



Connecticut GUARDIAN

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A Historic Deployment for 300 CT Airmen



Approximately 300 members of the Connecticut Air National Guard's 103rd Airlift Wing stood in formation at a formal send-off ceremony inside the main hangar of the Bradley Air National Guard Base in East Granby, Connecticut, Feb. 11, 2017. Local state and guard officials wished the Airmen well at the send-off and thanked families for their ongoing support. Members of the 103rd will deploy to locations throughout Southwest Asia in support of ongoing Expeditionary Combat Support operations that include tactical airlift, maintenance, security and logistics support. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs, CTANG)

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Connecticut National Guard Emergency Management

Making a Family Emergency Plan, Are You Ready?

SUBMITTED BY LT. COL. JIM McLEAN
STATE, CTNG ANTITERRORISM OFFICER

One of the most important tools you and your family can have to protect yourself in possible emergencies is a family emergency plan. It is important that you plan ahead as a family for all types of emergencies and responses. Everyone in the family should understand what to do, where to go and what to take in the event of an emergency.

Be Informed

- Find out what disasters are most likely to happen in your area and the history of their occurrence.
- Stay informed of any specific instructions or information you may need to know regarding these specific disasters.

Establish an Evacuation Procedure

- Know your installation’s evacuation plan.
- As a family, discuss where you will go in the event of an emergency.
- Discuss where your children will go if they are in school at the time of the emergency, and make sure they understand where you will intend to be.
- Be aware that in the event of an emergency, phone lines and cell phone towers maybe out. It may be

necessary to have a contingency plan for reaching each other. Consider using text messaging if normal communication options are not available.

- Plan how you will evacuate family members with special needs.
- Include pets in your family plan.

Develop a Family Communications Procedure

- Develop a comprehensive procedure as a family for communicating in the event that you are separated during an emergency.
- Create a sheet or card with all the phone numbers and information every individual in the family may need, including an in-case-of-emergency (ICE) name and number.
- Make sure every member of the family has a copy of the communications procedure.
- Save the ICE information in everyone’s cell phone.
- Be aware that in the event of an emergency, phone lines and cell phone towers maybe out. It may be necessary to have a contingency plan for reaching each other.

Practice Your Plan

- Set up practice evacuations or shelter-in-place drills



for your family to ensure everyone knows what to do and where to go in the event of an emergency.

- Keep your emergency supply kit up to date, replacing water and perishables periodically. Make sure everyone knows where it is and to take it when sheltering or evacuating.
- Check your smoke alarms regularly.

Where to Find Additional Information

- **Federal Emergency Management Agency (FEMA)** - <https://www.ready.gov/make-a-plan>
<https://www.ready.gov/kids/make-a-plan>
- **Family Communication Plan for Parents and Kids** - <https://www.fema.gov/media-library/assets/documents/34330>
- **Family Emergency Communication Plan** - <https://www.fema.gov/media-library/assets/documents/108887>
- **American Red Cross** - <http://www.redcross.org/prepare/location/home-family/plan>
- **Ready Army** - www.ready.army.mil

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

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.

Connecticut Guardian

360 Broad Street, Hartford, CT 06105-3795
Phone: (860) 524-4858, DSN: 636-7857
FAX: (860) 524-4902
E-Mail: allison.l.joanis.civ@mail.mil

Captain-General
Gov. Dannel P. Malloy

The Adjutant General
Commanding General, CTNG
Maj. Gen. Thaddeus J. Martin

Assistant Adjutant General - Army
Brig. Gen. Fran Evon

State Command Chief Warrant Officer
Chief Warrant Officer 5 Mark Marini

State Command Sergeant Major
Command Sgt. Maj. John S. Carragher

State Command Chief Master Sergeant
Chief Master Sgt. Robert Gallant

State Public Affairs Officer
Connecticut Guardian Managing Editor
Maj. Michael T. Petersen

Connecticut Guardian Editor
Ms. Allison L. Joanis

Contributors
130th Public Affairs Det., CTARNG
Maj. Jeff Heiland, 103rd AW/PAO
103rd Airlift Wing Public Affairs
103rd Air Control Squadron
First Company Governors Horse Guard
Second Company Governors Horse Guard
First Company Governors Foot Guard
Second Company Governors Foot Guard

169th RTI Certified as an Institution of Excellence

LT. COL. PAUL THOMPSON
OPERATIONS OFFICER
169 REGT (RTI)

CAMP NIANTIC, Conn. – The 169th Regiment (Regional Training Institute) was certified by Training and Doctrine Command Commanding General David G. Perkins as an, “Institution of Excellence,” the highest possible rating assigned to training institutions, Jan. 19.

This is the second consecutive Institution of Excellence rating received by the RTI since the inception of the rating criteria at the regimental level. The designation was assigned following a comprehensive evaluation of all the proponent mandated requirements as well as regimental policies currently in effect.

The Quality Assurance evaluation team collectively assessed 28 specific accreditation-based functional areas, each having multiple sub areas. The RTI met each standard with no negative remarks, which is a rare achievement in itself. The assessment team further noted several of the RTI’s current procedures as, “best practices.”

A training institute receives one of four designations following a QA assessment: Candidate for Accreditation (0-59 percent rating), Level II: Conditional Accreditation (60-79 percent rating), Level III: Full Accreditation (80-94 percent rating) or Level IV: Learning Institution of Excellence (95-100 percent rating). The accreditation team did not find any deficiencies in any of the 28 categories they assessed, giving the Regiment a perfect score and the title, Institute of Excellence.

Accreditation is a Quality Assurance program function helping to ensure the learning institution is developing Soldiers and leaders with the competency needs of today’s Army. It focuses the commander’s attention on the state of the institution’s on-going programs and processes across all doctrine, organizations, training, materiel,

leadership and education, personnel and facilities domains as measured against TRADOC-approved Army accreditation standards.

Since these standards cross domains, they establish one set of standards for all Army learning institutions and provide the means to assess and improve education and training programs, as well as the design, development, and integration of capabilities, concepts, and doctrine. Institutions failing accreditation lose the ability to provide graduation documents (constructive or equivalent credit, graduation certificates, Department of the Army Form 1059’s, diplomas, etc.) to students receiving instruction from the institution.

The 169th Regiment’s Quality Assurance assessment began several months before the teams physically arrived. Two months prior to the official start, the RTI submitted a complete self-assessment to TRADOC covering all 28 areas. The internal evaluations provided feedback to the proponent commandant on the ability of the above functions to support the Operational Army’s needs. Completing the pre-inspection represented the first challenge in the long process because it formed the QA team’s basis for follow-up assessments, so accuracy was essential.



A Military Police Instructor works with a student learning to use the expandable straight baton at Camp Niantic, Connecticut in July 2016. The 3-169th Regiment (Regional Training Institute) offers the four-week 31B reclassification course which trains Soldiers who already have an Army Military Occupational Specialty to become Military Police Soldiers. (Photo by 1st Sgt. Joseph Yorski, 169th REGT (RTI))

Connecticut’s RTI, as it validates the effectiveness of current instruction and makes course expansion possible. In his recognition letter to the 169 Regiment, Gen. Perkins penned, “This achievement demonstrates your commitment to meet the competency needs of today’s Army and the Future Force.”

In his post-assessment address to the regiment, Col. Ralph F. Hedenberg, 169th Regiment commander, commended the battalion commanders, faculty and staff for their sustained efforts in achieving such high marks.

“The results of this assessment reflect the professionalism of our regiment’s instructors and staff to provide the highest quality education to our students,” Hedenberg said. He also insisted the regiment remain vigilant in all future efforts to ensure the same success in the next accreditation assessment, which is now about two years away.

In 2016, the 169th Regiment (RTI) conducted 19 courses, graduating 339 students from all over the nation. The Regiment’s courses are available to Active Duty, Reserve and National Guard members and the main programs of instruction include: Warrant Officer Candidate School Phase I; Officer Candidate School Phases I & II; 68W (Medical Specialist) Military Occupational Specialty – Transition and 31B (Military Police) Military Occupational Specialty – Transition.

Additionally, the Regiment provides Basic Instructor Training, Small Arms Simulation Training as well as courses designed to maintain medical credentials such as Basic life Support, Cardio Pulmonary Resuscitation and 68W sustainment tables 1 through 8.

The accreditation assessment is conducted every three years and the 169th Regiment’s next assessment is scheduled for the summer of 2019.



Officer Candidates of the 1-169th Regiment (Regional Training Institute) experience corrective training under the watchful eyes of their TAC officers at Camp Niantic, Connecticut, during Officer Candidate School Phase 2 in July 2015. The Connecticut Officer Candidate School is fully accredited by the United States Army as an officer commissioning source for Soldiers of the Army National Guard and Army Reserve. (Photo by Master Sgt. (Ret.) Drew Wesche)

Achieving the Institution of Excellence designation is a major accomplishment for

UPAR Course Brings PR to the Unit Level

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

CAMP NIANTIC, Conn. – Nearly 20 Connecticut Guardsmen and militiamen of the Connecticut Military Department attended the 2017 Unit Public Affairs Representative course at Camp Niantic’s Regional Training Institute, January 28-29.

With 15 different units represented – to include all four units of the Governor’s Horse and Foot Guard – public affairs professionals assigned to Joint Force Headquarters, Connecticut Army National Guard, led blocks of instruction on important topics ranging from utilizing Associated Press style in writing to photojournalism in the field.

“I am always blown away with the amount of support the units give us for the UPAR course,” Ms. Allison Joanis, State Public Affairs Specialist, said. “We just want Guardsmen out in the field to understand that even though there are full-time Public Affairs personnel, we need their eyes and ears to help better tell the story of the (Connecticut National Guard).”

Attendees spent day one in a classroom setting, practicing interviewing techniques and identifying potential story ideas out of what might seem like routine training.

“UPARs often forget that even run-of-the-mill training can be exciting to those who aren’t in the Guard,” Joanis said. “Important information is out there, and we want UPARs to help us find it so we can tell our organization’s story.”



(Above) Soldiers perform combat casualty assessment and care during a 10-day 68W refresher course hosted by 2-169th Regiment (Regional Training Institute) at Camp Niantic, Connecticut, Jan. 29. Thirteen Soldiers from the CTARNG attended the refresher course that consisted of a variety of immediate action exercises and assessments, culminating in a Table Eight evaluation. On day two of the UPAR Course, students put their new knowledge to the test by covering three events taking place on Camp Niantic; RSP graduation, the 68W Sustainment Course and a tour of the new laundry and latrine facility. (Photo by Spc. Valerie Kobialka, Unit Public Affairs Representative, CTARNG Medical Detachment)

(Left) Twenty-three members of the Connecticut Army National Guard’s Recruit Sustainment Program prepare for their graduation ceremony at the Regional Training Institute, Camp Niantic, Connecticut, Jan. 29. RSP is specifically designed to acclimate new Guardsmen to their military careers both before and after attending their initial entry and Advanced Individual Training. Graduates of the RSP receive training on the extensive benefits and programs available to its members. On day two of the UPAR Course, students put their new knowledge to the test by covering three events taking place on Camp Niantic; RSP graduation, the 68W Sustainment Course and a tour of the new laundry and latrine facility. (Photo by Sgt. Sabrina DiBenedetto, Unit Public Affairs Representative, 1109th Theater Aviation Sustainment Maintenance Group, Connecticut Army National Guard)

Day two got UPARs out of the classroom to cover events at the always-busy Camp Niantic. In teams of six, attendees took photos and learned how to write appropriate, informative captions during Recruit Sustainment Program and 68W Sustainment, as well as a mock tour of Camp Niantic’s new laundry and latrine facility.

