



Connecticut GUARDIAN

VOL. 18 NO. 6

HARTFORD, CONNECTICUT

JUNE 2017

National Winners

Echo Company Named Best Food Service Unit in National Guard



Photo left: Members of the Connecticut National Guard's Echo Company, 1/169 General Support Aviation Battalion accepted the trophy for the U.S. Army Philip A. Connelly Award for Excellence in Food Service at the 2017 Military Foodservice Awards Dinner in Chicago, May 19. Brig. Gen. Rodney Fogg (left), 54th Quartermaster General, presented the trophy to (left to right) Staff Sgt. Nicholas Berube, Advanced Culinary NCO, Sgt. Cody Hettrick, Culinary NCO, and Capt. Jamie Cuticello, Commander of Echo Company, 1-169th GSAB. Photo right: Members of Echo Company, 1/169 GSAB celebrate their top honor in the Army National Guard Field Kitchen Category of the U.S. Army Philip A. Connelly Award for Excellence in Food Service at their home station in Windsor Locks, Connecticut, May 21. Echo Company braved the sweltering heat last summer at the regional competition and freezing temperatures in March during the national finals to beat out the competition and take top honors. To read about the competition, check out the Connecticut Guardian April 2017 issue. (Photos courtesy of Sgt. 1st Class Jessica Torres, State Food Program Manager)

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Summer is Here, The Heat is On

Be Prepared For Warmer Weather

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

A heat wave is any period of several weeks when temperatures are at least 10 degrees higher than average for the region. Extreme heat can be very dangerous. In the United States, 400 people die each year from heat-related complications, more than from any other natural disaster.

How to Prepare for a Heat Wave

- Stay informed and know heat terminology:
 - Heat wave**—An extended period of extreme heat, usually combined with excessive humidity.
 - Heat index**—Combines air temperature and relative humidity to express the apparent temperature, or “how hot it actually feels.”
 - Make sure you have a fan or something to circulate air in extreme heat, as many heat-related deaths can be attributed to stagnant atmospheric conditions or poor air quality.

What to Do If There Is a Heat Wave

- Slow down and don’t do anything too strenuous.
- Stay inside as much as possible.
- If air conditioning is not available in your home, stay on the lowest level as heat tends to rise or go to a public building with air conditioning.

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• If you stay in your home without air conditioning, make sure there is a mechanism such as a fan, to circulate the air around you.

• Drink lots of water, even if you don’t feel thirsty.

• Avoid alcohol, caffeine and salt.

• Wear loose, light-colored clothing.

• Be aware that a power outage or drought can result from a heat wave.

Heat Emergencies

Keep a lookout for possible heat emergencies:

• **Heat cramps**—Muscle spasms and aches from heavy exertion in extreme heat. They are usually the first sign of heat-related complications.

• **Heat exhaustion**—A form of mild shock that results from insufficient body fluids due to extreme heat and excessive exercising. The blood flow to the skin increases, decreasing blood flow to vital organs and raising the body temperature, increasing the risk of a heat stroke. Symptoms include—

• Often pale with cool, moist skin

• Sweating profusely

• Muscle cramps or pains

• Feeling faint or dizzy

• Headaches, weakness, thirst and nausea

• Elevated core temperature—usually more than 100°F—and increased pulse rate

• **Heat stroke/sun stroke**—

The body’s temperature control system stops working, causing body temperature to rise so high (103°F or more) that there may be brain damage or death. Symptoms include—

• Unconsciousness or markedly abnormal mental status (dizziness, confusion, hallucinations or coma)



• Flushed, hot and dry skin (although it may be moist initially from previous sweating or from attempts to cool the person with water)

• Slightly elevated blood pressure at first that drops later

• Hyperventilating

• Core temperature of 105°F or more

• If you experience or observe any of the above conditions, seek medical attention immediately.

