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CTARNG Puts Best to Test

Annual Best Warrior Competition Promotes Training, Readiness, Camaraderie - Tests Skill

Sgt. ALICIA M. BROUGLIO
130TH PUBLIC AFFAIRS DETACHMENT CTARNG

NIANTIC, Conn. - The Connecticut Army National Guard held its annual State Best Warrior Competition at Camp Niantic, March 23 through March 26. More than 30 Connecticut Army Guardsmen participated in the strenuous events to compete for the titles of Non-Commissioned Officer and Soldier of the Year.

The competition utilizes Connecticut's military training sites to place the Soldiers through various events testing their Army skills and mental and physical readiness. During the 72-hour event, competitors were challenged with an Army Physical Fitness Test, a "stress shoot," various Army Warrior Tasks, a written examination, a 12-mile ruck march, day and night land navigation, a personal appearance board, and one mystery task that was not disclosed to competitors in advance.

"Generating readiness is our number one priority," said Command Sgt. Maj. John S. Carragher, Connecticut State Command Sergeant Major. "We send more confident and more proficient Soldiers back to their units that accomplished some stuff that they may have never had the opportunity to before."

The competition not only provides training and



Soldiers move through downtown Niantic, Connecticut during the 12-mile road march event of the 2017 CTARNG Best Warrior Competition, March 25. The competition that tested the skills of more than 30 CTARNG Soldiers, took place over three days at Camp Niantic, Stones Ranch Military Reservation and East Haven Rifle Range. The top Soldier and NCO will go on to compete at the Regional Best Warrior Competition at Fort Dix, New Jersey. (Photo by Staff Sgt. Jerry Boffen Jr., 130th Public Affairs Detachment, CTARNG)

readiness to the competitors, but also provides other Soldiers with the same opportunities. The competitors have fellow Soldiers from their respective units serve as mentors for the competition, which builds unity, camaraderie, and leadership skills.

"The mentors are critically important; most of the mentors were previous competitors, so they come back and help the next generation of Soldiers and NCOs in order to excel," Carragher said. "That's really part of

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Are You Prepared For Severe Weather? *Spring Brings Thunderstorms and Tornadoes*

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

A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 miles per hour. Every thunderstorm produces lightning, which kills more people each year than tornadoes or hurricanes. Heavy rain from thunderstorms can cause flash flooding and high winds can damage homes and blow down trees and utility poles, causing widespread power outages.

Know the Difference
Severe Thunderstorm Watch—Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

Severe Thunderstorm Warning—Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property. Every year people are killed or seriously injured by severe thunderstorms despite advance warning. While some did not hear the warning, others heard the warning and did not pay attention to it. The following information, combined with timely watches and warnings about severe weather, may help save lives.

- Prepare Ahead of Time** - Learn about your local community’s emergency warning system for severe thunderstorms.
- Discuss thunderstorm safety with all members of your household.
 - Pick a safe place in your home for household members to gather during a thunderstorm. This should be away from windows, skylights and glass doors that could be broken by strong winds or hail.
 - Make a list of items to bring inside in the event of a severe thunderstorm.
 - Make trees and shrubbery more wind resistant by keeping them trimmed and removing damaged branches.
 - Protect your animals by ensuring that any outside buildings that house them are protected in the same way as your home.
 - Put together an emergency preparedness kit:
 - Water—one gallon per person, per day
 - Food—non-perishable, easy-to-prepare
 - Flashlight • Battery-powered or hand crank radio (NOAA Weather Radio, if possible) • Extra batteries • First aid kit • Medications (7-day supply) and medical items • Multi-purpose tool • Sanitation & personal hygiene items • Copies of personal documents • Cell phone with chargers • Family & emergency contact information • Extra cash
- When the Storm Hits** - The best defense against thunderstorms is to stay inside a sturdy building or shelter that can protect you from deadly lightning, large hail, damaging winds, flooding rain and tornadoes. Fortunately, thunderstorms typically do not last very long and will most often pass by your location in

- less than one hour.
- Once in a shelter, stay away from windows and avoid electrical equipment and plumbing. Remember to bring pets inside. If there is time, secure loose objects outside as these objects often become dangerous flying debris in high winds.
 - Postpone outdoor activities until the storms have passed.
 - If caught outside, take shelter in a sturdy enclosed building or hard top automobile immediately. Avoid open spaces, isolated objects, high ground and metallic objects.
 - Get out of boats and away from bodies of water. Remember, if you can hear thunder, you are close enough to the storm to be struck by lightning.
- If Lightning Strikes - Call For Help!**
- Call 9-1-1 or the local emergency number. Anyone who has sustained a lightning strike requires professional medical care.
 - Check the person for burns and other injuries. If the person has stopped breathing, call 9-1-1 and begin CPR. If the person is breathing normally, look for other possible injuries and care for them as necessary. People who have been struck by lightning do not retain an electrical charge and can be handled safely.

More Information

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www.redcross.org

National Weather Service

www.weather.gov

Flying Yankees Complete First Combat Sortie

TECH. SGT. KENNETH MCCANN
386TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

SOUTHWEST ASIA -- Citizen Airmen of the 103rd Airlift Wing completed their wing’s first-ever C-130H Hercules combat sortie Mar. 3, 2017, out of their undisclosed location in Southwest Asia.

The service members, assigned to the 386th Air Expeditionary Wing, delivered cargo and personnel to Iraq in support of Operation Inherent Resolve. “Our first sortie was our first ride in theater,” said Lt. Col. Jason Fallis, 737th Expeditionary Airlift Squadron pilot. “We went up to two different locations and did some standard resupply [at the fist location] and distinguished visitor movement over at the second location.”

Their first sortie was the result of behind-the-scenes planning by the men and women of the 103rd AW. “That first mission was the culmination of three years of dedicated work on the part of the entire wing,” said Fallis. “Everything went smoothly; it was our first test of whether or not that three-year period of investment was paying off.”

The mission was not done when the C-130 aircraft touched down after completing their assignment. “Flew to first field, then to second, then back to home station,” said Tech. Sgt. Erin Rivera, 737th EAS loadmaster. “Then we downloaded, uploaded and went back to our second location—they call this a double



A C-130H Hercules taxis on a flightline in Southwest Asia, March 3. The 737th Air Expeditionary Squadron flies these aircraft to deliver cargo and personnel downrange in support of Operation Inherent Resolve. (U.S. Air Force photo/Tech. Sgt. Kenneth McCann)

shuttle,” he said. Rivera shared his reaction right after completing this first combat sortie. “We came back into parking, we shut down engines and looked at our second loadmaster and did a sigh of relief and saying we did it, we made it this far,” he said. “First sortie was eye opening for me.” Though this was the 103rd AW’s first C-130 deployed assignment, the Flying Yankees have a long history of supporting the U.S. in time of need. “It’s not the first time that Connecticut (Air National

Guard) has done a combat deployment,” said Fallis. “As an observation squadron, it served in World War I in France and in World War II doing observation and fighter bomber missions.” Both Connecticut Guardsmen expressed their appreciation for their fellow wingmen after a job well done. “I couldn’t have put a better group of folks together,” said Rivera. “I’d fly with them anywhere, do any mission and I have full confidence in all of our crew members,” Fallis said.



386th Air Expeditionary Airmen load a C-130H Hercules with cargo at an undisclosed location Mar. 3, 2017. 103rd Airlift Wing Airmen flew this plane during their wing’s first combat sortie in support of Operation Inherent Resolve. (U.S. Air Force photo/Tech. Sgt. Kenneth McCann)



A C-130H is unloaded by Airmen of the 386th Air Expeditionary Wing, on the flightline Mar. 3, 2017 at an undisclosed location in Southwest Asia. This aircraft is used to deliver personnel and cargo downrange in support of Operation Inherent Resolve. (U.S. Air Force photo/Tech. Sgt. Kenneth McCann)

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CTNG Breaks Ground on CST Ready Building

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

WINDSOR LOCKS, Conn. – Lieutenant Governor Nancy Wyman, Congressman Joe Courtney and a host of officials joined Maj. Gen. Thad Martin, Commander of the Connecticut National Guard to break ground on a new Ready Building for the 14th Civil Support Team, at Camp Hartell, April 18.

The almost 24,000-square foot facility will provide the CST with a long-term solution for housing equipment and vehicles, as well as dedicated office and administrative areas and communication rooms.

Members of the CST were on hand with equipment and vehicle displays to better explain their mission to those who may have never heard of the small, 22-Guardsman unit.

In short, the CST is a highly-specialized unit dedicated to providing support to civilian authorities when chemical, biological, radiological, nuclear or high explosive threats exist domestically.

Wyman spoke to the impressive nature of the unit’s mission, and how much she was able to learn about the CST just by speaking to members of the team on site. Courtney praised Guard leadership, including Maj. Gen. Martin, for their steadfast commitment to improving CTNG facilities, citing nationwide tightening of budgets that make it more difficult to execute projects of this type. “On a scale of (difficulty from) one to ten, this (project) is about a 15,” Courtney remarked during his speech to members of the Guard and local representatives on hand.

The building will be the first of its kind, said Lt. Col. Ben Neumon, Construction and Facilities Management Officer for the Connecticut National Guard.

Guard and elected leaders ceremoniously kicked the project off by putting the first shovels into the dirt. Joining Wyman, Courtney and Martin were various local



Members of the 14th Civil Support Team, Connecticut National Guard, help to officially break ground for their new 24,000-square foot Ready Building at the official ground breaking ceremony at Camp Hartell, Windsor Locks, Connecticut, April 18. The CST Building will be the first CST-specific building of its kind, putting the Connecticut National Guard at the forefront, according to Lt. Col. Ben Neumon, Construction and Facilities Management Officer for the Connecticut National Guard. (Photo by Allison L. Joanis, State Public Affairs Office)

leaders, including State Representatives Scott Storms and Tami Zawistowski, as well as Windsor Locks First Selectman J. Christopher Kervick.

The CST also took their turn putting shovels in the dirt, posing for a photo that signifies the start of a new

citizens,” Carragher said.

Leaders teach, lead warrior tasks and perform simulated situations for Soldiers. Non-competing Soldiers supporting the event learn about the skills being tested and what to look for in given scenarios.

“We are always training the staff, building capacity to create more leaders, everyone is important in this operation whether you are the cook or transporting the Soldiers,” said Master Sgt. George Mandell, State Training Non-Commissioned Officer and the Tactical Operations Non-Commissioned Officer in Charge of the competition.

“The competition provides functional job training, because everyone is working in their support roles, staffing are managing paper flow, strength reporting, risk mitigation, and if we drop the ball, how we recover and move forward,” said Mandell.

When event scores were tallied, Staff Sgt. Jason Halbach, 192nd Military Police Battalion, and Spc. Bryan Silk, 1st Battalion, 102nd Infantry Regiment, were chosen to represent the state at the next level of competition. For 2017, the Regional Best Warrior competition will be hosted at Fort Dix, New Jersey,



where the competitors will receive more skills to take back to their Connecticut home units.

“This competition creates leaders. The biggest thing it does is gets people out of their comfort zone; the people that are willing to put in the work are going to be the leaders of tomorrow,” Mandell said.

Above Photo: A CTARNG competitor counts push-ups during the APFT, a judged event at the Best Warrior Competition. (Photo by: Staff Sgt. Jerry Boffen Jr., 130th PAD, CTARNG)

A Connecticut Guardsman Working For All Veterans

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

For 17 years, Maj. Alyssa Kelleher has dutifully served her state and country as a member of the United States Army and Connecticut Army National Guard.