“The out-of-class photo exercise was a fun way to practice the photography tips (Joanis) taught us,” said Staff Sgt. Jeremy Lewis, UPAR attendee representing the Headquarters and Headquarters Company, 1-102nd Infantry Regiment. “The hands-on learning helped us internalize the information.”

Cadre then chose the best photo/caption combination and posted it to the CTNG’s official social media sites, where it garnered attention from multiple different outlets.

The UPAR is not to serve as a replacement for the Public Affairs Officer, but an enhancement. Being a Soldier, Airman or member of the State Militia provides you real-time insight into events like unit training.

“Our unit does many events that involve direct contact with the public and the media,” said Capt. Jeff Clark of the Second Company, Governor’s Foot Guard. “(The UPAR) has the responsibility to get the unit’s story out there.”

Becoming a UPAR can be a great enhancement to an NCOER, OER or civilian resume! For more information on how to get involved in Public Affairs at the unit level, contact your chain of command.

Collaboration, Effectiveness, Efficiency: The Keys to Success

STAFF SGT. RICHARD WRIGLEY
JFHQ, PUBLIC AFFAIRS, CTARNG

CAMP NIANTIC, Conn. – “Treat every Soldier, and every Soldier’s record, like it’s your own.”

Words that 1st Sgt. Kelly-Lynn Ives, Senior Enlisted Leader assigned to the Headquarters and Headquarters Detachment, 85th Troop Command, has instilled into her Soldiers, and that Chief Warrant Officer 3 Daniel Serbyn, former Human Resources Technician and Officer in Charge of 85th TC’s the Human Resources and Administrative section of the 85th TC, fully embodies.

As an officer and technician, Serbyn has gone above and beyond in ensuring the readiness and mission success of the 85th TC, and in turn the Connecticut National Guard.

Serbyn’s effort is equal parts complex and game-changing for Troop Command, giving their subordinate units, like the 102nd Infantry Battalion, the chance to be successful with fewer administrative obstacles.

The Issue at Hand

It’s an unspoken, but understood, part of being in the Army. Soldiers are federal employees, and as such, it is a requirement for them to complete many different types of training and checks annually. The requirements, from small necessities, like verifying personal life insurance records are up to date, to critical requirements like ensuring they are up to date on the most current Operations Security doctrine, are not in short supply.

While all these checks are vital, they can produce quite a burden on a Soldier’s unit, as it is the unit’s job to not only make sure these annual administrative checks and training takes place, but to also make sure that the Soldiers have time to train and be proficient in their jobs.

This burden is even greater for National Guard units. Since the vast majority of the Guard only meets two days out of every month, how do you carefully balance training that keeps Soldiers proficient and mission-ready, while also ensuring they have received all the annual training briefs and checks?

That’s where Serbyn stepped in. Rather than having every subordinate command try to meet these annual requirements over the course of each individual year, he and his team implemented a number of new tools to streamline the process.

The Fix

Serbyn did three things in order to alleviate the administrative burden on the subordinate units of the 85th.

First, he sat down with his team, and together they developed the Personnel Readiness Workshop. The PRW is an event that the 85th TC’s Administrative Office hosts three times a year.

During these workshops, all of the subordinate units’ human resources personnel gather and process



Chief Warrant Officer 3 Daniel Serbyn (right), former human resources technician and officer in charge of the human resources administration office of the 85th Troop Command, reviews records as part of the Personnel Readiness Workshop, where the soldiers complete 19 different annually required tasks, alleviating the need to accomplish them over time at the unit level. This gives subordinate units more time to complete needed training to ready Connecticut Army National Guardsmen for future missions. (Connecticut National Guard Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs)

all paperwork for the subordinate Soldiers. Thanks to the efficiency of the workshop, each Soldier who goes through the PRW completes 19 mandatory tasks. Hundreds of Soldiers get processed this way in one day and by the end of the third PRW the more than 1300 Soldiers who comprise the entirety of the 85th TC should be completely processed.

“So instead of putting it on the units to have to do all these administrative requirements, what we try to do is get it done all in one day so that [the units] can focus on training,” explained Staff Sgt. Philip Bennett, senior enlisted leader in charge of the PRW and a human resource enlisted leader for the 85th TC.

This program seems to be a very effective solution to a problem that many National Guard units seem to struggle with. Namely, how do you complete all the mandatory administrative requirements and keep Soldiers tactically and technically proficient in their war-fighting skills when you only get together one weekend a month and two weeks out of the year.

“When the units have so much training going on, going out to the field ... they fall back on [the first] month [administrative] review, then another, before you know it they are so far behind they can’t catch up,” Serbyn said. “By us taking this off the plate of the battalions and the units, it gets it off the commander’s plate and they have

more time to do the training.”

Asking for hundreds of Soldiers to complete 19 different tasks in one day, followed by proper annotation in the record may seem a bit far-fetched. However, that is where the expertise of Serbyn comes in, and where the story really becomes remarkable.

The Chief

Serbyn has had a very successful and diverse career in the military. Starting out as an enlisted wheeled vehicle mechanic in the Regular Army, he eventually transferred to the Connecticut National Guard.

After doing so, he realized he wanted something different out of his career. With a passion for customer service, he changed fields to focus on human resources and then later commissioned as a warrant officer. He hasn’t looked back since.

While it’s been a successful career for Serbyn, he credits that success to his family.

“They are extremely supportive, they know I put in long hours...they’re great, if you have a great support system in place like my family, you can do just about anything,” Serbyn said.

There is an understandable reason why the PRW process, or something like it, does not take place in most

Continued See SERBYN on Page 8

Spotlight on a Recruiter Staff Sgt. Joseph Benete

What was your original MOS and who was your recruiter?

Military Police. Sgt. 1st Class Mark Spencer enlisted me but Sgt. 1st Class Scott Farrell brought me to him. Sgt. 1st Class Farrell had been working with me while he was recruiting since the late 90’s, though I first enlisted, as he always put it, “in the wrong guard,” the Coast Guard.

Why did you join the military?

I originally enlisted on Dec. 1, 1998 as a Port Security man (MP) with the U.S. Coast Guard. First station assignment was with Harbor Defense Command 201, Naval Coastal Warfare Group 2, U.S. Navy, Newport, Rhode Island. My second station assignment was with Coast Guard Marine Safety Office Boston, Boston, Mass., working as a Harbor Safety and Security Officer in the law enforcement section for the Port of Boston. As a child I always wanted to serve. I felt it was my duty and I always liked helping people. Service with the military allowed me to do that.

Before working in the Recruiting & Retention Battalion, what was the most unusual or interesting job you’ve ever had?

I worked as a Seasonal Park Ranger for the Park Service and for a dairy farm.

How many years have you been working in

recruiting?

This is my 13th year working with the Recruiting Battalion.

What was the single-most influential event in your lifetime?

I would have to say two personal events influenced me most. The first was becoming an Eagle Scout. That achievement showed me dedication and commitment were important foundations to leadership and in personal character.

The second was the decision of service with the military. Enlisting three years prior to 9/11, one would near have imagined such an event and how it would shape our thinking and lives. I was incredibly affected by the 9/11 attacks. Living in the greater Danbury area during that time, I had several friends who worked, lived and had parents that worked in the city or were in the military. I was proud to have been a trained member of the military during that time and as a reserve called to duty.

If you could have dinner with any 3 people (dead or alive) who would you invite and what would you eat?

Ronald Reagan, Winston Churchill, and my Father Joseph Benete, Sr., A steak dinner, of course!

Have a question for a recruiter? Call 1-800-716-3550.



Get to Know Connecticut’s Newest Soldiers

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

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

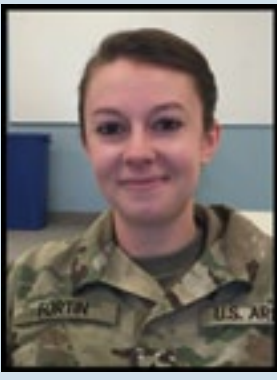
What were you doing before you joined the CTARNG?

Why did you join the Guard?	Family influence and a love of history
Who is your Recruiter?	Sgt. 1st Class Edy Torres
What do you tell friends about the Guard?	Do a Try One
Do you have any hobbies?	Snowboarding; pole-vaulting
What is your dream vacation destination?	Germany, I am interested in Europe
Which super power do you wish you had?	Read minds
What was the most influential event in your life?	Graduating Basic Training at Ft. Benning
If you could buy any one thing, what would it be?	A house...I want to invest young



*Meet
Pfc. Geoff
Ricciardelli,
Age: 18
68W, Healthcare
Specialist*

High School Student; A member of the track team and skateboarding



*Meet
Pfc. Kayla
Fortin,
Age: 23
O9S, Commissioned
Officer Candidate*

Working as an EMT for American Ambulance; student at CCSU

Loan repayment and I like the culture
Staff Sgt. Justin McGale
Do a Try One
Soccer
Japan, I love island culture!
Fly
Graduating Basic Training
The Boston Bruins

Improve Your ASVAB GT Score, Advance your CTNG Career

MAJ. DEREK J. MUSGRAVE
EDUCATION SERVICE OFFICER



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

The GT score is the “General Technical” test area of the ASVAB and is a measure of word knowledge, paragraph comprehension and arithmetic reasoning.

A GT score of 110 is required for entry into the Officer and Warrant Officer Candidate programs. If you are concerned about passing the exam, we have resources here to help you study or you can take online practice exams to prepare you for the test.

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

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

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

STAY GUARD

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

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

CONNECTICUT NATIONAL GUARD

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

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Leads to Enlistments Awards Program
Effective 01 Oct 16 - 30 Sept 17

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

2nd Lead to Enlistment
Tactical Backpack**

3rd Lead to Enlistment
Fleece Jacket or Hoodie**

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

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

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO
Leads are subject to verification of enlistment 1AW state lead tracker SOP
**photos are representations only, actual items are subject to availability and funding
*Must be eligible to receive AAM or ARCOM. One award per person given at the end of the fiscal year based on number of enlistments.

Aviation Mess Section to Compete for National Title

STAFF SGT. NICHOLAS BERUBE
ECHO COMPANY, 1/169 GSAB

After three trips to regionals, the mess section assigned to Echo Company, 1/169 GSAB, will compete for the national title at the Philip A. Connelly Award competition, March 11.

The CTARNG unit advanced through the State and Region I competitions, and will now compete for one of the top awards recognizing food service excellence.

Executed by culinary specialists resulting in the presentation of extremely gratifying dining experiences across all Army food service platforms in garrison and field environments, the Philip A. Connelly competition consists of three levels of competition; State, Regional, and National or Department of the Army level. There are a total of seven regions throughout the 54 States and territories that have the opportunity to participate.

The hard work and dedication that goes into the preparation for the Philip A. Connelly is a result of an in-depth, 1,000-point checklist and evaluation that are based on high standards.

A few examples of what evaluators look for are include food in the trash can, cost efficiency, and sanitation guidelines. When looking for food in the trash can, evaluators look to see how much food competitors are throwing out.

When evaluating cost efficiency, equipment usage is checked. Judges look at whether generators are running



Pfc. Holly Kidder (left), and Spc. Ryan Jones, assigned to Echo Company, 1-169th General Support Aviation Battalion, prepare a meal during the Regional Philip A. Connelly Award competition at Camp Hartell, Windsor Locks, Connecticut, July 16, 2016. The unit won the regional competition against the Massachusetts and New Jersey National Guard units and will go on to compete nationally on March 11, 2017. Along with the national title the unit stands to win \$30,000 towards new equipment purchases. (Photo by Maj. George Duggan, 143rd Regional Support Group Public Affairs Officer)

for no reason (i.e. no equipment attached, thus being a waste of fuel and cost to the government).