Where to Find Additional Information

• Federal Emergency Management Agency (FEMA)—

<https://www.ready.gov/heat>

• <https://www.ready.gov/kids/know-the-facts/extreme-heat>

• Centers for Disease Control and Prevention (CDC)—

<http://emergency.cdc.gov/disasters/extremeheat/>

• <http://emergency.cdc.gov/disasters/extremeheat/heattips.asp>

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CTNG Counterdrug Supports National Drug Take Back Day

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

For the ninth time in five years, the Connecticut National Guard supported the Drug Enforcement Agency’s National Prescription Drug Take Back Day, assisting with the incineration of over 8,500 pounds of expired, unused or unwanted prescription drugs, April 29.

The Connecticut National Guard provided a support package of Guardsmen and vehicles to the event, which aims to provide a safe, convenient and responsible means of disposing of prescription drugs.

Eight Connecticut Guardsmen assisted the DEA and local law enforcement agents by transporting expired prescription drugs to incinerators aboard Guard vehicles.

“Supporting our federal, state and local partners through initiatives like Drug Take Back Day demonstrates a level of commitment to bettering the communities our Guardsmen work and live in,” said Maj. Gen. Thad Martin, Adjutant General and Commander of the Connecticut National Guard.

The Connecticut National Guard last supported a Drug Take Back Day in October 2016, where Connecticut residents disposed of over 6,100 pounds of prescription drugs.

For more information about the disposal of prescription drugs or about future Take Back Day events, visit the DEA Diversion website at deadiversion.usdoj.gov.



Eight Connecticut National Guardsmen supported the Drug Enforcement Agency and local law enforcement agencies for the DEA’s National Prescription Drug Take Back Day, April 29. This is the ninth time in five years that the Connecticut National Guard the event that assisted with the event. This year more than 8,500 pounds of expired, unused or unwanted prescription drugs were collected and incinerated. (Photo by 1st Lt. Krista Yaglowski, 1-169th Aviation Regiment- General Support Aviation Battalion)



Connecticut National Guardsmen loaded boxes filled with expired, unused or unwanted prescription drugs on to CTNG vehicles in support of the Drug Enforcement Agency’s National Prescription Drug Take Back Day, April 29. The event collected more than 8,500 pounds of prescription drugs to be incinerated. (Photo by 1st Lt. Krista Yaglowski, 1-169th Aviation Regt. - GSAB)



Connecticut National Guardsmen loaded boxes filled with over 8,500 pounds of expired, unused or unwanted prescription drugs on to CTNG vehicles in support of the Drug Enforcement Agency’s National Prescription Drug Take Back Day, April 29. This is the ninth time in five years that the Connecticut National Guard has participated in the event. (Photo by 1st Lt. Krista Yaglowski, 1-169th Aviation Regiment- General Support Aviation Battalion)

Connecticut Air Guardsmen Keep C-130H Flying High

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

SOUTHWEST ASIA – Air National Guardsmen assigned to the 386th Expeditionary Aircraft Maintenance Squadron here are undergoing a transition during their deployment. These Airmen deployed from the 103rd and 145th Airlift Wings, from Connecticut and North Carolina respectively, have come together to maintain the C-130H Hercules cargo aircraft.

The desert assignment is Connecticut’s first time being deployed with the airframe while for North Carolina, it is last time it will deploy to maintain the Hercules.

“We are new. We did A-10s before this,” said Tech. Sgt. Chad Wink, a 386 EAMXS engine mechanic. “It’s our first deployment with the C-130s and their last deployment with the C-130s.”

“A lot of us are just learning the C-130 because it’s our first deployment with the bird,” said Wink. “It’s nice to partner up with another unit that’s had them for a long time.”

The job of maintaining the C-130H Hercules is one piece of the puzzle in the Air Force’s fight against ISIS. This aircraft supports critical missions by deliveries cargo and personnel downrange supporting critical missions.

“We just keep the planes flying,” said Staff Sgt. James Srackangast, 386 EAMXS crew chief. “You actually feel the pride of helping defeat ISIS, dropping the equipment off and getting to the guys who are out there on the ground.”

Even in the excitement of supporting the fight against ISIS, Wink said that maintainers often face lots of different operational challenges that come in the way of maintaining the aircraft.

