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Connecticut Air National Guard Preps to Reach New Milestone

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

The Connecticut Air National Guard celebrates another big step in its storied history as it mobilizes for its first large-scale, overseas deployment since converting to the C-130H Hercules mission in 2013.

Almost 400 Airmen - nearly one-third of the state's Air National Guard strength - are set to deploy to Southwest Asia between now and the spring of 2017. One hundred CTANG Airmen assigned to the 103rd Air Control Squadron already have boots on the ground.

"A tremendous amount of work went into preparing these 400 men and women to deploy," said Col. Frank Detorie, 103rd Air Wing Commander. "Ever since our first C-130 arrived here at Bradley, our goal has been to transform the Wing into the finest Tactical Airlift Wing in the United States Air Force."

The pride and dedication showed from day one, according to Detorie. Airmen from several different backgrounds eagerly signed up for the first available training courses that would qualify them to pilot, crew, or maintain the new airframes.

Continued See CTARNG deployment on Page 15



Trump Swears In

Donald J. Trump swears in as President of the United States during the 58th Presidential Inauguration at the U.S. Capitol Building, Washington, D.C., Jan. 20, 2017. More than 5,000 military members from across all branches of the armed forces of the United States, including Reserve and National Guard components, provided ceremonial support and Defense Support of Civil Authorities during the inaugural period. (DoD photo by U.S. Marine Corps Lance Cpl. Cristian L. Ricardo)

In This Issue:



Celebrating Black History
Page 4



Personnel Changes in RRB
Page 7



2016 Year in Review: Part Two
Page 8

Antiterrorism Protection Message

SGT. MAJ. JONATHAN TROUERN-TREND
ANTITERRORISM PROGRAM COORDINATOR
G-3 PROTECTION BRANCH OFFICE

This month’s protection message: Briefing requirements for foreign travel. Some service members and units have only realized at the last minute that there is a requirement for a foreign travel brief, as mandated by military regulations. This message provides guidance to facilitate an understanding of these simple, but essential, processes.

Overseas Travel Briefing Requirements

As a Department of Defense Service Member or DoD contractor, you are required to receive an official brief prior to travelling out of the country. If you are travelling in an official capacity, you are required to get an official clearance no less than 30 days prior to travel.

Ordinary Leave and Vacation Travel

This briefing is a product of the US State Department and provides an awareness of entry requirements, safety, health and other pertinent issues. Locations of US consulate offices and procedures for any issues that may arise in that country are provided. There is a DOD requirement to complete Level 1 Antiterrorism Awareness Training prior to overseas travel. This online training takes roughly an hour. A recommended action is to enroll in S.T.E.P. This is the Smart Traveler Enrollment Program offered by the US State Department. This

program enables US Embassy personnel in that country to assist you and your family with timely and important safety and security announcements. The goal for this briefing is to facilitate a safe trip with an understanding of what to do in the case of an unplanned event. Visit the US State Department website at: www.travel.state.gov.

Official Travel

There is a more formal process that has additional requirements depending on the nature of the duty you are performing. Examples include: country clearances, visas, official passports and NATO orders. Antiterrorism briefs are more formal since you are a representing the DOD in official capacity. As a result of the global threat environment, higher level precautions must be taken. Ensure you reach out to your unit early and stay in touch so that all requirements are met in a timely fashion

Points of Contact

Your POC is your unit’s Antiterrorism Officer or NCO. For CTARNG travel briefs or other assistance, contact Sgt. Maj. Jonathan Trouern-Trend in the G3 Protection Branch Office at jonathan.j.trouerntrend.mil@mail.mil, (860) 524-3217.

For CTANG travel briefs contact Senior Master Sgt. Peter Martucci, 103d Airlift Wing Operations Group Intelligence Office, at peter.j.martucci.mil@mail.mil or (860) 292-2434.

Changing Your Address

If you move and would like to continue receiving the *Connecticut Guardian*, please change your address by contacting the editor by phone or email at (860) 524-4858 or allison.l.joanis.civ@mail.mil.

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

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

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

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

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

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Connecticut National Guard Critical Information List

The Critical Information List describes a list of critical information that must be protected from adversaries. Release of any information considered critical information must first receive an OPSEC review and will be released by the proper authority.

The following information is considered critical and will be protected accordingly.

1. Personally Identifiable Information
2. Protected Information/Privacy Act
3. Mobilization/Deployment/Re-deployment Information
4. Details of Operations and/or Missions
5. Information Assurance: passwords, phone numbers, unit rosters
6. Training Schedules, training Calendars or details of major training events
7. Capabilities of organizational weapons, equipment and personnel; LOGSTAT/PERSTAT
8. Identification of unit/facility, Mission Essential Vulnerable Areas

For more information reference Army Regulation 530-1, Operations Security or contact the State Operations Security Officer, Maj. Andrew P. Ossolinski at (860) 548-3221 or Andrew.p.ossolinski.mil@mail.mil.



“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

CONTACT YOUR RETENTION NCO FOR MORE INFO

*award items and bonuses are subject to funding and availability.

CONNECTICUT NATIONAL GUARD

COMING SOON: Leads to Enlistment Incentive Program
CTARNG Soldiers who bring in new recruits, that enlist, will earn awards and receive promotional items similar to those above.



The Impact of the Red Tails

1st Lt. T. RYAN SERFES
STATE EQUAL EMPLOYMENT MANAGER

The month of February is dedicated to remembering the many contributions members of the African-American community have made to our country. In many cases, those contributions required battles against racism, inequality, discrimination, and institutional constraints like segregation in order to achieve their goals.

During World War II, the U.S. military was engaged in an internal struggle over how to integrate African-Americans into the force. Despite a difficult transition, the U.S. military significantly impacted America’s path to equality. One of the most influential organizations were the first black aviators in the Army Air Corps:



Above: A restored P-51 Mustang associated with the Tuskegee Airmen, now flown by Red Tail Project. (Image courtesy of Tuskegee Airmen Inc.)

Top Right: Eight Tuskegee Airmen in front of a P-40 fighter aircraft. (Images courtesy of Tuskegee Airmen Inc.)

the Tuskegee Airmen. This group of black aviators and aircraft mechanics served with honor and distinction while overcoming racial discrimination both at home and abroad.

In 1941, the U.S. War Department announced the Civil Aeronautics Authority, in coordination with the U.S. Army, would begin development of, “colored personnel,” for the aviation service.

The initial class of 13 cadets began ground school on July 19, 1941. Those who successfully completed ground school moved on to Tuskegee Army Air Field to complete pilot training. The, “Tuskegee Military Experiment,” from 1941 to 1946 graduated approximately 1000 pilots, 355 of whom served overseas with the 99th, 100th, 301st and 302nd Fighter Squadrons, three of which (100th,

301st, and 302nd) eventually comprised the 332nd fighter group or, “Red Tails,” due to the distinctive solid red paint that covered the tails of their P-47 Thunderbolts.

The first Tuskegee Airmen to see combat were assigned to the 12th Air Force as part of the 99th Fighter Squadron in North Africa. Eventually, the 332nd Fighter Group was formed, assigned to the 12th Air Force and saw combat in both North Africa and Italy where they successfully flew more than 1,200 sorties using the same aircraft and conducting the same missions as their white counterparts.

The Tuskegee Airmen

excelled at their tasking and proved that they were just as capable as the other fighter groups. The capability of 332nd was clearly recognized and ultimately resulted in the group being assigned the state-of-the-art P-51D Mustang they eventually became famous for.

In early June 1944, the 332nd was reassigned to the 15th Air Force where they were primarily tasked with protecting bombers carrying out raids. The escorts occurred throughout Europe in locations including; France, Germany, Poland, Greece, Austria, Hungary, Yugoslavia, Romania, Bulgaria, and Poland.

Of the seven fighter groups assigned to the 15th Air Force, the 332nd was the most successful at protecting their bombers, going 100 consecutive missions without losing a single bomber at one point.

Out of the 311 missions they flew, they only lost bombers on seven total missions, with an overall success rate twice that of the other fighter groups assigned to the 15th Air Force. The Tuskegee Airmen further established their legendary status on March 24, 1945, when the 15th Air Force conducted its longest bombing mission of the war to Berlin. During that mission three separate Tuskegee Airmen shot down an advanced Luftwaffe ME-262 Jet Fighter.

The above examples are but a few of the achievements of the Red Tails during WWII. By the end of the war, members of the 99th Fighter Squadron and the 332nd Fighter Group had flown four variations of aircraft in combat (P-39, P-40, P-47 and P-51). They achieved a combined 112 aerial victories, were awarded 96 Distinguished Flying Crosses and four Distinguished Unit Citations. Four pilots earned three aerial victory credits in a single day.

The Tuskegee Airmen’s aerial achievements proved conclusively that African-Americans could fly and repair highly sophisticated aircraft and fly combat missions.

Despite their accomplishments in war, the Tuskegee

Airmen faced many challenges due to segregation and inequality at home. In 1944, Capt. Willard B. Ransom led a group of 12 black officers into the white-only TAAF Post Exchange restaurant which had been reserved for white officers. Upon entry, the black officers were asked leave. However, Capt. Ransom came prepared with two letters from the War Department stating that service at Post Exchanges and recreational facilities could not be denied due to race. The TAAF Commander, Col. Noel Parrish intervened and the white officers withdrew their protest. The twelve black officer’s moral courage peacefully desegregated the TAAF that day. However, many white officers refused to eat at the restaurant afterward and there was concern in the communities outside the base about possible desegregation in their towns. As a result, Col. Parrish had to speak with town leaders and assure them that desegregation was not going to happen outside the base.

In contrast, when the Tuskegee Airmen from the 477th Bombardment Group moved from Goodman Field, Kentucky to Freeman Army Airfield, Indiana in March 1945, 104 black officers were arrested for attempting to desegregate the officer’s club there. Several were charged with minor crimes and were unsuccessful at integrating the officer’s club despite the War Department policy. Clearly the military had a long way to go in its effort to remove racial barriers for service members. It wasn’t until August 1995 that those arrested at Freeman Field were cleared of any reference of the incident in their military records.

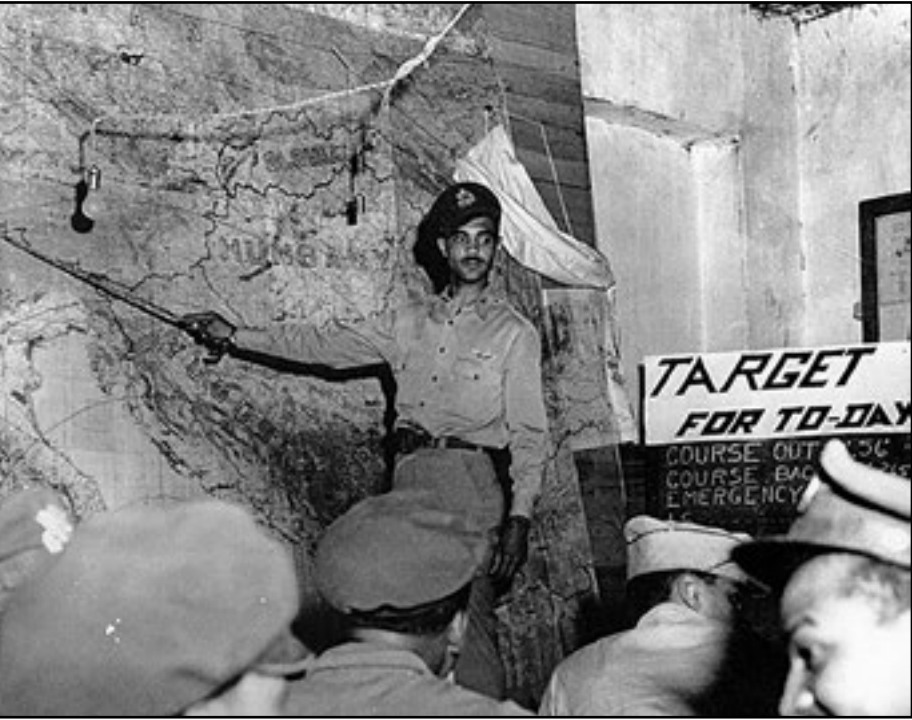
Meanwhile there was an effort in the newly formed United States Air Force to fully integrate black service members into their ranks. Stuart Symington, the first Secretary of the Air Force, supported racial integration from the inception of the Air Force.