In the field sanitation department, they make sure portable toilets, hand washing stations and food pallets are correctly spaced. With food pallets, for example, judges ensure food is stored at least six inches off the ground.

When a unit wins the regional competition they receive a trophy as well as \$10,000 for their Food Operation section to use for purchases like kitchen equipment. If a unit is able to win the Regional and win the Department of the Army level competition, they earn \$30,000.

**Best of luck to
Echo Company,
1-169th GSAB!
You make
Connecticut proud!**



Soldiers assigned to the 85th Troop Command sit down with human resource specialists to individually review personnel files for completeness. This station is just one part of the Personnel Readiness Workshop, where each Soldier completes 19 different annual requirements, alleviating the need to accomplish them at the unit level. This gives subordinate units more time for mission-focused training to ready Soldiers for future assignments. (Connecticut National Guard Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs)

SERBYN from Page 5

units nationwide. If done in an orthodox way, the 19 tasks that comprise the PRW would simply create long lines, and processing everything would take days.

To solve this issue, Serbyn taught himself how to write computer programming. Then he developed a program that would automate and track an individual Soldiers standing in a number of different source programs, and auto-compile it all in one easy-to-read program.

“[What he’s done] is above and beyond [the normal human resources technician’s functions], no one else is doing it – no one else even has the technical expertise to do it,” Bennett said.

Indeed, what Serbyn has done is amazing, however you will never catch him bragging about it.

“I like helping the Soldiers get through

this process as efficiently and as effectively as possible, I don’t like seeing long lines or frustration...it’s [about] great customer service,” Serbyn said. “Really it’s doing the best we can for the Soldiers – that’s what this is all about, they’re the ones out doing the missions...the dangerous jobs...so if we can help them we will.”

Serbyn seems to be quite the asset to any unit that he is a member of, which is why it is with sadness that the members of Troop Command are bidding him farewell as he transitions to a new assignment with the CTNG’s Joint Force Headquarters.

“He brings a humongous [computer programming] skill set...that I think really has put him above his peers,” explained Ives. “He’s almost irreplaceable.”

Bennett seems to be of the same mind. “He is a professional...he is what every other warrant officer should be striving for...he is the subject matter expert.”

The 102nd Army Band Has Openings Looking for Energetic, Qualified Musicians to Audition- Immediate Needs Include Flute, Piano, Sound Tech

SUBMITTED BY THE 102ND ARMY BAND
CONNECTICUT ARMY NATIONAL GUARD

Who is the 102nd Army Band?

The 102nd Army Band is a National Guard unit stationed in Rockville, Conn. We meet approximately one weekend per month and serve two weeks of active duty training throughout the year rehearsing and performing for the public and at military ceremonies/functions.

The Army’s mission for military bands is to, “provide music in order to instill in our Soldiers the will to fight and win, foster support of our citizens, and promote our national interests at home and abroad in support of military operations.”

What does the band do?

As a National Guard unit, we perform throughout the state of Connecticut at the direction of the Adjutant General. We perform at send-off ceremonies for Guardsmen deploying, as well as for their return home, for the Governor’s Inauguration ceremony, special in-state ceremonies and high-profile dinner events, military graduations, change of command ceremonies and dining in events for our Guardsmen.

We also perform for the community. During the summer we travel the state performing on town greens, in gazebos, for recreation departments, senior centers, and Veteran’s homes. Other events we look forward to include: the St. Patrick’s Day parade in New Haven, Memorial Day & Veterans Day parades throughout the state, as well as holiday performances. Additionally, we perform halftime shows at marching band competitions and National Anthem at sporting events.

Where do you fit in?

We currently have several Music Performance Teams that rehearse and perform on a regular basis. Ensembles include: standard format Concert Band, Jazz Ensemble and Marching Band. From these, we break down even further into a Pop Band, Rock Band, Brass Quintet, Woodwind Group and Jazz Combo.

Members of our unit, regardless of rank, are encouraged to make suggestions for new music and additional groups they want to put together.

Incentives to Join the CTARNG include:

- FREE in state college tuition (up to Master’s Degree)
- Montgomery G.I. Bill & Post 9/11 G.I. Bill while going to school, in addition to monthly drill pay
- Military Discounts, and more!

Schedule an audition:
Contact: Sgt. 1st Class Tomasz Durnik, Full-Time Readiness NCO, 102nd Army Band
860-375-1801
tomasz.d.durnik.mil@mail.mil
Follow the 102nd Army Band on Facebook,
@102darmyband



Members of the 102nd Army Band, Connecticut Army National Guard, play, “America The Beautiful,” during the formal welcome home ceremony of the 1-169th General Support Aviation Battalion at the William A. O’Neill Armory, July 20, 2016. Ceremonies are only one of the many types of events that fulfill the overall mission of the 102nd Army Band. (Photo by Allison L. Joanis, State Public Affairs Office)

ATTENTION MUSICIANS

Connecticut Army National Guard
102ND ARMY BAND
OPEN HOUSE

MAY 20, 2017
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8 A.M. - 4 P.M.

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Do you want to play your instrument and serve your nation at the same time?
Visit the 102nd army band open house -
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Ceremonial Band & Jazz Combo

RSVP
Sgt. 1st Class Tom Durnik
(860) 375-1801 or
Tomasz.d.durnik.mil@mail.mil

@102darmyband

One-on-One with Connecticut ESGR

Connecticut's Employer Support of the Guard and Reserve has an office inside the Hartford Armory. We sat down with Sean Brittell, Connecticut ESGR Program Support Specialist, to find out a little bit more about what ESGR is, and what services they provide for both Guardsmen and employers.

Q1. So what is CT-ESGR?

Connecticut Employer Support of the Guard and Reserve is a volunteer led, volunteer driven committee under the Department of Defense. In addition, each state and territory have two full-time contractor staff to support the operational functions of the committee. Ben Beaudry serves as the State Volunteer Support Technician, alongside myself here in Hartford.

Q2. Where is your office located?

The CT-ESGR office is in the William A. O'Neill State Armory at 360 Broad Street, Hartford, Conn., Suite 100. When you first walk into the main lobby, take a right, and you'll find us!

Q3. What services do you provide to Guardsmen?

We provide a number of different services and programs for Guardsmen. To go along with basic information about our program, we also advise on certain issues, and recognize both employers and Guardsmen through a number of different means. When necessary, we also provide mediation on a number of different issues.

Q4. How does a Guardsman make an appointment with you?

No appointment is necessary to see us! The CT-ESGR team is available in person, by phone and by email Monday through Friday during regular business hours. You are always welcome to call ahead of time or send us a message if you wish.

Q5. What are the most common problems you see?

We find that the majority of problems we run into stem from simple issues – like a lack of communication. In most cases, our ability to provide both parties with information, education and awareness goes a long way. Even if you don't think there's a problem, we encourage Guardsmen to call our office and see what we are all about!

Q6. What should a Guardsman do if they think they have an issue that relates to the Uniformed Services Employment and Reemployment Rights Act, better known as USERRA?

The first thing to do is call or email the ESGR Customer Service Center at 1-800-336-4590 or OSD.USERRA@mail.mil to initiate a dialog with regarding the issue. This is standard protocol because local offices are required to remain neutral, and have no authority to interpret USERRA law or assign cases without prior routing from ESGR Headquarters. If an employer is determined to be in violation of USERRA, ESGR Headquarters will assign a case to a CT-ESGR Ombudsman to mediate between the two.

Q7. What advice do you have for Guardsmen who might not know a lot about the ESGR program?

We encourage both employers and Guardsmen to visit www.ESGR.mil and select the section for Service Members & Family to learn more. Additionally, CT-ESGR is available year round for employer presentations and military briefings so feel free to request one anytime.

Q8. What is the most important aspect of the Guardsman-Employer relationship?

It may sound obvious, but never underestimate good communication. It is paramount that the communication between a Guardsman and his/her employer is open and honest – especially when it pertains to military service.

Q9. What is one aspect of ESGR that you want people to know about?

Every year, we try to get as many employers the opportunity to participate in the Bosslift Program. The Bosslift program is a great way to provide an employer the experience of what it means to serve here in Connecticut. A typical Bosslift consists of a combination of tours, briefings, displays and hands-on experiences, which also may include use of military aircraft as transport for employers to visit facilities across the state in a single day. If this is something you feel your employer would benefit from, please contact our office to have your employer added to the wait list.

To reach the ESGR Office, contact Sean Brittell at 860-548-3295 or sean.r.brittell.ctr@mail.mil.



Get out of your Comfort Zone!

It's time for the 2017 Best Warrior Competition

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

The 2017 Connecticut Army National Guard Best Warrior Competition is scheduled for March 23-26 at Camp Niantic.

Dozens of competitors are preparing for the annual event, which will test their fitness and endurance levels, abilities to operate under stress, military aptitude, and knowledge of Army Warrior Tasks.

This year's competition's tasks include the Army Physical Fitness Test, an M4 rifle qualification, a stress shoot, day and night land navigation, a 12-mile road march, Army Warrior Task testing, a written test, an appearance board, and a mystery task. Soldiers will be disqualified if they fail their height and weight measurements, fail the APFT, lose sensitive items, fail to maintain military bearing, or receive unwarranted assistance from their mentors.

Master Sgt. George Mandell, CTARNG Force Training Branch NCOIC, will be in charge of the event's tactical operations center. As a young Soldier in the 242nd Engineer Battalion, Mandell was named the Battalion NCO of the Year after winning one of its annual competitions.

Mandell said the state's annual competition give Soldiers the opportunity to interact with other guardsmen and leaders that they wouldn't ordinarily see during regular drills.

"It's a good way to spread your wings. Soldiers have to get out of their comfort zones and go out and try it. It's a good way for them to get ahead of the pack. It will bring out their best," Mandell said.

Sgt. 1st Class David Earle, 1-169th Regiment, Regional Training Institute (RTI) OCS Instructor, won both the 2016

he was challenged in ways he had not expected in the events, and learned many skills that he's since applied to his work as an OCS instructor. Earle said he wishes all 2017 competitors the best of luck.

"I'm excited to see who wins. My advice is for the Soldiers and NCOs competing to do their best and not give up," he said.

Master Sgt. Mandell said the competitions have changed substantially since he competed in the 1990s. "Soldiers aren't just being tested on their abilities to



Soldier and NCO of the Year photos on display at the William A. O'Neill Armory in Hartford, Connecticut. Two new photos will be added after the 2017 competition that will be held March 23-26 in Niantic, Connecticut. Read the story in the May issue to find out who wins. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)

retain manual and reference numbers. Now they have to get out there and get dirty and really push themselves," he said.

Connecticut's Soldier and NCO Best Warriors will go on to compete in the Region 1 Best Warrior Competition scheduled for May at Joint Base McGuire-Dix-Lakehurst, New Jersey. Region 1 includes Connecticut, New York, New Jersey, Massachusetts, Rhode Island, Vermont, New Hampshire, and Maine.

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)

Celebrating Women’s History

The Connecticut Women’s Hall of Fame

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

As the calendar turns to March, the nation celebrates Women’s History, and Connecticut has no shortage of those that have done their part to shape the nation we live in today.