“It’s a remote location, so it’s hard to get all the parts we need,” said Wink. “The environment, it’s a very rough environment for the engines and you really have to keep on top of them to make sure they are not ingesting to much dirt. We have to keep everything clean.”

Wink said that he is proud to have volunteered for the deployment and looks forward to helping future deployers from Connecticut.

“We are going to go home with all that knowledge. People who haven’t been here are going to be looking at us,” said Wink. “Hopefully we are setting standard for the next deployment.”

(Right) A C-130H Hercules is towed on the flightline in Southwest Asia, April 24. The aircraft, assigned to the 103rd Airlift Wing, delivers cargo and personnel downrange in support of Operation Inherent Resolve. (Photo by Tech. Sgt. Kenneth McCann 386th Air Expeditionary Wing Public Affairs)



Staff Sgt. James Srackangast, 386 Expeditionary Air Maintenance Squadron crew chief, checks a C-130H Hercules propeller April 24, in Southwest Asia. Srackangast is deployed from the 143rd Airlift Wing in Charlotte, North Carolina in support of Operation Inherent Resolve. (Photo by Tech. Sgt. Kenneth McCann 386th Air Expeditionary Wing Public Affairs)



CT Engineers Drill Third Well at FIG

CAPT. EWEN FISHER
HHC 192ND ENGINEER BATTALION, CTARNG

FORT INDIANTOWN GAP, Penn. – Guardsmen assigned to the 247th Engineer Detachment drilled a 300-foot well - the third well in three years that the Well Drillers have completed for Fort Indiantown Gap – as part of the unit’s 2017 Annual Training in April.

The well drilling operation was requested by Fort Indiantown Gap Range Operations as part of their annual, “maintenance shutdown” weeks. In recent years, an increase in brush fires sparked by live fire ranges, required planning for additional well sites for firefighting equipment to refill.

The mission was to drill a well to 300 feet, set a pump, and construct a tank pad –one of many wells drilled over the years by the 247th.

Past missions at Fort Indiantown Gap included drilling another 300-foot well for NBC vehicle washing in 2015, as well as last year’s objective to complete a close combat support well.

Long term, the 247th Engineer Detachment has been crucial to the execution of Fort Indiantown Gap’s five-year well development plan and looks forward to future drilling projects, accomplishing the joint objective of real-time training and Post improvement. The Well Drillers are the only unit in the region available for such missions.

The Drill Rig and Tender – despite being nearly 30 years old – held up for one final mission.

The rig was built in November 1988 on a Navistar

F-1954 chassis (6x6). The Drill was manufactured in 1990 by the George E Failing Company.

The Tender is also a 1988 Navistar model, with a body outfitted by Special Trucks Inc., Fort Wayne, Indiana.

The current system and unit deployed to Panama (two wells), Guatemala (six wells), Honduras (10 wells) and Nicaragua (two wells) for Operation New Horizons in the 1990s. For these humanitarian missions, wells provided access to clean water that directly led to the cut the infant mortality rate.

Later, the unit Deployed to Iraq in support of Operation Iraqi Freedom (nine wells), in addition to drilling wells much closer to home in Connecticut – two at Stone’s Ranch Military Reservation and one for the Community Park in Manchester, Connecticut.

Other missions comprised assisting border control in California (three wells) and Arizona (three wells) and Camp Ethan Allen, Vermont (one well) in support of their range operations.

More recently, the 247th deployed to Afghanistan in 2010-2011 (four wells) for Operation Enduring Freedom, this time with a temporary new system - the Versa-Drill V-2000NG.



Members of the 247th Engineer Detachment, CTARNG conduct drilling operations at Fort Indiantown Gap, Pennsylvania, April 20. The unit spent their two-week annual training period at FIG constructing the 300-foot well that will be utilized by base firefighting equipment in the event of a brush fire. This is the third well that the 247th has drilled at FIG in the last three years. (Photo courtesy of the 247th Engineer Detachment, CTARNG)

The 247th is set to be issued a new state-of-the-art system, a bittersweet day for members of the unit. The new system is the same system the unit deployed with to Afghanistan

The new equipment will enhance the unit’s ability to drill more efficiently and deeper, up to 1,200 feet versus the current maximum of 600 feet.