As a platoon leader and company commander, she led troops in Afghanistan in support of Operation Enduring Freedom.

Now, a Veteran of two OEF deployments, she is turning her attention towards helping Veterans of all services as the Director of the Office of Veterans Affairs and Military Programs at the University of Connecticut in Storrs.

“My office provides a full range of benefits and services to students that have served or continue to serve in our Armed Forces,” Kelleher said.

Some of these services include processing education benefits eligible members have earned through service and reaching out to the community.

“Our goal is to provide an excellent experience for all Veterans and members of the military that attend the University of Connecticut,” Kelleher said. “It is important for each of them to know that they are an integral part of the university.”

Although she began her career as a Bridge Crew Member with the 250th Engineer Co. Kelleher graduated from UConn in 2004 and commissioned through UConn’s ROTC program as a Quartermaster Officer. She spent four years on Active Duty (deploying as a Platoon Leader to Afghanistan), before returning to the Connecticut National Guard.

Kelleher deployed once again to Afghanistan, this time as the Company Commander of the Forward Support

Company attached to the 1-102nd Infantry Regiment.

She also served full-time for the Connecticut National Guard, working in the organization’s Human Resources Office at the Middletown Armed Forces Reserve Center for nine years before taking on her current position at UConn last summer.

“My experiences in HRO definitely helped prepare me for my work here at UConn, my team does a lot of similar work, directly supporting Veterans, current service members, dependents and retirees.” Kelleher said. “To be able to better support the educational needs of the military connected population in this environment is incredibly fulfilling.”

In her short time at UConn, Kelleher’s work has not gone unnoticed. She credits her team’s hard work in seeing through a proposal permitting National Guardsmen to utilize waivers during all academic terms. Statute had previously restricted the use of the Guard waiver to only the traditional fall and spring terms, leaving those who work full-time or may still be serving in uniform without the ability to take courses during the potentially more convenient summer and winter terms.

“The traditional route to college for many students takes you from high school graduation directly to the dorms after summer break,” said Kelleher. “But in the case of many Veterans and Guardsmen, college wasn’t necessarily the



Maj. Alyssa Kelleher (center) with Sgt. Richie E. Johnson (left) and Staff Sgt. Abel Perez during their 2009-10 deployment to Afghanistan in support of Operation Enduring Freedom. Kelleher deployed as Company Commander of Fox Company, 186th Brigade Support Battalion, a Forward Support Company attached to the 1-102nd Infantry Regiment. She is currently assigned to 1/169th REGT RTI (OCS) and works as the Director of the Office of Veterans Affairs and Military Programs at the University of Connecticut in Storrs. (Photo courtesy of Maj. Alyssa Kelleher)

first stop after high school and other life choices may have taken priority. With this new language, currently serving Guardsmen as well as Veterans have even more opportunities to pursue a first-class education at the University of Connecticut.”

Mentoring service members from all walks of life doesn’t stop when she gets home at the end of the workday. She still serves in the Connecticut National Guard as the commander of the 1/169th Regional Training Institute’s Officer Candidate School. The in-state program provides Soldiers a path to a commission into the National Guard or Army Reserve.

“Our staff (in the RTI) takes the mentorship and training of officers very seriously,” said Kelleher. “If we cheat them out of demanding, realistic training, we are doing a disservice not just to the Candidates, but the Guard and the United States Army as a whole.”

Kelleher hopes to continue her career in the National Guard and looks forward to mentoring the next generation of leaders, no matter where future assignments take her.

“You always want to leave things better than you found them,” Kelleher said. “Whether it is UConn’s Veteran and military community or the Connecticut National Guard, I want to have a positive impact on those around me.”

Best Warriors Today, Better Leaders Tomorrow

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what [this competition] is all about because one of our jobs is to get our replacements ready to take over.”

Carragher also spoke of the continued training that the staff running this competition receives.

“So much work goes into this competition from a staff and unit perspective as well,” Carragher said.

“With staffing and operations there is an intrinsic training value there, for example the engineer battalion has to plan and execute [operating the firing range] to get that event done, and all of our different staff sections at each level of command do their [mission planning] in order to make the event successful.”

This event helps to prepare Soldiers to be ready to fulfill their purpose.

“[The National Guard] are a huge piece of the Army and Air Force needs to protect the homeland and build partnerships, so when the governor calls we are more prepared to do what we need to do to protect our



Maj. Alyssa Kelleher, Commander of Fox Company, 186th Brigade Support Battalion (FSC) at the unit’s send off ceremony at the Connecticut Convention Center, Nov. 15, 2009. The unit deployed to Afghanistan as a Forward Support Company attached to the 1-102nd Infantry Regiment in support of Operation Enduring freedom. (Photo courtesy of the State Public Affairs Office)

Connecticut, Uruguay Conduct C-130 Exchange

STAFF SGT. RICHARD WRIGLEY
JFHQ PUBLIC AFFAIRS, CTNG

EAST GRANBY, Conn. – Aviators from the Uruguayan Air Force prepared for and took part in an air-drop mission with aviators from the 118th Airlift Squadron “Flying Yankees,” March 29.

The operation was the culminating event of an orientation visit by the foreign aviators, which spanned nearly a week.

The Orientation Visit by the Uruguayan aviators was in support of a C-130 Operations Initiative by the CTNG State Partnership Program (SPP). The SPP is a nationwide program that links a state’s National Guard with a partner Nation-State’s Military and Governmental Civil Authorities in a mutually beneficial relationship which promotes foreign relationship building and enhances Military Interoperability of both states. Connecticut has been partnered with Uruguay since 2000.

This was the first C-130 Hercules air crew to air crew event that the two states have conducted. One of the reasons that this event happened now, 17 years into the partnership [...], is that the Flying Yankees have just recently in 2016 transitioned from operating as a C-21 Learjet unit to a C-130 Hercules Airlift Squadron, explained Maj. Jaime Zambrano, the unit deployment manager for the Flying Yankees.

In contrast, Uruguay has had C-130 Airlift capabilities for quite some time.

Now that both Uruguay and Connecticut have units operating the C-130, exchange of information and collaboration can take place. The intent of the joint Orientation Visit was wide-ranging, with the most important being setting the stage for future engagements and promoting cooperation.

“The idea is to bridge the capabilities that we have with the capabilities that they have, with the possibility in the future of combining flying together ... so that both [our state and their nation] can get a better understanding of the airlift mission,” said Zambrano.

Maj. Pablo Odella, a C-130 pilot and a staff officer for the 3rd Airlift Squadron, Uruguayan Air Force, and the spokesperson for the visiting C-130 flight crew, explained just how invaluable the experience was for him and the crew.

“This is very valuable for us, to share our different experiences, and to learn [from each other] and enrich our operations,” said Odella. “[This visit] has been more than we expected, [they have] really made us feel like [part of their team].”

Likewise, Zambrano made it seem like this was just the first chapter in what surely promised to be a very rewarding experience working with the Uruguayans.

“[This opportunity] has been really good from our perspective and for future relationship building with them through the SPP program.”



An aviator (left), from the 3rd Airlift Squadron, Uruguayan Air Force, joins a flight engineer from the 118th Airlift Squadron to conduct a preflight inspection of a C-130 Hercules prior to an upcoming air-drop mission at Westover Air Reserve Base, in Massachusetts, March 29. The Uruguayans were in Connecticut to conduct an exchange as part of the National Guard State Partnership Program. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTNG)



Maj., Pablo Odella (left), a C-130 pilot and a staff officer for the 3rd Airlift Squadron, Uruguayan Air Force confers with Maj. Jaime Zambrano (right), the unit deployment manager for the 118th Airlift Squadron, during a pre-flight brief prior to conducting an air-drop mission at Westover Air Reserve Base in Massachusetts, March 29. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTNG)

Facility Tours Give Civilians CTNG Insight

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

As weather improved, federal officials and over 40 members of the community had the opportunity to tour Connecticut National Guard facilities and meet with Soldiers to learn more about the CTNG.

Staff members working for Senator Richard Blumenthal, Congressman John Larson, Congressman Joe Courtney, Congressman Jim Himes and Congresswoman Elizabeth Esty took part on April 10, followed by members of the Chamber of Commerce of Eastern Connecticut’s Leadership Program on April 18.

The Chamber’s Leadership Program event focused on military facilities and capabilities in southeastern Connecticut. The CTNG was part of a day-long effort that saw the group tour Naval Submarine Base New London and U.S. Coast Guard Station New London, as well as Camp Niantic and the Theater Aviation Sustainment Maintenance Group in Groton.

“Each year for the past six years, participants are left in awe of all that the Connecticut National Guard provides for our community, state, and nation,” said Megan Cronin, Program and Event Manager for the Chamber of Commerce of Eastern Connecticut. “Many arrive that day unaware of just how important Camp Niantic and the TASMG are to our region, both as employers and defensive facilities. CTNG has provided

unique experiences, like aerial tours via Black Hawks and weapons simulator training that these business leaders won’t soon forget.”

The Chamber’s day begins with a briefing on CTNG capabilities at Nett Hall on Camp Niantic, before over 30 members of the group took advantage of excellent weather for a short, 15-minute tour of southeast Connecticut from the skies in a Connecticut Army National Guard UH-60 Blackhawk.

Those that didn’t wish to fly were able to test their skills on weapons simulators, to see how Guardsmen are able to sharpen skills without ever firing a single round. The entire group also had the opportunity to speak with various Guardsmen during a walking tour of static equipment/vehicle displays on site.

For Congressional staffers, the day also focused on CTNG capabilities, but visited a wider range of facilities.



Over 30 members of the Eastern Connecticut Chamber of Commerce’s Leadership Program take a group photo in front of a UH-60 Blackhawk Helicopter on the maintenance line at the Theater Aviation Sustainment Maintenance Group facility in Groton, Connecticut, April 13. For the past six years, the Connecticut National Guard has partnered with the Chamber, providing tours of Camp Niantic and the TASMG campus to raise awareness of the Guard’s capabilities in southeastern Connecticut. (U.S. Army Photo by Maj. Mike Petersen, State Public Affairs Officer)



Staff members working for Connecticut elected officials speak with Guardsmen assigned to the 928th Military Working Dogs unit during a tour of Connecticut National Guard facilities at Camp Niantic, April 10. The 928th, along with multiple other Connecticut National Guard units, were on hand to provide their subject matter expertise to the group, which included staff members working for Sen. Richard Blumenthal, Congressman John Larson, Congressman Jim Himes, Congressman Joe Courtney, and Congresswoman Elizabeth Esty. (U.S. Army Photo by Maj. Mike Petersen, State Public Affairs Officer)

complete with a 112,000-square foot Combined Support Maintenance Shop, as well as the location where construction will soon begin on a Ready Building for the 14th Civil Support Team.

The group was then taken to Bradley Air National Guard Base, where Col. Frank Detorie, 103rd Airlift Wing Commander, updated the delegation on the CTANG’s C-130H mission – where over 300 are currently deployed in support of operations around the world.

After touring the on-base hangar that received a huge upgrade when the Wing transitioned to a C-130 mission, the group loaded up on a CTARNG UH-60 and headed to Camp Niantic, where Connecticut Training Center personnel briefed the group on the capabilities of Camp Niantic, Stones Ranch Military Reservation (in East Lyme) and East Haven Rifle Range.

Much like the Chamber’s group, this tour was not complete without a chance to meet some of the men and women who make up the Connecticut National Guard, as well as a show of their capabilities. Subject matter experts from the 192nd Military Police, 1-102nd Infantry Regiment, 192nd Engineer Battalion and the 928th Military Working Dogs were all among the static displays on site at Camp Niantic.