With a National Women’s Hall of Fame already well-established in Seneca Falls, New York, local organizers looked to highlight the achievements of Connecticut’s female pioneers, and on the bottom floor of Schwartz Hall at Southern Connecticut State University in New Haven, Conn., you can learn the stories of remarkable women through history.

Established in 1994, the Connecticut Women’s Hall of Fame celebrates the achievements of some of Connecticut’s most influential women. Here are just a few you can learn about in visiting the Hall:

Ella Tambussi Grasso: In 1974, Connecticut elected Grasso as the first female Governor in the United States. She led the state during times of crisis, like the Blizzard of 1978, where she camped out around the clock at the State Armory, providing frequent updates through television appearances and directing emergency operations. Grasso passed away just three short years later.

Harriet Beecher Stowe: The renowned author of, “Uncle Tom’s Cabin,” claims roots in Litchfield, and passed away at her Hartford home in 1896. As one of the most influential writers of the 19th century, Stowe’s



(From left to right) Maj. Gen. John F. Freund, the 36th Adjutant General of the Connecticut National Guard, Lt. Col. James B. Bowdy and Ella T. Grasso, 83rd Governor of Connecticut, attend the dedication of the Connecticut Army National Guard 162nd Transportation Aircraft Repair Shop in Groton, Connecticut, June 21, 1977. Grasso was elected in 1974 as Connecticut’s first female governor. The 162nd TARS is known as the 1109th Theater Aviation Sustainment Maintenance Group today. (Photo courtesy of Chief Warrant Officer 4 Jay Bowdy, TASMG MTP Supervisor)

impact on the institution of slavery was seen throughout the country.

Prudence Crandall: A committed abolitionist who fought for education reform, Crandall is most famous for her establishment of the, “Young Ladies of Color,” in Canterbury, Conn. The school, founded in 1833, was the first academy in New England for African-American

women. Her continued fight to make the education system available to more than just whites landed her in jail, but arguments from her ensuing trial were used during the landmark Brown v. Board of Education of 1954.


Constance Baker Motley: Born in New Haven, Motley worked as one of the NAACP’s principal trial attorneys before turning to politics, where she was elected to the New York State Senate in 1964 – the first African American woman to do so. In 1966, she became the first African American woman to serve as a Federal Judge when President Lyndon Johnson named her to the U.S. District Court for the Southern District of New York.

Among the three 2017 inductees include U.S. Army Capt. Kristen Greist, an Orange, Conn. native and one of the first two women to ever graduate from Ranger School. Also inducted will be Major Regina Rush-Kittle of the Connecticut State Police and U.S. Air Force Colonel Ruth A. Lucas. According to the Connecticut Women’s Hall of Fame, Rush-Kittle is the highest-ranking African American ever to serve in the CSP and Lucas

was the first African American woman to attain the rank of Colonel in the Air Force.

In their initial ceremony, in May of 1994, the Hall inducted an inaugural class of 46 women, 36 of them posthumously, according to the Hall of Fame’s website.

For more information about the Connecticut Women’s Hall of Fame, check out their website at www.cwhf.org.



Photographs highlighting the Connecticut National Guard training, deployments and events will be on display in the south concourse of the Legislative Office Building in Hartford, Connecticut, March 16-31, 2017. The exhibit is open to public.

***Legislative Office Building
300 Capitol Ave.
Hartford, CT***

Contact CTNG Public Affairs with any questions, 860-524-4857.

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Local Officials Wish Connecticut Airmen Well Before Deployment

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

EAST GRANBY, Conn. – Approximately 300 members of the Connecticut Air National Guard’s 103rd Airlift Wing gathered with friends and family during a formal send-off ceremony held at Bradley Air National Guard Base Hangar, Sat. Feb. 11.

The Airmen will fall in on locations throughout Southwest Asia for deployments expected to last up to six months. The send-off ceremony – a Connecticut National Guard tradition – was well attended by those in public service.

“I think you are going to do great things for Connecticut and for our nation,” said U.S. Representative Joe Courtney, ranking member of the Seapower Projection Forces Subcommittee on the House Armed Services Committee. “I wish you Godspeed and good luck.”

Courtney was joined by Lieutenant Governor Nancy Wyman, U.S. Senator Richard Blumenthal and State Attorney General George Jepsen on stage to speak to the crowd of more than 600 that packed the newly-renovated hangar space.

The crowd also included various state senators and representatives, along with local government leaders who came out to show their support for the troops.

“These citizen-Airmen, standing before us, through their deeds and selfless sacrifice, reflect what makes America great. They are, in its truest form, American patriots,” said Maj. Gen. Thad Martin, Adjutant General and Commander of the Connecticut National Guard.

The send-off marked a historic moment for the 103rd Airlift Wing, as this deployment is the first large-scale one of its kind for the Connecticut Air National Guard. Less than four years ago, the CTANG underwent a major change as it converted to a C-130H Hercules unit and it took a lot of work to get to this point.

“This deployment...is a little bit more than just a typical deployment. It’s the culmination of so many years of hard work and uncertainty and navigating change, schools training, new airplanes, construction and all of the things this wing has gone through,” said Col. Frank Detorie, Commander of the 103rd Airlift Wing. “Now we are finally at the end of the tunnel and that long, challenging road. And the last hurdle, the last stop is this deployment. It validates everything we’ve been through in the last 10 years in this wing.”

This is the second Connecticut Air National Guard deployment in Fiscal Year 2017. In November 2016, approximately 100 Airmen assigned to the 103rd Air Control Squadron in Orange, Conn. deployed on a six-month rotation.

“It’s a great honor (to deploy),” Senior Airman Gerard St. George, 103rd Security Forces Squadron, said. “It’s my first deployment, so it’s going to be exciting, but I’m ready to put my training to work and get home to my wife and dog.”



Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard, called the group of 300 Connecticut Air National Guardsmen of the 103rd Airlift Wing, “American patriots,” during their send-off ceremony at the Bradley Air National Guard Base in East Granby, Connecticut, Feb. 11, 2017. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs, Connecticut Air National Guard)



Approximately 300 members of the Connecticut Air National Guard’s 103rd Airlift Wing stood in formation at a formal send-off ceremony inside the main hangar of the Bradley Air National Guard Base in East Granby, Connecticut, Feb. 11, 2017. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs, CTANG)



Approximately 300 members of the Connecticut Air National Guard’s 103rd Airlift Wing saluted the flag during the playing of the National Anthem at a formal send-off ceremony inside the main hangar of the Bradley Air National Guard Base in East Granby, Connecticut, Feb. 11, 2017. Local State and Guard Officials wished the Airmen well at the send-off and thanked families in the audience for their ongoing support. Members of the 103rd will deploy to locations throughout Southwest Asia in support of ongoing Expeditionary Combat Support operations that include tactical airlift, maintenance, security and logistics support. This marks the Wing’s first large-scale deployment since undergoing conversion to the C-130H Hercules air frame in 2013.(Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs, CTANG)



Lt. Governor Nancy Wyman spoke to the 300 members of the Connecticut Air National Guard’s 103rd Airlift Wing stood in formation at their formal send-off ceremony inside the main hangar of the Bradley Air National Guard Base in East Granby, Connecticut, Feb. 11, 2017. Wyman was among several elected officials on hand to wish the Airmen well. U.S. Senator Richard Blumenthal, U.S. Representative Joe Courtney and State Attorney General George Jepsen also attended. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs, Connecticut Air National Guard)



Members of the Connecticut Patriot Guard Riders add to the patriotism and community support during the send-off ceremony of 300 Airmen of the Connecticut Air National Guard’s 103rd Airlift Wing at the Bradley Air National Guard Base in East Granby, Connecticut, Feb. 11, 2017. The Connecticut Patriot Guard Riders are an organization of volunteers who aim to ensure dignity and respect at memorial services honoring Fallen Military Heroes, First Responders and Honorably Discharged Veterans. The group attends nearly every send-off and welcome home ceremony for members of the Connecticut National Guard. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs, CTANG)

Conquering Fear - Combat Water Survival

OC DAVID DOWD
OCS CLASS 62,
1-169TH REGT (RTI)

The journey through Officer Candidate School continues and Class 62 has just made it past the halfway point.

Last drill weekend included Combat Water Survival Training at West Point. I could sense a lot of nerves surrounding this event. The three-station test included a 15-meter swim with your load-bearing vest and weapon, a three-meter high board drop while blindfolded and a task requiring Candidates to remove equipment while submerged.

History has shown that there will be times when Soldiers will be forced to negotiate water obstacles and this event is designed to maneuver in water while building confidence around these skills.

We broke off into three groups and began rotating through each station. I started my event at the three-meter high board drop. This task simulates how to operate in water during nighttime, or blackout conditions.

I was a bit nervous about this event and was glad to get it out of the way first. It wasn't as bad as I thought, but I was surprised at how much I struggled to stay afloat. After exiting the pool, I already felt a bit more confident in the events still to come.

The next station was the equipment removal. I was expecting this task to be the most difficult of the three. The trick was to exhale as you jump back into the pool, so that you would sink easily. Once submerged, it gave me more time to remove your LBV and swim back up.

My last station was the 15-meter swim. Swimming with clothing and boots was a real challenge. It was like learning to swim all over again, but working as a team,

we found that scissor kicks were the most effective way at moving through the water.

Once we completed all of the stations, we practiced swimming back and forth carrying bricks, and relaying them off to each other. We also practiced floating by trapping air in our ACUs. It was a very effective way to stay afloat.

Our confidence was pretty high at this point, however we were told that we had one more task before we could leave: jumping from the Olympic high dive platform. To be clear, this was 10 meters high or about 3 stories. We started off by jumping from the 7.5-meter platform first, building up to the taller height.



Officer Candidate David Valli performs the 15-meter swim test during Combat Water Survival at Crandall Pool at the United States Military Academy, West Point, New York during their February drill weekend. Combat Water Survival, an OCS requirement, consists of a 15-meter swim wearing your load-bearing vest and weapon, a three-meter high board drop while blindfolded and a task requiring Candidates to remove equipment while submerged. (Photo courtesy of Maj. Alyssa Kelleher, 1-169th REGT RTI (OCS))



Members of Officer Candidate School, Class 62, tread water at Crandall Pool at the United States Military Academy, West Point, New York during their February drill weekend. At the pool, Candidates completed Combat Water Survival which consists of a 15-meter swim wearing your load-bearing vest and weapon, a three-meter high board drop while blindfolded and a task requiring Candidates to remove equipment while submerged. (Photo courtesy of Maj. Alyssa Kelleher, 1-169th REGT RTI (OCS))

Some took longer than others to jump, however we all completed the task. For me, the key was to not think about it, but rather walk up and knock it out. Once I surfaced I was pumped, I couldn't wait for the next jump.

The process began again, one by one. Some yelled, some people were silent. Each showed the same excitement as they surfaced. We all cheered each other on, congratulating each Candidate as he or she exited the pool.

I began making my way up the ladder and tried not to think about the intimidation of the board's height. Once at the top, it suddenly hit me how high I was as I realized I was at the top of the arena staring at the ceiling. I was really nervous but I applied the same strategy as before: just don't think about it. The cadre again gave me the countdown and I stepped off.

The fall felt like it lasted forever, much longer than the previous jump. I hit. I surfaced. It was over. I felt awesome, my confidence was sky high. The entire mood had changed, we were all feeling great. Motivation was up and we were ready to take on the rest of the weekend.

Read more about OCS on page 19.

Enlisted Update The Best Recruiting and Retention Tool is You



CHIEF MASTER SGT.
ROBERT GALLANT

The warm days of spring will soon be upon us!