For this current mission, the 247th continued to serve as a model for interstate partnership and assistance, as Fort Indiantown Gap is a key training area for Connecticut Guard units.



Left: 247th Soldiers blow out the well to clear it of any debris and sediment left behind from the drilling process. This will allow water to flow freely in the well.

(Right) Members of the 247th Engineers stand with the completed well and water storage tank at Fort Indiantown Gap, Pennsylvania. (Photos courtesy of the 247th Engineer Detachment)

RSP’s Green Phase Tackles Rappel Tower

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

EASTLYME, Conn. – Twelve members of the Recruit Sustainment Program’s Green Phase faced any fears of heights head-on by spending a day training on the rappel tower at Stones Ranch Military Reservation, April 22.

After arriving from Camp Niantic, the group met with the instructors that would eventually guide them through everything from tying a swiss seat to properly descending the wall. All instructors were either certified rappel masters or graduates of the U.S. Army’s demanding Advanced Mountain Warfare Training course, taught at Camp Ethan Allen Training Site in Jericho, Vermont.

“You could tell there were some nerves as soon as (Green Phase enlistees) got off the bus,” said Warrant Officer Nick Ciullo, RSP Readiness Officer. “But we couldn’t have asked for a better group of instructors to put them at ease, teach them what right looks like, and ensure safety was the number one goal at all times.”

After practicing at the base of the tower, it was time to climb the stairs and greet the cadre at the 35-foot platform they would

soon rappel down.

One-by-one, the dozen Green Phase Soldiers walked their way down the wall, hesitant at first, but soon realizing the morning’s training was already paying off.

RSP’s Green Phase is for Connecticut National Guardsmen who have completed Basic Training and are preparing to ship to Advanced Individual Training to become qualified in a chosen Military Occupation Specialty, or MOS.

“Often, new enlistees are unable to commit to completing Basic Training and AIT at once due to life commitments, like school, family or work,” Ciullo said. “The split option allows these future Citizen Guardsmen the flexibility they need.”

Tagging along for the training were two civilians participating in a “try one,” which allows RSP members to bring friends to an RSP drill weekend for an in-depth look at what life in the Guard is like.

Not sure if the Guard is for you, but don’t know who to ask? Are you interested in a Try One? Contact us on Facebook at facebook.com/ConnecticutNationalGuard with a direct message to have your questions answered!



Connecticut Army National Guard Soldiers assigned to the Recruit Sustainment Program trained on the rappel tower at Stones Ranch Military Reservation in East Lyme, Conn., April 22. The Soldiers are part of RSP’s Green Phase and have completed their Basic Training and are preparing to ship to Advanced Individual Training to become qualified in a chosen Military Occupation Specialty. (Photo by Maj. Mike Petersen, State Public Affairs Officer)



The view from the 35-foot platform of the rappel tower at Stones Ranch Military Reservation in East Lyme, Conn., where twelve CTNG RSP Green Phase Soldiers conducted training April 22. (Photo by Maj. Mike Petersen, State Public Affairs Officer)



A Connecticut Army National Guard Soldier assigned to the Recruit Sustainment Program trained on the rappel tower at Stones Ranch Military Reservation in East Lyme, Conn., April 22. Twelve RSP Green Phase Soldiers participated in the training. Green Phase Soldiers have completed their Basic Training and are preparing to ship to Advanced Individual Training to become qualified in a chosen Military Occupation Specialty. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

Soldiers Are Challenged with a Dose of Reality at the RTI MP School

ALLISON L. JOANIS
STATE PUBLIC AFFAIRS OFFICE

NIANTIC, Conn. – The playing field is level at Phase One, 31B (Military Police) Military Occupational Specialty Transition Course. Whether you have no experience in law enforcement or a lifetime’s worth, there is a challenge for everyone.

For two weeks in late April, 24 U.S. Army Reserve and Army National Guard students from across the country partook in the reclassification course hosted by Connecticut Army National Guard 3rd Battalion, 169th Regiment Regional Training Institute, at Camp Niantic, Connecticut.

