointments.** While the previous step is more influenced by environment and situation, this one helps reveal strengths and weakness in our character. Acknowledging when we have let out ourselves down can be uncomfortable, but is also the most helpful.

Once they've been identified, the key to core values for individuals is committing to them. *Practicing them and living them is what gives core values their strength and their ability to provide insight into even the most difficult situations and decisions.*

BeThere

★ YOUR ACTION COULD SAVE A LIFE ★

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

**Contact the Military Crisis Line**  
 • Dial: 1-800-273-8255  
 • Text: 838255  
 • Online chat: [www.militarycrisisline.net](http://www.militarycrisisline.net)

### Identify the Warning Signs

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

### Know Your Resources

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



## R3SP - Resilience, Risk Reduction & Suicide Prevention

**101 Critical Days of Summer Safety**  
**Think Before You Drink**  
**Stay Safe on Labor Day**  
*You work hard year round and deserve a day to relax.*  
*Follow the low-risk guidelines to ensure your long weekend is safe and enjoyable with no regrets!*



If you will be on a boat, remember that alcohol will increase feelings of intoxication and lack of coordination.



If you will be operating a grill, be responsible to ensure that you don't start a fire or harm anyone.

**Low Risk Guidelines**

One Standard Drink = 1.5 oz. of 80-proof spirits; 5 oz. of wine with 7-12% alcohol content or 12 oz. beer with 4-6% alcohol content.





● If you are underage, pregnant, at risk for alcoholism or operating a motor vehicle

1 is the maximum number of standard drinks in one hour

2 is the maximum number of standard drinks in one day for daily drinkers

3 is the maximum number of standard drinks in one day for occasional drinkers

**For more information, call Robin Tanguay (ADCO) /Shaneka Ashman (PC) at**  
**[860-549-2838/401-391-1189]**

### Substance Abuse Issues? Get Help Now

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

**CTNG Substance Abuse Program Staff**  
**Mr. Denis Tomczak**

*Alcohol and Drug Control Officer*  
 860-729-9745

[dennis.tomczak@accenturefederal.com](mailto:dennis.tomczak@accenturefederal.com)

**Ms. Shaneka Ashman**

*Prevention Coordinator*

860-549-2838

[Shaneka.ashman@accenturefederal.com](mailto:Shaneka.ashman@accenturefederal.com)

**Sgt. Chris Wichrowski**

*Drug Testing Coordinator*

(860) 549-3298

[christopher.j.wichrowski.mil@mail.mil](mailto: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.*

**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](mailto:meagan.e.macgregor.ctr@mail.mil)



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



# Off the Bookshelf

with Staff Sgt. Simon

# 1984

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS, CTARNG

A classic 20th century novel has recently returned to best-seller book lists almost 60 years after it was first printed.

George Orwell’s “1984,” about a dark and frightening future human society and a man’s dream of escaping it, was published in 1949 when most of the real world was still recovering from World War II and the Cold War was developing between the first and second worlds: the United States and it’s allies, and the U.S.S.R.

Orwell introduced a few contemporarily familiar words and phrases in his novel. Big Brother is the totalitarian all-seeing political oligarch in “1984.” To Double Think is to accept two contradictory beliefs simultaneously. The novel’s Ministry of Truth is the agency responsible for creating propaganda. Telescreens are televisions that spy on their viewers, often while they’re watching football. And of course, the term Orwellian has often since been used (in the real world) to refer to societies that resemble Orwell’s nightmare futuristic vision.

Orwell lived a relatively exciting life. In 1936, he traveled to Spain to join a militia and take part in its Civil War. During his service, he was shot in the neck and seriously wounded. He collected his experiences in a 1938 book, “Homage to Catalonia.” Later, during

World War II, Orwell worked for the British Broadcasting Corporation as a wartime propagandist and radio broadcaster.

Orwell is most famous for producing two novels with explicit political themes. While “Animal Farm,” published in 1945, is a simple allegory comparing humans to farm animals, “1984” is a more intricate portrait of the complexities of citizens’ lives within a totalitarian system and their proclivities within that system. However, because the political components of “1984” have frequently reappeared in popular culture and the media in the decades since it was published, it’s usually forgotten that “1984,” rather than “Animal Farm” is also a love story.

The novel’s protagonist, Winston, and his love interest, Julia, harbor the same misgivings about their nation’s government for whom they are both employed. Although their relationship is outlawed they choose to become lawless lovebirds. A deeper look into “1984” may reveal Winston’s intention in pursuing a relationship with Julia rather than his own independence and freedom. In fact, there is much that can be extracted from the novel’s romantic plot but Orwell leaves many details vague, undetermined and subject to his readers’ interpretations.

An Orwellian world is one in which people are motivated only by self-interest and personal gain. Orwell was indeed a cynic, a fortuneteller and a highly skilled novelist. “1984” is sure to return to bestseller lists whenever the ghosts of old political tensions are reincarnated to haunt the world.