In a letter dated April 5, 1948 to Lemuel E. Graves of The Pittsburgh Courier, Gen. Carl Spaatz, Chief of Staff of the United States Air Force, wrote, “It is the feeling of this Headquarters that the ultimate Air

Force objective must be to eliminate segregation among its personnel by the unrestricted use of Negro personnel in free competition for any duty within the Air Force for which they may qualify.” On April 26, Spaatz announced that the Air Force would fully integrate. A driving factor in the Air Force’s pursuit of full integration was the combat success of the Tuskegee Airmen and the unfairness of segregation highlighted by the black officers’ courageous enough to confront the inequality.

At the time Spaatz made his integration announcement, members of Congress and President

Truman were also working toward integrating the total force. The Air Force, however, did not actually integrate until after President Truman issued Executive Order 9981 on July 26, 1948. EO 9981 did not specifically address integration or desegregation but, President Truman made it clear that his intent was to end segregation in the U.S. Armed Forces. The achievements of the Tuskegee Airmen in combat along with the selfless sacrifice and contributions of black service members in World War II provided President Truman a persuasive argument for integration. In 1949, the Air Force finally implemented full racial integration. A resounding achievement at the time, and many years before African-Americans in the civilian population achieved the same through the Civil



Col. Benjamin O. Davis, Jr. providing a map overview. (Image courtesy of Tuskegee Airmen Inc.)

Rights Movement.

Eventually, the entire U.S. military integrated and though it was not a smooth process, the Tuskegee Airmen earned a double victory: one against enemy forces overseas and the other over racism in the military. Many factors went into the final decision to integrate the force, but the aerial achievements of the Tuskegee Airmen combined with their personal courage to stand up for what was right helped pave the way for equality in the military.

The information for this article was derived from Tuskegee Airmen Inc. at tuskegeearmen.org. Please visit the website to learn more about the incredible history of the Tuskegee Airmen.



Left: Pilots of the 332nd Fighter Group. Right: A group of nurses stationed at Tusekegee Army Air Field in flight uniforms with parachutes. (Images courtesy of Tuskegee Airmen Inc.)



Leadership Changes Within the Aviation Ranks

STAFF SGT. RICHARD WRIGLEY
JFHQ, CTNG, PUBLIC AFFAIRS

Soldiers, family and friends of the 1109th Theater Aviation Sustainment Maintenance Group gathered together to bid the former command team farewell during a Change of Command Ceremony held in Groton, Conn. at the 1109th's maintenance facility, Dec. 18.

Col. Vincent Vannoorbeeck, former commander, 1109th TASM-G, surrendered his authority of the unit and Lt. Col. Ray Chicoski, commander, assumed authority of the unit.

This was Vannoorbeeck's last command in the U.S.

Left: Col. (Ret.) Vincent Vannoorbeeck relinquishes command of the 1109th TASM-G as he hands the Colors to Brig. Gen. Fran Evon during a Change of Command Ceremony in Groton, Conn., Dec. 18. (right) Incoming 1109th TASM-G commander, Lt. Col. Ray Chicoski receives the Colors by Command Sgt. Maj. Paul Garofolo, 1109th TASM-G Command Sgt. Maj. (Photos by Staff Sgt. Richard Wrigley, JFHQ Public Affairs)



Army, as he will be retiring after serving honorably for more than 30 years.

Brig. Gen. Fran Evon, Assistant Adjutant General of the Connecticut National Guard, presided over the ceremony.

The 1109th TASM-G, is one of only four units like it in the nation, and just recently returned from an 11-month deployment to the Middle East.

With the unit's return in August, the state officially entered a time where all Connecticut Army National Guard units were state-side; something that has only happened once before since 2003.



Hail and Farewell

Bernard Hands Reins to Hein as CTARNG RRB Senior Enlisted Leader

Meet Your New Recruiting Sergeant Major

MAJ. MIKE PETERSEN, STATE PAO &
MASTER SGT. GLEN HEIN
CTARNG RECRUITING & RETENTION BATTALION



Master Sgt. Glen Hein

Master Sgt. Glen Hein has served for 16 years in the Connecticut National Guard, beginning with the 2/126 Aviation Regiment based in Windsor Locks, Conn. He lives in Coventry with Leigh, his wife of 21 years. The military tradition runs deep in the Hein family. Leigh is an Army Veteran, and their two sons have served: Roman in the CTNG and Brandon is currently active duty at NATO Headquarters in Belgium.

Of Hein's four sisters, two are currently CTNG members as well. We sat down with the newest Recruiting and Retention Battalion Sergeant Major to learn a little more about him.

Q: What has been your most rewarding assignment in the CTARNG?

A: I have enjoyed every assignment so far but my most rewarding assignment has been in Recruiting and Retention. Changing lives in a positive way is what I love to do.

Q: What motivated you to join the CTARNG?

A: Patriotism. I joined to serve my country.

Q: What drove you to stay in for so long?

A: My commitment to the CTARNG and the Soldiers I have come to know as family. I enjoy Recruiting; I love to assist civilians into becoming highly motivated Soldiers.

Q: What advice do you have for those wishing to join the National Guard?

A: Challenge yourself to be the best you can be. The National Guard provides countless opportunities for success. Joining the CTARNG will be the best decision of your life.

Q: What skills do you bring to this new position?

A: I have 26 years of military experience, multiple deployments, an Expert Recruiting and Retention qualification badge, and Career counseling. Above all, I plan to bring solid leadership by setting the example, providing guidance, mentorship, and purpose.

Q: What do you want to tell your fellow recruiters, the leadership and anyone else reading?

A: I feel blessed for this opportunity. I am excited and proud to serve as the Recruiting and Retention Command Sergeant Major. Our Recruiters are the face of the National Guard and the finest, most professional NCOs in the Army.

After 34 Years, Bernard Set to Retire

MAJ. JANAE GRANT
CTARNG RRB OPERATIONS OFFICER

The Connecticut Army National Guard Recruiting and Retention staff wants to wish the best of luck and offer sincere congratulations to Command Sgt. Maj. William C. Bernard after finishing a nearly decade-long stint as R&R's senior enlisted leader.

Bernard is retiring in the spring of 2017 and spent 31 of his 34 years in the military as a recruiter. Originally from Jamaica, he most recently deployed to Kosovo with the 1-169 General Support Aviation Battalion in support of Operation Joint Guardian.

He also was named Connecticut's top recruiter a record seven times, according to Bernard.

Master Sgt. Glen Hein assumed the role of R&R Sergeant Major in early February, and was well aware of Bernard's accomplished career.

"I can't thank Command Sgt. Maj. Bernard enough for his mentorship and hard work during all of his years (in recruiting)," said Hein. "I know I have big boots to fill, but he gave me a template for success that I hope to build upon."

Decorations, awards and citations:

- Meritorious Service Medal with five Oak Leaf Clusters

- Army Commendation Medal with six Oak Leaf Clusters
- Army Achievement Medal with two Oak Leaf Clusters
- Good Conduct Medal with nine Oak Leaf Clusters
- National Defense Service Medal
- NATO Medal
- Armed Forces Expeditionary Medal
- Global War on Terrorism Service Medal
- Armed Forces Reserve Medal numeral 2
- Army Service Ribbon
- Connecticut National Guard Medal of Merit Ribbon
- Connecticut Long Service Medal
- Connecticut National Guard Emergency Service Ribbon

Significant Military Experience:

- Operation Joint Guardian (KFOR), Aug. 2015 - Mar. 2016
- Recruiting and Retention Sergeant Major, Nov. 2007 - Present
- Recruiting Team NCOIC, Oct. 2002 - Oct. 07
- Production Recruiter, Sept. 1985 - Sept. 2002

Right: Command Sgt. Maj. William C. Bernard



Join the 2017 CTNG Golf League *Slots for regular golfers and substitutes available*

Who: Members - current and former - and employees of the Connecticut National Guard.

When: Regular play expected to begin April 27, 2017 (weather permitting). Tee times will be every Thursday at 3:30 p.m.

Where: Keney Park Golf Course
471 Tower Avenue Hartford, Conn.

Details: Two person teams competing in match play each week, in round-robin rotation.
Green fees for 9 holes will be \$18 to walk plus dues.

Contact: Chief Warrant Officer 4 (Ret.) John Godburn:
(H) 860-489-0736, (C) 860-491-6063
(email) cjgodburn@gmail.com
Expect response by early March



Par 3, 13th hole at the Keney Park Golf Course in Hartford, Connecticut. (Photo Courtesy of Chief Warrant Officer 4 (Ret.) John Godburn)

“Always Ready, Always There”

The Connecticut National Guard Stands By Its Motto in 2016

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

This is the second part of a two-part series highlighting the accomplishments of the Connecticut National Guard in 2016. In this edition, we will look back at some of the highlights that defined the Connecticut National Guard in the latter half of 2016.

July

Annual Training was in full swing around the state – and around the world. Members of the **103rd Force Support Squadron, Communications Flight and Logistics Readiness Squadron** traveled to Ramstein Air Force Base in Germany to conduct training in support of future deployments.

Echo Company, 1-169 General Support Aviation Battalion took the cake – literally! The company’s mess section took home top honors at the **Philip A. Connelly Award Regional Competition**, at Camp Hartell, Windsor Locks, Conn., July 16.

Like the Best Warrior Competition, the Connelly Award pits units against each other to represent the state, followed by the region, and the nation. Echo Company will compete for the national title in March 2017.

Connecticut formerly won the national award in 2000, when the 712th Maintenance Company brought home the hardware.

History was made, as **Governor Dannel P. Malloy** signed a bill updating the state’s **anti-discrimination laws** for the Connecticut Military Department at a ceremony held in Hartford, July 20. With numerous members of the legislature and the Connecticut

National Guard on hand to witness the signing, Malloy told a crowd that, “this bill sheds a light in Connecticut.

“A state that recognizes and values the contribution of each and every one of its citizens, regardless of their gender, their sexuality or the color of their skin,” Malloy continued.

That same evening, the Connecticut National Guard officially welcomed home 90 Soldiers of the **1-169 General Support Aviation Battalion** during a Freedom Salute ceremony in Hartford.

The unit deployed to Kosovo in April 2015, and was welcomed from their first deployment since 2009-2010.

“This is our chance to thank and formally recognize each Guardsman and their families for all of the hard work, dedication and effort put into making this mission a success,” said Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard.

Gov. Malloy was on hand to help Connecticut National



Pfc. Holly Kidder prepares the beans and Spc. Ryan Jones stirs the gravy during the Philip A. Connelly Award competition at Camp Hartell, July 16. (Photo by Maj. George Duggan, 143rd RSG Public Affairs Officer)



Governor Dannel P. Malloy (right) is joined by Lt. Gov. Nancy Wyman (center), Maj. Gen. Thad Martin and members of the Connecticut National Guard as he signs the bill updating the anti-discrimination laws for the Connecticut Military Department at a ceremony at the Connecticut State Veterans Memorial in Hartford, July 20. (Photo by Allison L. Joanis, State Public Affairs Office)



Soldiers assigned to the 38th Sustainment Brigade, Indiana Army National Guard, load a container on a train car during rail head training at Camp Atterbury, Ind., August 8. The men and women of the Connecticut Army National Guard’s 143rd Combat Sustainment Support Battalion helped provide the training and the 38th was one of several units the CSSB provided logistical support to during the Annual Training period. (Photo by Sgt. Alicia Brocuglio, 130th Public Affairs Detachment, Connecticut Army National Guard)

Guard leadership award medals to the returning Soldiers.

August

The month began with a change in National Guard leadership, as Defense Secretary Ash Carter administered the oath of office to incoming National Guard Bureau Chief Air National Guard **Gen. Joseph Lengyel** at the Pentagon, Aug. 3, assuming command from Gen. Frank Grass.



Airmen assigned to the Connecticut Air National Guard’s 103rd Force Support Squadron, Communications Flight and Logistics Readiness Squadron traveled to Ramstein Air Force Base in Ramstein-Miesenbach, Germany for training with their active duty counterparts July 9-25. (Photo courtesy of Capt. Alan Bolduc, CTANG)

“We know that General Lengyel will lead this force with certainty, clarity and the full confidence and trust of myself and the president,” Carter said.

The **1st Battalion, 169th Regiment (Regional Training Institute)** awarded the gold bars of a second lieutenant to five members of the **Officer Candidate School Class 61** that graduated from the grueling 17-month program and earned a commission into the Connecticut Army National Guard at Camp Niantic, Aug. 20.