In no time, we will be outdoors enjoying the sunshine. It will be time to get the golf clubs tuned up, our cars cleaned of all the winter residue, and the motorcycles polished and out of storage.

As those motorcycles hit the streets, we all need to be thinking about

road safety. Please be aware of your surroundings and drive safely.

I have the privilege to write these articles every other month and it is my goal to cover topics relating to all National Guard members - not just the Air side.

The first topic I want to touch upon is essential to developing and maintaining the core of our military and the members of the CTNG: Recruiting and Retention. These issues go hand in hand, but are two very different areas we need to focus on to continue strengthening our forces.

Recruiting the right people to fit our organization and developing their skills is essential to building the foundation of the military core. All of the high-tech equipment we use to defend our country still requires

well-trained personnel with superior leadership to guide our forces.

I know from the Air National Guard side, our recruiters work very hard. With retirements and separations, recruiters need to keep bringing quality personnel in. The job of recruiting, however, is a responsibility that falls on the shoulders of each and every Guardsman in Connecticut.

In my civilian job, I had a co-worker who knew I was in the Air National Guard. He approached me and asked about my experiences because his son had an interest in the military. I took the opportunity to talk to this individual and discussed his career path options. After a tour of the base and some further discussion, I am very proud to say he is now an Airman in the Connecticut Air National Guard.

Retention is the other half of the equation to successfully maintain the core of our military. Like any organization, the investment and development of our people is a continual process. We want to keep and further develop the Airman and Soldiers that we have invested in and to build upon our force.

As supervisors and leaders, it is our responsibility to find ways to work with our people, continue to lead them so they stay committed to the National Guard. One of the problems in retention is that we as leaders do not always recognize or know the reason for separating from service until it is too late.

At the 103rd Airlift Wing, the Retention NCO developed a program for the first time enlistment individuals, to have lunch with the State and Wing Command Chief's approximately six to eight months prior to their ETS. The program allows the Chief's to spend some time learning and understanding what is going on within the Airman's military career and their personal lives. The objective is to have a conversation

with the Airman and understand why he/she is either leaving after first enlistment or continuing their careers in the military, so we as leaders can learn and makes adjustments prior to losing an Airman. The program has had some success because we have had a few Airman that were on the fence and decided to continue their careers instead of leaving.

The second topic is the deployment of Airman and Soldiers. The Connecticut National Guard has a very high tempo of deployments that support worldwide contingencies. The Army just had a number of soldiers return home last year after some very long deployments. Presently, the 103rd Air Control Squadron is in various Middle East locations and the 103rd Airlift Wing just celebrated their upcoming deployment of aircraft and personnel with a sendoff ceremony in mid-February.

These deployments give us the opportunity to do what we are trained to do. They make us stronger and build military family bonds. We are all proud of our accomplishments and successes.

Every Airman and Soldier that has deployed or will deploy has a proud story to tell. As much as we don't like being away from our families and home, these stories that we bring back, talk about and the bonds that are built, are a major part our recruiting and retentions process. Tell your stories... Share your experiences and successes... Be proud to be a member of the Connecticut National Guard.

And remember: The best recruiting and retention tool we have is "you."

Inspiration of the Month:

Great leaders don't blame the tools they are given. Great leaders work to sharpen them. -Simon Sinek

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48R - Flight Surgeon
43H3 - Public Health Officer
45G3 - OB/GYN Physician
42G3 - Physician Assistant



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

Officer Candidate School

**OCS & WOCS OPEN HOUSE
INFORMATION BRIEF**

March 18 & April 22, 2017

Call for more 2017 dates

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



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

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



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Chief Warrant Officer 3 Michael Mottolo - michael.v.motollo.mil@mail.mil

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Connecticut National Guard Card League

Spades Tournament
January 5 - April 27, 2017
Thursday Evenings 5-8:00 p.m.

The Officers' and Enlisted Club
360 Broad Street
Hartford, Connecticut

Walk-ins welcome - No charge to play

For more information contact:
George Barrow - jgig123@comcast.net



Inside OCS

The Road to Success is Paved with Hard Work

OC VLADIMIR SOUFFRANT
OCS CLASS 62,
1-169TH REGT (RTI)

Often times those things that test us the most are those that prove to be the most rewarding.

As the saying goes, "nothing good comes easy, and nothing easy is worth it." This is never truer than the process an officer candidate endure to successfully complete Officer Candidate School.

OCS is an arduous process that tests your will, patience, courage, abilities and (maybe most importantly) grit. In past columns, other candidates have made mention of the program's 16-18 month commitment, with training one weekend per month and two, two-week-long training events. Upon first glance that may not sound so hard. One weekend a month, some challenging training and before you know it, you're done.

"Not so fast there high speed!"

It may sound easy but I assure you, easy is the last thing one would associate with OCS. The program is designed to test you and apply immense pressure to see if indeed you are worthy of taking on the duties of a U.S. Army Officer.

As you can imagine, the process is anything but smooth and effortless. Candidates must maintain their focus for very long periods of time as tests can come from anywhere and everywhere. Starting from the 0500 wakeup, We must be mentally alert and sharp, ready to go 100 miles per hour, while still remaining calm and properly executing what is asked. The grit and determination required on the part of the Candidate; to, "drive on," when making a mistake, or not executing perfectly is an occurrence that happens fairly often. It is met by no shortage of pressure and corrective training.

These principles are applied methodically to stress



out and test the Candidates. The goal is to simulate the stress of battle and the stress that comes with the various types of mission planning Candidates must execute.

To shape Officer Candidates into Army officers, there is no shortage of pressure and molding that needs to be applied. Some fail underneath the pressure, while others quit. The program and its cadre demand the best from every candidate. With an unwavering (and sometimes unforgiving) attitude, the program slowly and methodically shapes us into proper leaders ready for service.

Some knew what they bargained for,

while others had no idea. Whether we came to the program with no prior military experience other than basic training or enrolled as an NCO with years of experience and multiple deployments, the program will test you. It will have you questioning yourself. OCS is certainly not for everyone and not all those granted entry are guaranteed to cross the finish line. Those that do or strive to all have things which they use or apply to motivate themselves and use as guides to press on and reach the end. For me, those things are simple: commitment and family.

My desire to be excellent has always fueled me to strive harder but has never overshadowed my ability to understand that I won't always get it right at first. For everyone success there are countless failures that precede it but each time I learn, plan and reapply in order to reach the success I seek.

The process to shape and mold Candidate into proper leaders ready for the service of the army is slow, painful and methodical. What drives me to succeed and keep going is commitment and family, and a grateful soul for all who help in my development.

R3SP - Resilience, Risk Reduction & Suicide Prevention

REAL-TIME RESOURCES

Resilience: "Skill of the Month"

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

How does "RTR" help me fight back against counterproductive thoughts?

FIGHT BACK!

Real-Time Resilience involves proving your thoughts false (fighting back) with evidence, thinking optimistically, & putting the situation in perspective.

The Situation

SITUATION: You are about to take your annual Army Physical Fitness Test (APFT). You must fight back against any counterproductive thoughts that you might have:

"I should have prepared more for this test."

Putting the Situation in Perspective

"The most likely implication is that I could have trained harder, but I can push myself to perform my best."

Optimism

"A more optimistic way of seeing this is at least we have NCOs in our unit who uphold Army standards."

Evidence

"It is way too hot out here to be taking an APFT."

"That's not completely true because I took an APFT while deployed overseas and it was hotter than this."

What is the skill?

Real-time Resilience (RTR) is an internal skill used to shut down counterproductive thinking, build motivation, and focus on the task at hand.

KEY PRINCIPLES

- Accuracy over speed; does your statement pass the "gut test?"
- RTR takes practice
- Pitfalls are common
- Optimism is a primary target of Real-time Resilience

Support Families

#bethere

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

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

ASIST Returns to CTARNG

MEAGAN MACGREGOR
STATE SUICIDE PREVENTION PROGRAM MANAGER

Applied Suicide Intervention Skills Training

Suicide Prevention Programs will hold its first Applied Suicide Intervention Skills Training course of the fiscal year in Middletown, March 28-29, 2017.

ASIST is a two-day course designed to teach Soldiers how to respond to suicidal ideations by learning different tools and techniques to help identify those who may be in crisis and help them turn towards safety.

The course is required for all Gatekeepers and strongly encouraged for all first-line and junior leaders.

The training team consists of Connecticut Army National Guard Soldiers ranging from Training NCOs to Chaplain's Assistants to Recruiters. Each trainer brings their own personal experiences and perspective to make every course unique and impactful.

ASIST is a civilian-designed course operated by LivingWorks that has been adopted by the Army, so all the skills you acquire in the course can be applied to both your civilian life and your Army life. There is no limit to where you may encounter a person in crisis, so ASIST trainers talk about implementation in both the military culture as well as civilian life.

All participants are required to attend in civilian attire. Seats are still available for the March 28-29 course in Middletown, Conn. Talk to your Training NCO or contact the Ms. Meagan MacGregor, State Suicide Prevention Program Manager at meagan.e.macgregor.ctr@mail.mil, if you're interested in attending.

MARIJUANA: STILL NOT LEGAL FOR CTNG SERVICE MEMBERS

MARIJUANA USE RESULTS IN A POSITIVE DRUG TEST AND IS GROUNDS FOR SEPARATION

For more information contact :
SHANEKA ASHMAN, PC
C : 860-549-2838 O: 860-548-3291
shaneka.ashman@accenturefederal.com

Life may never get easier but you can get STRONGER

There are resources available to help!

Behavioral Health Care Line 855-800-0120	Military Support Programs 866-261-2913	State Chaplain 860-548-3240 860-803-7748
Military Crisis Line 800-273-TALK (8255) Option 1	National Guard Peer Support Line 844-357-PEER (7337)	Local Resources 2-1-1
Suicide Prevention Program 860-969-7061	Army Substance Abuse Program 860-548-3291	

freshcheckday®

checkin'-in with soldiers and airmen

The Jordan Porco Foundation is supporting the CTNG through a Fresh Check Day event aimed at suicide awareness, prevention, and mental health promotion.

SUNDAY MAY 21, 2017 | 1300 – 1500

CAMP NIANTIC – PARADE FIELD

Please join us for this FREE special event for Soldiers and Airmen of the CT Military Department.

Outdoor Music • Prizes and Free Gifts • Free Food
Exciting and Inspirational Booths and Exhibits

For more information visit freshcheckday.com.
To RSVP for the event, contact 1LT Luigina Facchini at Luigina.t.facchini.mil@mail.mil or call 860.655.9322.

If you or someone you know needs help, call now:
Behavioral Health Helpline: 855-800-0120
Veterans' Crisis Line: 1-800-273-8255 and Press 1

Fresh Check Day® is a program of the Jordan Porco Foundation, jordanporcofoundation.org.

Off the Bookshelf

with Staff Sgt. Simon

Looking Back 100 Years

Hartford in World War I

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

Dozens of monuments and memorials in Connecticut’s towns and cities are dedicated to the service of the state’s residents and service members during World War I, with maybe none more recognizable than the 90-foot tall obelisk in New Britain’s Walnut Hill Park.

Dedicated in 1928, the monument honors the wartime deaths of 123 New Britain residents. Approximately 116,516 American military service members died in the global conflict, which began for the United States, April 6, 1917.

In, “Hartford in World War I,” retired Hartford Courant staff writer David Drury recounts the region’s history in the immense war to include its industrial and economic roles, as well as the cost of human lives. Drury’s short historical book is a fast and fascinating read, layered with local references, anecdotes and images of early 20th century Connecticut and some of Europe’s war-torn battlefields.