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](mailto:allison.l.joanis.civ@mail.mil)



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

Now in full color!

**THE CONNECTICUT NATIONAL GUARD**  
**OFFICIAL WEB AND SOCIAL MEDIA**

[www.ct.ng.mil/](http://www.ct.ng.mil/)  
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The Official CT National Guard Fan Page

**twitter.com/ctnationalguard**  
The Official CT National Guard Twitter

**instagram.com/ctnationalguard**  
The Official CT National Guard Instagram

**flickr.com/ctnationalguard**  
The Official CT National Guard Flickr

Connecticut National Guard Public Affairs Office  
Social Media Submissions and Information  
(860) 524-4858 [ctngpublicaffairs@gmail.com](mailto:ctngpublicaffairs@gmail.com)

# Military History

# The Petersburg Express

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

Guarding the entrance to the Connecticut State Capitol at the intersection of Capitol Avenue and Trinity Street is the, “Petersburg Express.”

This mortar was used by the 1st Connecticut Heavy Artillery during the American Civil War, most notably in the campaign at Petersburg, Virginia. The 1st Connecticut Heavy Artillery, originally the 4th Connecticut Infantry, was the first volunteer organization that was mustered for three years into the service of the United States, rather than 90 days. The unit had a strength of 3,802 officers and men.

The 13-inch, 8.5-ton mortar, Number 95, on display in Hartford is often confused with, “The Dictator,” another mortar used by the 1st Connecticut Heavy Artillery. The Dictator is the subject of many photographs of this type of mortar, but it was most likely melted down after the war. About 162 of the M1861 13-inch mortars were made for both the Army and Navy and today, only about 27 are known to have survived.

These mortars were most commonly fired from a wooden ground platform. What made this piece unique is that it was fired from a railroad car, which was specially strengthened with extra beams and iron rods to withstand the strain of firing. During the siege, the mortar was placed on the car and run up the tracks along the City Point and Petersburg Railroad on a spur constructed for this purpose. A curve in the tracks allowed the gunners to adjust the angle of fire. This novelty was widely known as the “Petersburg Express” from an account by E. B. Bennett from East Berlin who served with Company K. The 10-month siege of Petersburg ended on April 2, 1865.

The power of this weapon was enough to shatter most

field magazines and bomb-proofs, and is credited with causing the Confederate gunners to withdraw. The mortar fired a shell weighing 200 pounds, with a charge of 20 pounds of powder. At an angle of 45 degrees, the range (according to the Ordinance Manual) is 4,325 yards. When fired, the recoil would send the flatcar it was on to recoil 10 to 12 feet on the tracks.

Soldiers on both sides hated mortars. “These mortar shells were the most disgusting, low-lived things imaginable,” declared W. W. Blackford, a Confederate engineer. “There was not a particle of the sense of honor about them; they would go rolling about and prying into the most private places in a sneaking sort of way.”

“Mortar shells fly into the works occasionally,” a Maine soldier confirmed, “at which times we get out in double-quick time.” Added a Georgia infantryman, “Old veterans can never forget the noise those missiles made as they went up and came down like an excited bird, their shrieks becoming shriller and shriller, as the time to explode approached.”

The memorial to the 1st Connecticut Heavy Artillery was dedicated on September 25, 1902. It took 18 horses



The “Petersberg Express” mortar stands at the entrance of the Connecticut State Capitol in Hartford, Connecticut. The 13-inch, 8.5-ton mortar was used by the 1st Connecticut Heavy Artillery during the American Civil War. The mortar was mounted on the grounds of the Capitol in 1902. (Photo by Allison L. Joanis, State Public Affairs Office)

to move the mortar from the Windsor Street freight yard to the Capitol grounds. The 1st Connecticut Heavy Artillery is the only Civil War regiment to have its memorial placed on the State Capitol grounds.

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](mailto:rmcody@snet.net).

**CONNECTICUT NATIONAL GUARD**  
**COMMISSIONING OPPORTUNITIES**

Qualified candidates may email resumes/CVs to:

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

Master Sgt. Christopher Grizzle [christopher.h.grizzle.mil@mail.mil](mailto: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**