The group then moved by bus to Groton, where the final facility tour got underway at the 1109th TASMG. Led by Maj. Stephan Nowakowski, the group learned about the vital rotary-wing aircraft maintenance for over 14 states, executed by members of the CTNG.

After a robust day, the group travelled back to Niantic to load the Blackhawk, with Guard leadership thankful for the opportunity to meet with the various staff members.

transformed post,

UConn Now Accepting National Guard Tuition Waiver During All Terms

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

As originally reported by The Daily Campus, the University of Connecticut’s student-run newspaper, the University of Connecticut’s Board of Trustees passed a proposal to allow students serving in the Connecticut National Guard with the ability to utilize the National Guard tuition waiver during both the summer and winter terms.

The proposal, passed in April 2017, puts to rest issues for students wishing to use the waiver beyond the traditional fall and spring terms, according to Alyssa Kelleher, Director of the Office of Veterans Affairs and Military Programs for UConn. Kelleher said it will go into effect beginning with the May 2017 term.

“This change, while only applicable to UConn, is still a major win for students using the National Guard waiver in the state of Connecticut,” Kelleher said.

The proposal explained how university policies approved in 1994 and 2013 failed to explicitly include students from using the National Guard waiver during intersession programs, according to the Daily Campus.

According to the UConn Veterans Affairs and Military Programs website, “the Veteran Community encompasses nearly 1,500 students, staff and faculty.” This number includes current members of the Air and

Army National Guard, as well as Veterans and dependents of current and prior members of the uniformed services.

To utilize the National Guard Tuition Waiver, an applicant must both be a member in good standing with the Connecticut Air or Army National Guard and be a matriculated student at the University of Connecticut.

Current Guardsmen can contact their Readiness NCO to apply for the waiver, which will go through the chain of command before submission to UConn’s VAMP office.

Kelleher also told the Daily Campus that, “many student Veterans are often older than a ‘traditional’ college student.”

She points out that these Guardsmen may have other commitments that keep them from attending the spring and fall semesters, like full-time employment or military duty.

“It is important to us that the men and women who have faithfully served our state and nation be given every opportunity to take advantage of the benefits they have rightfully earned,” Kelleher said. “To have played just a small part in removing an obstacle on the way to higher



UConn Ultimate Sacrifice Memorial located at the school's campus in Storrs, Connecticut. (Photo courtesy of Alyssa Kelleher, Director of the Office of Veterans Affairs and Military Programs for UConn)

education for a Guardsman is a great honor.”

UConn’s Veterans Affairs and Military Programs office says about 100 Connecticut National Guardsmen enrolled at UConn utilizing a waiver during the 2017 spring term.

The Connecticut National Guard continues to be a great way to pay for college! Current Guardsmen should contact their chain of command for more information on how to reach an Education Office specialist!

Japanese Americans During World War II

SGT. 1ST CLASS TERRY MAHON
EQUAL OPPORTUNITY ADVISOR
143RD RSG, CTARNG

Japanese Americans have continually contributed to this great nation, despite numerous obstacles.

One of the darkest periods for Japanese Americans occurred during World War II. On December 6, 1941 the Japanese Empire attacked Pearl Harbor, prompting the United States to declare war on Japan and the other Axis nations.

As a result, President Roosevelt signed Executive Order 9066, forcing approximately 127,000 persons of Japanese ancestry living in the United States to relocate to one of the ten internment camps for reasons of, “national security.” The Japanese Americans who relocated to these camps were only permitted to bring only one bag of luggage. Most had to sell what property they had, those that didn’t have time to pack had to abandon everything that they had worked so hard to attain.

Life in the internment camps was hard. One the camps detainees, Noriyuki Morita, stated, “one day I was an invalid, the next day I was an 11-year-old public enemy no 1, being escorted to an internment camp by the FBI.” Despite the treatment they received, more than 3,600 prisoners from the camps volunteered for military service including future U.S. Senator Daniel K. Inouye, and 22,000 others who lived in Hawaii or outside the relocation zones. Many of these volunteers became members of the famous all Japanese 442nd Regimental Combat Team, who stood by the motto, “Go for Broke!”

Volunteers of the 442nd intended to prove loyalty to America by fighting for their country. They resolved to fight and die to preserve it just like any other American. The 442nd achieved greatness despite the difficulty of overcoming the prejudice and injustice; all the while knowing that their loved ones were being held behind barb wired fences.

By the end of World War II, members of the 442nd had received over 18,000 awards, including 21 Medals of Honor.



The 442nd became the most decorated unit of its size. Some of their major accomplishments included fighting in eight major campaigns in France, Italy and Germany. They played a key role in the rescue of an allied unit that was trapped by axis forces in the Vosges Forest known as the, “Lost Battalion.” The 442nd were also amongst the first allied forces to liberate the Nazi concentration camp at Dachau.

By the end of the war, Japanese Americans were released from the internment camps. Noriyuki Morita settled in Sacramento, finished high school, and started a career in the entertainment industry. Before his death, Noriyuki Morita was recognized primarily for his portrayal as Mr. Miyagi in the “Karate Kid” series. Daniel Inouye achieved the rank of Captain was awarded the Distinguished Service Cross for bravery in combat and later was presented the Congressional Medal of Honor. In 1962, he won a seat in the U.S. Senate, where he continued to serve his country until his death in 2012.

Eventually, America realized they had treated their fellow Japanese Americans unfairly and knew they needed to do something to make amends. Accordingly, in 1948 Congress provided reimbursement for property loss to Japanese American detainees. Also, in 1988 Congress awarded additional restitution of \$20,000 to each survivor of the camps. Going forward, we as Americans should take a page from history and learn from our mistakes. We should also recognize the courageous efforts of the Japanese Americans, who despite undue adversity, achieved such an impressive combat record in contribution to America’s victory in World War II.

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CONNECTICUT NATIONAL GUARD

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

CT Guardsmen Help Local Tech School Students Achieve High Marks



Nearly 60 high school students hailing from Windham, Ellis, Platt and Norwich Technical High Schools take the National Occupational Competency Testing Institute (NOCTI) Performance Test, administered by members of the 1109th Theater Aviation Sustainment Maintenance Group, Connecticut Army National Guard at the unit facility in Groton, Connecticut, April 19-20. The students take the test as part of their requirement for graduation and to measure their skills against other students in similar programs around the country. (U.S. Army photo by Maj. Stephan Nowakowski, 1109th TASMG)



Connecticut Guardsmen employed full-time at the Vehicle Maintenance Shop at the Middletown Armed Forces Reserve Center in Middletown, Conn., are briefed on their role as graders for the SkillsUSA state championship's automotive competition at Wilcox Technical High School in Meriden, Connecticut, March 31. SkillsUSA pitted students from Connecticut Technical High School System against one another to test their abilities in a variety of disciplines. The Connecticut National Guard provided five Soldiers to serve as judges at Wilcox Tech, and five to judge the diesel competition, taking place simultaneously at Lincoln Technical Institute in Windsor, Connecticut. (U.S. Army photo by Maj. Mike Petersen, State Public Affairs Officer)

Want to Learn How to Fly? Ask a Pilot

WARRANT OFFICER JAQUELIN BIRGE
DET.1, BRAVO COMPANY, 2/104TH AVIATION

\$57,000.00.
That is the estimated cost to obtain a civilian rating as a helicopter pilot.

Now imagine this: flying in the dark, utilizing night vision, or flying through the clouds, just feet above the tree line. On top of that, Uncle Sam is willing to pick up the tab.

The Army will not only pay for your flight time, schooling and expenses, you will also get paid full-time to do so. You won't be spending AT rucking through the mud anymore. And did anyone mention mandatory crew rest? Sound like a sweet deal? Keep reading.

Are you the type that welcomes a challenge? If you're like most, you might have some self-doubt thinking, "I don't know anything about flying. That's not an option for me," or "I'm not already a pilot, so how could I get in?"

I know because that's exactly what was going through my head when I stumbled into Aviation. I brushed off the possibility of being an Army Aviator thinking that I simply wasn't qualified. Turns out the joke was on me. I am now one of the newest graduates of the Army's Initial Entry Rotary Wing course.

Prior to flight school I was a Combat Medic with the 141st Medical Company in Middletown, Conn. and it was a flight medic board that initially brought my attention to aviation. In my preparation for the board, I had my first real exposure to aviation.

Preparing for the board was unlike any other board I had competed in. For starters, I had no idea what a SIFT test was...much less how to pass one. I grabbed a study

book, some practice tests and called the Education Office to schedule an exam date.

After I dealt with the administrative realities of the board prep, I went over to the Army Aviation Support Facility in Windsor Locks to take a look at what I was really getting myself into. I saw helicopters coming in and leaving from missions, the hustle of what, "a day in the life," really looks like and met some of the flight crews. That trip eradicated any shred of doubt I may have had that aviation was for me.

Upon getting selected, you will become an officer (Warrant or Commissioned), and then move down to the home of Army Aviation: Fort Rucker, Alabama. There, you will find a wealth of knowledge and resources to help you reach your sky-god potential.

Now here's some Fact vs. Myth on flight school. Facts: Regardless of your level of prior knowledge or experience, the Army will in fact give you everything you need for success. You will get paid to fly almost every single day. You can succeed. And lastly, flight school takes gumption.

Myths: It has a high fail rate. You need prior aviation experience to be successful. You have to know someone to get in.

If you are willing to work hard at work worth doing, you will thrive. Your first step toward your future flight career is to apply for and attend the flight board this July.

Now that I am a rated Army Aviator, my plan for the next year is to gain experience and agility in the craft. I now have the opportunity to fly in both a military and civilian setting. Knowing that I can fly for a living makes me feel like I'll never mind going to work again.

**BECOME AN AVIATOR
FLY GUARD**

**CONNECTICUT
NATIONAL GUARD**

**FY17 Selection Board
12 July 2017**

**James.h.smith.mil@mail.mil
860-292-4593**

BASIC QUALIFICATIONS:

- ASVAB GT score of 110 or greater
- Ability to pass an Army Class 1 Flight Physical
- Compliance with the height and weight standards of AR 600-9
- Vision correctable to 20/20 and normal color vision
- Less than 32 years old prior to starting Initial Entry Rotary Wing Aviator Course
- Contact CW4 Jim Smith for more information and how to apply

So here's the bottom line: Above all, you need motivation. The Army will teach you everything you need to know. They will issue you the rest. Your chain of command or local recruiter will have the information required for your success. The next flight board is coming up and you need to be there.

ATTENTION! CTNG Veterans of the Global War on Terror - We Need Your Photos!

The Connecticut Militia Heritage Committee is creating a photo display depicting each CTNG GWOT operation since 2001.

The display will be permanently placed at William A. O'Neill Armory in Hartford.

WE NEED YOUR PHOTOS TO COMPLETE OUR DISPLAY!

If you would like to submit photos for consideration, please send them to military.intern@ct.gov.