“It’s surreal. I can’t believe we’re at this point,” 2nd Lt. Melissa Maciag said following the ceremony. “It’s been a long haul, but it’s been worth it. We really succeeded together as a team and that’s why we’re here together.”

Connecticut National Guard units were still plugging away at Annual Training. The **143rd Combat Sustainment Support Battalion** conducted an Exportable Combat Training Capability rotation alongside components of the Indiana National Guard at Camp Atterbury, Ind. in August.

The CSSB supported more than 2,500 Soldiers during the exercise, and is slated to conduct a similar rotation at the Joint Readiness Training Center, Fort Polk, Louisiana, later this year.

For the second consecutive year, the **1048th Medium Truck Company** headed south for annual training.

In mid-August, the unit participated in **Operation Patriot Bandoleer**, supporting Army Material Command by hauling Army munitions and equipment from the Military Ocean Terminal Sunny Point facility in North Carolina.

According to unit officials, the Enfield-based truck company helped move over 2.25 million pounds over the 15 day mission.

The month ended with the return of the last Connecticut Army National Guard unit serving overseas in 2016, when 65 Soldiers assigned to the **1109th Theater**



Members of the Connecticut Air National Guard Honor Guard, the 1st and 2nd Companies Governor’s Horse Guard and 1st and 2nd Companies Governor’s Foot Guard present the colors at the opening ceremonies of the Connecticut Day parade at the Eastern States Exposition in West Springfield, Massachusetts, Sept. 21. (Photo by Tech Sgt. Erin McNamara, 103rd Airlift Wing Public Affairs)

Aviation Sustainment Maintenance Group returned from a nearly year-long deployment to the Middle East.

Commanded by Col. Vincent Vannoorbeeck, the unit split their efforts between Afghanistan and Kuwait, focusing on rotary-wing aircraft maintenance.

September

A New England staple turned 100 years old, and the Connecticut National Guard continued its longstanding tradition by celebrating during **Connecticut Day at the Big E** in West Springfield, Mass., Sept. 21.

Led by Connecticut Lieutenant Governor Nancy Wyman, who was escorted by Maj. Gen. Thad Martin, members of the Connecticut Air National Guard Honor Guard, and the state militia kicked off the annual parade down the Avenue of States.

After months of hard training both in the field and in the classroom, three Connecticut National Guard Soldiers graduated from **Warrant Officer Candidate School, Class 16-001**, during a ceremony held at Camp Atterbury, Ind., Sept. 24.

The three Soldiers, **Warrant Officer 1 Adam Soderberg**, **Staff Sgt. Tammy Foular** and **Staff Sgt. Nicholas Ciullo**, joined five members of the United

States Army Reserve as Connecticut’s graduates of Class 16-001.

Just a few days later, Bradley Air National Guard Base played host to more than 100 young women for the **Women in Aviation International’s, “Girls in Aviation Day,”** Sept. 26.

The event, which is recognized nationally, exposes girls aged 8-14 to opportunities in the career fields of



Connecticut’s graduates of the Connecticut Warrant Officer School Program, 1st Battalion, 169th Regiment at their graduation ceremony at Johnson County Armory in Franklin, Indiana, September 24. From left to right, Warrant Officer Eric Sanchez (USAR), Warrant Officer Matthew Simas (USAR), Staff Sgt. Tammy Foular (CTARNG), Chief Warrant Officer 3 Michael Mottolo, CT WOCS Battalion Course Manager, Staff Sgt. Nicholas Ciullo (CTARNG), Warrant Officer Anthony Fusco (USAR), Warrant Officer Courtney Watts (USAR), Warrant Officer Adam Soderberg (CTARNG), Warrant Officer Danny Desilva (USAR). (Photo courtesy of Chief Warrant Officer 3 Michael Mottolo, Connecticut WOCS Battalion Course Manager)

aviation and aerospace.

“In the aviation career field, only six percent of all pilots are women,” said Lt. Col. Kristen Snow, Commander of the 103rd Aircraft Maintenance Squadron and a C-130 pilot. “In aerospace engineering, air traffic control, aircraft maintenance and nearly every other aviation occupation, women make up less than 20 percent of those in the field.”

Snow was a driving force behind bringing the event to East Granby, Conn.

October

The Aqua Turf Club in Southington, Conn. played host to its second CTNG event of the year as the **35th Annual Senior NCO/CPO Dining In** kicked off the month, Oct. 6.

More than 300 members of Connecticut’s enlisted force attended, hearing guest speaker, Sgt. Maj. (Ret.) Tom Gillis speak. Gillis, the Senior Director of Military Programs and Education for JTilley, Inc., retired after a 30-year career on Active Duty, capped off by his time as the Army G-1 (Human Resources) Sergeant Major.

The 1-102nd Infantry Regiment swapped the iconic deer patch of the 86th Infantry Brigade Combat Team – the higher headquarters for the state’s largest battalion – for the crossed bayonets of the **10th Mountain Division** during a repatch ceremony at Stones Ranch Military Reservation, Oct. 15.

As part of the Associated Units pilot program, the 86th IBCT (and its subordinate units) officially falls under the 10th Mountain Division.

The next day, Connecticut welcomed both a new unit and a very important visitor to the state.

In East Granby, the Connecticut Air National Guard played host to **Lt. Gen. L. Scott Rice, Director of the Air National Guard, and Chief Master Sgt. Ronald**

Anderson, Command Chief Master Sergeant of the Air National Guard, as the duo visited with Airmen and toured facilities.

Rice, the former Adjutant General of the Massachusetts National Guard, first sat with leadership for a status update on the 103rd Airlift Wing’s mission as they converted to the C-130H Hercules in 2013 before touring facilities at both Bradley Air Base and the 103rd Air Control Squadron in Orange, Conn.

“Having Lt. Gen. Rice spend a day with our Airmen was an absolute honor,” said Col. Frank Detorie, Commander of the 103rd Airlift Wing. “To watch him take time out of his busy schedule to sit and hear the Connecticut Air National Guard’s story from the men and women that make this organization so great is a true testament to his desire to take care of Airmen first.”

Meanwhile, just a few miles down the road in Windsor Locks, the Connecticut Army National Guard was celebrating the official activation of **Detachment 2, Company C, 3rd Battalion, 126th Aviation Regiment** during a ceremony held at the Army Aviation Support Facility.



Capt. Christopher Gibb, Commander, Detachment 2, Company C, 3rd Battalion, 126th Aviation Regiment, hands off the new guidon to Sgt. 1st Class Stefanie Jennings, senior enlisted leader of the 2nd Det. at an activation ceremony of the unit at the Army Aviation Support Facility in Windsor Locks, Connecticut, Oct. 16. (Staff Sgt. Richard Wrigley, JFHQ, CTNG, Public Affairs)

The unit’s first ever command team – **Capt. Christopher Gibb and 1st Sgt. Stefanie Jennings** – handed off the new guidon during a short ceremony that highlighted the unit’s three brand new HH-60M Black Hawk helicopters.

“I am just very thankful for the opportunity to take command of this new MEDEVAC detachment and to serve with these great Soldiers,” said Gibb. “I’m truly honored and humbled by this opportunity.”

November

For six weeks, every Connecticut National Guard unit found itself on U.S. soil – a feat accomplished very rarely since 9/11.

But for the **103rd Air Control Squadron**, it was time to put their hard training to work, as **Gov. Dannel P.**



Lt. Gen. L. Scott Rice, Director of the Air National Guard, visits with Connecticut Air National Guard leadership and Airmen on the flight line of the Bradley Air National Guard Base in East Granby, Connecticut, Oct. 16. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs)



Lt. Col. David Pickel, Battalion Commander of the 1-102nd Infantry Battalion, applies the patch of the 10th Mountain Division to Capt. Patrick Montes, Commander of Alpha Company, 1-102nd Infantry Regiment during a formation at Stones Ranch Military Reservation in East Lyme, Oct. 15. (Photo by 1st Lt. Andrew Bartlett, 1-102nd Infantry Battalion UPAR)

Malloy was joined by several other elected and military officials to send off 100 Airmen at the Hartford Armory, Nov. 1.

The ACS, stationed in Orange and commanded by **Lt. Col. John Sorgini** of Boston, Mass., deployed in support of Operation Inherent Resolve and Resolute Support in the Middle East. It was the unit’s seventh deployment in support of operations since Sept. 2001.

Not to be outdone by their enlisted counterparts, the officers of the Connecticut National Guard gathered for their annual Dining In, hosted by the **103rd Airlift Wing**, at the Aqua Turf Club, Nov. 3.

Lt. Gen. (Ret.) Harry “Bud” Wyatt spoke to a crowd of over 300 past and present officers, stressing the important role the National Guard has played throughout the years.

At the event’s conclusion, Maj. Gen. Martin charged the **1-169th Regiment (Regional Training Institute)** with hosting and planning the 2017 affair.

For the second year running, the Connecticut Air National Guard provided a C-130H flyover of the **Connecticut Veterans Parade** in Hartford, Nov. 6.

Chief Warrant Officer 5 Mark Marini, Command Chief Warrant Officer for the Connecticut National Guard, served alongside two other long-serving Veterans as Honorary Parade Marshals, while the Guard also provided a marching element consisting of members from **Joint Force Headquarters, CTARNG**.

For years, the Connecticut Army National Guard’s **Recruiting and Retention Office** on Farmington Avenue in Hartford served as the hub to answer questions for prospective members interested in joining the organization.

Now, R&R has a brand new downtown presence and hosted a ribbon cutting ceremony to celebrate the new office’s prime location at the corners of Market and

Talcott Streets, Nov. 10. **Brig. Gen. Francis Evon, Assistant Adjutant General**, and **Maj. Alan Gilman, Recruiting and Retention Battalion Commander**, cut the ribbon with the three career counselors assigned to that location.

December

Connecticut paired together the oldest and youngest Soldiers present in Hartford to cut the cake in celebration of the **National Guard’s 380th birthday** during a ceremony at the Hartford Armory, Dec. 13. Pvt. Brianni Richards, 17, and Sgt. Maj. Oscar Rosado, 60, took part in the tradition. Rosado, who shares his birthday with the National Guard, retired Dec. 31 after a career spanning 40 years.

A longtime fixture of the Connecticut National Guard, **Brig. Gen. Francis Evon**, donned the shoulder boards of a General Officer as he was promoted during a Dec. 16 ceremony in the Officers and Enlisted Club at the Hartford Armory. Evon assumed the position of Assistant Adjutant General in the wake of Brig. Gen. Mark Russo’s retirement earlier in 2016.



Chief Warrant Officer 5 Mark. S. Marini marched on the parade route through downtown Hartford during the Connecticut Veterans Parade, Nov. 6. Marini served as an Honorary Parade Marshal and has 42 years of military service with the CTARNG. (Photo courtesy of Joint Force Headquarters, CTARNG)

Family Support Center worked diligently with each family planning to attend.

The 1109th TASM had plenty to celebrate on Dec. 18, as their Groton, Conn. facility played host to a change of command/responsibility ceremony and a Freedom Salute.

Lt. Col. Ray Chicoski assumed command from **Col. Vincent Vannoorbeeck**, and then **Sen. Richard Blumenthal** and **Lt. Gov. Nancy Wyman** were on hand to personally thank the 65 Guardsmen who returned from deployment in the summer for their efforts.

As we close the book on 2016, we look forward to another action packed year filled with possibility and promise as a trained and ready force.

If you missed part one of this series, refer back to the 2017 January issue online at <http://ct.ng.mil/Guardian/IssuesoftheGuardian/CG-2017-01-Web.pdf>.



Pvt. Brianni Richards (left), 17, and Sgt. Maj. Oscar Rosado, 60, cut and served the birthday cake in celebration of the 380th Birthday of the National Guard at the William A. O'Neill Armory, in Hartford, Connecticut, December 13. In keeping with tradition, the CTNG marked this special occasion by teaming up the youngest and oldest Soldiers present to perform a cake-cutting ceremony. Richards, assigned to the 250th Engineer Company, recently returned from Advanced Individual Training, and Rosado, who shares his birthday with the National Guard, will retire on Dec. 31 after 40 years of dedicated service to his state and country. (Photo by Allison L. Joanis, State Public Affairs Office)

For the first time in its 15-year history, the **Operation E.L.F.** holiday party was cancelled due to poor weather and unsafe road conditions, Dec. 17. “The holiday party is an event we look forward to hosting every year,” Maj. Gen. Martin said. “The decision to cancel did not come easily, but we have to prioritize the safety of our members and their families above all.”