The course’s first phase focuses on the role of Military Police in a garrison environment. Students were instructed and evaluated in the classroom, with both instruction and hands-on training during the first half of the course. The second half took Soldiers into real world scenarios with a law enforcement training exercise.

“We want to make the scenario training as realistic as possible for the Soldiers,” said Master Sgt. Gerald Vanacore, Chief Instructor of the 31B MOS-T course. “We utilize our experienced instructors as role players in order to try to replicate situations that are happening in current events.”

During the law enforcement training exercise, Soldiers were assigned partners, and the pairs were dispatched to one of five incidents taking place on post. Incidents included civil and domestic disturbances, a sexual assault, a shoot-don’t-shoot scenario and a traffic stop.



Spc. Tyler Miller of the Nebraska Army National Guard detains and questions role player, Sgt. 1st Class Jonathan Cuebas-Marrero during a law enforcement training exercise at the 31B (Military Police) MOS-T Course at Camp Niantic, Connecticut, May 1. The exercise took place during phase one of the two phase course that reclassifies Army Soldiers as MPs. (Photo by Allison L. Joanis, State Public Affairs Office)

As Soldiers approached the scenarios already in action, they were inundated with loud music, moving vehicles or aggressive individuals and were given little time to think and react.

“We have set up super scenarios with a lot of moving parts,” said Staff Sgt. Kimberlee Ruppar, an instructor with 3-169th Regt. (RTI) and also a full time Connecticut State Trooper. “We want to reiterate that whatever can go wrong, will go wrong, and you need to be prepared to react quickly and efficiently.”

Following each scenario, Soldiers were evaluated on their performance by instructors. Even though the students were certified on the MP tasks during the first week of the course, the evaluation gave the instructors the opportunity to point out weaknesses in an effort to correct them.

“The best thing you can do is make mistakes here,” said Sgt. Gloria Gerena, an MP with the 143rd MP Company, and a role player during the exercise. “We are here to exploit [the Soldier’s] weaknesses so we can give them feedback and help them to improve.”

According to Sgt. Jasmyn Butryn, formerly a food service specialist with the 361st Military Police Company, U.S. Army Reserve out of Ashley, Pennsylvania, the method works.

“The scenarios show your weaknesses, and when they are pointed out, it makes you want to do better,” said Butryn. “Even in the short time I have been here, I have seen my own improvement, and it’s a good feeling.”

Although Butryn has been attached to a MP Company for two years, she has no law enforcement experience. A self-described adrenaline junkie and a nursing student, she now thinks she may take her medical career into the direction of law enforcement, possibly exploring the field of correctional nursing. “This course has sparked a huge new interest in me, I think I might be enjoying it too much,” she said.

With no law enforcement experience, Butryn faced no shortage of challenges as she learned many new skills, but for Sgt. Dan Parlapiano, a Connecticut National Guardsman assigned to the 143rd MP



Sgt. Dan Parlapiano assigned to the 143rd Military Police Company, CTARNG and a student at the 31B (Military Police) MOS-T Course, detains role player, Sgt. Gloria Gerena, assigned to the 143rd MP Co., CTARNG, during a law enforcement training exercise at Camp Niantic, Connecticut, May 1. The exercise was part of the first of two phases of the course that reclassifies Army Soldiers as 31B Military Police. (Photo by Allison L. Joanis, State Public Affairs Office)

Company and a civilian police officer for over 20 years, he was surprised by the challenges he faced.

“Although some things are a review for me, I am learning a lot here, and I can see areas that I can improve” said Parlapiano. “No matter how much experience you have, or how many times you have done something, the instructors here remind you that you can never get complacent.”

Parlapiano was impressed by the role players in the exercise scenarios, “They do a great job being in character and realistic,” he said. “With public safety and in this MOS, you have to get hands on. Being able to cuff a prisoner and drive a police car makes this training is as real as it’s going to get”

After completing Phase One, both Butryn and Parlapiano as well as the majority of the Phase One class continued on to Phase Two of the 31B course that focuses on MP skills in a combat environment.