## Training Circulars for TY17/18 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
Pre-Command / 1SG Course	350-17-24	Maj. Michael 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
Engagement Skills Trainer II (EST II) New System Training (M-Day)	350-17-47	1st Sgt. Corey Lewis	19-Sep-17	22-Sep-17
Engagement Skills Trainer II (EST II) New System Training (M-Day)	350-17-47	1st Sgt. Corey Lewis	26-Sep-17	29-Sep-17
Annual Government Purchase Card Refresher Course	350-17-39	Sgt. Kyle Stafford	28-Sep-17	28-Sep-17
Engagement Skills Trainer II (EST II) New System Training (FTSP)	350-17-47	1st Sgt. Corey Lewis	03-Oct-17	06-Oct-17
Intelligence Section Working Group	350-17-28	Master Sgt. Jonathan Trouern-Trend	7-Oct-17	8-Oct-17
Engagement Skills Trainer II (EST II) New System Training (FTSP)	350-17-47	1st Sgt. Corey Lewis	10-Oct-17	13-Oct-17
Bus Driver Training Course	350-17-21	Master Sgt. Thomas Ahearn	16-Oct-17	20-Oct-17
Digital Training Management System Course	350-17-30	Sgt. 1st Class Richard Reynolds	17-Oct-17	17-Oct-17
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	17-Oct-17	19-Oct-17
American Heart Association (AHA) Heartsaver AED Certification	350-17-18	Staff Sgt. Sara Landon	18-Oct-17	18-Oct-17
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	24-Oct-17	24-Oct-17
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	25-Oct-17	25-Oct-17
OIP Workshop	350-17-03	Maj. Daniel Caisse	26-Oct-17	26-Oct-17
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffery Colvin	9-Nov-17	9-Nov-17
Range Control Operator Course	350-17-02	1st Sgt. Michael Nugent	13-Nov-17	13-Nov-17
Casualty Notification Office/Assistance Officer Training (CNO/CAO)	350-17-05	Sgt. 1st Class Michael J. Cardozo	14-Nov-17	16-Nov-17
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Christopher Wichrowski	18-Nov-17	19-Nov-17
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Ms. Meagan MacGregor	1-Dec-17	1-Dec-17

## Highlighted Courses:

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

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

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

**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

#### 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

#### PREPARE YOUR UNIFORM

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

3

- 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

#### SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

4

- 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

#### SHOW UP AT SCHEDULED TIME

MO Munroe Rise  
Armed Forces Reserve Center  
375 South Street  
Middletown, CT 06457  
Room 322

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

#### IMAGE MANIPULATION

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

- Per AR 640-30: Photographers will not alter the photograph, to include adding new rank, ribbons, stars or creating windows or windows. 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
- Only wear PERMANENT awards listed in your records
- Wear Marksmanship Badges
- Nameplate must be worn
- Wear ONE CSIB, if authorized
- Identification badges worn on left pocket, if authorized
- No headgear worn for DA photo

FOR MORE INFORMATION, VISIT: [WWW.ARMY1.ARMY.MIL/UNIFORM/](http://WWW.ARMY1.ARMY.MIL/UNIFORM/)

# CONNECTICUT NATIONAL GUARD SAFETY FIRST

## Distracted Driving

PUBLISHED BY THE NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION  
[HTTPS://WWW.NHTSA.GOV/](https://www.nhtsa.gov/)

Distracted driving is dangerous, claiming 3,477 lives in 2015 alone. NHTSA leads the national effort to save lives by preventing this dangerous behavior. Get the facts, get involved, and help us keep America's roads safe.

### What Is Distracted Driving?

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for five seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

### Consequences

In 2015 alone, 3,477 people were killed, and 391,000 were injured in motor vehicle crashes involving distracted drivers.

During daylight hours, approximately 660,000 drivers are using cell phones while driving. That creates enormous potential for deaths and injuries on U.S. roads. Teens were the largest age group reported as distracted at the time of fatal crashes.

More statistics on distracted driving and other risky

driving behaviors are available at <https://www.nhtsa.gov/risky-driving/distracted-driving>.

### National Highway Traffic Safety Administration In Action

NHTSA leads the fight nationally against distracted driving by educating Americans about its dangers and partnering with the States and local police to enforce laws against distracted driving that help keep us safe.

NHTSA's campaigns and public service announcements make the case to Americans that safe driving means driving without distractions. You've likely seen or heard our public service announcements but we're also on Facebook and Twitter sharing stories and tips to help save lives.

The foundation of NHTSA's efforts on distracted driving and other risky driving behaviors is our partnership with the States and local police. The States determine laws affecting distracted driving, but NHTSA provides Federal investments in the locally driven strategies that address the States' specific needs. One of the highlights of this relationship comes during April's Distracted Driving Awareness Month, which pairs a national advertising campaign with a law enforcement crackdown called, U Drive. U Text. U Pay."

### The Law

Your State legislature and governor make the laws

### THE THREE TYPES OF DISTRACTED DRIVING AND HOW TO AVOID THEM

 <p><b>VISUAL</b></p> 	 <p><b>MANUAL</b></p> 	 <p><b>COGNITIVE</b></p> 
<p>Keep your eyes on the road.</p> <p>Pull over to read directions.</p> <p>Put your phone in "Do Not Disturb" mode.</p>	<p>Keep your phone out of reach.</p> <p>Make all adjustments before driving.</p> <p>Don't reach for items while driving.</p>	<p>Avoid phone calls, even hands-free.</p> <p>Stay focused on the road.</p> <p>Keep your emotions in check.</p>

regarding distracted driving. Many States now have laws against texting, talking on a cell phone, and other distractions while driving. You can visit our State Laws page to learn about the laws in your State.

Please see Connecticut TAG Policy Memo Number 36 for Connecticut National Guard specific guidelines on Distracted Driving.