Despite the cancelation, all donated gifts made it in time for a joyous holiday season, as members of the **Connecticut National Guard Service Member and**



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Health & Fitness

Prevention - Key to Improving Heart Health

MILITARY HEALTH SYSTEM
COMMUNICATIONS OFFICE

When it comes to having a healthy heart, Army Lt. Col. (Dr.) Eugene Soh, says there are different means of preventing cardiac related diseases, as well as some simple steps, that can greatly reduce the chances of a cardiac event.

“In terms of prevention, there are primary methods for those who are at high risk for heart disease and heart attacks,” said Soh, who is an interventional cardiologist and assistant chief of cardiology at the Walter Reed National Military Medical Center in Bethesda, Maryland. “And then we have secondary prevention. The recommendations are the same: eating healthy, avoiding smoking and use of tobacco products, getting enough physical activity, and consistent monitoring of your cholesterol levels.” Soh also mentioned that a moderate amount of alcohol consumption can be considered heart healthy, but clarified, “This is defined as one drink a day for women, and 1-2 drinks a day for men,” he said.

In addition, Soh talked about guidelines established by the American Heart Association that are not expensive and can make a significant difference in one’s heart health and overall well-being. In addition to exercise, diet, not smoking and cholesterol checks, the American Heart Association recommends reducing your blood

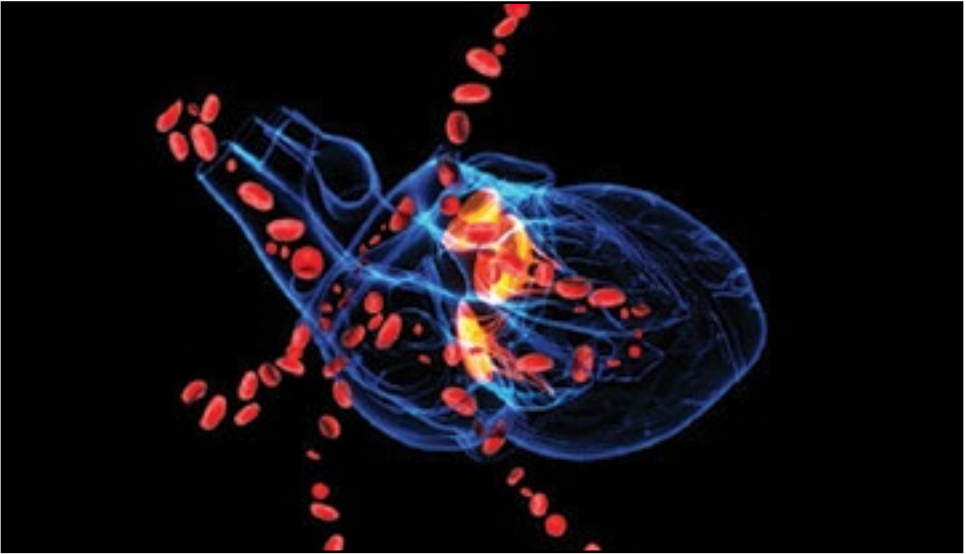
sugar by practicing portion control, losing weight and monitoring your blood pressure on a consistent basis.

“It’s been shown that people who are able to meet at least six of the seven criteria can reduce their chances of suffering a heart attack or other related cardiac event by as much as 70 percent,” said Soh. “So focusing on these seven factors is highly recommended.”

He also said he understands that while available information recommends a variety of approaches to heart health, moderation is key. “I like sugar, I like desserts, but I don’t eat them every single day,” said Soh. “I try to limit my dietary intake, and make my calories count, meaning I try to burn more calories than I consume each day. I think if we generally try to do this, then in the long term, we will be able to enjoy

better heart health.”

Soh suggests taking a long-term perspective when it comes to food, developing a plan for success and sticking to it. “Discipline is key,” he said. “I know it can be hard in the beginning, but with patience and attention to detail, you’ll find yourself on the path to wellness and good heart health.”



A 3D drawing of a human heart with large red blood cells flowing out (National Institutes of Health courtesy image)

A graphic with a dark wood-grain background. On the left, a string of three red hearts hangs from a white ribbon tied in a bow. The ribbon has the word 'LOVE' written on it. In the center, the text '4 Ways to Keep Your Heart Healthy This Valentine's Day' is displayed in white and red. Below this, a list of four tips is shown with heart icons: 'Go for a walk/hike', 'Cook a healthy dinner', 'Volunteer', and 'Watch your Sweet-Intake'. On the right, there are two overlapping red hearts; the top one says 'February is' and the bottom one says 'American Heart Month'. At the bottom right is a circular seal of the American Heart Association.

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A stylized, high-tech illustration of a soldier in full combat gear, including a helmet with a night vision or thermal imaging device. The soldier is holding a rifle and is depicted in a dynamic, forward-leaning pose. The entire graphic has a digital, pixelated aesthetic with a black and white color scheme.

Camp Niantic
*An Affordable
Waterfront Getaway*

A photograph showing a scenic view of a waterfront area. In the foreground, there are green bushes and a paved walkway. In the background, a body of water stretches towards a distant shoreline with trees and buildings under a clear sky.

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AROUND OUR GUARD

*A Glimpse at Connecticut
Guardsmen and Events*



Maintainers at the 103rd Airlift Wing, Bradley Air National Guard Base, perform deicing on a C-130 Hercules Sunday, January 8, 2017 in East Granby, Conn. Cleanup from the prior night's snowfall was an intensive effort on the flight line, requiring several troops to clear the ground and guide deicing truck operators safely around the aircraft. (U.S. Air National Guard photo by Tech. Sgt. Erin McNamara)

Left: Chief Warrant Officer 4 Kurt Suitor of the 1-169 General Support Aviation Battalion presents a token of thanks to a citizen of Lewisboro, N.Y., Jan. 20. Several citizens from the area supported members of the CTARNG after a UH-60 Black Hawk helicopter made a precautionary landing in a field in South Salem N.Y., in November 2016. During a routine flight, on Nov. 20, the crew of a CTARNG UH-60 Blackhawk a master communication light illuminated initiating an immediate landing. (Photo by Maj Ian Feyk, Commander, 1-169 GSAB, CTARNG)



Spc. Thomas Burgess, Sgt. Joseph Heck and Spc. Michael Christy of Bravo Company, 1-102nd Infantry Regiment, CTARNG, helped a motorist in need while on their way to drill weekend training at Ft. Dix, New Jersey. Jan. 7. (Photo courtesy of 1st Sgt. Richard Troy, Bravo Company, 1-102nd Infantry Regiment, CTARNG)



CTARNG deployment from Page 1

“I can’t say enough about the dedication our Airmen have shown,” Detorie said. “These aren’t week-long courses we ask these men and women to attend. Our guardsmen were out of state – and away from their jobs and their families – for upwards of six months to learn how to operate the Herc.”

The 103d Airlift Wing is the sole Air Force presence in the state and operates out of two locations: Bradley Air National Guard Base in East Granby and Orange Air Guard Station near New Haven.

Prior to the Base Realignment Commission of 2005, the CTANG spent 85 years as a fighter unit. For nearly three decades, the 103rd Air Wing flew the A-10 Thunderbolt II, but BRAC 2005 brought changes that threatened the very existence of the Connecticut Air National Guard. A fight for relevance was followed by years of uncertainty and bridge missions that included smaller aircraft to ensure Airmen were able to maintain fleeting skill sets. For six years, the unit flew the C-21 – a military version of the Lear-35. The post-BRAC fight to keep the CTANG in a relevant flying mission saw the state’s Military leadership join forces with political leaders from the Governor’s Office and Connecticut’s Congressional delegation in a critical debate about USAF force structure and basing strategy. Their goal was simple: to secure the future flying mission that the CTANG desperately needed and richly deserved. And they won. On Sept. 1, 2013, the 103d AW welcomed the first of eight C-130H Hercules assigned to the unit and the first mission – or sortie – was executed just three months later.

From that point forward, the unit quickly progressed through all aspects of the Tactical Airlift mission.



Master Sgt. Kersten Witt, a flight engineer assigned to the 103rd Airlift Wing, gazes out the windshield of a C-130 Hercules during a training mission over New England Sunday, November 6, 2016. Three Connecticut Air National Guard C-130s were airborne simultaneously conducting formation flying training in preparation for overseas mission requirements. (Photo by Senior Airman Emmanuel Santiago, 103rd Airlift Wing Public Affairs, CTANG)



Airmen assigned to the 103rd Air Control Squadron say goodbye to loved ones before departing Bradley Air National Guard Base, Conn., Nov. 11, 2016. More than 100 Airmen from the 103rd ACS deployed to the Middle East in support of Operation Inherent Resolve. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs, CTANG)

The unit’s first cargo mission (February 2014), was followed in short order by the first formation and airdrop mission (May 2014). The unit conducted assault landing training in Groton, Conn., in June, then its first night formation and airdrop mission in July. In September 2014, the unit supported its first drop of airborne personnel.

Detorie is quick to point out these benchmarks are important, but stepping stones on the way to something much bigger – a large-scale, combat deployment.

“These highlights are major steps for our organization, but the real measure of success for our conversion to the airlift mission is our ability to deploy forces to a combat theater in support of National objectives, effectively employ while we are there, and safely re-deploy our airmen home when the mission is complete” said Detorie. “Now, we are ready to do exactly that, as the Wing completes final preparations to deploy in support of combat operations as part of Operation Inherent Resolve.”

The knowledge and

skills of the Flying Yankees were not the only things requiring an upgrade. The conversion to the C-130H mission required the Bradley Air National Guard Base to undergo a major transformation in order to support its eight C-130H Hercules aircraft.

Since 2014, seven major construction projects – representing over \$50 million in base infrastructure improvements -- are either underway, or have already been completed. Renovations saw the Operations facility grow from 7,000 square feet to 25,000 square feet and the base’s main hangar completely redesigned both inside and out to accommodate the massive airframe. The hangar recently reopened in October of 2016.

“The men and women that work on these aircraft faced many challenges” said Detorie. “For nearly two years, the majority of aircraft maintenance had to be conducted outside, and that’s not easy with the tough winters we get here in Connecticut. Everyone bought into the overall goal of becoming a premier C-130H wing, and every Airman was willing to make the necessary sacrifices.”

Currently under construction is a nearly 30,000-square foot Fuel Cell and Corrosion Control facility that will provide specialized hangar space for fuel cell maintenance and corrosion treatment. The facility is expected to open in early 2017 – the same time frame the CTANG is expected to send its airmen overseas.

In November, the 103d Air Control Squadron was given a formal sendoff ceremony, with elected leadership thanking the Airmen and their families for their dedicated and selfless service to their state and nation.

The Wing will receive the same treatment – an event culminating years of blood, sweat and tears that brought the Connecticut Air National Guard from the uncertainty of BRAC to a relevant, viable mission that promises to provide a tremendously bright future for generations of Flying Yankees to come.

**Want to see your photo featured in the Around Our Guard section?
Please send your photos with a brief description to allison.l.joanis.civ@mail.mil.**

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MAY 19, 2017 ★ AQUA TURF CLUB ★ 11:00 a.m.

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1 Must be SSG or above. And at least one of the following:

- No photo on file
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- 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.

Uniform preparation is an individual responsibility.

3 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.

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4 Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details.

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IMAGE MANIPULATION

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- Per AR 640-50, 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 → DAPMIS → ERB/ORB

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

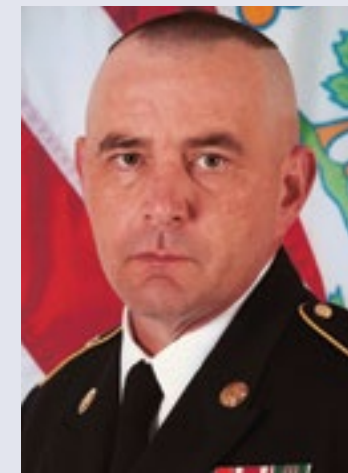
What to Wear for a DA Photo

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

No headgear worn for DA photo

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Enlisted Update In the CTNG Readiness, Remains The Coin of the Realm



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

One of the many events coming up is the annual National Guard Association of Connecticut Conference and Ball. This will be the second year under a new format, as the conference in the afternoon will be followed by a banquet in the evening. In addition to the opportunity to participate in one of your professional military organizations, the banquet is an opportunity to socialize with fellow service members. If you attended last year, you know it was a great time, and I look forward to what is sure to be a sold out crowd.