The class of 24 students, three from the Connecticut Army National Guard, graduated as Army MPs in a ceremony on May 19 at Camp Niantic.

The RTI will hold the 31B MOS-T course again in August of 2017 and will host two more sessions in 2018.

If you are interested in attending this course or any course at the Connecticut National Guard Regional Training Institute, talk to your chain of command or call your local recruiter.

Want to see more about the classes at the RTI? Follow them on Facebook, www.facebook.com/169REGT.

A Connecticut Guardsmen Reflects on His Personal Connection with D-Day

CHIEF WARRANT OFFICER 3
CHRISTOPHER McCARTY
RECRUITING & RETENTION BATTALION
OPERATIONS

Many members of the Connecticut Army National Guard trace their influences for military service back generations.

I can trace military service back to my great-grandfather in World War I, however the most memorable stories of warfare came from my maternal grandfather’s personal life story, titled, “My Story.”

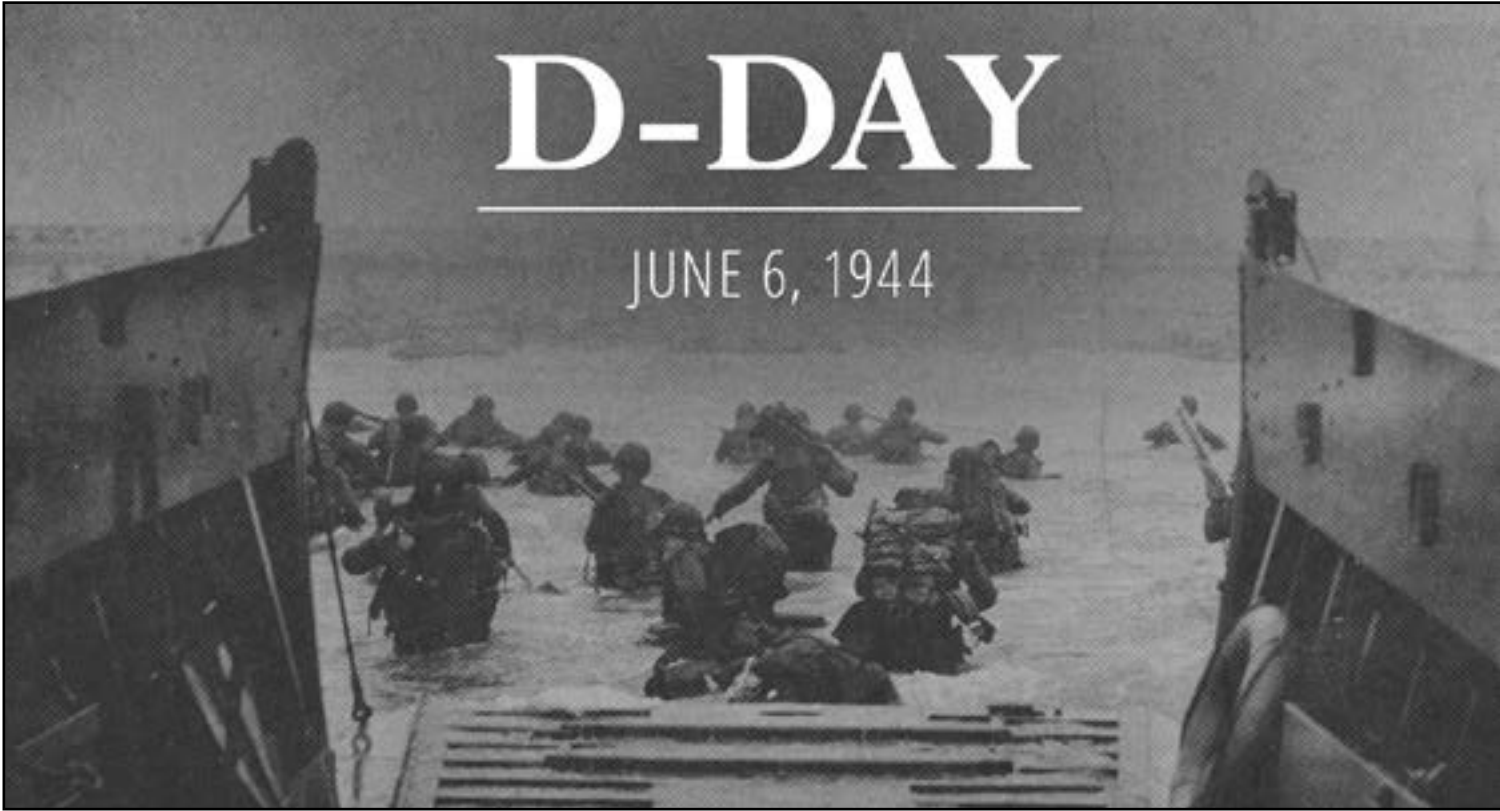
As one of millions of drafted Americans during World War II, Joseph Harrington served in Europe and was assigned as an artilleryman within the 83rd Thunderbolt Infantry Division during the invasion of Normandy, France.