## CTARNG Exellence in Safety Nomination Information

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

Please nominate for all applicable awards

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

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

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

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

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

# CTARNG Safety Awards Program

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

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

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

Connecticut GKO State Safety Page : [https://states.gkoportal.ng.mil/states/CT/ARNG\\_Staff/Safety/SitePages/Home.aspx](https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/Safety/SitePages/Home.aspx).





# Retiree Voice Being Smart About TRICARE

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

If you’re a retiree now on Medicare and enrolled in TRICARE for Life, this article is for you. And for those of you who qualify and will be enrolled in TRICARE for Life, will also find this article informative. Past articles have focused on eligibility and benefits, this article focuses on how best to learn about your coverage, your health issues, and making the most of TRICARE for Life.

Go to TRICARE.mil. TRICARE have revamped its website making it more user friendly, easier to navigate, and customizable. Use the My Plan tab on the welcome page to enter your status and location. The site then customizes it to you, your benefits and coverage. You can, for example, find out what is covered or that TRICARE is changing in 2018. Good news is that TRICARE for Life will not.

Sign up for TRICARE email updates so that you get the latest information on a regular basis. In an TRICARE email update several weeks ago, seven ways to stay informed about TRICARE.

TRICARE publications are an efficient way to get information. On the TRICARE publications page, find booklets, handbooks, and guides on a variety of subjects. You can scroll down the list of publications or enter a subject or search words to narrow choices. Publications cover all subjects. Most publications are PDFs which can be easily read online, downloaded, or printed on your home printer. Or for example, if you enter “pharmacy” in the search box, information will appear covering everything from TRICARE pharmacy options and prescription costs to medication lists. The

publication page also has short fact sheets that explain specific benefits and programs.

Health Matters, published for overseas, seaside and dental issues, is TRICARE’s newsletter focused on seasonal articles, health issues and health issues for the TRICARE community. In July, there were articles on safe backyard grilling and staying hydrated in hot weather. You can sign up for these newsletters by calling Health Net at 1-877-TRICARE (1-877-874-2273) to get your newsletter delivered to your email inbox.

You can stay updated on your TRICARE coverage through TRICARE news articles which cover a wide range of health-related issues such as child obesity, summer safety, drug interactions, and health related travel information.

TRICARE also offers videos, podcast, and webinars on a regular basis. TRICARE TV offers short videos on all kinds of health issues. Some important topics covered are covered preventative services, Urgent care pilot, and drug take back programs.

TRICARE Benefits Bulletin is a weekly podcast that focuses on recent health news. It includes military health care, and issues that affect TRICARE beneficiaries. Written transcripts are available for printing.

Webinars are the seventh main way to keep updated.



TRICARE offers monthly webinars to which you can listen to presentations on timely health subjects by healthcare experts. You can submit questions to the experts. If you receive TRICARE emails, you receive information on upcoming webinars and how to register. For example, TRICARE and Military OneSource hosted a webinar about improved access to mental health and substance use disorder treatment on July 31st.

TRICARE for Life’s wrap around plan is one of our best benefits as retirees from the National Guard. More than just health coverage, it offers a great deal of information on health and staying healthy, in addition to supplementing health costs.

# 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/](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

Rodriguezfigueroa, Eli M.  
Berry, Matthew C.  
Kayembe, Jaebets K.  
Delvalle, Daniel A.  
Rodriguez, Frank J. Jr.  
Cudak, Matthew E.  
Henderson, Mekhi S.  
Garcia, Lyann  
Morales, Luis D.  
Hogan, Daniel W.  
Papadopoulos, Bill S.  
Satchell, Kino H.  
Almanzarperetz, Carlos S.

### To Private First Class

Bartha, Juliana E.  
Finnegan, Liam M.  
Marshall, Cody M.  
Rivera, Nasser Peter V.  
Febus, Zachariah N.

Suri, Divyansh  
Joy, Gilbert G.  
Shakes, Stafford R.  
Mccarthy, James P.  
Leonard, Jeffrey M.  
Carrasquillo, Nathan R.  
Lacks, Shiquan A.  
Locke, Zachary A.

### To Specialist

Hilpertshauser, Lindsay K.  
Melendezandrade, Stephanie  
Mannix, Thomas J. Jr.  
Chamorro, Felix I.  
Gialluca, Nicholas J.  
Gianatasio, Robert M.  
Jacobson, Michael R.  
Caldwell, Zachary T.  
Creaven, Nicholas P.  
Xhengo, Eraldi  
George, Joseph T.

Perkins, Dandre M.  
Lugodeltoro, Abner X.  
Randazzo, Jacob T.  
Phipps, Amir S.  
Gibbs, Kyle R.  
Hoyt, Richard A. III  
Pucutay, Christel L.  
Sherwood, Andrew R.