The winter and spring seasons also signal the sign of promotion board season. All of the board consideration documents have been distributed, you should be reviewing them and making sure that your record accurately reflects your performance and potential. If sufficient time has elapsed since your last evaluation report, a complete of the record report must be prepared.

The preparation of evaluation reports is the responsibility of the rating chain, but the rated Soldier has a vested interest in making sure it gets done. Make sure your rating chain is aware of the great things that you have done and how it relates to your potential for promotion. Staff sergeants and above are required to have an official photo in their record. Other items to check include your most recent Army Physical Fitness Test, weapons qualification and civilian education. The person most responsible for the accuracy of

your record (and therefore the probability of you getting promoted) is you.

Make an appointment with your human resources professional to review and update your record. The organization needs the very best Soldiers to get promoted and lead us into the future.

We continue to struggle to recruit the best and the brightest into our formations. We have a dedicated, professional, and hardworking recruiting force but the officers and NCOs charged with enlisting new Soldiers need our help. Every one of us has to do our part to provide leads to the recruiting force. The Guard is the face of the Army and the Air Force in our communities. I ask that each of you become a salesman. Have your, “elevator speech,” ready to go and tell your story. Get those leads to the recruiting force so that others may share in your success and fulfill their need to serve our great Country. If you don’t know the recruiter assigned to you unit, ask. Strength maintenance is everyone’s primary mission.

Although strength maintenance is our number one mission, readiness remains the coin of the realm. The Army and the Air Force continue to rely on the National Guard as an integral part of our national military strategy. Each and every unit must be ready to deploy. The days of long post-mobilization training periods are over. We are expected to mobilize on short notice and deploy with little additional time for training. In order to shorten the post-mobilization, pre-deployment time, our units must meet higher training standards. We no longer have the luxury of a protracted mobilization process because our units are scheduled in the plan to, “fight tonight.”

The key to shortening the post-mobilization period is increased readiness pre-mobilization. In order to accomplish increased readiness, we must maintain the individual readiness of our Soldiers. That means keeping ourselves physically and mentally healthy, completing professional military education, and maintaining our individual skills. Personal (individual) readiness will allow us to focus on required pre-deployment collective

training in the reduced time we have available to us after mobilization.

A quick way to track your medical readiness is via Army Knowledge Online. The front page of AKO gives you a snapshot of your medical readiness as reported by Army systems. If you keep all of the icons green, you are good to go. Clicking on the individual areas will tell you the status of each sub-area. The most common shortcomings are dental and periodic health assessment. If you are a little proactive, it will go a long way to maintaining your medical readiness.

Unfortunately, this time of year also marks the start of tax season. One of the benefits of being a Soldier or Airman is free tax preparation service and electronic filing. The process starts with MyPay (www.mypay.dfas.mil), where you get your military (and civilian and retiree) W-2 form. Current service members can then log on to Military OneSource (www.militaryonesource.mil) and follow the links to the tax preparation pages. You can prepare your federal and state taxes online and file them for free. I have been using this service for several years and love it. It sure beats paying for the software and for electronic filing every year.

I am looking forward to this year’s Best Warrior Competition. All of our units should be well into the process of choosing their competitors. I challenge you to compete for the opportunity to represent your unit at the state level for the privilege to compete at the regional, national and Army level. Last year was a great year for this Army National Guard in competitions at the Army level. This year, we are determined to show that the best Soldier and NCO in the Army is in the Army National Guard. Is it you?

Thank you for all that you do for our State and Nation. I look forward to seeing you soon.

-Command Sgt. Maj. Carragher
“Any Soldier, Any Issue, Anytime”

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- 14N3 – Intelligence Officer





1st Battalion (OCS), 169th Regiment (RTI)
Officer Candidate School

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INFORMATION BRIEF
February 25 & March 18, 2017
call for more 2017 dates

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



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Inside OCS

A Higher Level of Thinking

OFFICER CANDIDATE JUAN REGALADO
OCS CLASS 62, 1-169TH REGT RTI



In the world of logistics, Supply Sergeants have no shortage of friends. They take care of Soldiers, providing everything from food and ammunition to weapons and uniforms. They are integral to almost every mission. I have spent all nine years of my military career working in the world of supply.

Even though my time as a Supply Sergeant has been rewarding, I wanted a more impactful role in the Connecticut National Guard. I wanted to step outside of my comfort zone and try something new. I wanted to learn how to become a better leader and develop as a logistics professional. That is why I joined Officer Candidate School.

In six months of training, we have learned about tactics, operations, army and military history. Most importantly, we learned the Troop Leading Procedures (TLPs). Even with all the classroom and field training we have done in previous months, the training we received in December 2016 has proven to be the most educational.

During December's drill, Candidates were tasked with evaluating our fellow officer candidates in order to identify each other's weaknesses and strengths. We were given peer evaluation forms and encouraged to list three things we feel a fellow Candidate could both improve on and sustain.

Within the peer evaluations, Candidates were required to provide detailed examples to back up these successes and shortcomings. Stressing honest, candid responses, our cadre gave us privacy to complete these forms with no undue influence.

Perhaps one of my favorite aspects of OCS is the personal growth and development the course fosters. Candidates are humbled when weakness is exposed for all to see, and build confidence when peers recognize the hard work and dedication shown in completing a common goal. After we were briefed on our peer evaluation results, none of us walked around with wounded egos, but with fresh determination to improve ourselves as leaders and do even better on our next peer evaluations. I believe that after hearing both harsh truths and kind words, we all experienced some personal growth.

While peer evaluations challenged our egos, our Platoon Training Officers challenged our leadership skills.

The importance of the TLPs was always emphasized, and most of us had an academic understanding after months of learning them in the classroom, but most of us were still unsure of applying it in a field environment. As we will eventually be evaluated on our ability to use the TLPs during Phase III, our PTOs challenged us to complete one mission, which was to establish a patrol base. During the exercise, we received the mission, then started making tentative plans, conducted rehearsals and even developed a sand table to brief our scheme of maneuver. We worked our way through all eight steps of the TLPs with input and guidance from our cadre at each step. After the exercise, we all had a greater appreciation for the expectations placed on leaders in a tactical environment. We knew that to succeed, we had to step out of our comfort zones, trust our peers to do their job and help us succeed.

The weekend had already provided a tremendous education, but the last 24 hours of drill gave us perhaps the most important lesson on what it means to be a leader.

During a class on detainee operations, we learned how the Army detains and manages prisoners. Our instructors made sure to put great emphasis on the importance of treating prisoners humanely and with respect; that we must never betray our professionalism and the values of the U.S. Army. It was a good reminder of why the United States of America has the best military in the world.

The next day, our OCS class was treated to a special holiday meal. We were told we could have a small piece of cake, which is very special and unusual in the strict and disciplined world of OCS. Our OCS class and the entire RTI staff were served by the Commanding Officers of the 169th RTI. One of the most important parts of being a leader is ensuring your Soldiers have a positive and professional environment, and that their needs are addressed. I think we can all appreciate the idea of taking care of one another, especially around the holidays.

In the world of logistics, it is enough to keep good accountability of equipment and to make sure Soldiers have what they need to accomplish the mission. In December, I was challenged to think about more than just logistics and learned Soldiers need more than just supplies. They need purpose and direction.

We must lead them with confidence and trust them to do their jobs. In one short simulated mission, we saw what our peers were capable of, we grew more confident in each other's abilities. Seeing the RTI Commander serving his soldiers reminded us that being a leader is as much about taking care of your people as it is about coming up with plans to accomplish a mission.

Most importantly, we have learned that being a leader is challenging, and that we must achieve a higher level of thinking, if we are to thrive as leaders.

R3SP - Resilience, Risk Reduction & Suicide Prevention

CHARACTER STRENGTHS

Resilience: "Skill of the Month"

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

VALUES IN ACTION

Identify Character Strengths to deepen your awareness of your Signature Character Strengths and how you use your Character Strengths as a Leader, a Warrior, and a friend/family member.

Identify your top (signature) character strengths by registering to take the free [VIA Survey of Character Strengths](https://www.authenticchappiness.sas.upenn.edu/user/register) at:

<https://www.authenticchappiness.sas.upenn.edu/user/register>

The 24 Character Strengths

Appreciation of beauty/excellence
Bravery and valor
Capacity to love and be loved
Caution, prudence, and discretion
Citizenship, teamwork, and loyalty
Creativity, ingenuity, and originality
Curiosity and interest in the world
Fairness, equity, and justice
Forgiveness and mercy
Gratitude
Honesty, authenticity, genuineness
Hope, optimism, future-mindedness

Humor and playfulness
Industry, diligence, and perseverance
Judgment and critical thinking
Kindness and generosity
Leadership
Love of learning
Modesty and humility
Perspective (wisdom)
Self-control and self-regulation
Social intelligence
Spirituality, sense of purpose, faith
Zest, enthusiasm, and energy

KEY PRINCIPLES

- Know your Character Strengths: Knowing your Character Strengths is as important as knowing your weaknesses.
- All 24 won't be Signature Character Strengths: Some Character Strengths come more easily to you than others.
- Non-signature Character Strengths: Some situations require that you pull on Character Strengths that are not your Signature Character Strengths.

| National Suicide Prevention Lifeline: 1-800-273-TALK (8255) | giveanhour.org | guardyourhealth.com |

refer a soldier at risk

visit realwarriors.net #bethere

Resilience Resources:

Outward Bound

www.outwardbound.org/veterans

Service Member and Family Support Center

1-800-858-2677

Connecticut Veterans' Affairs

Newington: 860-666-6951
West Haven: 203-932-5711

Military OneSource

www.militaryonesource.mil

Life Lines

Emergency - 911

CTNG Behavioral Health Help Line - 1-855-800-0120

Wounded Soldier and Family Hotline - 1-800-984-8523

www.armyfamilysonline.org - 1-800-833-6622

www.militaryonesource.com - 1-800-342-9647

National Suicide Hotline - 1-800-SUICIDE

www.suicidepreventionlifeline.org - 1-800-273-TALK (8255)

R3SP - Resilience, Risk Reduction & Suicide Prevention

What is Fentanyl? Why is it so Dangerous?

SGT. CHRISTOPHER WICHROWSKI
DRUG TESTING COORDINATOR
643RD MILITARY POLICE

Fentanyl is a synthetic opioid, meaning it is made in a laboratory but acts on the same receptors in the brain that painkillers, like oxycodone or morphine, and heroin, do.

Fentanyl, however, is far more powerful. With an approximate strength 50-100 times more powerful than heroin or morphine, it means a small dosage can be deadly.

The drug's potency also means that it is profitable for dealers as well as dangerous for those who use it, intentionally or unintentionally. Increasingly, heroin is being mixed with fentanyl and those thinking they are purchasing heroin may in fact be getting a mixture of the two drugs.

More recently, pills made to look like the painkiller oxycodone or the anxiety medication Xanax are actually fentanyl. This deception is proving fatal. Imagine ordering a glass of wine and instead getting a dose of pure ethanol. While many don't know they are getting fentanyl, others might unfortunately seek it out as part of the way the brain disease of addiction manifests itself into compulsively seeking the next powerful high.

In 2016, Connecticut was part of one of the five largest Fentanyl busts in U.S. history. Approximately 55 pounds of Fentanyl was seized in a traffic stop before it made its way for distribution. The rise of the drug is increasing as time goes on. Many opioid users are using the drug to chase the next-level high and in result, a severe uptick in opioid overdoses have plagued Connecticut.