When submitting, please identify the following:

- Name of the Unit and Photographer
- Dates of the Deployment
- Location of the Photo
- Description of the Activity in the Photo

Right: Three mortarmen assigned to Headquarters and Headquarters Company, 1-102nd Infantry Regiment await orders while on mission in Afghanistan in August 2010 (U.S. Army photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Improve Your ASVAB GT Score; Advance your CTNG Career

MAJ. DEREK J. MUSGRAVE
EDUCATION SERVICE OFFICER

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

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

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

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

Combat Engineer

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AROUND OUR GUARD

*A Glimpse at Connecticut
Guardsmen and Events*



Lt. Col. Dawn Works-Dennis (center), Executive Officer of the 143rd Combat Sustainment Support Battalion, Connecticut Army National Guard and Maj. Cheryl Mead (right), the Commander of the 103rd Maintenance Operations Flight, Connecticut Air National Guard, accepted citations from State Sen. Mae Flexer at a brief ceremony at the State Capitol, March 30. The recognition was on behalf of female Veterans and Service Members of the Army and Air National Guard in celebration of Women's History Month. (Photo by Maj. Mike Petersen, State Public Affairs Officer)



(Above left) In commemoration of the United States' entry into World War I, Lt. Col. Tim Tomcho, Staff Judge Advocate of the Connecticut Army National Guard joined Governor Dannel P. Malloy and other state officials to honor Connecticut's involvement in, "The War to End All Wars," at the Connecticut State Library in Hartford, Connecticut, April 6. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

(Above right) Past and present members of the 1-102nd Infantry Regiment reunited at the Connecticut Officers and Enlisted Club in Hartford, Conn. for the 1-102nd Infantry Association's annual muster, April 20. The muster was highlighted by a training update from Lt. Col. David Pickel, current battalion commander of the 1-102nd Infantry Regiment, and a look back at the nearly 40-year career of Brig. Gen. Ron Welch, Director of the Joint Staff, Connecticut National Guard. An Infantryman by trade, Welch walked attendees down memory lane with a comprehensive look at how the Guard and Army have changed since he first enlisted in the late 1970s. (U.S. Army photo by Maj. Mike Petersen, State Public Affairs Officer)



(Left) Col. Jerry Lukowski, CTNG Chief of Staff, speaks to over 30 Guardsmen and Behavioral Health professionals to kick off a two-day Sexual Assault Prevention and Response Victim Advocate Continuing Education Training Workshop at the Middletown Armed Forces Reserve Center, April 3. Lukowski praised the attendees and course organizers for their commitment to making the Guard a safe environment for all. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

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After Months of Training and Preparation, Spc. Luk Silk Takes 2017 CTARNG Soldier of the Year

Pfc. Justin Stannard,
130th Public Affairs Detachment, CTARNG

CAMP Niantic, Conn. – Soldiers from units across the Connecticut Army National Guard competed in the Best Warrior Competition, March 23-26, for the title of Soldier and Noncommissioned Officer of the Year.

Spc. Luk Silk, a Glastonbury native, assigned to the Sniper Section of the Headquarters and Headquarters Company, 1-102nd Infantry Regiment, was announced as the Soldier of the Year for the 2017 Best Warrior Competition.

Silk and other competitors, were pushed every day of the competition to test their ability to adapt, react, and function during stressful scenarios. Each event was implemented to demonstrate the different skills a Soldier should have.

Competitors were graded on how fast each task was completed and how well the task was done in order to receive points. The Soldier with the most points at the end of the four-day event was crowned champion.

Silk was selected to represent his unit in the competition



Spc. Luk Silk of HHC, 1-102nd Infantry Regiment, receives the Army Commendation Medal from State Command Sgt. Maj. John Carragher, for his success during the Connecticut Best Warrior Competition at Camp Niantic March 23-26. Silk was named Connecticut's Soldier of the Year and is scheduled to compete at the Region One Best Warrior Competition at Fort Dix, New Jersey. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, CTARNG)



Spc. Luk Silk, assigned to HHC, 1-102nd Infantry Regiment, finishes the 12-mile road march event of the 2017 CTARNG Best Warrior Competition at Stones Ranch Military Reservation, East Lyme, Connecticut, March 25. Following the four-day competition, Silk was named Soldier of the Year. He went on to represent Connecticut at the Region One Best Warrior Competition in New Jersey. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, CTARNG)

because he had the highest physical fitness test score of 340 points on the extended scale.

In order to best prepare themselves, Soldiers train months in advanced, with guidance from their mentors.

“I started training about four or five months ago,” Silk said. “I should have done more strength training though.”

Silk said he taught land navigation classes at his unit, which helped with that portion of the competition. He had received most of his points from the day and night land navigation course.

Silk’s mentor was his team leader, Sgt. Dan Buerk. Buerk was extremely helpful in training and during the competition itself, Silk said.

Silk enlisted in 2014 as an infantryman, and works for the Connecticut National Guard full-time as a federal technician in the Combined Support

Maintenance Shop associated with Allied Trades.

This is the second consecutive year a Soldier from the 1-102nd Infantry Regiment’s Sniper Section has won the state level Best Warrior Competition. In 2016, Spc. Nathan Havens took home the title.

“It doesn’t surprise me at all that the sniper section has represented Connecticut two years running,” said Command Sgt. Maj. Dan Morgan, Senior Enlisted Leader of the 1-102nd Infantry Regiment. “The grit and determination a Soldier has to show to earn the right to be assigned to the sniper section is a mini-Best Warrior Competition in itself. We couldn’t be prouder of Spc. Silk.”

Silk will now move on and represent Connecticut in the Regional Best Warrior competition, where he will take on the Soldier of the Year winners from Vermont, Maine, New Hampshire, Massachusetts, Rhode Island, New York and New Jersey.

Despite Stiff Competition, Staff Sgt. Jason Halbach Secures 2017 CTARNG NCO of the Year Title

Spc. Kaitlyn Q. Wallace
130th Public Affairs Detachment, CTARNG

CAMP Niantic, Conn. - After a grueling four days of competition, Staff Sgt. Jason Halbach, an internment resettlement specialist assigned to Headquarters and Headquarters Company, 192nd Military Police Battalion, was announced as the 2017 Connecticut Army National Guard Non-commissioned Officer of the Year at Camp Niantic, March 26.

At the awards ceremony closing out the Best Warrior Competition, Halbach was congratulated by Command Sgt. Maj. John Carragher, Connecticut’s State Command Sergeant Major, and presented with an Army Commendation Medal to commemorate his success.

“It feels awesome [to win the competition]. I was definitely not expecting it because the competition was pretty crazy this year,” Halbach said.

The four-day competition kicked off with an evening Army Physical Fitness Test. The next morning, Soldiers made their way to East Haven Rifle Range for a stress shoot, followed by an afternoon at Stones



Staff Sgt. Jason Halbach of HHC, 192nd Military Police Battalion, receives the Army Commendation Medal from State Command Sgt. Maj. John Carragher, for his success during the Connecticut Best Warrior Competition at Camp Niantic, March 23-26. Halbach will compete at the Region One Best Warrior Competition at Fort Dix, New Jersey. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, CTARNG)

Ranch Military Reservation for assessment on tasks such as how to use hand signals to move a team during a patrol.

After a few hours sleep, the Soldiers began another tiring day on their feet. They started the day with a 12-mile ruck march, and then moved on to day and night land navigation. The NCOs were given four hours to plot and find four points during the day and three points at night.

On the final morning, competitors donned the Army Service Uniform for the NCO of the Year Appearance Board. Each NCO fought to maintain composure despite the swelling blisters on their feet from the day before and their nerves about appearing before a board.

“The hardest part of the competition was unquestionably the ruck march,” said Halbach.

The competitors were required to finish the ruck march within three hours.

“I only made it by with two minutes to spare,” Halbach said. “And only because Sergeant Major [Michael] Collins was riding me for the last mile, just yelling in my ear, ‘You better not quit, you better not quit.’”

Halbach said he felt most prepared for the written test and the board appearance.

“We did some mock boards with the unit, and I did a lot of academic studying,” Halbach said.

Although he didn’t feel the most prepared for the urban stress shoot portion of the competition, Halbach said he had the most fun during that event.

“I had never done live fire shooting under stress before, so not only was it a new experience, it was definitely eye-opening,” Halbach said. “When I was shooting the [9mm pistol] my hands were actually shaking at that point, and I feel like that’s a very realistic feeling to how you would feel in that situation.”

The stress shoot began with the competitors zeroing their weapons then performing exercises to raise their heart rates before and during the qualification with an M4 carbine assault rifle.

“So we did the qualifying, we did a lot of PT,” Halbach said. “Then we took the fifty caliber tripod to the other



Staff Sgt. Jason Halbach, assigned to HHC, 192nd Military Police Battalion, locates points during the daytime land navigation event of the 2017 CTARNG Best Warrior Competition at Stones Ranch Military Reservation in East Lyme, Connecticut, March 25. Soldiers had four hours to plot and locate four points during the daytime event and three points during the nighttime event. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, CTARNG)

side and began the [urban] stress shoot. By that point, and after dragging the dummy the length of the course, I was done.”

Halbach’s mentor for the competition was Staff Sgt. Candace Barquin, the Readiness NCO assigned to the Headquarters and Headquarters Company, 192nd Military Police Battalion.

“It’s a huge morale boost to have someone with you the whole time and anything I needed she had,” Halbach said.

Halbach will need morale, motivation and might to prepare for the Regional Best Warrior Competition at Fort Dix, New Jersey. Connecticut is part of Region One, which encompasses the six New England states, plus New Jersey and New York. Each state will send their NCO and Soldier of the Year to the regional competition to fight for a spot at the National Best Warrior Competition.

Spotlight on a Recruiter

1st Lt. Andrew Bartlett

What was your original Military Occupational Specialty and who was your recruiter?

My Original MOS was 11B (Infantryman) in Charlie Company, 1-102nd Infantry Regiment and my recruiter was Sgt. 1st Class Craig Townsend.

Why did you join the military?

I joined the CTARNG to support our community during homeland missions. Seeing the CTARNG response to 9/11 in state was very influential in my branch choice.

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

Computer service Tech at UConn. During this position I had access to all the hidden and off limits locations within the UConn campus.

How many years have you been working in recruiting?

Two years.

Do you have any children? If so, how many, names, ages, etc?

Not yet!

Do you have any hobbies?

I love working on cars and reading

Who did you first see live in concert? Hatebreed

Which superhuman power do you wish you had?

I wish I had superhuman strength

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

Joining the CTARNG. It afforded the opportunity to attend college debt-free.

If your organization had a theme song, what would it sound like?

The One by Metallica

What was your first car?

1991 Camaro Rs with T-Tops

What is the most interesting/nicest place you’ve ever been?

Austin, Texas

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

Nathan Hale, Abraham Lincoln, and Ragnar Lodbrok; Porterhouse steaks, Asparagus, Roasted Potatoes, and Mead



Get to Know Connecticut’s Newest Soldiers

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

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

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



Meet
Pvt. Mya
Dixon,
Age: 18
92A, Automated
Logistical Specialist



Meet Pfc.
Michaila
Pollard,
Age: 18
42A, Human
Resource Specialist

What were you doing before you joined?	I was and still am a high school student	I was a high school student
Why did you join the Guard?	To benefit my future; to learn how to handle life on my own and to know that I can handle challenges I may face	To better myself and start my life in the right direction
Who is your Recruiter?	Staff Sgt. Justin McGale	Staff Sgt. Justin McGale
What do you tell friends about the Guard?	All the benefits, paying for college, the amazing people I have met, and what I learn at drill	I love the National Guard and wouldn’t change my choice to join in a heart beat.
Do you have any hobbies?	Drawing and Painting	Oxen pulling
What is your dream vacation destination?	The United Kingdom	Italy
What was the most influential life event?	Deciding to join the CTARNG	Joining the CTARNG
If you could buy any one thing, what would it be?	A house	More time with my father before he passed in 2012
What would be your entrance music?	Invincible—Kelly Clarkson	Pairs—The Chainsmokers

Enlisted Update

Bringing Our Home and Military Families Together - We Have Much to Celebrate in May



CHIEF MASTER SGT.
ROBERT GALLANT

Greetings Airmen and Soldiers, It is May already and I believe that it is finally spring time after the long unpredictable weather we had, but that’s life in New England.