### To Sergeant

Morgera, William M.  
Mclain, Jesse R.  
Rivera, Joshua  
Correa, Javier  
Conway, Tyler E.  
Morgan, Audie U.  
Ericson, Connor A.  
Purcell, Michael C. Jr.  
Rivera, Maricris P.  
Provencher, Cameronann

### To Staff Sergeant

Hellyar, Brandon T.  
Berganza, Uriel A.

### To Master Sergeant

Young, Joseph A.

### To Chief Warrant Officer 4

Mackenzie, Christopher D.

### To Captain

Gibb, Christopher R.

### To Major

Chufoo, Ashton G.

## AIR

### To Staff Sergeant

Copeland, Donovan S.  
Ofiara, Sean M.

### To Technical Sergeant

Mastroianni, Christopher A.

# Congratulations to All!



Promotions as of August 1, 2017

# Coming Events & Holidays

## September

**September 4**

Labor Day

**September 5**

\*October Guardian Deadline\*

**September 11**

Patriot Day

**September 15**

POW/MIA Recognition Day

**September 18**

Air Force Birthday

**September 20**

Rosh Hashana

**September 24**

Gold Star Mothers & Families Day

**September 30**

Yom Kippur

## October

**October 9**

Columbus Day

**October 10**

\*November Guardian Deadline\*

**October 13**

Navy Birthday

**October 26**

National Day of the Deployed

**October 31**

Halloween

## November

**November 5**

Daylight Savings Ends

**November 7**

\*December Guardian Deadline\*

**November 10**

U.S. Marine Corps Birthday

**November 11**

Veterans Day

**November 23**

Thanksgiving Day



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CONNECTICUT  
**NATIONAL GUARD**

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**860-817-1389**

<http://www.nationalguard.com/ct>

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# Connecticut Family GUARDIAN

VOL. 18 NO. 9

HARTFORD, CONNECTICUT

SEPTEMBER 2017

## Need Help With Your Finances? *Meet the CTNG's Newest Personal Financial Counselor*

COURTESY OF THE CTNG  
SERVICE MEMBER & FAMILY SUPPORT CENTER

Personal Financial Counseling can help you and your family: manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

### Support and Counseling Services Provided:

- Confidential financial consultations for individuals and families
- Referrals to military and community resources
- Support for family members during deployment
- Help with credit management and budgeting
- Help navigating benefits

### Who is Connecticut's new PFC?

Rhona H Heyl, CFP® is a Certified Financial Planner and Personal Financial Counselor. She provides financial counseling services to service members and their families within a 50 mile radius of New London, CT. With more than 25 years of experience in the financial industry, Rhona has developed an in-depth knowledge of financial management strategies, as well as a strong understanding how to implement solutions.

Rhona served as a Vice President within the Private Bank of J.P. Morgan in New York City, and as an Assistant Vice President at Lehman Brothers in Boston. As an independent consultant, Rhona led the team to establish the first customer relationship management program implemented by Prudential Financial, for which she received an Excellence Award from the Chairman. She began her career at The Boston Company as a marketing assistant for their Chief Economist, Allen Sinai.

In addition to her professional career, Rhona was also a Coast Guard spouse for 13 years with tours of duty in Connecticut, Haiti, Washington, D.C, New York and Key West. Rhona is active in the charitable community of southeastern Connecticut, serving as President of the Board or Trustees for the Mystic & Noank Library, and as Immediate Past President of the Rotary Club of Mystic.

**Rhona Heyl (based at Camp Niantic) contact information email: PFC3.CT.NG@zeiders.com or 860-287-7552**

**Brian Deal (based in Hartford Armory) contact information email: PFC.CT.ANG@zeiders.com or 203-233-8790.**



Know your resources. Military OneSource is a one-stop shop for non-medical counseling. If you are looking for help from the CTNG, contact the Service Member and Family Support Center at 1-800-858-2677. (Photo courtesy of MilitaryOneSource.mil)

## Understanding Your Confidential Non-Medical Counseling Services

MILITARY ONESOURCE

You never have to be without support. Military OneSource and military and family life counselors provide free, short-term, confidential non-medical counseling services for a wide range of issues from marital conflicts and stress management to coping with a loss and deployment adjustments.

Confidential non-medical counseling is a well-established strategy for finding answers to common emotional and interpersonal difficulties.

This overview explains the kinds of issues addressed by confidential non-medical counseling and how you can access it.

### Eligibility for Non-medical Counseling

Confidential non-medical counseling services are free and available to the following groups through Military OneSource and your installation's Military and Family Support Center:

- Active-duty service members and their immediate

family members

- National Guard and reserve service members (regardless of activation status) and their immediate family members
- Designated Department of Defense expeditionary civilians and their immediate family members
- Survivors

Review the full eligibility guidelines - <http://www.militaryonesource.mil/military-onesource-confidential-help-eligibility>

### Children and Youth Services

Children are eligible to receive confidential non-medical counseling services under the following circumstances:

- Children ages 12 and younger may attend face-to-face sessions through Military OneSource with a parent or guardian, but not on their own.
- Youth, ages 13 through 17, are eligible for individual,

Continued See COUNSELING on Page S3





CATHERINE GALASSO-VIGORITO

# This Too, Will Pass

Long ago, there was a parable told about monarch who had commissioned a jewelry designer to create for him a custom, solid-gold ring. The monarch planned on wearing the ring daily. But, the monarch wanted a few words engraved on the ring which would offer him comfort during challenging or distressing times.