CTARNG

ALWAYS READY, ALWAYS THERE

Marijuana Myth-busters ... Get the FACTS

MYTH #1 "It's Harmless"

FACTS:

HEART: Can cause an increase in risk of heart attack more than fourfold in the hour after use and can provoke chest pain in patients with heart disease*
*Source: American Lung Association

LUNGS: Marijuana smoke contains 50-70% more carcinogenic hydrocarbons than tobacco smoke, which can be irritants to the lungs and result in greater prevalence of bronchitis, cough and phlegm production

MENTAL HEALTH: Marijuana use is significantly linked with mental illness, especially schizophrenia and psychosis but also depression and anxiety

PREGNANCY: Marijuana smoking during pregnancy has been shown to increase problems with neurological development in newborns

Contact the ASAP Office
Shaneka Ashman, Prevention Coordinator
C: 860-549-2838 O: 860-548-3291
shaneka.ashman@accnturefederal.com

Drink responsibly: know when to STOP

ALCOHOL IMPAIRMENT CHART: MALES

Approximate Blood Alcohol Percentage

Drinks *	Body Weight in Pounds								Effect on Person
	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	Impairment Begins
2	.08	.06	.05	.05	.04	.04	.03	.03	Driving Skills Significantly Affected
3	.11	.09	.08	.07	.06	.06	.05	.05	Legally Intoxicated Criminal Penalties Vary by State
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

What counts as ONE DRINK?

12 oz. of beer = 1 1/4 oz. of 80-proof liquor = 4 oz. of wine

ALCOHOL IMPAIRMENT CHART: FEMALES

Approximate Blood Alcohol Percentage

Drinks *	Body Weight in Pounds								Effect on Person
	90	100	120	140	160	180	200	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	Driving Skills Significantly Affected
3	.15	.14	.11	.11	.09	.08	.07	.06	Legally Intoxicated Criminal Penalties Vary by State
4	.20	.18	.15	.13	.11	.10	.09	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	
6	.30	.27	.23	.19	.17	.15	.14	.13	
7	.35	.32	.27	.23	.20	.18	.16	.15	
8	.40	.36	.30	.26	.23	.20	.18	.17	
9	.45	.41	.34	.29	.26	.23	.20	.19	
10	.51	.45	.38	.32	.28	.25	.23	.21	

Source: University of Oklahoma Police Department

www.GuardYourHealth.com

Off the Bookshelf

with Staff Sgt. Simon

The Lightning and the Sun

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

World War II books are still in high demand more than 70 years after the war’s end. Aspects of the conflict have been scrutinized and dissected in print for decades.

In “The Lightning and the Sun,” author Savitri Devi offers an unorthodox and refreshing historical dissection of the war, which spanned from 1939-1945 on every continent save Antarctica.

In 1932, Devi traveled to India, converted to Hinduism, and became an advocate and supporter of the Hindu Nationalism movement. In 1941, she began working for the Japanese government and helped facilitate communication between Japan and the Hindu Nationals. Following the war, Devi traveled restlessly through Europe and continued to write and speak publically. She was eventually imprisoned and then exiled from Germany.

In “The Lightning and the Sun,” Devi details the lives of two historical leaders: Genghis Khan, and the Egyptian Pharaoh, Akhenaten. Genghis Khan’s Mongol Empire controlled territory that stretched from Eastern Europe to the Korean peninsula in the 13th century. Akhenaten ruled Egypt from 1351-1334 B.C., and is best known, contemporarily, for having been married to Queen Nefertiti.

According to Devi, both men were able to accomplish great feats and spread their kingdoms and influence due to their lacking all degrees of normal, human, moral prejudices. Genghis Khan,

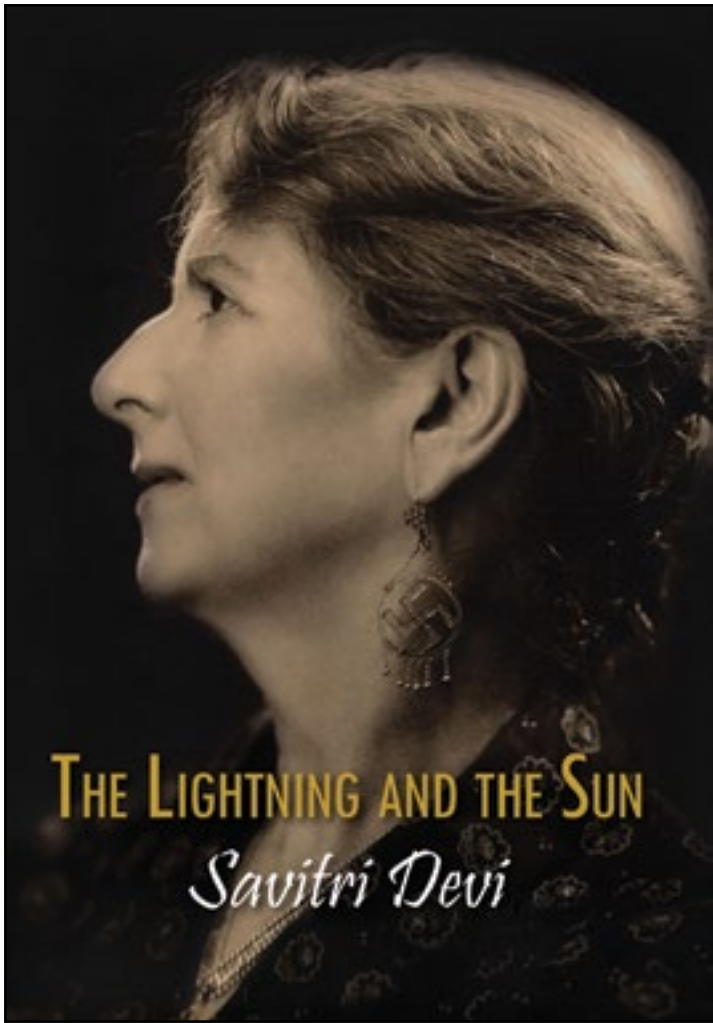
for instance, would routinely order the slaughter of entire tribes and villages if just one of its members was disobedient or incited rebellion.

Actually, Devi considers both Akhenaten and Genghis Khan to be emissaries of the Hindu God, Vishnu. She explains in her book that the wars and actions they executed were in fact part of Vishnu’s plan for leading the world’s transition out of the dark age, or the Hindu calendar’s Kali Yuga. Devi asserts that World War II was another project commenced by Vishnu to expedite the changing of ages. This is where her book gets interesting.

There are countless books written about the Egyptian roots of European fascism, and others that draw parallels between Nazi Germany and the Mongol Empire, but there are not many that reduce the cause of World War II to stipulations set by distant Hindu deities.

Devi was a French, Greek, Hindu, Japanese spy, world traveler, author, rabble-rouser and an ardent environmental activist. Reading her work will require a degree of historical objectivity and a slight interest in Hindu cosmology.

Do you know of a Military or Connecticut related book that you would like reviewed?
We are always looking for suggestions!
Email the editor,
allison.l.joanis.civ@mail.mil



The Lightning and the Sun is a 1958 book by Savitri Devi Mukherji, in which she outlines her philosophy of history along with her critique of the modern world.

CONNECTICUT
NATIONAL
GUARD

IS YOUR SOCIAL MEDIA SAFE?

▪ Check your Privacy Settings

▪ Be selective who you connect with

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▪ Don't post Personal Identifying Info

▪ Watch for OPSEC violations

▪ Post with common sense!

Be sure to check and adjust your settings!

Military History

General David Wooster *Forgotten Hero of the Revolution*

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

The small colony of Connecticut contributed a great deal to our nation’s war for independence.

When General Washington asked Governor Trumbull for men and provisions, “Brother Jonathan,” never failed him. Connecticut men such as Nathan Hale, Israel Putnam and Benedict Arnold are well-known to most familiar with this chapter of our history. One Connecticut son who gave his life for the cause of independence has just about faded into obscurity.

David Wooster has been called, “a largely forgotten hero of the Revolution.” He was born in 1710 in what is now Shelton and graduated from Yale College in 1738. In addition to a Yale diploma, he also married the daughter of the college’s president.

Wooster was a mason by trade and began his military career the year after graduating from Yale, serving with the British in the Spanish War. Wooster also served in Connecticut’s navy during King George’s War. In the French and Indian War, he was a Colonel in command of a Brigade. At the beginning of hostilities with Britain, he was commissioned a Major General in the militia and given command of six state regiments. When the Continental Army was organized in June 1775, he received a commission as a Brigadier General.

Although he was the senior brigadier general on the original appointment list, he was the only Continental officer downgraded in rank. Wooster was very irritated that he had not been confirmed in his militia rank. One reason given for this slight is that Washington knew David Wooster to be quarrelsome, unpredictable and inconsistent towards subordinates. He was reportedly very fond of a concoction called, “Flip,” which was New England rum, pumpkin beer and brown sugar. It was warmed with a red-hot poker called a “loggerhead,” which every tavern had in the fire.

After serving in Canada with Generals Montgomery and Arnold, Wooster returned to Connecticut where a grateful General Assembly appointed him Major General and Commander in Chief of the Connecticut Militia. When British General William Tryon attacked Danbury in 1777, Wooster personally led the militia’s response. At 67 years old, he was the oldest general officer on active service at the time. His element harassed the British rear elements, delaying the column long enough for Generals Arnold and Silliman to get in position ahead of the enemy in the town of Ridgefield. Here, Wooster came over Barlow Mountain with 200 men and caught the enemy as they were eating breakfast in the Scotland District.

Wooster’s first attack on the British column netted him 27 prisoners. About two miles from Ridgefield, Wooster made his second assault. While attempting to capture



one of the enemy’s field pieces, Wooster’s horse was shot out from under him. He mounted another horse and called out to his men, “Come on boys, never mind such random shots.”

Moments later, General Wooster was mortally wounded. The ball entered his abdomen and severed his spinal cord. Reportedly, a Loyalist who carried a musket with an extremely long barrel had shot him. The man asked the British commander permission to shoot Wooster from a distance of over 300 yards. After having his wounds dressed, he was carried off the field; the sash he wore around his waist was made into an expedient litter.

Ironically, Wooster was brought to the Dibble House, the same Tory home in Danbury that General Tryon had stayed in the night before. He died six days later on May 2. General Wooster was buried first in the church yard in Ridgefield, and then reinterred in Wooster Cemetery in Danbury.

Today, a large monument marks the final resting place of this forgotten hero of the Revolution.

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



Ready or Not? Winter Safety

[HTTPS://SAFETY.ARMY.MIL](https://safety.army.mil)

The Great Outdoors - Autumn and winter offer a number of exciting activities for outdoor enthusiasts. However, they also present challenges unique to the cooler-weather months. Whether hunting, hiking or riding an ATV, ensure you’re prepared for all the hazards the change of season brings.

Ready of Not is a call to action for leaders, Guardsmen, DOD Civilians and Family Members to assess their readiness for what lies ahead - both the known and unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we’re not. Navigating life’s challenges is all about decision making. So, are you ready, or not?

Find more seasonal safety tips at <https://safety.army.mil>.

CONNECTICUT NATIONAL GUARD SAFETY FIRST

Consider Safety in all Seasons

CTARNG Safety Office
(860) 292-4597

CTANG Safety Office
(860) 292-2776

Training Circulars for TY17 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
IDS Training Class 01	350-17-35	Mr. Tom Colangelo	7-Feb-17	7-Feb-17
IDS Training Class 05	350-17-35	Mr. Tom Colangelo	8-Feb-17	8-Feb-17
IDS Training Class 09	350-17-35	Mr. Tom Colangelo	9-Feb-17	9-Feb-17
Retention Recognition Program	350-17-36	Sgt. Maj. Michael Collins	11-Feb-17	11-Feb-17
Unit Movement Workshop	350-17-11	Master Sgt. Thomas Ahearn	11-Feb-17	12-Feb-17
IDS Training Class 02	350-17-35	Mr. Tom Colangelo	14-Feb-17	14-Feb-17
IDS Training Class 06	350-17-35	Mr. Tom Colangelo	15-Feb-17	15-Feb-17
IDS Training Class 10	350-17-35	Mr. Tom Colangelo	16-Feb-17	16-Feb-17
Unit Movement Workshop	350-17-11	Master Sgt. Thomas Ahearn	25-Feb-17	26-Feb-17
Unit Marksmanship Training Course UMTC (Phase II)	350-17-19	Sgt. 1st Class Cuevas-Marrero	25-Feb-17	26-Feb-17
CPR Refresher Basic Life Support Level for 68W Personnel	350-17-10	Staff Sgt. Megan Authier	26-Feb-17	26-Feb-17
Environmental Officer Training	350-17-23	Mr. Robert Dollak	4-Mar-17	4-Mar-17
Army Substance Abuse Prevention (ASAP) AGR	350-17-04.a	Ms. Robin Tanguay	8-Mar-17	8-Mar-17
Liaison Officer Training (LNO) Course	350-17-20	Sgt. Maj. Jeffrey Colvin	8-Mar-17	9-Mar-17
VCOT Operator's Course	350-17-27	1st Sgt. Corey Lewis	11-Mar-17	15-Mar-17
Resilience Training Assistant (RTA)	350-17-16	Command Sgt. Maj. James Sypher	14-Mar-17	17-Mar-17
UPL Course	350-17-12	Staff Sgt. Joshua Prochnicki-Fitzgerald	18-Mar-17	19-Mar-17
Best Warrior Competition	350-17-14	Sgt. Maj. Michael Collins	23-Mar-17	26-Mar-17
Bus Driver Training Course	350-17-21	Master Sgt. Thomas Ahearn	25-Mar-17	29-Mar-17
ACE-SI	350-17-29	Ms. Meagan Macgregor	27-Mar-17	27-Mar-17
ASIST	350-17-08	Ms. Meagan Macgregor	28-Mar-17	29-Mar-17
Intelligence Section Working Group and Training Workshop	350-17-28	Sgt. Maj. Jonathan Trouern-Trend	1-Apr-17	2-Apr-17
SAPR Victim Advocate Refresher	350-17-15	Maj. Katherine A. Maines	3-Apr-17	4-Apr-17
Individual Gunnery Trainer/Unstabilized Gunnery Trainer (IGT/UGT)	350-17-33	1st Sgt. Corey Lewis	8-Apr-17	9-Apr-17
Final Formation	350-17-13	Sgt. 1st Class Terazona Quintero	8-Apr-17	8-Apr-17
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	18-Apr-17	20-Apr-17
Heartsaver AED Certification	350-17-18	Sgt. 1st Class Jesse Stanley	19-Apr-17	19-Apr-17
Field Sanitation Training	350-17-07	Sgt. Nicolas Caisse	21-Apr-17	23-Apr-17