On December 25, 1918, President Woodrow Wilson (a former Wesleyan University professor) and his wife, First Lady of the U.S., Edith Wilson, greeted men of the 26th Infantry Division’s (Yankee Division) 102nd Infantry Regiment in Montigny-le-Roi, in North Eastern France. According to Drury, President Wilson purportedly shook the, “paw,” of one of Connecticut’s most famous war veterans, Sgt. Stubby, the bull-terrier adopted by members of the 102nd to become the unit’s wartime mascot.

Following their Presidential greeting, Connecticut’s Yankee Division Soldiers headed home, where they were honored with dozens of parades and commemorative events. In all, Connecticut service members spent approximately one year fighting in the war, and suffered roughly 1,100 fatalities.

World War I did not begin in a vacuum. In the late 19th and early 20th centuries, the world’s steady rush toward industrialization resulted in the migration of formerly agricultural centered populations into new and rapidly expanding cities. The sudden shift in populations and economies resulted in conflagrated old tensions between neighboring nation states and new disagreements over the access of resources.

Although the 1914 assassination of the Austrian Archduke Franz Ferdinand and his wife Sophie in Sarajevo is casually regarded as the event which started World War I, historians typically consider this event,

instead, as the final crack in a dam that had been steadily eroding for decades.

The world’s new industrial innovations resulted in an increased proficiency by nations to produce military equipment. Drury points out that this alignment of supply and demand became something of a perfect storm, and that local factories in Connecticut did extraordinarily well during the war period. Among numerous others, Remington, Colt, Pratt & Whitney, Hartford Machine Screw, SKF Ball Bearings, and Royal and Underwood fulfilled many military firearm and equipment contracts. New Britain Machine Co. produced the war’s only American-made antiaircraft gun. Vulcan Irons works and P.F. Corbin produced millions of hand grenades for the war’s fighting forces. Glastonbury Knitting Mills produced, “long underwear,” which was issued to deploying service members.

When Connecticut Soldiers reached France in 1917, outfitted with items produced by their own towns and cities, the war had been going on for more than three years, and equipment manufactured in Connecticut adorned forces on both sides of the conflict.

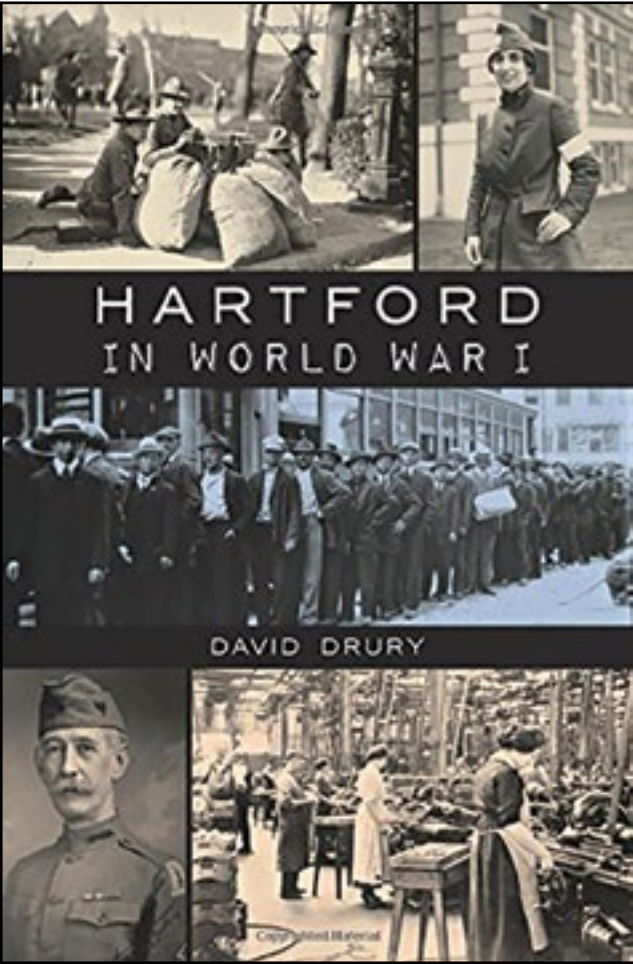
Drury’s war-period anecdotes are his text’s most fascinating sections. Although the United States did not officially join the war until 1917, it had been assisting its European allies with shipments of supplies and logistical support. The German government adopted a policy of sinking vessels it considered to be aiding its enemies, and in 1915, the British ocean liner RMS Lusitania was torpedoed and sunk by a German submarine.

In addition to its passengers, the Lusitania was carrying hundreds of tons of ammunition and 128 Americans died in the explosion. Drury writes that the Lusitania’s owners had reduced the voyage’s fare prices and increased its passenger count to offset the weight imbalance caused by its contraband cargo.

“By jove, they’ve got us,” Drury recounts a Lusitania passenger stating as the torpedo struck.

The U.S. is nearing the 100th anniversary of its entrance into World War I. Connecticut’s Veteran’s home and hospital in Rocky Hill may be the state’s most enduring and living wartime monument. In 1940, hundreds of the state’s World War I veterans, many who were formerly homeless and lived in tents, moved into the new facility, Drury writes, which included barracks-style rooms, staff housing, a chow-hall, and chapel.

A more lighthearted World War I Connecticut artifact



and memorial is currently on display at the Smithsonian Institution Museum in Washington. Sgt. Stubby, the bull-terrier, was successfully preserved by taxidermists after his death in 1926. A new animated film about the furry Yankee Division mascot is also currently in production.

Editor’s Note: April 6, 2017 marks the 100th Anniversary of America’s entry into World War I.

The Connecticut State Library’s program, “Remembering World War One: Sharing History/ Preserving Memories,” has scheduled events throughout the year that will share stories and artifacts detailing Connecticut’s contribution to the Great War and home front efforts. Many of the programs will cover the history of the Connecticut National Guard’s 102nd Infantry.

To learn more visit, www.CTinWorldWarI.org, and follow @CTinWorldWarI and @CTinWWI on social media for daily updates and headlines from 100 years ago.

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

Military History

K-9 Veterans Day

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

In 1942, the American Kennel Club helped create Dogs for Defense, a civilian group that trained dogs as sentries to help patrol the U.S. coastline.

The U.S. Army approved the experimental program and created the K-9 Corps on March 13, 1942 and this year marks the corps’ 75th anniversary. The K-9 Corps initially trained 32 different breeds; by 1944, the number dropped to just seven. The extraordinary characteristics of the dog – acuteness of senses, docility, affection for man, watchfulness, and speed – were all of great value for military purposes.

At the time of Pearl Harbor, the sled dog was the only working type to be found in the Army. About 50 were assigned to military stations in Alaska. By the war’s end, almost 10,000 dogs were trained for various duties. The U.S. Army used about 1,500 dogs during the Korean War and 4,000 in Vietnam. Currently, there are about 3,000 military working dogs in the U.S. Armed Forces.

The idea of a K-9 Veterans’ Day originated with a retired military working dog trainer who wanted recognition for dogs who serve in military, law enforcement and other capacities. The day recognizes the contributions of the dogs who have served side by side with soldiers and with police and other first-responders. Although acknowledged in 14 states, K-9 Veterans’ Day is still not nationally recognized.

Today, there are K-9s deployed all over the world, and crowds gather at military war dog memorials across the U.S. not only to commemorate the military dogs that have fallen while engaged in combat with Soldiers on the battlefield, but also to celebrate the special partnership that has developed over time. The dogs undergo hours of rigorous training every day to hone skills that require strength, agility, and a high level of communication with their handlers. Military dogs are usually two years old when they get to their respective units and can serve up to 12 or 13 years depending on their health and skills.

Standing proudly at Lackland Air Force Base in San Antonio, Texas is the Military Working Dog Teams National Monument. Dedicated in October 2013, the



The national monument dedicated to military working dog teams is on display at Joint Base San Antonio-Lackland, Texas. The monument was revealed Oct. 28, 2013. (U.S. Air Force photo by Airman 1st Class Krystal M. Jeffers)

bronze sculptures depict a Belgian Malinois, a Doberman Pinscher, a German Shepherd and a Labrador Retriever diligently standing guard alongside a Military Working Dog Handler.

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

Safety Starts at Home: Follow the Checklist

CTARNG SAFETY OFFICE

It’s quite natural to think of your home as the safest place you can be. After all, that is where you escape the cares of the world and the pressures of work. However, many serious accidents happen at home. Painful injuries, permanent disability and even death can be the result of home accidents. Falls and fires are particular dangers at home.

Fortunately, there is much you can do to improve the safety in your home. Start by following this home safety checklist:

- Is lighting adequate in all traffic areas, including sidewalks, entrance areas, basements and stairways?
- Are traffic areas free of clutter?
- Are stairways clear, with no items stored on them, even temporarily?
- Are there sturdy railings on all stairways, even in the basement and outdoors?
- Are stairs, steps and floors in good condition and free of tripping hazards such as torn carpet and loose tiles?
- Is there a non-slip surface on the floor of the shower and bathtub?
- Is your home protected by these safety devices:

- Smoke detectors, fire extinguishers, carbon monoxide detectors, Ground Fault Circuit Interrupters on electrical outlets in the bathroom and basement?
- Is all wiring in good condition? Is wiring adequate for the electrical appliances used in the house, including computer equipment?
- Are extension cords used only temporarily? Are they kept out of traffic areas?
- Are chimneys for wood-burning stoves and fireplaces cleaned yearly?
- Are any flammable liquids such as gasoline and paint thinner stored in approved covered containers, in well ventilated areas? Are they kept far away from sources of ignition, such as cigarettes and pilot lights?
- Are drawers and cabinet doors closed immediately after use to prevent tripping accidents and head injuries?
- Are the handles of pots and pans always turned toward the center of the stove, not the edge of the stove where they can be reached by children or accidentally contacted by someone passing by?
- Are knives stored safely in a knife holder or other device so someone will not accidentally touch the blade?

- Are glass doors marked at eye level to prevent someone from accidentally walking into them?
- Is the house safe for children, even if they only visit occasionally? Are all medicines and cleaning materials stored well out of reach of children? Are stairways barricaded so youngsters cannot fall down them? Are electrical outlets covered by child-proof plugs?
- Are emergency numbers posted at each telephone? Is the house address and telephone number posted there as well?
- Do you hold regular family fire drills? Does each member of the family know how to escape from his or her bedroom and where to meet outside? If you find hazards while you are inspecting your home, correct them now. If they require expert help, such as rewiring by an electrician, arrange to have the work done. Then make a regular safety review part of your family’s routine!

Safety Concerns? Call the Connecticut National Guard Safety Offices. Connecticut Army National Guard, (860) 292-4597. Connecticut Air National Guard, (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
Environmental Officer Training	350-17-23	Mr. Robert Doliak	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	Master Sgt. 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
CON 360 Contracting For Decision Makers	350-17-38	2nd Lt. Ben Gagne	20-Mar-17	31-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	Master Sgt. Jonathan Trouern-Trend	1-Apr-17	2-Apr-17
SPS PD2	350-17-38	2nd Lt. Ben Gagne	3-Apr-17	7-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
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
Retention Recognition Program	350-17-36	Sgt. Maj. Michael Collins	22-Apr-17	22-Apr-17
Specialty Schools Pre-Qualification	350-17-26	1st Sgt. Rocky Daigle	29-Apr-17	29-Apr-17
ACE-SI	350-17-29	Ms. Meagan MacGregor	19-May-17	19-May-17
Bus Driver Training Course	350-17-21	Master Sgt. Thomas Ahearn	20-May-17	24-May-17
ASIST	350-17-08	Ms. Meagan MacGregor	20-May-17	21-May-17

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

Highlighted Courses:

Bus Driver Training Course: The Operator's Training Course is a "Train the Trainer," 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 2017; 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. 08-09 April 2017. 16 Soldiers max, see your unit training NCO for current availability.