So the monarch asked scholars and philosophers from far and wide for words of wisdom. It must be a motto that is endlessly enduring, words to ease a person’s heart and mind in different circumstances.

As the weeks passed, many came forth with their thoughts. The monarch jotted down their recommendations. He pondered upon each one. Then, slowly and regretfully the king shook his head. “No,” he whispered under his breath, for the monarch wasn’t encouraged by any of the suggestions.

The next day, the monarch awoke to the pale light of early morning. Then, there was a knock at the door. It was a man from the village who had heard about the monarch’s request, and he wanted to meet with the monarch.

Kindly, the monarch agreed. And, face to face together, keeping his voice low, the village man uttered to the monarch, “There are four words that have given me great comfort in my lifetime, and I will gladly offer them to you.”

Following his gaze, the monarch leaned forward. In anticipation, he waited to hear what the village man had to say. A moment later, the man said with a warm, gracious smile, “The words are: This, too, will pass.”

There was complete silence in the room. Heartened, the monarch was clearly moved by the words. And, thereafter, he had them engraved on his ring.

Are you in a difficult situation? Is your motivation becoming almost depleted? For, sometimes, every day can feel like chaos. Or, perhaps, saddened, you can’t figure out, “What should I do next.”

Yet, the Bible promises that these afflictions will pass, and that all things are temporary. God knows where you are today. He wants to give ease to your suffering. Therefore, keep on holding strong. God is at work right now to give you ‘Beauty instead of ashes,’ ‘Joy instead of mourning,’ and ‘Praise instead of a heavy, burdened, and failing spirit.’ (Isaiah 61:3).

Psalms 30:5 says: “Weeping may endure for a night, but joy comes in the morning.” So keep being faithful. For God is saying to you now: This, too, will pass.

- If you’re burdened down with anxiety; remember this, too, will pass.
- When your heart is heavy; remember this, too, will pass.
- When it seems as though you will never be happy again; remember this, too, will pass.
- If your circumstance looks bleak; remember this, too, will pass.
- When success seems unattainable; remember this, too, will pass.

So despite what challenges lie in your path, your situation is going to improve. Don’t let discouragement take over. God’s word says that all things work for the good of those that love God and are called according to His purpose. (Romans 8:28). Hence, in good or difficult times, God is still in control and has a perfect plan. And somehow, someday, everything is going to work out for your good and for His glory.

Be patient. Be bold. Be courageous. Free yourself from stress and cultivate inner peace and happiness by keeping your thoughts and speech positive. When you talk over and over about your problems, you’re just fixating on the negative. Rather, let go of all your worries and give them all to God. Become like a deep lake, less affected by the ripples on the surface. Then, in time, your entire being can be transformed from the inside out.

A better day is coming. And soon, a new surge of joy will come to you that will erase all of the past despair.

Recently, a reader wrote, “I believe everything happens for a reason. So we should not let our emotions cloud our vision, failing to see the bigger picture or God’s divine hand in it. We may not understand why things are happening the way they are now. But the less we’re preoccupied with the negative and the more we exercise

our authority over the difficulties we face, the quicker we will overcome them. Think of challenges this way: The experience was to pave the way for something much better.”

God has not forgotten about you. Trust that He has something great up ahead. God’s timing is the best timing. And before long, He will make the miraculous happen in your life.

A while ago, I heard about a boy who was at home playing with his toy cars, and one of the cars broke. The boy tried, but he couldn’t repair the damaged car. He didn’t get upset. The boy didn’t get bitter and complain. Rather, calmly, with an optimistic frame of mind, he called out to his father. When the dad heard the boy summoning him, he came to see what he could do to help his son.

In no time at all, the father fixed the toy. The issue was successfully resolved. And the boy hugged and thanked his father.

Likewise, when you call out to God your Father, He can make wrongs turn out right and create a way where there seems to be no way. The more optimistic and grateful your attitude, the more joy, peace, and favor will return to you.

No matter what you may be facing, pray and do not give up now. Scripture says in James 1:12, “Blessed is the man who perseveres under trials.” For God has a great purpose for you, and if you continue to persevere, He will help you. God’s eye is watching even the tiniest sparrow, so surely He will take care of you and supply your needs.

This, too, will pass... and you’ll step into a wonderful new beginning. A whole splendid life lies before you. For God’s gracious Hand of blessings will work your situation out better than you can ever imagine.

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](mailto:cgv@anewyouworldwide.com). Visit her website at [www.anewyouworldwide.com](http://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**

### COUNSELING from Page S1

face-to-face counseling through Military OneSource, but a parent must attend the first session.