Highlighted Courses:

Virtual Convoy Operations Trainer (VCOT): This training opportunity provides training for Soldiers to set up, operate, reconfigure, troubleshoot and perform minor PMCS on the VCOT. These individuals may have ADOS opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating and taking responsibility of the system to provide training their own units. 11-15 March 2017. 14 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. 25-29 March 2107; 20-24 May 2017. 14 Soldiers Max. See your unit training NCO for current availability.

Individual Gunnery Trainer/Unstabilized Gunnery Trainer (IGT/UGT): This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the IGT/UGT. Individuals may have ADOS opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating and taking responsibility of the system to provide training their own units. 8-9 April 2017. 16 Soldiers Max. See your unit training NCO for current availability.

2017 CONNECTICUT NATIONAL GUARD RETIREES OF FLORIDA

ANNUAL REUNION

Friday to Sunday, 3 - 5 March 2017

La Quinta Inn, Orlando Airport West, 7931 Daetwyler Drive, Orlando, Florida 32812
Hotel Reservation Information: Telephone -- 407-857-9215. Listen to the telephone prompts and **PRESS 4** to reach the front desk. Refer to **Connecticut National Guard Retirees** with a daily rate of **\$73** plus tax.

SCHEDULE OF EVENTS

FRIDAY MARCH 3 rd	0800	Golf Tournament – Royal St. Cloud Golf Links
	????	Hospitality room will be open
	1900	Pizza Party and snacks
SATURDAY MARCH 4 TH	1030	Annual Meeting followed by lunch and open hospitality room
	1745	Bus departs for Café Mineiro
		Hospitality room opens upon return from the restaurant
SUNDAY MARCH 5 TH	0700	Volunteers meet to clean up meeting rooms – sale of leftovers

Members living in Florida and traveling by car are requested to bring a non-refrigerated desert for Saturday luncheon, and it would be appreciated if you would also bring some additional snacks for the Friday evening pizza party.

Cut-----Cut

2017 REGISTRATION FORM

			<u>Amount</u>
Hospitality Room	\$ 12.00 per person	No. of Persons _____	\$ _____
Friday evening Pizza/snacks		No. of Persons _____	
Café Mineiro	\$ 50.00 per person	No. of Persons _____	\$ _____
CNGROF Cap	\$ 7.00 each	No. of Hats _____	\$ _____
Raffle Tickets (3 drawings) (FOR NON ATTENDEES ONLY)	\$ 1.00 each	No. of Tickets _____	\$ _____
Dues \$5.00 Annual or Life Member (See dues chart on page 2)			\$ _____
GRAND TOTAL ENCLOSED			\$ _____

Make your check payable to **LISA HALLETTT, CNGROF** and mail to her at **595 Coral Trace Blvd, Edgewater, FL 32132** to arrive **NLT 7 February 2017**. PLEASE provide your email address, as we are now publishing our newsletters via email. **Reminder:** Golf players are to deal directly with Rene Provost. Any questions, please call Lisa at (203) 627-1484.

Name: _____ Email Address: _____

Street: _____ Telephone Number:(____)_____

City: _____ State: _____ ZIP+4 _____ - _____

Retiree Voice National Defense Authorization Act 2017

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

In my October 2016 Connecticut Guardian article, I wrote about some of the significant differences between the Senate and House versions of the pending National Defense Authorization Act for 2017 (NDAA 2017).

In early December 2016, both the U.S. House of Representatives and Senate overwhelmingly passed the NDAA for 2017 and sent the legislation to President Obama for his signature. The President signed the bill into law on Dec. 23, 2016.

In the final version of the NDAA 2017 many of the cuts to the Defense budget that the Administration and Senate wanted did not make it into the bill. The final result is that many of the increases to the budget that the House favored were approved and included in the legislation.

Congress added an extra \$3 billion dollars to NDAA 2017 compared to the President’s request. One area where much of this extra money will be used is in service members’ pay. The NDAA 2017 authorized a pay increase of 2.1 percent versus the President’s recommendation of only 1.6 percent.

Basic Allowance for Housing, or BAH, was also spared in the final version of the bill. The Senate had proposed

that those joining the military after January 2018 would have their BAH calculated using their actual housing cost or BAH, whichever is less.

They also recommended dividing the normal BAH rate by the number of BAH eligible couples in a dwelling. Dual married couples would see their BAH cut in half. Roommates could see the same cuts or worse, depending on how many shared the dwelling. The final version of the NDAA 2017 did not make any changes to BAH and no new changes to BAH were proposed for FY 2017.

TRICARE is another survivor in the final version of the NDAA 2017. In the original Senate version of the bill, significant increases to such areas as enrollment fees, doctor and pharmacy co-pays, out-of-pocket expenses, and deductibles were proposed.

However, the NDAA 2017 President Obama signed removed these increases. While it is possible that future enlistees and new officers may see higher TRICARE fees, current servicemembers and retirees are exempt under this legislation.

End strength was also a winner in the NDAA 2017. The legislation proposes to add 16,000 more Soldiers to the Army; 3,000 more Marines to the Corps and 4,000 more Airmen to the Air Force.

In the June 2016 Connecticut Guardian I wrote about

the, “Military Widows Tax.” Under current federal law, if the surviving spouse of a military retiree or servicemember who dies while on active duty, is eligible to receive the monthly Survivor Benefit Program (SBP) annuity payment, and is also awarded a monthly Dependency and Indemnity Compensation benefit by the Veterans Administration, the SBP annuity is offset, dollar-for-dollar, by the amount of the DIC received.

Congress in 2008 authorized a Special Survivor Indemnity Allowance to partially compensate for the SBP/DIC offset.

SSIA was due to expire on October 1, 2017, but the NDAA 2017 authorized its extension until May 2018 at the current rate of \$310 a month.

Proposed legislation to watch this next year

Under current law, when a retiree dies, his/her last month’s retired pay is recouped from their survivor and a separate prorated check is issued for the actual number of days that the retiree was alive during the month of his or her death.

This is also known as selecting a Beneficiary of Arrears. Legislation has been proposed to change this law and pay the full month’s retired pay for the month of the retiree’s death.

Retiree and Military Department Picnic Coming August 24, 2017



SAVE THE DATE
August 24, 2017

Reconnect with old friends and coworkers!

The Connecticut National Guard and State Military Department will host a combined Picnic for Active, and Retired members of the CTNG, full-time Army and Air Technicians and State Military Department Employees in the summer of 2017.

Location: The Point, Camp Niantic
More information coming soon!



CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Moreno, Alexander E.
Decker, Andrew B.
Martin, Shamar B.
Dazaullao, Carlos A.
Sutton, Anandah M.
Thomas, Douglas N.
Mendoza, Ezekiel J.
Lance, Jamel D.
Feliciano, Joselle N.
Casalaina, Nina M.

To Private First Class

Amos, Kobe M.
Genovese, Christopher
Privitera, Salvator R.
Perez, Orlando J.
Villamana, Matthew J.
Hill, Wayne E. Jr.
Vasquezsilva, Danielle N.
Kampbell, Nasya C.
Hoyt, Richard A. III
Patterson, Donnell
Cunha, Mariana S.
Barker, Devon C.
Kiley, Joseph A.

Lewis, Rakeem A.
Hernandez, Daniel J.
Desautels, Corrina E.
Roy, Evan B.
Martineztavarez, Ronny
Hawkins, Samantha L.v
Acuna, Escobar Kevin A.

To Specialist

Khadrany, Najoua
Gardner, Samuel J.
Engelhard, Jason D.
Jnphilippe, Habacuc
Perez, Samuel H.
Drane, Joseph D.
Gonzalezcancel, Jesus G.
Waters, Robert D. Jr.
Gillard, Evan J. Jr.
Benites, Donovan M.
Marte, Jeffrey
Martinez, Jacob W.
Aguilar, Brandon A.
Williams, Jayquan T.
Gonzalez, Julio A. Jr.
Amponsah, Kwaku B.
Carranza, Maria E.

Baker, Andrew S.
Valdez, Walter A.
Colon, Christopher L.
Sullivan, James P.
Lillis, Jamie J.
Lyhne, Eric S.
Sheldon, Cole L.
Rodriguez, John Jr.
Loza, Juan A.
Alaqel, Ahmed M.
Goldenbroughton, K.
Guiheen, Sean F.
Bennett, Travis T.

To Sergeant

Christe, Dennis J.
Mcveigh, Cody F.
Hager, Joshua L.
Harris, Joel M.
Bouzi, Adjanu
Dineen, Marci L.
Carovillano, Joseph W.
Roundtree, John A. Jr.
Phillips, James K.
Powell, Winston E.
Cho, In K.

Fiscella, Cristian A.
Gagnon, Justin C.

To Staff Sergeant

Brooks, Tedd A.
Chmelowski, Zachary
Barile, Jared M.

To Sergeant First Class

Crespo, Celia P.
Little, Jeremy R.

To Captain

Rivera, Edwin E.
Carbonell, Paul J.
Rodriguez, Victor J.

To Lt. Colonel

Neumon, Benjamin J.

To Colonel

Anderson, Charles C.

To Brig. Gen.

Evon, Francis J. Jr.

AIR

To Airman

White, Owen J.

To Airman 1st Class

Hossain, Sabbir

To Senior Airman

Zorn, Alexander J.
Thaxton, Alexander P.
Heng, Rithy V.
Manierre, Sean M.

To Staff Sergeant

Bonazzo, Christopher
Bein, Craig S. II
Cooper, Jeffrey A. Jr.
Reiser, Jeremy C.
Brahimi, Jimi X.
Werner, John J.
Juro, Luis E.
Brandt, Tyler J.

To Technical Sergeant

Lamirande, Eric S.
Kelley, Johnnell P.
Varnet, Jonathan D.
Chavez, Jorge A.
Leblanc, Nichole D.
Pulsen, Phillip J.

Congratulations to All!



Promotions as of January 1, 2017

Coming Events & Holidays

February

February 2

Groundhog Day

February 8

March Guardian Deadline

February 12

President Lincoln’s Birthday

February 14

Valentine’s Day

February 20

President’s Day

February 28

Mardi Gras - Shrove Tuesday

March

March 1

Ash Wednesday

March 7

April Guardian Deadline

March 8

International Women’s Day

March 12

Purim

March 17

St. Patrick’s Day

March 20

Spring Begins

April

April 11

May Guardian Deadline

April 11

Passover Begins

April 14

Good Friday

April 16

Easter Sunday

April 18

Tax Day

April 22

Earth Day

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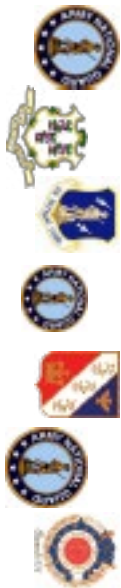
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Connecticut Family GUARDIAN

VOL. 18 NO. 2

HARTFORD, CONNECTICUT

FEBRUARY 2017

Youth Program Reaches New Heights



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

The Connecticut National Guard Child and Youth Program hosted its first Rock Climbing and Resiliency overnight event at Prime Climb indoor climbing gym in Wallingford, Conn. January 13-14.