May is a very busy and exciting month for all. The warm weather is upon us, the kids will be getting out of school soon for the summer

vacations, time to enjoy the outdoor activities, but there are a few very important events that happen every year in the month of May that really bonds families together: Mother’s Day, Armed Forces Day, and Memorial Day.

Mother’s Day:

Mother’s Day is a holiday honoring motherhood that is observed in different forms throughout the world. The American incarnation of Mother’s Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday’s commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother’s Day most commonly falls on the second Sunday in May. This was a just little background on the beginning of Mother’s Day, however this is another important event to recognize the first leader that guided us, nurtured us, disciplined us and mentored us to become the true

leaders that we all are today. Thanks Mom!

Armed Forces Day:

In the United States, Armed Forces Day is celebrated on the third Saturday in May. It falls near the end of Armed Forces Week, which begins on the second Saturday of May and ends on the third Sunday of May. On August 31, 1949, Louis Johnson, who was the United States’ Secretary of Defense, announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The event stemmed from the armed forces’ unification under one department – the Department of Defense. The Army, Navy and Air Force leagues adopted the newly formed day. The Marine Corps League declined to drop support for Marine Corps Day but supports Armed Forces Day too. Armed Forces Day was a day for the military to show “state-of-the-art” equipment to Americans. It was also a day to honor and acknowledge Americans in the armed forces.

In a speech announcing the formation of the day, President Truman, “praised the work of the military services at home and across the seas,” and said, “it is vital to the security of the nation and to the establishment of a desirable peace.”

This year the Connecticut National Guard will be holding its annual Armed Forces Day Luncheon to honor the men and woman in the Uniformed Services. At the luncheon, the, “Honor Person of the Year” for both the Air and Army National Guard (as well as our sister reserve forces in state!) are recognized for their superior dedication and commitment the military. It is a great event and hope to see you all there.

Memorial Day:

Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the country’s armed forces. The holiday, which is observed every year on the last Monday of May, originated as Decoration Day after the American Civil War in 1868, when the Grand Army of the Republic, an organization

of Union veterans founded in Decatur, Illinois, established it as a time for the nation to decorate the graves of the Union war dead with flowers. By the 20th century, competing Union and Confederate holiday traditions, celebrated on different days, had merged, and Memorial Day eventually extended to honor all Americans who died while in the military service. It marks the start of the unofficial summer vacation season, while Labor Day marks its end. Many people visit cemeteries and memorials, particularly to honor those who have died in military service. Many volunteers place an American flag on each grave in national cemeteries. Memorial Day is not to be confused with Veterans Day; Memorial Day is a day of remembering the men and women who died while serving, while Veterans Day celebrates the service of all U.S. military veterans.

This is a special day for all of us that have worn the uniform and proudly served our country to defend its honor, no matter which branch you serviced in or what generation you belong. This is the time to honor and respect our fallen brothers and sister’ who paid the greatest sacrifice to protect our great nation. This Memorial Day, I will speak to the students at East Hampton Middle School as part of their Veteran’s Ceremony. Veterans are invited to participate in a discussion with students to explain what it is we do. We tell our stories and engage them in the process of what the military is all about. I consider this an incredible privilege and a special opportunity to share my experiences and communicate with the student to help them better understand the value of Memorial Day. Looking forward to this one!

Inspiration of the Month:

“The leaders who get the most out of their people are the leaders who care most about their people.”
-Simon Sinek

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

Master Sgt. Christopher Grizzle
christopher.h.grizzle.mil@mail.mil
(860) 292-2758

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- Never drive impaired (under the influence of alcohol, drugs or prescription medication)

CTARNG Safety Office
(860) 292-4597

CTANG Safety Office
(860) 292-2776

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

Officer Candidate School

OCS & WOCS OPEN HOUSE

INFORMATION BRIEF

May 20 & June 24, 2017

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RTI, Camp Niantic

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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Inside OCS

Pick Up Your Ruck and Follow Me

OC FREDDY HERRERA
OCS CLASS 62
1-169TH REGT (RTI)

The time for testing from the comfort of a classroom environment has come to an end, as we put down our pencils and picked up our rucks in order to perform our Field Training Exercise deep in the woods of Camp Smith, New York.

The FTX included a ruck march to our area of operations, training lanes, and patrol base operations. We began this weekend by preparing ourselves and our equipment late into the night. The packing list for our rucks was reviewed, sensitive items were assigned, and key positions and responsibilities were discussed before we implemented our sleep plan.

We reached our area of operations, or AO, after a short ruck march with weapons (M16s, M4s and M249s) and blank ammunition for training. We split into two squads and proceeded to our corresponding assembly area in order to carry out our training.

I eagerly volunteered to take on the leadership role first and was just as quickly humbled when I was bombarded with information while I received the mission.

I rushed to create a Warning Order as the clock just kept ticking away. My sand table team brought the mission to life, as they created a great visual representation of the area we were in, and already had a suggested plan of action. My team leaders were the ones that made the mission a reality, as they took control of their team members and ensured that they carried out their part of my plan. At this point, my squad was well past the allowed time, but nevertheless we kicked off to our objective rally point and proceeded to carry out the mission.

After completing the mission, our evaluator sat down with us to review how the mission went and how we could improve. His rock solid confidence and demeanor felt almost intimidating, but his personal insight and extended knowledge on the subject matter shined through while he provide valuable feedback.

We ran four lanes that day, before setting off to conduct our patrol base for the night. We established and refined security, then proceeded to perform priorities of work.



OC Michael Dowd, Class 62, 1-169th REGT (RTI), Connecticut Army National Guard operates a M249 Squad Automatic Weapon during a training event at Camp Smith, New York. (Photo by OC Freddy Herrera, OCS Class 62, 1-169th REGT (RTI))

Later on that night we received hands on instruction on the use of night vision goggles and discussed the effects that illumination and the environment have upon their effectiveness. Our ability to see in the darkness while other forces are at the mercy of the moon and flashlights, is a key military advantage and why, “we own the night.” We then proceeded to scale down security and implemented guard shifts throughout the cold night. Needless to say, a lot of hands-on learning and self-awareness was gained through this experience.

As a leader, your confidence, your knowledge and your abilities will be tested by some of your harshest critics, which include your subordinates and yourself. Your subordinates look to you for guidance, and are trusting you with their very lives to carry out a well thought out mission, and immediate and effective change when needed. All self-doubts have to be extinguished so that you may lead with a confidence that your subordinates will be able to feed from when they are going through harsh times.

This was just one of the lessons we learned this past weekend during training that tested all of us, regardless of our level of experience or time in service.

Become an Officer in the Connecticut Army National Guard

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

For information and requirements, contact your chain of command or

Capt. Ulrick Brice, RRB Officer Strength Manager

ulrick.g.brice.mil@mail.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention

ACTIVE CONSTRUCTIVE RESPONDING

Resilience: "Skill of the Month"

Just The Facts

What is ACR or "Active Constructive Responding?"

There are four ways people tend to respond when others share good news or a positive experience, or describe a success.

Only Active Constructive Responding is shown to lead to stronger, longer-lasting relationships.

What is the skill?

Active Constructive Responding (ACR) is a communication method in which the responder conveys authentic interest and helps the person to relive the positive experience.

Key Principles

ACR conveys authentic interest, and the responder helps the sharer think more deeply about the positive experience.

Benefits of ACR: ACR leads to stronger relationships, belonging, well-being, and life satisfaction for both parties.

Connection is a primary target of ACR.

	Constructive	Destructive
Active	<ul style="list-style-type: none">Authentic interestElaborates the experience	<ul style="list-style-type: none">Squashing the eventNegative focus
Passive	<ul style="list-style-type: none">Distracted, understated supportConversation fizzles out	<ul style="list-style-type: none">Ignoring the eventChanging the conversation to another topic

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

refer a soldier at risk

visit realwarriors.net #bethere

Resilience Resources:

Outward Bound

www.outwardbound.org/veterans

Service Member and Family Support Center

1-800-858-2677

Connecticut Veterans Affairs

Newington: 860-666-6951

West Haven: 203-932-5711

Military OneSource

www.militaryonesource.mil

Life Lines

Emergency - 911

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

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

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

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

National Suicide Hotline - 1-800-SUICIDE

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

R3SP - Resilience, Risk Reduction & Suicide Prevention

Social Media and Suicide: Can We Influence Change?

MEAGAN MacGREGOR
SUICIDE PREVENTION PROGRAM MANAGER, CTNG

Social media has become an arena for generations to connect, with a seemingly infinite number of platforms for users to explore.

Research has been aimed at identifying a possible correlation between the rise in social media usage and the continued increase in deaths by suicide. In suicide prevention courses, many Soldiers have acknowledged seeing what they feel to be, "cries for help," or vague suicidal language posted by people on such platforms as Facebook and Instagram. The American Journal of Public Health cites increased attention paid to suicide as the result of cyber bullying and cyber harassment, even prompting the creation of the term, "cyberbullicide."

While bullying has become its own public epidemic, it is not the only factor in the possible link between social media and suicide. The internet has made it substantially easier for individuals to gain access to lethal means, like the purchase of weapons or of medications that could cause an overdose. Online pharmacies boast cheap and prescription-free dispensing of narcotics, benzodiazepine, and other medications frequently used to suicide. The internet and social media provides an abundance of information that could be used by those experiencing suicidal ideations to ultimately suicide such as lethal combinations of drugs, chat rooms aimed at promoting suicidal behaviors, and of course, cyber bullying.

The American Journal of Public Health recently published findings that in a study done of 79 adolescents and young adults aged 14-24, almost 80% reported being exposed to suicidal behaviors and activities via social media. This is a great concern as the American Foundation for Suicide Prevention points out exposure to suicide and suicidal behaviors increases the risk of suicide. While no duplicated studies have been able to show a direct correlation between social media and suicide, they have shown an increase in risk factors for suicide directly related to social media. The ease of exposure to suicidal behaviors through the internet is likely the reason.

On the opposite side of the spectrum, social media can be a platform to spread awareness of risk factors for suicide and resources available to help someone struggling with thoughts of suicide. The same chat rooms that have videos of self-harm and messages glorifying death have mirror images of chat rooms dedicated to reaching out to those in need and providing life-saving resources with messages of hope and safety.

Social media can be a beacon of change, especially with younger demographics, as their culture seems to almost revolve around social media. We can be part of this change by responding to posts on social media that may seem like a cry for help with resources available or a positive comment. We can be the change by sharing how the CTARNG is working to reduce the stigma of help-seeking behaviors and training more and more Soldiers in suicide interventions. If we choose our words carefully and remember it doesn't always take a big gesture to help someone struggling, we can start the change.

We Welcome You

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

CTARNG

ALWAYS READY, ALWAYS THERE

Marijuana Myth-busters ... Get the FACTS

MYTH #1 "It's Harmless"

FACTS:

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

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

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

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

Contact the ASAP Office

Shaneka Ashman Prevention Coordinator

C : 860-549-2838 O : 860-548-3291

shaneka.ashman@accenturefederal.com

AR 600-85, 4-2 and UCMJ Article 112a, specifically prohibit the use of marijuana, hemp and synthetic cannabis

Off the Bookshelf

with Staff Sgt. Simon

Little Big Sister

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

In the United States, April is designated as Autism Awareness Month.

Autism spectrum disorder includes neurodevelopmental conditions classified by social, communication, sensory and cognitive difficulties. ASD affects one in 68 children, disproportionately boys. According to the Autism Science Foundation, boys are five times more likely than girls to be diagnosed with ASD.