- Children younger than age 18 are eligible for counseling with a child and youth behavioral military and family life counselor with parental consent.
- All military and family life counseling with children occurs within line of sight of another adult.

#### Confidentiality

The non-medical counseling services through Military OneSource and the Military and Family Life Counseling Program are confidential. The Military and Family Life Counseling Program is also anonymous. This means:

- A family member can receive counseling without the service member’s knowledge.
- A service member can receive counseling without a family member’s knowledge.

Privacy protections ensure your personal information will not be:

- Provided to the military or chain of command
- Shared with family or friends
- Released to other agencies
- Exceptions to privacy include:
  - Duty to warn
  - Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
  - Harm to self or others

- Illegal activity

#### Issues addressed in non-medical counseling services

Confidential non-medical counseling addresses issues such as:

- Adjustments (including deployments)
- Marital problems
- Parenting skills
- Stress management
- Decision making
- Communication
- Grief and loss

Non-medical counseling services don’t address certain following issues. If you need help with any of the following issues, contact the Military Crisis Line (1-800-273-8255 and Press 1):

- Active suicidal or homicidal thoughts
- Sexual assault
- Child abuse
- Domestic violence
- Alcohol and substance abuse
- Mental health conditions such as depression
- Non-medical counseling isn’t suitable for individuals:
  - Prescribed psychoactive medication
  - Receiving therapy with another practitioner
  - Involved in Family Advocacy Program cases
  - Undergoing fitness-for-duty evaluations
  - Undergoing court-ordered counseling

#### Accessing free counseling services

Face-to-face confidential non-medical counseling may occur in an office setting with a counselor located in the local community or with military and family life counselors on an installation. Military OneSource offers counseling sessions in three other formats:

- Telephone - 1-800-342-9647
- Secure online chat - <http://www.militaryonesource.mil/-/military-onesource-live-chat>
- Secure video -Call 1-800-342-9647 to arrange

Service members and their families can request counseling services at any time of the day or night, any day of the year, from anywhere in the world by calling Military OneSource at 800-342-9647. A consultant will assess your needs and give you a referral. You can also access Military OneSource counseling services online.

To speak with a military and family life counselor, contact one of the following:

- Military and Family Support Center - [www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil)
- Unit commander
- [CTNG Service Member and Family Support Center - 1-800-858-2677]

Whether it’s getting to the next level or juggling responsibilities, we all need help sometimes. Tap into your military network to get the support you need. Confidential non-medical counseling is available to help you manage the stressors of military and family life anytime, anywhere.

<b>William A. O’Neill Armory</b> <i>360 Broad St. RM 112 Hartford, CT 06105</i> <b>Service Member and Family Support Center</b> <i>(800) 858-2677</i> <i>Fax: (860) 493-2795</i> <b>Child and Youth Program</b> <i>(860) 548-3254</i> <b>Yellow Ribbon Reintegration Program</b> <i>(860) 493-2796</i> <b>Military OneSource</b> <i>(800) 342-9647</i> <i>(860) 502-5416</i> <b>Survivor Outreach Services</b> <i>(860) 548-3258</i> <b>Open Mon.-Fri.</b> <b>Windsor Locks Readiness Center</b> <i>85-300 Light Ln. Windsor Locks, CT 06096</i> <i>(860) 292-4602</i> <b>Open Mon.-Fri.</b> <b>Veterans’ Memorial Armed Forces Reserve Center</b> <i>90 Wooster Heights Rd. Danbury, CT 06810</i> <i>(203) 205-5050</i> <b>Open Mon.-Fri.</b>	<b>CONNECTICUT NATIONAL GUARD</b> <i>Family Assistance Center Locations</i> <p>Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p><b>Our Programs Include:</b></p> <table><tr><td>Budget Counseling</td><td>Community Support Options</td><td>Financial Assistance and Relief</td></tr><tr><td>Family Communication</td><td>Counseling Referrals</td><td>Morale, Welfare and Recreation (MWR)</td></tr><tr><td>Legal and Pay Information</td><td>Outreach</td><td>Family Readiness Groups (FRG)</td></tr><tr><td>TRICARE Assistance</td><td>Volunteer Opportunities</td><td>DEERS &amp; ID Card Assistance</td></tr></table> <p><b>Support is available 24/7 by calling (800) 858-2677</b></p> <p><i>*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</i></p>	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	<b>New London Armory</b> <i>249 Bayonet St. New London, CT 06320</i> <i>(860) 772-1422</i> <b>Open Mon.-Fri.</b> <b>103<sup>rd</sup> Airlift Wing</b> <i>100 Nicholson Rd. East Granby, CT 06026</i> <i>(800) 858-2677</i> <b>Open Tues.-Fri.</b> <b>103<sup>rd</sup> Air Control Squadron</b> <i>206 Boston Post Rd. Orange, CT 06447</i> <i>(800) 858-2677</i> <b>*By Appointment*</b> <b>Niantic Readiness Center</b> <i>38 Smith St. Niantic, CT 06357</i> <i>(800) 858-2677</i> <b>*By Appointment*</b> <b>Norwich Armory</b> <i>38 Stott Ave. Norwich, CT 06360</i> <i>(800) 858-2677</i> <b>*Wednesday or By Appointment*</b> <b>Waterbury Armory</b> <i>64 Field St. Waterbury, CT 06702</i> <i>(800) 858-2677</i> <b>*By Appointment*</b>
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												



September is National Preparedness Month

Make a Plan, Be Ready For When Disaster Strikes

# Emergency Preparedness Checklist

**THE AMERICAN RED CROSS**

The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.