The group of 24 Connecticut Military kids aged 11-14 received training from the Master Resiliency Teen Curriculum and took advantage of the gym's climbing walls.

The training introduced the youth to the idea of positive thinking and goal setting. Many of the participants set and achieved goals set for climbing the most difficult wall or overcoming their fear of heights during the event.

Prime Climb taught the basics of rock climbing and

presented the team with challenges throughout the night. The group of teens were accompanied by Connecticut National Guardsmen who volunteered their time to support the event. Sgt. 1st Class Joseph Petroski, Staff Sgt. John Cummings, Staff Sgt. Brian Koehler and Sgt. Keegan Zigmont joined attendees on the gym's walls well into the early morning hours.

The Master Resiliency Teen Curriculum is a developmentally-appropriate adaptation of resilience and performance training for adults, tailored for an adolescent audience. The training targets teens in grades 7-12 and provides skills to strengthen personal readiness and resilience – at school, in sports and in life.

The Child and Youth Program looks to host more like events to tie important training in a fun, social setting of rock climbing, meeting new friends and making lasting

memories. For more information about the Child and Youth Program or to be added to the email distribution list please contact your Child and Youth Program Coordinator, Michelle McCarty at 860-548-3254 or michelle.m.mccarty4.ctr@mail.mil.

Photo: Staff Sgt. John Cummings assists a climber on belay at a CTNG Child and Youth Program event at Prime Climb indoor climbing gym in Wallingford, Conn., Jan. 13. The event taught 24 Military kids resiliency techniques and goal setting through rock climbing lessons and challenges. Cummings is assigned to Charlie Company, 1-102nd Infantry Regiment and was one of several Guardsmen who volunteered at the event. (Photo by Michelle McCarty, Lead Child & Youth Coordinator, CTNG SMFC)



CATHERINE GALASSO-VIGORITO

a wheel, this woman was drearily going through the motions, without really experiencing life to the fullest. “I put in so much effort and have little to show for it,” she’d say despondently. And in despair, she would utter repeatedly, “I am so unhappy,” “I’m a failure,” and “My dreams are over.”

Then, one night after eating dinner with her children, the woman folded her hands, closed her eyes and wearily, she prayed, “God, I am so tired. Please show me what to do to be happy.”

After a moment of silence, she heard joyful laughing from her children. And suddenly, gratitude filled her heart. “I am grateful to God that I have a close family, and we have good health,” she thought to herself.

The woman looked at the second-hand kitchen table with dishes on it that needed to be cleaned and she pondered, “God, thank you that we have food to eat.”

Next, she gazed at the corner of the room and saw a pile of laundry to be folded and contemplated, “God, I’m grateful we have clothes.”

She then mulled over her mistakes and acknowledged, “I might have had some struggles, but God took care of me in the past, and He will in the future.”

With an attitude of gratitude, the woman’s mind-set changed. She felt hope restored. She vowed to let go of fears, bitterness and negativity and instead, became sincerely appreciative to God for her precious life and everything in it.

As time went on, she continued to be thankful to God daily for all of her gifts and blessings, and found that she attracted and received more good things in each area. For today, this woman describes that she exudes a joyful enthusiasm, an inner peace, and new dreams are coming to pass.

Are you waiting for your circumstances to change before you’ll allow yourself to be happy?

This is Your Time of Blessings

Similar to this reader, the more thankful you are, the more joy will come to you. Whatsoever you expect, all that you dwell on, and whatever you focus upon, you tend to create. A successful life starts in your mind.

So, “Be careful how you think. Your life is shaped by your thoughts.” (Proverbs 4:23).

Today, look at all the positive aspects of your life. Move beyond limiting, self-imposed boundaries as they can breed and multiply. The more time spent fretting over the past, criticizing ourselves, and wanting to reverse the clock, the more time we waste of our future. There was story about a woman who bought her daughter a piano for her birthday. The girl already played the clarinet at school. And a few weeks later, one of the woman’s co-worker asked her how her daughter was doing practicing two musical instruments. Next, the woman revealed, “My daughter is just playing the piano now.”

Surprised, the co-worker asked, “Why?”

“Well,” the woman replied captivatively, “With the piano, my daughter can sing.”

Scripture says that God commands His people to sing.

- “Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord.” (Ephesians 5:19).
- “Sing to Him, sing praises to Him; tell of all His wondrous works!” (Psalm 105:2).
- “Rejoice in the Lord and be glad, you righteous; Sing, all you who are upright in heart!” (Psalm 32:11).

God has always wanted His people to sing. For, “The Lord your God is in your midst, a mighty one who will save; He will rejoice over you with gladness; He will quiet you by His love; He will exult over you with loud singing.” (Zephaniah 3:17).

So when you wake up in the morning say, “Thank you, God,” and set your thoughts on happiness. Make a mental or written list of three or four things for which you are thankful. Then, several times throughout the day, close your eyes for a few minutes of quiet gratitude, revisiting that ‘thankful list’ and praise God for your blessings. For God has promised that when you bring to mind daily the benefits He has sent your way, your strength will be renewed like the eagle.

I read in the Bible in Acts 16, where Paul and Silas were thrown into prison. They were locked up, their

feet were fastened, and they were confined to a cell. Paul and Silas’s circumstances were grim, and their future appeared to be hopeless. However, with boldness and confidence, they kept their focus on trusting in and praising and thanking God. Verse 25 says, “About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once, all the prison doors flew open, and everybody’s chains came loose.”

One moment, things looked bleak for Paul and Silas. Yet swiftly, in the next instant, God moved and the chains that were holding Paul and Silas back were broken off of them and the prison walls came tumbling down. The power of God altered the situation. God’s plans for your future are for good. He has a purpose and a destiny for you to fulfill. You have come a long way. But you have further yet to go. You may look at your situation and think, “The odds don’t look too good for me.” Yet, don’t quit now. God has more in store for you.

Hence, lift your voice in praise and thanksgiving. God will hear you, and He will help you. God has guided you this far, and He will continue to guide you. Thus, appreciate all the good things around you. Help others. Give out love and compassion. Pray. Remember, God has the ability to “Make all things new...” (Revelation 21:5). And soon, similar to Paul and Silas, you will experience a tremendous breakthrough, and you’ll be on your way to victory.

This is your time. This is your time of blessings. Praise the Lord for His goodness and await His wondrous works.

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@anewyoutworldwide.com. Visit her website at www.anewyoutworldwide.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

Military OneSource: Living Within Your Means

MILITARY OneSource

Looking at your credit card balance shouldn’t give you “meet the parents” level anxiety. Perhaps the mere mention of debt makes your palms sweat. You may be living beyond your means if:

- You carry a credit card balance that is stagnant or growing.
- You tell yourself each month: “I’ll pay off the balance with my next paycheck.”
- You count overdraft fees as part of your monthly expenses.
- You pay off one credit card with another credit card.
- You hear from debt collectors more than you hear from friends.
- You save less than 10 percent of your paycheck.
- You couldn’t survive for three months if you lost your income tomorrow.

It may be time to make some changes. Face your finances head-on and you’ll be patting yourself on the back the next time you check your balance.

If you have more plastic in your wallet than cash, you are not alone. Credit cards make it easier to spend more than you can afford to spend. Once you start overspending, your debt can grow quickly.

But there’s no need to keep spending like an A-list

celebrity. If you’re deep in debt, decide that today is the day that you will stunt that debt growth.

Start living within your means today

- Draw a line in the sand. Give yourself and your family a start date and commit to making changes from that date forward.
- Make a spending plan and stick to it. Plug in your expenses, review what you spend and pledge to better manage your money.
- Hunt for places to trim spending. Downgrade to a lower monthly cable or cell phone plan, and use those savings to take your debt down a peg or two.
- Shop your commissary and save an average of 30 percent on groceries and household items. Shop your exchange to make tax-free purchases.
- Think before you buy. Walk away from big purchases, or from a string of small purchases. Ask yourself if you really need them-really wanting them doesn’t count. If you can’t justify an expense, it’s an expense that you don’t need right now.
- Save for big purchases instead of charging them.
- Check your attitude when it comes to earning extra income. When you need to pay bills, a “that job is beneath me” mindset won’t get you very far.
- Pay in cash. You’re less likely to waste money when

you’re handing over actual currency.

- Avoid being an emotional shopper. If “retail therapy” or “mental health purchases” thrill you, just wait until you experience how fabulous it feels to be debt-free.
- Take tips from the experts. Get professional advice on how to efficiently pay down your debt and get a grip on your finances.
- Read the fine print. The Consumer Financial Protection Bureau can show you how carrying credit card balances keeps you locked in debt.

It’s no secret that life comes with waves of financial challenges. If you are ready to tackle these challenges, you have support in your corner. Let the experts at Military OneSource (800-342-9647) or your installation’s Personal Financial Management Program help. Get help with financial planning, debt counseling, budgeting, spending plans, overall money management, military loans, mortgage or rent help, and more.

Instead of making one monster lifestyle change, start small. Make simple changes to reign in your spending and start living within your means. These changes may not be easy, but they will definitely be worth it, because being debt-free and in control of your finances is priceless.

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

02/27/17 - 03/03/17



WORKSHOPS ON:

- SOCIAL SECURITY & RETIREMENT
- IDENTITY THEFT
- CREDIT REPAIR
- YOUTH SAVINGS
- TAXES

LOCATIONS:

- HARTFORD
- EAST GRANBY
- Niantic

Share Your Experience

The Connecticut Military Department (CTMD) is seeking members who experienced employment/reemployment problems due to their military status (e.g., employer would not rehire the member after returning from a deployment or other military duty (training) or employer fired member because of scheduling conflicts with military duties).

CTMD is particularly interested in members who had to avail the law (Uniformed Services Employment and Reemployment Rights Act, “USERRA”) in order to compel their employer to hire/rehire because the employer discriminated against them for performing military duty/training. USERRA is the federal law intended to ensure that persons who serve or have served in the Armed Forces, Reserve, National Guard, or other uniformed Services are not disadvantaged in their civilian careers because of their service – to ensure service members are not discriminated against in employment based on past, present, or future military service.

We want to discuss your employment/reemployment experiences with you. This is important.

Please contact the State Legal NCO, Staff Sgt. Christopher F. Clark at 860-493-2770 or christopher.f.clark.mil@mail.mil.

Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 150 Broad Street, Hartford, CT 06105 • Fax: (860) 493-2795 • Open Monday-Friday</i>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(860) 858-2677
Deputy Director	SSG Melody Baber	melody.cheyenne.c.baber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.reed.ctr@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
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Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk)/(860) 681-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.t.cummings.mil@mail.mil	(860) 493-2796 (desk)/(860) 538-5639 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty.ctr@mail.mil	(860) 548-3254 (desk)/(860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.oshughnessy.ctr@mail.mil	(860) 548-3258 (desk)/(860) 394-8748 (cell)
Military OneSource Consultant	Chris Roulsen	christopher.roulsen@militaryonesource.com	(860) 502-5416 (cell)/(860) 493-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nott	david.e.nott.mil@mail.mil	(860) 548-3240 (desk)/(860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-6037 (cell)
Employer Support for the Guard and Reserve	Sean Britnell	sean.r.britnell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
<i>Windsor Locks Readiness Center: 35-300 Light Lane, Windsor Locks, CT 06096 • Open Monday-Friday</i>			
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Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 292-4901 (desk)/(860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Windsor Heights Road, Danbury, CT 06810 • Open Monday-Friday</i>			
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Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 292-2730 (desk)/(860) 922-2746 (cell)
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Family Assistance Center Specialist	Timothy Hesney	timothy.j.hesney.ctr@mail.mil	(860) 221-5540 (cell)
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<i>Waterbury Armory: 61 Field Street, Waterbury, CT 06702 • (860) 858-2677 • Open By Appointment</i> <i>Norwich Armory: 38 Street Avenue, Norwich, CT 06360 • (860) 858-2677 • Open Wednesday And By Appointment</i>			