Specialty Schools Pre-Qualification: This pre-qualification course will ensure all CTARNG members are fully prepared to successfully complete ASI-producing schools with historically high failure rates. Pre-qualification testing and training will ensure Soldiers are physically and mentally prepared for the actual specialty course when seats become available. The following specialty courses are covered by this training event: Pathfinder (2E-SI5Q/011-ASIF7), Air Assault (071-S1/ASI2B) and Master Fitness Trainer (9E-SI6P/920-ASIP5). 29 April 2017. 40 Soldiers max, see your unit training NCO for current availability.

THE DA PHOTO PROCESS

Do You Need A DA Photo?

1

Must be SSG or above

And at least one of the following:

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

2

REVIEW YOUR ERB/ORB

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

3

PREPARE YOUR UNIFORM

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

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

4

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

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

5

SHOW UP AT SCHEDULED TIME

M/SG Maurice Rose
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322

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

IMAGE MANIPULATION

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

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

How Does your photo get to your ERB/ORB?

Photo Lab → 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)

NO Infantry cords or blue discs

NO Green leadership tabs

Wear RDI if affiliated

Wear only Unit Crests that PERMANENT and listed in your individual records

Only wear PERMANENT awards listed in your records

Wear Marksmanship Badges

Nameplate must be worn

Wear ONE CSIB, if authorized

Identification badges worn on left pocket, if authorized

No headgear worn for DA photo

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

SAVE THE DATE

CONNECTICUT ARMED FORCES DAY LUNCHEON

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

For more information contact Sgt. 1st Class William Blake
(860) 493-2750 ★ William.D.Blake14.mil@mail.mil
or visit http://ct.ng.mil/CT_AFDL or [Facebook.com/CTArmedForcesDay](https://www.facebook.com/CTArmedForcesDay)

Retiree Voice DFAS’ myPay - Set up Your Account

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

The Defense Finance and Accounting Service, better known as, “DFAS,” is the agency of the United States Department of Defense which provides finance and accounting services for civil and military members, including retirees for the DOD.

myPay is DFAS’ online account management system and provides faster service, security, accessibility, reliability to all DFAS customers. If you don’t have a myPay account online, this article will explain how to establish a myPay account and the benefits of having one.

Many retirees transferring to retired status already have myPay accounts. However, those who retired more than five years ago, may not.

If you’ve never used myPay, visit <https://mypay.dfas.mil> and click, “Forgot or Need a Password,” to have a temporary password mailed to you. Once you have received a password, return to the myPay home page and click, “Create an Account,” to get started. Enter your social security number and the temporary password.

If you had by chance created a login ID in the past you must go through the forgot login ID steps. Call Customer

Service at 888-332-7411 if you are unable to set up your myPay account.

There are also limited access accounts for retirees who travel or have limited-to-no-access to a computer. A special Limited Access Password can be created for another person. This allows that designated individual to view your pay and tax statements without being able to make any changes to your account. You can delete any limited access at any time.

Once a myPay account is setup, the retiree can manage their retirement account online.

The retiree can view and print their Retirement Account Statement. The RAS summarizes pay, benefits and deductions for a specific time and monthly electronic RAS (or eRAS) are available to all military retirees currently receiving retirement payments. The eRAS is only available on myPay, are available each month and accessible for 12 months. It should be noted that retirees receive a RAS each time a change is made to their account. The easiest way to view, print, or save your latest RAS is on myPay.

Tax forms are also available through myPay. By logging into myPay, retirees can view and print tax forms

1099R and 1095-B (proof of health coverage). If the retiree currently receives hard copies in the mail, they can elect to receive them through my pay.

Other retirement management actions that can be controlled through myPay include start, stop, or change electronic allotments to financial institutions; subscribe and manage the Retiree Newsletter; make changes to direct deposit information and change mailing or email addresses.

After discussing the benefits of myPay, remember to protect yourself online. Your myPay account contains all of your personal information. Giving your user ID and password to third parties makes you vulnerable to fraud. Keep track of whom you have allowed access to your myPay account.

Recently, account users have notified DFAS of SmartDocs spoofing. Remember, Valid SmartDocs messages from DFAS are always sent in plain text, do not include attachments and do not ask you to send any information in response. For a complete explanation, got to the DFAS website.

For more informations, visit mypay.dfas.mil.

2017 NGACT Annual Conference



The National Guard Association of Connecticut held their annual conference and ball at the Sheraton Hartford South Hotel in Rocky Hill, Conn. February 18, 2017. Left: Mr. Kim Rolstone, NGACT President and Connecticut National Guard member, kicked off the organization’s 23rd conference with an update to attendees with information pertaining to what the organization is doing for its members, and its goals for the coming year. Awards were also presented during the program, including the Command Sergeant Major Anthony V. Savino Award, which recognizes an NCO epitomizing the Army Values. Right: The 2017 recipient was Staff Sgt. Nicholas Ciullo (right), Supply NCO assigned to the Headquarters and Headquarters Company, 1-102nd Infantry Regiment. The event was attended by over 230 members of the Connecticut National Guard. For more information on NGACT, visit their website: www.ngact.org. (Left Photo courtesy of The National Guard Association of Connecticut, Right Photo by Maj. Mike Petersen, State Public Affairs Officer)

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Finnegan, Liam M.
Bartha, Juliana E.
Pharr, Eldraen J.
Marshall, Cody M.
Febus, Zachariah N.
Rivera, Nasser Peter V.
Suri, Divyansh
Shakes, Stafford R.
Mccarthy, James P.
Leonard, Jeffrey M.
Lacks, Shiquan A.
Montanez, Karissa J.
Carrasquillo, Nathan R.

To Private First Class

Gordon, Julia M.
Reyes, Rosario J.
Caraballofigueroa, Cristal
Wilke, Benjamin J.
Michaud, Kevin A.
Henaghan, Devin M.
Martise, Stephen M.

Angelucci, Adam N.
Nelson, Dalton L.
Golding, Johnnoy R.
Peasley, Brenden L.
Collins, Jahmal T.
Boyden, Glendalis D.
Feliz, Coraima E.
Bromley, Lauren G.
Garci,a Alex M.
Ssonko, Emmanuel K.
Rodriguez, Edwin J.

To Specialist

Quintero, Jovanni D.
Busgith, Travis C.
Dorvil, Jeremiah V.
Messier, Jacob T.
Janus, Timothy E.
Wilkerson, Kori A.
Rentas, Bridgette A.
Peters, Zachary M.
King, Rachel L.

Viveros, Katherine
Royster, Colin A.
Galarzasalinas, Juan D.
Rudewicz, Connor S.
Young, Carnel A.
Fitzgerald, Mark S.
Soto, Emmanuel
Spruielle, Janicia M.
Arroyo, Ronaldo F.
Nowak, Joseph E.

To Sergeant

Ramirezmojica, Rafael
Centola, William R.
Rosadoortiz, David
Capeleslopez, Jesus A.
Fiscella, Cristian A.
Gagnon, Justin C.

To Staff Sergeant

Husband, Brandon A.
Beers, Michael L.
Massicotte Robert J.

To Sergeant First Class

Moulthrope, Brennan
Landry William M. Sr.

To Master Sergeant

Otero, Aidee C.
Colbert, Monique S.

To 1st Lieutenant

Barringer, Matthew M.

To Captain

Decker, Vergil T.

AIR

To Senior Airman

Thibault, Annie R.

To Staff Sergeant

Kearney, Brian L.
Galarza, Giovanni
Kiely, Jason T.
Coletta, Marco
Privott, Marcus L.
Serate, Thomas M.
Valente, Vincent M.

To Technical Sergeant

Rivera, Edwin G.
Laskey, Zachary C.

Congratulations to All!



Promotions as of February 1, 2017

Coming Events & Holidays

March

March 1

Ash Wednesday

March 7

April Guardian Deadline

March 8

International Women’s Day

March 17

St. Patrick’s Day

March 20

Spring Begins

March 23-26

CTARNG State Best Warrior

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

May

May 5

Cinco de Mayo

May 9

June Guardian Deadline

May 14

Mother’s Day

May 19

CT Armed Forces Day Luncheon

May 27

Ramadan Begins

May 29

Memorial Day

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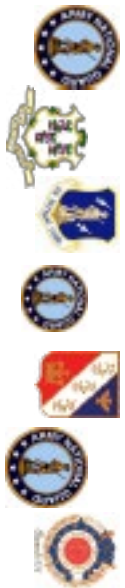
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Connecticut Family GUARDIAN

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HARTFORD, CONNECTICUT

MARCH 2017

Spouse Education and Career Opportunities

MILITARY ONESource

Military spouses are a tremendous source of strength and talent with the ability to navigate the unique challenges of military life. They work to maintain a home and keep their families strong and resilient, often while pursuing an education or striving to build a meaningful career. Frequent relocations and extended deployments make this pursuit challenging.

While military spouses are well educated and highly qualified for a wide range of careers, military spouses face a 25 percent unemployment rate and military wives face a 25 percent wage gap compared to their civilian counterparts.

Key program resources

To help military spouses reach their education and career goals as they balance work-life priorities and interests, the Department of Defense established a comprehensive, holistic, spouse-centered program called SECO: Spouse Education and Career Opportunities.

The SECO program provides career exploration opportunities to help spouses worldwide understand their skills, interests and goals; education and training to help them identify academic, licensing or credentialing requirements that can help them reach their career goals; employment readiness assistance to optimize their self-marketing skills; and employment connections that help them find and maintain a rewarding career. Resources include the following:

The Military OneSource SECO Career Center where SECO Career Counselors provide comprehensive counseling services at no cost to all eligible military spouses.

The Military Spouse Employment Partnership, a targeted recruitment and employment solution that creates employment connections by providing companies with direct access to military spouses seeking career opportunities and connecting spouses with employers who are actively recruiting.

The Military Spouse Career Advancement Accounts Program, a workforce development program that provides a maximum education benefit of \$4,000 with an annual fiscal year cap of \$2,000 to eligible military spouses who are pursuing a license, certification or associate degree in a portable career field or occupation.

MySECO website provides eligible military spouses 24/7 access to online education and career information, resources, tools and assessments. This website is a one-stop source where spouses can research occupations, search for schools and scholarships, find employment and education information and develop their Individual Career Plan to set goals and chart progress in building a meaningful career path.

Community connections—

Each military service plays a major role in supporting a military spouse's education and career progression and provides installation-based programs and services to any spouse from any service. At Installation employment readiness programs, spouses can receive face-to-face assistance and advice on career readiness, employment opportunities, education and scholarship opportunities, and job search strategies. To find the contact information for any of the installation employment readiness programs, spouses can visit the Military Installations website.

On the site, spouses can search by the specific program (Spouse Education, Training and Careers) and an installation or postal code to find the office closest to them. Program names may vary from service to service, but they all provide quality services.