Learn how to protect yourself and cope with disaster by planning ahead. This checklist will help you get started. Discuss these ideas with your family, then prepare an emergency plan. Post the plan where everyone will see it—on the refrigerator or bulletin board.

For additional information about how to prepare for hazards in your community, contact your local emergency management or civil defense office and American Red Cross chapter, (1-(877) 287-3327).

**In Connecticut**  
In an emergency, call 9-1-1.  
CT DEMHS: 1-860-685-8190  
Register for CT Alert:  
<http://www.ct.gov/ctalert/site/default.asp>  
Download Your Free Guide:  
[http://www.ct.gov/dph/lib/dph/communications/preparedness/emer\\_prep\\_guide\\_final.pdf](http://www.ct.gov/dph/lib/dph/communications/preparedness/emer_prep_guide_final.pdf)

### Call Your Emergency Management Office or American Red Cross Chapter

- Find out which disasters could occur in your area.
- Ask how to prepare for each disaster.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.

Also...

- Ask your workplace about emergency plans.
- Learn about emergency plans for your children's school or day care center.

### Create an Emergency Plan

- Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.
- Find the safe spots in your home for each type of disaster.

### Emergency Checklist

- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Show family members how to turn off the water, gas and electricity at main switches when necessary.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police and fire.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area).
- Teach children your out-of-state contact's phone numbers.
- Pick two emergency meeting places.  
1) A place near your home in case of a fire.  
2) A place outside your neighborhood in case you cannot return home after a disaster.
- Take a basic first aid and CPR class.
- Keep family records in a water and fire-proof container.

### Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffel bag.

Include:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information: the style and serial number of medical devices such as pacemakers.
- Special items for infants, elderly or disabled family members.

Service Member & Family Support Center Staff Directory				
William A. O'Neil Armory: 160 Broad Street, Hartford, CT 06105 • Fax: (860) 931-2795 • Open Monday-Friday				
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.cbr@mail.mil		(800) 858-2677
Deputy Director	SSG Melody Baber	melody.baber.c.habar@mail.mil	(800) 548-3276 (desk); (860) 883-2515 (cell)	
Family Assistance Center Coordinator	Anne Reed	anne.reed.ctr@mail.mil	(800) 524-4938 (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) 524-4963 (desk); (860) 680-2209 (cell)	
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(800) 524-4920 (desk); (860) 881-4677 (cell)	
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.t.cummings@mail.mil	(800) 493-2796 (desk); (860) 538-5629 (cell)	
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.mccarty.ctr@mail.mil	(860) 548-3254 (desk); (860) 883-6953 (cell)	
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.o.shaughnessy.ctr@mail.mil	(860) 548-3258 (desk); (860) 794-8748 (cell)	
Military OneSource Consultant	Chris Roulsen	christopher.roulsen@militaryonesources.com	(800) 502-5416 (cell); (800) 493-2722 (desk)	
State Support Chaplain	CHL (MAJ) David Nutt	david.l.nutt@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 Brittell	sean.r.brittell.ctr@mail.mil	(800) 548-3295 (desk)	
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(800) 524-4968 (desk)	
Windsor Locks Readiness Center: 85-100 Eagle Lane, Windsor Locks, CT 06096 • Open Monday-Friday				
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(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 Resource Center: 90 Weaver Heights Road, Danbury, CT 06819 • Open Monday-Friday				
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5070 (desk); (860) 883-2746 (cell)	
New London Armory: 249 Bayonet Street, New London, CT 06320 • Open Monday-Friday				
Family Assistance Center Specialist	Vanessa Fowler	vanessa.m.fowler.ctr@mail.mil	(800) 772-1422 (desk); (860) 883-2720 (cell)	
101st Airborne Wing: 100 Nicholson Road, East Granby, CT 06026 • Open Tuesday-Friday				
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.b.timberlake.civ@mail.mil	(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) 834-2677 • Open By Appointment				
Family Assistance Center Specialist	Timothy Horney	timothy.j.horney.ctr@mail.mil	(860) 221-5540 (cell)	
101st Air Control Squadron: 206 Boston Post Road, Orange, CT 06477 • (800) 834-2677 • Open By Appointment				
Waterbury Armory: 64 Field Street, Waterbury, CT 06702 • (800) 834-2677 • Open By Appointment				
Norwalk Armory: 38 West Avenue, Norwalk, CT 06860 • (800) 834-2677 • Open Wednesday And By Appointment				