As awareness and care options regarding ASD have risen, and education choices have increased for diagnosed children, very often the needs of their typical siblings and peers are discounted and overlooked. When a parent has two or more children, but just one with an ASD diagnosis, the unseen difficulty for that parent may be in providing the necessary care and attention to all.

Amy B. McCoy, a former Glastonbury, Connecticut resident, addresses this common experience in her new book, “Little Big Sister.” The novel, written for children, is in the voice of a nine-year-old girl whose older brother has autism.

Routine day-to-day activities, like going to the

mall or playing basketball, generally taken for granted by most children, take on extra emphasis for Katie when planning must be made around the needs of her brother, Mikey. Although days are sometimes difficult for her, the insight she receives by being the, “big sister” to her brother helps her better relate to people with disabilities in her school and community.

McCoy’s lighthearted and fun novel addresses topics that can be uncomfortable and awkward to discuss openly outside of a family or school, especially for the siblings and peers of children with ASD. Her point is that it doesn’t have to be. As the number of children with an ASD diagnosis grows yearly, (in 2000, the rate was one in 150) the likeliness in the U.S. of having a neighbor, family member or classmate with ASD has also risen.

McCoy’s book lends invaluable insight to readers. Katie’s perspective as her brother’s little big sister is warm, educational and for many, will feel very close to home. Awareness of the autism spectrum, and compassion for the families and communities it affects does not have to be limited to April.



Military History

“The Old 1 and 2 With Nothing in Between” *The First and Second Connecticut Infantries Form the 102nd Infantry Regiment to Support the Great War*

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

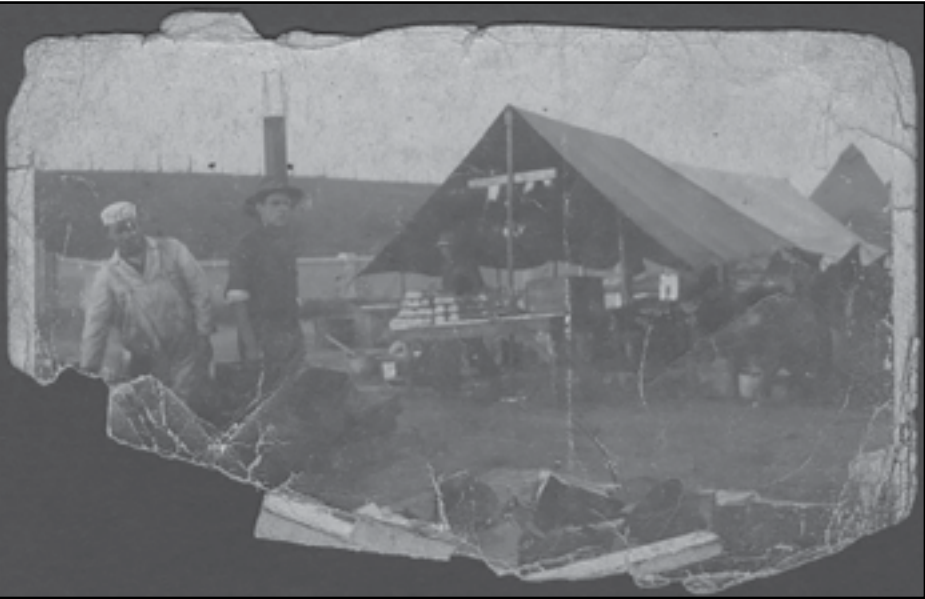
With the, “War to End All Wars” in its third year, the Second Connecticut Infantry Regiment was mobilized on March 28, 1917 to guard munitions plants, bridges and power stations. The regiment was stretched from Cos Cob to the Pawcatuck River, while the First Regiment conducted similar operations in the northern part of the state. The Soldiers lived in armories and railroad cars.

In June orders came down to muster the entire regiment at Yale Field. Many thought it was just a show of force. By mid-July, the was regiment living under canvas adjacent to the Yale Bowl. Thus began days of, “tiring, endless drill and camp routine.” Many homesick soldiers made quick trips to their nearby families, then returned to face the consequences of being, “Absent Without Leave.”

Recruiting parties, assisted by Col. Norris Osborne, the Editor of the New Haven Journal-Courier, visited factories and office buildings looking for new enlistments. Many of the factories in this part of the state were making weapons and ammunition, so taking skilled workers hurt production. By August, the regiment was only half of its authorized strength of 3,709 officers and enlisted men. A crucial decision was made throughout the Army – combine militia regiments in order to meet the new end strength requirements. Companies increased from 65 to 125 soldiers. On August 20, 1917 orders were published combining Connecticut’s two oldest regiments – the First Connecticut Infantry and the Second Connecticut Infantry, redesignating the new unit as the 102nd Regiment of the 26th Division. Regular Army regiments were numbered from 1 to 100 and divisions from 1 to

25. An officer of the newly minted regiment told a newspaper reporter, “It’s the new 102nd, the old 1 and 2 with “nothing” between... No animosities, no jealousies, no rivalry.”

On September 7, the regiment broke camp. Companies marched to the West Haven Railroad station and travelled to Harlem. There, Soldiers boarded steamers to the North River docks (the Hudson River near lower Manhattan was referred to as the North River), where they transferred



Members of the 102nd Infantry Regiment at their encampment at the Yale Bowl in New Haven, Connecticut during the summer of 1917. (Photo courtesy of the Connecticut State Library digital collections, <http://digitalcollections.ctstatelibrary.org/>)

to ocean liners for the voyage to Liverpool, England and then on to Le Havre, France. Back in New Haven, they left bare stretches of ground that was Camp Yale. Today a plaque near the Yale University baseball stadium marks the site. A memorial statue stands at the northern entrance to West River Memorial Park, a short distance from the Yale Baseball field at the corner of Derby Avenue and Ella T. Grasso Boulevard. The statue was dedicated in 1937 to Corporal Timothy Ahearn, a native hero of World War I. It was sculpted by Karl Lang under the Works Progress Administration

Famous Artists program of the Depression era. In 1991, Central Avenue near the Yale Bowl was rededicated, “102nd Infantry Regiment Way.”

All quotes are from *Connecticut Fights: The Story of the 102nd Regiment*. Captain Daniel W. Strickland published in 1930.

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

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CONNECTICUT NATIONAL GUARD

IS YOUR SOCIAL MEDIA SAFE?

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

Be sure to check and adjust your settings!

Training Circulars for TY17 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
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	22-May-17	26-May-17
ASIST	350-17-08	Ms. Meagan MacGregor	20-May-17	21-May-17
Army Substance Abuse Prevention (ASAP) AGR	350-17-04.a	Ms. Robin Tanguay	24-May-17	24-May-17
Final Formation	350-17-13	Sgt. 1st Class Tarazona Quintero	8-Jul-17	8-Jul-17
UPL Course	350-17-12	Staff Sgt. Joshua Prochnicki-Fitzgerald	8-Jul-17	9-Jul-17
IDS Training Class 03	350-17-35	Mr. Tom Colangelo	1-Aug-17	1-Aug-17
IDS Training Class 07	350-17-35	Mr. Tom Colangelo	2-Aug-17	2-Aug-17
ACE-SI	350-17-29	Ms. Meagan MacGregor	4-Aug-17	4-Aug-17
Tag Match	350-17-25	Sgt. 1st Class Johnathan Cuebas-Marrero	4-Aug-17	6-Aug-17
ASIST	350-17-08	Ms. Meagan MacGregor	5-Aug-17	6-Aug-17
IDS Training Class 04	350-17-35	Mr. Tom Colangelo	8-Aug-17	8-Aug-17
IDS Training Class 08	350-17-35	Mr. Tom Colangelo	9-Aug-17	9-Aug-17

Highlighted Courses:

Bus Driver Training Course: The Operator’s Training Course is a “Train the Trainer” (T3) course, primarily targeted to personnel with the skills necessary to train individuals on the safe operation of a GSA Bus. This course will provide training on Preventive Maintenance Checks and Services (PMCS), Operations, Operational Policies and Safety. 22-26 May 2017. (14 Soldiers Max; See your unit training NCO for current availability)

Unit Prevention Leader (UPL): This training ensures that Soldiers serving in the capacities of Unit Prevention Leader or Alcohol and Drug Control Officers (ADCO) are provided with the knowledge on how to increase individual fitness and overall unit readiness. Training will emphasize substance abuse specimen collection procedures, chain of custody documentation, and specimen packaging. In addition, it will cover the Substance Abuse Prevention Program, its benefits to units, and providing training and training aids. 08-09 July 2017. (30 Soldiers Max; See your unit training NCO for current availability)

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

THE DA PHOTO PROCESS

Do YOU NEED A DA PHOTO?

1 Must be SSG OR ABOVE And at least one of the following:

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

REVIEW YOUR ERB/ORB

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

PREPARE YOUR UNIFORM

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

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

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

4

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

SHOW UP AT SCHEDULED TIME

MG Maurice Rose
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322

5

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

IMAGE MANIPULATION

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

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

How Does your photo get to your ERB/ORB?

Photo Lab → Human Resources Command → DAPMIS

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

What to Wear for a DA Photo

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

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

Legal: An Examination of Retaliation Against Reporters

By CAPT. ALAN L MERRIMAN
DET. 1, 831ST TRIAL DEFENSE TEAM

In April, 2016, the Department of Defense took a substantial step towards addressing a growing problem in the military, retaliation against reporters of sexual assault incidents. Under the direction of the Secretary of Defense, Ash Carter, the DoD published its ***DoD Retaliation Prevention and Response Strategy: Regarding Sexual Assault and Harassment Reports.***

The stated purpose of the strategy is to provide comprehensive support to individuals who experience retaliation (perceived or actual) and to foster an ethical and just climate intolerant of retaliation across the Department.

SecDef Carter further characterized this strategy as, “crucial to effectively addressing sexual assault and harassment in the military.” Retaliation not only harms the lives and careers of victims, but also undermines military readiness and weakens the culture of dignity and respect. According to the Strategy, in order to eliminate retaliation in the military, DoD and the Services must ensure that commanders are appropriately informed, empowered, and resourced to create the professional environment Service members deserve.

Congress recently directed the Secretary of Defense to establish definitions of retaliation that can be criminally enforced. Retaliation generally falls into one of two broad categories: reprisal and ostracism.

Retaliation affecting Service Members’ professional opportunities typically constitutes reprisal. Reprisal can involve a range of unjustified personnel actions, such as interfering with promotion, removal from training opportunities, downgrading someone’s evaluation for conduct that can be attributed to the alleged incident,

or unfairly denying an award. There are established processes in place for the Inspector General to address reprisal complaints.

Retaliation in the form of ostracism involves exclusion from social acceptance and can include acts like bullying. The definition of what constitutes ostracism varies across the Military Departments. For example, in order to violate the punitive regulations of the Departments of the Navy and Air Force, ostracism must be committed with the intent to prevent reporting of a crime or to dissuade someone from participating in the justice process. Under the Army regulation, the crime of ostracism in some instances could be committed with no intent to prevent reporting or interfere with the administration of justice.

Current law and military regulations also prohibit several other forms of retaliation. Specifically, the Uniform Code of Military Justice prohibits acts of cruelty, oppression, and maltreatment against a crime reporter when an individual who can legally give orders to that reporter commits the acts. A range of retaliatory acts can also be prosecuted under other articles of the UCMJ, including failure to obey an order or regulation, assault, stalking, or damage/destruction of property, or in the case of non-federalized National Guard reports of retaliation, under state codes of military justice or state criminal statutes.