- Army Employment Readiness Program
- Air Force Employment Assistance Program

SECO Outlook

Spouse Ambassador Network—Educating, empowering and mentoring military spouses to encourage career fulfillment is the mission of the Spouse Ambassador Network. By leveraging MSEP partners and their existing community networks, the



Guard Families Celebrate Random Acts of Kindness

The Connecticut National Guard Child & Youth Program hosted an event celebrating Random Acts of Kindness Week at the William A. O'Neill Armory in Hartford Connecticut, Feb. 5, 2017. Children and their families participated in craft projects and games all in the name of love and kindness. The Child & Youth Program hosts events through out the year for Connecticut Military children. For more information on the program, contact Michelle McCarty, Lead Child & Youth Program Coordinator at (860) 548-3254 or michelle.m.mccarty4.ctr@mail.mil and follow their activity on Facebook, <https://www.facebook.com/CTCYP/>. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center volunteer)

Spouse Ambassador Network connects military spouses, community leaders, local Chambers of Commerce and other stakeholders in their communities to increase awareness about career and education resources, such as the Military Spouse Employment Partnership and the Military One Source SECO Career Center.

Individual Career Plan—Working independently or with a SECO Career Counselor, spouses can use the MyICP Wizard on MySECO to build a customized, interactive career plan targeted to their specific needs and current lifecycle stage. Spouses choose their persona type, occupation of interest and identify their challenges and growth opportunities. When they click 'view MyICP', they receive a personalized list of tools, resources and activities designed to help them reach their individual career and/or education goals. Spouses can track their progress, store information or create additional myICPs throughout their service member's career.



CATHERINE GALASSO-VIGORITO

Exercise for the Mind, Body, Spirit

Are you in a slump because of situations out of your control?

Do you feel at a low point in life?

Maybe you just want to feel better and reduce stress.

Well, it’s time to get back into balance with exercise.

We all know the benefits of working out for the body, but exercise is just as beneficial to keep our minds clear and optimistic. American physician and cardiologist, Paul Dudley White once said, “A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.”

With your doctor’s approval, the results of daily exercise can be so positive that you’ll look forward to making it a high priority and regular part of your life.

A few years ago, I was experiencing many transitions. So, for Christmas that year, my husband surprised me with a membership to a local fitness center. In the past, I had always exercised, yet over the years, I’d been so busy with family and career, that I stopped following a regular routine. And so, one cold winter morning, I bundled up my nearly two-year-old daughter and we went to the local exercise class. There was a day-care center at the gym run by local moms, so she stayed with them for the hour, playing with the other children.

Attending that exercise class turned out to be a dramatic support for the changes before me, and helped me weather the daily ups and downs of life. Our instructor was one of the most enthusiastic and motivational people I have ever met. And as she taught the class and we followed her every step, she spoke words of hope to us:

“You are not defined by where you are now, but by the path you are taking,” she shouted as we trained. “Success is getting up one more time when you have fallen down,” she’d tell us when we faltered with an

exercise.

“Get rid of all negativity,” she would insist, urging us to go farther than we thought possible. “There is no tomorrow, so you must work hard today,” she would call out. “You set the pace for your life, so wake up every day and believe that anything is possible!” “Now is not the time to quit,” she would shout as we labored on the exercise floor.

And of all the people in that class, it was I, the writer who constantly encouraged others, who most needed those words of encouragement! Do you know how many times I cried in that class? And still cry. At times I would hide my face so that no one would see the tears flowing. For some reason, exercising brought up memories, such as when a dishonest business associate stole some of my ideas and product sketches. I thought about when a so-called friend betrayed me. I recalled when someone I counted on to help me during a difficult time turned away.

At that time, everything seemed overwhelming, but I also knew that God was in control of my endeavors. It had been He who put the dreams I most cherished deep within my heart, and I believed that ultimately He would make the wrongs right.

When I looked around me in the exercise room, I saw others who were struggling, too; a young woman who had lost a beloved parent, another with problems in her marriage, a man fighting ongoing health problems, and a woman who confided in me that her husband had been out of work for years. However, with each jumping jack, hop, step, and stomp, I could tell their

strength was increased and their optimism renewed-just as mine had been! Everything seemed different.

Within a short time, as I stayed with it, my stress level melted away, my mood improved, and with each class I felt better, stronger and happier. By partaking of regular exercise, my outlook was re-energized; I had a renewed sense of strength, of purpose, and could more easily adapt to my changing circumstances.

In the Bible, Paul told Timothy: “Spend your time and energy in the exercise of keeping spiritually fit.” (1 Timothy 4:7).

That class was one of the ways that helped me keep “spiritually fit” as well as physically fit, and it helped prepare me for future transformations.

Therefore, budget some quality time for regular physical fitness. “But how can I find the time?” you may ask. Try this: Treat your exercise routine like an appointment, write it on your calendar and you’ll be more likely to stick with it.

Engage in activities that you enjoy. Find a friend and take a brisk walk. Coach a ball team in your town. Play golf or a game of tennis. Try walking on a treadmill, so you can exercise regardless of the weather. Take a bike ride or go on a hike with your family. Then, throughout the day, look for ways to be more active.

Remember:

- You’re God’s treasured possession. (Exodus 19:50).
- You are fearfully and wonderfully made. (Psalm 139:14).
- With God, you are more than a conqueror. (Romans 8:37).
- For God loves you with an everlasting love. (Jeremiah 31:3).

And unlimited possibilities and blessings are ahead for you. Endorse healthy habits and promise yourself to take care of the magnificent creation that God created you to be.

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

CONNECTICUT NATIONAL GUARD HELPLINE

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

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

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

HELPLINE - 1-855-800-0120

Military OneSource: Building Your Family’s Resilience

MILITARY OneSource

Long deployment separations, difficult post-deployment adjustments, frequent moves and major life changes can make navigating military life difficult. While most families are able to manage the unique demands of military life, some families seem to handle the challenges with more ease.

As parents, we do all we can to prevent our children from feeling stress, but we cannot control everything, especially when living the military life. Stress is not all bad. In fact, it can give your children and family a chance to develop something we call resilience, or the ability to recover in the face of stress. Resilient families are flexible, connected and great at using their resources to solve problems.

If your children or your family are struggling, you’re not alone. There is a lot you can do to build your family’s resilience. The American Psychological Association, in its publication, “The Road to Resilience,” recommends 10 ways to become more resilient when dealing with stress or adversity:

1. Make connections. Accepting help and support from those who care about you will help strengthen your resilience. Likewise, assisting others in their time of need can have a positive impact on you and your

family. Connect with others through support groups or other organizations, either on your installation or in the local community.

2. Avoid seeing crises as insurmountable problems. You can’t change the fact that stressful things happen, but you can change how you respond to them. Try looking beyond the present to a brighter future.

3. Accept that change is part of living. Certain goals may no longer be attainable as a result of an adverse situation. Accepting the things you cannot change may help you focus on the things you can change.

4. Move toward your goals. Develop some realistic goals. Do something, however small, on a regular basis that helps you move toward those goals.

5. Take decisive actions. Act on adverse situations as much as you can. Take decisive actions rather than detaching completely from problems and wishing they would just go away.

6. Look for opportunities for self-discovery. Many people who have experienced tragedies and hardship have reported better relationships, a greater sense of personal strength, an increased sense of self-worth and a heightened appreciation for life.

7. Nurture a positive view of yourself. Developing confidence in yourself helps build resilience. Learn to trust your instincts and believe in your ability to

solve problems.

8. Keep things in perspective. Even when facing a painful event, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing it out of proportion.

9. Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try to visualize what you want instead of worrying about what you fear.

10. Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy. Exercise regularly. This will keep your mind and body primed to deal with situations that require resilience.

Parents, especially, will want to model the habits of resilience. Your actions will help teach your children skills they need to cope with difficult situations. Even then, children often need additional support when faced with a challenging circumstance. You can help by listening and answering questions with openness, honesty and reassurance. By teaching your children resilience, you’re giving them a gift that will last a lifetime.

If you or someone in your family needs help, don’t hesitate to reach out to a confidential, non-medical counselor through your installation’s Military and Family Support Center or through Military OneSource.

William A. O’Neill Armory 360 Broad St. RM 112 Hartford, CT 06105 Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795 Child and Youth Program (860) 548-3254 Yellow Ribbon Reintegration Program (860) 493-2796 Military OneSource (800) 342-9647 (860) 502-5416 Survivor Outreach Services (860) 548-3258 Open Mon.-Fri. Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860)292-4602 Open Mon.-Fri. Veterans’ Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.	CONNECTICUT NATIONAL GUARD <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 <small>*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</small>	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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BREAKFAST WITH THE Easter BUNNY

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9:00 A.M.
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Call For Registration Information:
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Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 • Fax: (860) 493-2793 • Open Monday-Friday</i>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.ctr@mail.mil	(860) 858-2677
Deputy Director	SSG Melody Huber	melodycheyenne.huber.mil@mail.mil	(860) 548-3278 (desk) (860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.a.reed.ctr@mail.mil	(860) 524-4938 (desk) (860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.m.odonnell.ctr@mail.mil	(860) 493-2797 (desk) (860) 883-6949 (cell)
Family Assistance Center Specialist	Jessica Koehler	jessica.w.koehler.ctr@mail.mil	(860) 524-4989 (desk) (860) 883-6940 (cell)
Family Readiness Support Assistant	Linda Robinson	linda.b.robinson.ctr@mail.mil	(860) 524-4963 (desk) (860) 880-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4929 (desk) (860) 881-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.f.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.leshaughnessy.ctr@mail.mil	(860) 548-3258 (desk) (860) 394-8748 (cell)
Military OneSource Consultant	Chris Rouhus	christopher.rouhus@militaryonesource.com	(860) 502-5416 (cell) (860) 493-2722 (desk)
State Support Chaplain	CH. (3A) David Nall	david.e.nall.mil@mail.mil	(860) 548-3240 (desk) (860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jcoathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk) (860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britnell	sean.r.britnell.ctr@mail.mil	(860) 548-3285 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4908 (desk)
<i>Windsor Locks Readiness Center: 25-390 Light Lane, Windsor Locks, CT 06096 • Open Monday-Friday</i>			
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 292-4602 (desk) (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Renillard	jennifer.m.renillard.ctr@mail.mil	(860) 292-4608 (desk) (860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Weaver Heights Road, Danbury, CT 06810 • Open Monday-Friday</i>			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 265-5050 (desk) (860) 883-2746 (cell)
<i>New London Armory: 219 Bayonet Street, New London, CT 06320 • Open Monday-Friday</i>			
Family Assistance Center Specialist	Vanessa Foster	vannessa.a.foster.ctr@mail.mil	(860) 772-1422 (desk) (860) 883-2720 (cell)
<i>16th Airift Wing: 100 Nicholson Road, East Granby, CT 06026 • Open Tuesday-Friday</i>			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.b.timberlake.civ@mail.mil	(860) 292-2730 (desk)
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 292-2738 (desk) (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Renillard	jennifer.m.renillard.ctr@mail.mil	(860) 292-2730 (desk) (860) 922-2746 (cell)
<i>Norwich Readiness Center: 38 Smith Street, Norwich, CT 06317 • (800) 858-2677 • Open By Appointment</i>			
Family Assistance Center Specialist	Timothy Honeoy	timothy.j.honeoy.ctr@mail.mil	(860) 221-5540 (cell)
<i>16th Air Control Squadron: 206 Boston Post Road, Orange, CT 06477 • (860) 858-2677 • Open By Appointment</i>			
<i>Waterbury Armory: 54 Field Street, Waterbury, CT 06702 • (800) 858-2677 • Open By Appointment</i> <i>Norwich Armory: 38 Smith Avenue, Norwich, CT 06360 • (800) 858-2677 • Open Wednesday And By Appointment</i>			