D-Day for many brings to mind a single monumental advance of Allied forces into France, ultimately spurring the release of mainland Europe from the Third Reich. It’s true that June 6, 1944 was the action starting point, however years went into the planning of Operation Overlord and the initial invasion. Movement of troops across the English Channel began on June 6, but didn’t complete the transport of troops and equipment for nearly six weeks resulting in the delivery of over 1.3 million allied troops from the coast of southern England.

Losses on the beaches of Normandy were heavy, contributing to crossing delays alongside the channel’s rough surf itself. My grandfather, then a Corporal for Battery B, 324th Field Artillery Battalion, 83rd Infantry Division, recalled waiting for his unit’s time to board, several days after the initial advance.

Once aboard they virtually sat in the English Channel, making slow progress toward Omaha Beach. In an effort to maintain a semblance of safety from enemy air strafing runs, the boats hung balloons as high as they could, keeping enemy aircraft higher in the hopes of reducing accuracy. Cpl. Harrington noted his boat lost their balloon at some point, and unfortunately lost the boat’s mascot, a dog, on the crossing. Despite warnings from the English sailors that no attempt would be made to save any man lost overboard, they did indeed stop and search for the dog without any luck.

The division made landing on June 18 at Omaha Beach. Cpl. Harrington described the horror of wading through destroyed and abandoned equipment as well as the casualties while slogging onto the beach. This sight



stayed with him until his death in 2003.

Once on the beach, the division immediately engaged the enemy during the hedgerow fighting, enemy infantry were well entrenched behind walls of earth or hedges, further slowing movement inland. Ultimately the division progressed and modified vehicles were used to plow through the hedges and successfully make way into France to join in close combat on the other side of the Elbe River. Creative thinking and ingenuity were a hallmark of the generation of Americans in the fight and supported the success of the hedgerow combat.

It was on the far side of the Elbe that Cpl. Harrington and his fellow battery mates realized the importance of the maneuvers and drills learned during training prior to their departure for the beaches of France. Harrington wrote in his autobiography that although the batteries trained at a distance, in reality the placements of the units’ 105mm Howitzers were just across the English Channel, very close to enemy forces. He also noted that the steel pot never left the heads of the troops as happened often during training.

Cpl. Harrington, like many of the drafted members of his unit, was a child of the Great Depression and learned early in life to adapt to what life gives you. Born in Maine in 1922, he lived through the implementation of the Works Progress Administration by President Roosevelt. The New Deal and the Civilian Conservation Corps were programs aimed at solving unemployment and getting the economy moving. Finding work was at a premium and no one was above hard labor if it meant food and a roof for their families. This generation knew the value

of work and strong character. These strong values were a partial reason for the allies’ ultimate victory.