Forms of retaliation other than reprisal, such as ostracism and maltreatment, may be investigated by either IG or through commander-directed investigation, depending on the Service and the nature of the allegation. IG has the authority to investigate acts of ostracism and maltreatment if it determines it is IG appropriate or if those complaints are made along with a reprisal complaint or made against a senior official.

While most first line leaders and commanders are prepared to address misconduct, retaliatory situations can often be complex, subtle, or prone to misunderstanding. Reprisals are a more tangible and overt form of retaliation making incidents easier to effectively address; however, ostracism can be more corrosive to unit morale, as Soldiers/Airmen take sides against or for the reporter.

Ostracism can be difficult to effectively address if commanders do not show support for their subordinates throughout the reporting process, regardless of the disposition of the underlying sexual assault investigation. A commander’s failure to act to protect a victim can create a lasting negative imprint on command climate. Often times sexual assault allegations are challenging to substantiate and regardless of the outcome commanders must recognize that their treatment of a reporting Service member is often the most critical aspect of how the victim perceives the military, as a whole, has treated them.

Finally, leaders are a central component of retaliation prevention and should work with the resources available to them, such as the Sexual Assault Response Coordinator and assigned Special Victim Counsel, to ensure that our Service members are receiving maximum effort to support them in order to maintain a ready, capable force.

Questions about this article?

Contact:

Capt. Alan Merriman, JA

860-837-4643

Maj. Kathy Maines (SARC)

860-613-7611

ATTENTION MUSICIANS



RSVP

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

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afford college?
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instrument and serve your
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Retiree Voice Real ID is Here - Are You Compliant?

Sgt. 1st Class (Ret.) Stephanie Cyr
Retiree Affairs Columnist

The REAL ID, enacted May 11, 2005, is an Act of Congress that modifies U.S. federal law pertaining to security, authentication, and issuance procedures standards for the state driver's licenses and identity documents, as well as various immigration issues pertaining to terrorism.

It came out of the recognized need for more standardized U.S. identification by Department of Homeland Security following the events of September 11, 2001. The Secretary of Homeland Security has currently defined, "official purposes," as boarding commercially-operated airline flights and entering federal buildings and nuclear power plants. The law gives the DHS Secretary the unlimited authority to require a, "federal identification," for any other purposes.

Beginning January 22, 2018, driver's licenses or state IDs that are not in compliance with the REAL ID Act and have not been granted an extension by Department of Homeland Security may not be used to fly domestically. Beginning October 1, 2020, every traveler will have to have a REAL ID-compliant license, state ID, or another acceptable form of identification to be able to fly in the United States. A complete list of acceptable IDs is listed on both the Department of Homeland Security and TSA websites.

Luckily, Connecticut is a compliant state. In 2011,

Connecticut Department of Motor Vehicles began giving individuals the option of renewing their driver's license as verified or regular renewal. A verified Connecticut driver's license meets the federal standards for domestic travel beginning in 2020. You must appear in person with proper documentation as listed on your renewal notice. To be verified you must prove three things.

First, you prove your identity with a birth certificate or passport. Other identification documents are needed if Non-U.S. born. There are listed secondary forms of identification listed on the sheet. Whatever you use, it must have your full legal name.

Second, you must document your Social Security with either your Social Security Card or a copy of a W-2/1099 issued within the last five years. It should be noted that mailed 1099 for Army retirement pay do not have One's entire SSA number printed out and will not be accepted. Third Connecticut Residency must be proved by providing two different sources to prove you live in Connecticut. These sources are listed on the license renewal and on the Connecticut DMV website. Non-U.S. born must also provide proof of legal presence in the United States. All wishing to be verified need documentation if there has been a name change.

As routine as this may sound, it is not. The author of this article cannot get a verified license at the present time because, though having lived in the same house,



in the same town in Connecticut, does not have acceptable proof of residency. You proof must show your name and the physical address of your home. So, if you receive mail at a post office box as the author does, that does not count. A utility bill will suffice if your name is on it along with your physical address. Many married couples' utility bills are in one person's name. So, if as it is the case of the author, it is not acceptable. Complete proof must show your name and physical address, dated within 90 days, and be computer generated. Married couples should make sure they each have at least two documents which prove their physical address for residency.

For more detailed information on REAL ID and obtaining a Verified Connecticut driver's license, visit the CT DMV website renewing a license.

Retiree and Military Department Picnic



SAVE THE DATE
August 24, 2017

Reconnect with old friends and coworkers!

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

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



CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Er, Suleyman T.
Damicol, Justin M.
Martinez, Brigitte K.
Riddlejohnson, Jacob J.
Park, Grace
Edge, Eric S. II
Hamlin, Alexa M.
Riosjuro, Ricardo A.
Bailey, Jhanelle S.
Caban, Joshua
Lundgren, Nicholas J.
Martinez, Jamilet M.
Youmans, Kellie J.
Gullakson, Colby S.
Benoit, Richard L.
Reilly, Andrew J.
Ward, Julia R.
Mudgefisher, Jonathan D.
Griffin, Koby C.
Dixon, Mya A.
Rivera, Paulino E.
Chandler, Devon H.
Jimenezgarcia, Jorge
Smith, Ryan M.
Stanescki, William M.
Brown, Michael A.

To Private First Class

Pharr, Eldraen J.

Pollard, Michaila D.
Baker, Tyler K.
Acheampong, Nana O.
Thomsen, Conor J.
Hull, Moshema D.
Thomas, Adrian T.
Mcdonough, Tyler J.
Gonzaleztorres, Stephany M.
Cesare, Marc R. Jr.
Bustillo, Cindy C.
Roberson, Earnest K. Jr.
Plaku, Kristian
Ferriolo, Christopher A.
Wood, Jacob M.
Muralles, Walter A.
Blizzard, Devon M. Jr.
Poling, Alexander J.

To Specialist

Martise, Stephen M.
Baker, Alicia L.
Bradley, Ian D.
George, Cleann L.
Pacheco, Samantha B.
Pagan, Breanna M.
Bray, Troy B.
Vanriel, Margodane
Munoz, Julio C.
Sheldon, Conrad T.
Velasquez, Diego P.

Thorpe, Larry G.
Gould, Dean M.
Howard, Kennard J.
Evans, Daniel K.
Kier, Michael W.
Echavarria, Alejandro
Senez, Collin J.
Hychko, Matthew M.
Smith, Jennifer L.
Gonzalez, Joel
Baufield, Rachel L.
Jerome, Ricky
Blakeney, Jerrod R.
Nguyen, Nhan
Dauphinais, Samuel C.

To Sergeant

Begin, Kyle J.
Sheriff, Daniel J.
Tuttle, Kelly A.
Knoll, Nicole E.
Power, Jessica V.
Blythe, Troy D.
Crane, Jason M.
Coons, Jordan T.
Riley, Phillip A.
Grano, Daniel P.
Petitti, Kevin P.

To Staff Sergeant

Morrison, Ryan J.

Gervais, Brandon A.
Mederos, Jeffrey W.

To Sergeant First Class

Authier, Megan I.
Julian, John A.
Eichner, Daniel L.

To Master Sergeant

Elliott, Jeremie D.

To Warrant Officer

Foular, Tammy M.
Kelleher, John J.
Maher, Christopher K.

To Chief Warrant Officer 4

Lopez, Roberto

To Chief Warrant Officer 5

Smith, James H.

To Major

Holmes, Corey R.

AIR

To Airman

Hippolyte, Justin J.

To Senior Airman

Gleason, Brian D.
Moss, Hunter A.
Patel, Jigar U.
Duclos, Kenneth L. Jr.
Duong, Kevin V.
Meach, Savy M.

To Staff Sergeant

Hoover, Bradford C.
Irish, Dylan W.
Buhagiar, Erich C.
Coggeshall, Herbert L. III
Kozikis, Jeffrey B.
Ramos, Jesus A. Jr.
Key, Robert A.
Lockwood, Ryan M.

To Technical Sergeant

Dufour, Jason R.
Bowcock, Jeremy T.
Cabrera, Meghan R.
Quagliaroli, Michael C.
Cox, Monica L.

Congratulations to All!

Promotions as of April 1, 2017

Coming Events & Holidays

May
May 5

Cinco de Mayo

May 9

June Guardian Deadline

May 14

Mother's Day

May 19

CT Armed Forces Day Luncheon

May 20

Armed Forces Day

May 27

Ramadan Begins

May 29

Memorial Day

June

June 6

July Guardian Deadline

June 14

Flag Day/U.S. Army Birthday

June 18

Father's Day

June 21

First Day of Summer

June 24

Ramadan Ends

July

June 4

Independence Day

July 11

August Guardian Deadline

COURAGEOUS STEADFAST PROTECTORS

**CONNECTICUT
ARMED FORCES DAY
LUNCHEON**



MAY 19, 2017★11:00 A.M.
AQUA TURF CLUB, SOUTHTON, CT



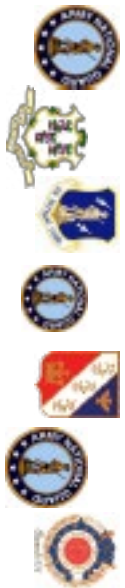
WITH SPECIAL GUEST SPEAKER
COMMAND SGT. MAJ. JOHN WAYNE TROXELL
SENIOR ENLISTED ADVISOR TO THE
CHAIRMAN OF THE JOINT CHIEFS OF STAFF



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](http://CT.NG.MIL/CT_AFDL) OR [FACEBOOK.COM/CTARMEDFORCESDAY](https://www.facebook.com/CTARMEDFORCESDAY)

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Connecticut Family GUARDIAN

VOL. 18 NO. 5 HARTFORD, CONNECTICUT MAY 2017

Honoring CTNG SMFSC Volunteers

WENDY HAGEN
CTNG FAMILY READINESS SUPPORT ASSISTANT



The Connecticut National Guard Service Member and Family Support Center values all of the hard work and dedication that volunteers contribute each year. On April 26, the SMFSC honored those volunteers for their services at the 2017 Volunteer Appreciation Dinner held at Taphouse 150

in Cromwell, Connecticut. CTNG volunteers who are an integral part of the programs and events that are planned throughout the year.

“Without the unwavering support of CTNG volunteers,



Members of the 102nd Army Band, CTARNG, provided entertainment at the Service Member and Family Support Center 2017 Volunteer Appreciation Dinner in Cromwell, Connecticut, April 26. The dinner aims to honor those who donate their time to CTNG and Family events throughout the year. (Photo by Harold Bernstein, CTNG SMFSC volunteer)

Harold Bernstein (center), a long-time volunteer for the CTNG SMFSC was honored at the 2017 Volunteer Appreciation Dinner in Cromwell, Connecticut, April 26. Bernstein photographs Guard and family events as a volunteer, providing his photos for families and publication in CTNG periodicals. He accepted his award from (left to right) Col. Roy Walton, Vice Commander, 103rd Airlift Wing, CTANG, Kasey Timberlake, Airmen and Family Readiness Program Manager, CTANG, and Col. John Wiltse, Deputy Chief of Staff for Personnel, CTARNG. (Photo by Wendy Hagen, CTNG Family Readiness Support Assistant)

I am certain that many of the events and programs we host for our Service Members would not be possible,” said Kim Hoffman, Director of the CTNG Service Member and Family Support Center. “I cannot thank them enough for their generous contributions all year long.”

Awards of appreciation were presented to volunteers as well as a special honor given to Harold Bernstein who acts as the unofficial photographer for SMFSC events. His dedication and amazing ability to capture the joy of Service Members and Families who attend our events and programs is valued by the staff of the SMFSC as well as the families of the CTNG. Many of his photos add illustration to stories in local newsletters, on social media and for publication in the Connecticut Guardian.

In addition to awards, the evening included a social hour and dinner with musical selection provided by the CTNG 102nd Army Jazz Band.

There are many opportunities to volunteer with the Service Member and Family Support Center. If you are looking for short or long term opportunities reach out to us at 1-800-858-2677 and we can connect you with a volunteer opportunity to best suit your needs.

A Special Thanks to Harold Bernstein and all of the SMFSC Volunteers from the CT Guardian!



CATHERINE GALASSO-VIGORITO

Positive Mind, Positive Feelings, Positive Life

Our hammock was swinging at a gentle pace, as my daughter and I were swinging under the brilliant blue sky.

In quiet gratitude, as I was leafing through the pages of the morning newspaper, I recalled a story I once heard about a businessman. One particular afternoon, the businessman was working

from his home office doing a report. But every few minutes, his active five-year-old son would disrupt his chain of thought. After several interruptions, the father picked up the newspaper. He looked at it, and it had a map of the world on one of the pages. Then, he had an idea.

Since his son liked to make puzzles, the father took the map, ripped it into a few pieces and suggested to his son to put the map together.

Happily, the boy agreed. The father thought this little project would keep the young boy occupied. However, before the father realized it, in five minutes, the boy was finished. In sheer puzzlement and amazed at the speed in which the son completed the project, the man pointed to the newspaper and asked his son, “How did you finish the picture so quickly?” Without hesitation, the boy answered, “Well, dad, there was a portrait of a man on the other side of the paper. So I just turned it over and put the man together.” Then, the boy continued, “When I got the man right, the world was right.”

How do you see yourself? For like this story... How you see yourself is how you see the world.

So many streams flow into the human mind. We have to constantly be on guard as to what we think about each day. Yet, just as two puppies can play tug of war with their stuffed toy, pulling to and fro, self-defeating thoughts can tug back and forth in our minds dominating our point of view and next dictating our actions. Our mind-set can determine our self-image, behavior and achievements. Our outlook may decide the magnitude of our hopes and dreams. And our thoughts often influence our fortitude

when we are confronted with challenges.

Today, make the decision to leave behind any negative thoughts. Positive mind... positive feelings... positive life!

The Bible offers us this great truth:

“...Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” (Philippians 4:8).

Therefore, right where you are now, appreciate and value each aspect of your life. Eliminate poisonous, self-defeating, debilitating thoughts from your mind. Then, reflect upon your personal gratitude. “Let go and let God,” as a reader wrote to me and suggested. And choose to not waste another second being upset, frustrated or bitter. A while back, I read about the great artist Leonardo da Vinci. Once, he was working on a painting and permitted a group of children to watch him. Accidentally, one child knocked over his picture. Da Vinci was so angry he could not continue to create. Though he attempted, he could not paint with that resentment in his heart.

Da Vinci’s anger stifled his creativity. And, moreover, it can be the same way with us. When we are full of bitterness or anxiety, it can hold us back for the good things that are in store for our future. Every minute spent upset is sixty seconds of happiness wasted. Hence, let the petty annoyances go. By rehashing the little frustrations, they can grow into big frustrations and as a result, discourage us. Similar to a familiar phone number that we dial often, if we keep mulling over how unfair situations have been, then discouragement, like that phone number, will soon become second-nature. Choose not to live negative or dissatisfied. Let go of past hurts and disappointments to make room for all the good things you want to transpire in your life.

Cherish your health. Eat wholesome foods. Exercise often (checking first with your doctor) and get enough sleep. Love much. Be generous with your affection, love and praise. A while ago, I saw a sign in a store window that read, “Only love matters.” So let us be grateful for those nearest and dearest to us and let’s express over

and over again how much we love and appreciate them.

Laugh often. It’s one of the happiest activities known to us and a life enhancer. Smile. And if you see a person without a smile, give them yours.

Activity and sadness are incompatible, so keep busy; start a new project, take a class, try gardening or crafts and don’t let anything keep you from being a great influence in the lives of your fellow human beings. You may have some things that have gone wrong. Yet, conversely, you do have a lot more things that are right in your life. So look beyond life’s challenges and reach out and help another. For happiness is found in giving.

You are the voice who can offer to someone a life-altering prayer or an optimistic word of encouragement. You are the hands with which God can use to bless another. You’re the feet who can walk with people and help them through difficult times. Yours are the positive thoughts that can wish others well. Yours is the beautiful smile that can bring a person joy and comfort.

And yours is the understanding ear who can listen and give kind reassurance and hope for someone’s future.

William Shakespeare once wrote, “How far that little candle throws his beams! So shines a good deed in a weary world.”

Today, the world needs your light to shine brightly to make it a better place. Thus, ask God to provide you with a way for His light to shine through you. Soon, an unexpected opportunity will arise. New doors are going to open for you which will take you to a better place of blessings.

So forge ahead with hope in your heart. And, one step at a time, by acts of helpfulness, kindness, and as you give to others, your world will be right!

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

May is Mental Health Awareness Month - Ask For Help

MILITARY OneSource

You can’t turn on the television or open a magazine without being reminded of your physical health and fitness. But mental health is just as important.

An estimated one in five American adults and 13 to 20 percent of children will experience a diagnosable mental health disorder this year. May is Mental Health Awareness Month, and it’s a perfect time to learn more, spread the word and stamp out stigma. Start by learning to recognize signs that you or someone else may need help.

What to look for in adults

Adults who are dealing with mental health disorders may display any number of the following signs:

- Confusion
- Prolonged sadness or irritability
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse

What to look for in adolescents and young adults

Many symptoms in adolescents may be similar to those in adults, but you may notice other characteristics, including:

- Defiance of authority, truancy, theft and/or vandalism
- Intense fear of weight gain
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death

What to look for in younger children and pre-adolescents

Young children and pre-adolescents may display some of the following characteristics:

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety (possibly resulting in refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums

How to get help

There is no shame or weakness in acknowledging that you’re having trouble coping. These resources can help:

- Confidential non-medical counseling programs provide short-term, non-medical counseling for everyday issues such as anger management, stress, parenting, communication, family relationships, deployment and other military-related topics. 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) 493-2795 Military OneSource (800) 342-9647 (860) 502-5416 Survivor Outreach Services (860) 548-3258 Open Mon.-Fri. Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri. Veterans’ Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.	CONNECTICUT NATIONAL GUARD <i>Family Assistance Center Locations</i> Family Assistance Centers are an information and referral hub for all Branches of Service Our Programs Include: Budget Counseling Community Support Options Financial Assistance and Relief Family Communication Counseling Referrals Morale, Welfare and Recreation (MWR) Legal and Pay Information Outreach Family Readiness Groups (FRG) TRICARE Assistance Volunteer Opportunities DEERS & ID Card Assistance Support is available 24/7 by calling (800) 858-2677 *Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.	New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri. 103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (800) 858-2677 Open Tues.-Fri. 103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment* Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (800) 858-2677 *By Appointment* Norwich Armory 38 Stott Ave. Norwich, CT 06360 (800) 858-2677 *Wednesday or By Appointment* Waterbury Armory 64 Field St. Waterbury, CT 06702 (800) 858-2677 *By Appointment*
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20th Annual Breakfast With the Easter Bunny a Success

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

WINDSOR LOCKS, Conn. – Over 275 Guardsmen, Guard family members and children attended the 20th annual Breakfast with the Easter Bunny at the Windsor Locks Readiness Center, April 15.

The traditional pancake breakfast was followed by a visit from the Easter Bunny himself, where children could meet the beloved character.

“The amount of people we get to this event each year never ceases to amaze me,” said Michelle McCarty, Lead Child and Youth Program Coordinator for the Connecticut National Guard. “The kids all love it.”

Children were also treated to numerous activities, including face painting courtesy of volunteers supporting the yearly event hosted by Family Programs. There were stations for arts and crafts.

“We have been coming for six years now...it is something we really look forward to every year,” said Capt. Pat Montes, Commander of A Co., 1-102nd

Infantry Regiment. “We look back each year at photos the kids have taken with the Easter Bunny and it’s almost like our own little growth chart.”

Montes, along with wife Jessica, have three children, all who were excited to be there.

The event ended with a raffle, where prizes included children’s bicycles. Each child was provided an Easter Basket to take home on their way out.

“These families sacrifice so much on behalf of the state and nation. Putting on a breakfast with a little entertainment during a holiday weekend is the least we can do,” said McCarty. “I hope we’re able to do this for another 20 years.”

The Connecticut National Guard’s Service Member and Family Support Center hosts a number of different programs for military youths throughout the year. If you are interested, contact Lead Child and Youth Program Coordinator, Michelle McCarty, at michelle.m.mccarty4.ctr@mail.mil.



Guardsmen and their families visited with the Easter Bunny at the Connecticut National Guard Service Member and Family Support Center’s 20th Annual Breakfast with the Easter Bunny at the Windsor Locks Readiness Center in Windsor Locks, Connecticut, April 15. More than 275 Guardsmen, Guard families and children attended the event that included crafts and activities, breakfast, a visit from the Easter Bunny himself. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center volunteer)

Service Member & Family Support Center Staff Directory			
William A. O’Neil Armory: 160 Broad Street, Hartford, CT 06105 • Fax: (860) 293-2795 • Open Monday-Friday			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(860) 858-2677
Deputy Director	SSG Melody Baber	melody.cheyenne.baber@mail.mil	(860) 548-3276 (desk); (860) 883-2515 (cell)
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Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk); (860) 681-4677 (cell)
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Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254 (desk); (860) 883-4953 (cell)
Survivor Outreach Specialist	Megan O’Shaughnessy	megan.l.oshughnessy.ctr@mail.mil	(860) 548-3258 (desk); (860) 394-8748 (cell)
Military OneSource Consultant	Chris Rouleau	christopher.a.rouleau@militaryonesource.com	(860) 502-5416 (cell); (860) 493-2722 (desk)
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Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk); (860) 748-6037 (cell)
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Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Windsor Locks Readiness Center: 35-300 Light Lane, Windsor Locks, CT 06096 • Open Monday-Friday			
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Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 292-4901 (desk); (860) 883-2704 (cell)
Veterans’ Memorial Armed Forces Reserve Center: 90 Windsor Heights Road, Danbury, CT 06810 • Open Monday-Friday			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5080 (desk); (860) 883-2746 (cell)
New London Armory: 249 Bayonet Street, New London, CT 06320 • Open Monday-Friday			
Family Assistance Center Specialist	Vanessa Foster	vannessa.m.foster.ctr@mail.mil	(860) 772-1422 (desk); (860) 883-2720 (cell)
101st Airtag Wing: 190 Nicholson Road, East Granby, CT 06026 • Open Tuesday-Friday			
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Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 292-2730 (desk); (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 292-2730 (desk); (860) 922-2746 (cell)
Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 • (860) 854-2677 • Open By Appointment			
Family Assistance Center Specialist	Timothy Hesney	timothy.j.hesney.ctr@mail.mil	(860) 221-5540 (cell)
101st Air Control Squadron: 204 Boston Post Road, Orange, CT 06477 • (860) 858-2677 • Open By Appointment			
Waterbury Armory: 61 Field Street, Waterbury, CT 06702 • (860) 858-2677 • Open By Appointment Norwich Armory: 38 Street Avenue, Norwich, CT 06360 • (860) 858-2677 • Open Wednesday And By Appointment			