D-Day was costly, exhausting, and horrific. The “can-do” attitude of work hardened people like Cpl. Joe Harrington fueled the resilience to persevere, and thrive in the face of overwhelming odds and atrocities. The 83rd Division would see more fighting, and move from Normandy through France, the Rhineland, and Central Europe. In less than one year of combat the division incurred roughly 16,000 combat wounded, killed in action, missing or prisoners of war. Individuals earned several distinguished crosses, one Legion of Merit, 653 Silver Stars, 24 Soldiers Medals, and over 5,000 Bronze Stars.

For Joe Harrington, discharged in 1945 as an Ammunition Corporal, he returned to Maine and ultimately brought his wife to Connecticut for work at Pratt & Whitney. Much like his generation he continued to work. The world became a very different place but his memories of training in Wales and moving to Falmouth, eventually joining the fight to secure Europe stayed with him forever.

The work ethic, selfless service in the face of fear, and can-do attitudes of his generation were seen again in the people volunteering to join the military, including those members of the Connecticut National Guard. In a time of war, an all-volunteer force embraced those values, influencing me, in part, to volunteer in 2003. The strength of influence from past successes continue to guide the volunteers, Soldiers, and Commanders in today’s Connecticut National Guard.

CTNG Participates in Major Cyber Exercise

LT. COL. WAYDE MINAMI
MARYLAND AIR NATIONAL GUARD
EXERCISE CYBER SHIELD 2017 PA REP

Four members of the Connecticut National Guard’s Joint Force Headquarters Department of Information Management joined more than 800 other participants at Camp Williams, Utah, for Cyber Shield 17, the National Guard’s premier cyber defense training event, Apr. 23, 2017.

The exercise, which includes members of the National Guard from 44 states, the Army Reserve, state and federal government agencies, nongovernmental organizations, and private industry, is designed to assess participants’ ability to respond to cyber incidents.

By working closely with interagency partners and the private sector, the National Guard seeks to strengthen network cybersecurity and the capability to support local responses to cyber incidents. Cyber Shield 17 is part of the National Guard’s ongoing effort to improve Guard ability to respond to real-world cyber incidents. This is the sixth iteration of this training exercise.

The exercise is divided into two phases: the first week offers participants the opportunity to hone their skills through academic instruction covering everything from the legal aspects of cyber operations to the nature of cyber threats to hands-on technical training. Equally important, the soldiers and airmen are learning their roles as part of the larger cyberspace defense community.

During the second phase of Cyber Shield, exercise participants from cyber protection teams and face off against trained antagonists, who simulate online adversaries. The teams try to defend their networks and mitigate the effects of attacks in a free-wheeling clash of cyberspace acumen.

The National Guard’s dual state-federal character makes it uniquely positioned to help civilian agencies and critical nongovernmental entities, such as public utilities, if an incident occurs. Because of their status as a state military force when not under federal mobilization orders, Guard units are available to respond to state-level emergencies at their governor’s discretion.

“As a governor would call up the National Guard... for a state disaster,

such as a hurricane, it’s no different for a cyber event,” Louisiana National Guard Lt. Col. Henry Capello, the exercise commander, explained.

Moreover, the National Guard’s long-standing connections with state and local governments and private industry, combined with its familiarity with the cyberspace environment in which these organizations operate, make it an ideal partner.



A group of U.S. Army Reserve and National Guard cyber Soldiers work together to defend their network during Cyber Shield 17 at Camp Williams, Utah. Cyber Shield is a National Guard exercise, in cooperation with U.S. Army Reserve, that provides Soldiers, Airmen and civilians from over 44 states and territories the opportunity to test their skills in response to cyber-incidents in a multi-service environment. (Photo by Sgt. Stephanie Ramirez)

“Being a citizen-soldier, and being able to work in the communities in which I live, is a little bit different. It means a lot more to me, and I’m able to help them because I understand their problems better,” Capello said.

Exercise Cyber Shield ended on May 5, but Connecticut’s involvement in events such as this doesn’t stop there. Connecticut Guardsmen will participate in Yankee Shield, a more localized version of Cyber Shield.

Join Tomorrow’s Battlefield as a Cyber Warrior



Enlisted, Warrant Officer & Officer Positions Available

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

Hockey with Heart

CST Soldiers Take to the Ice To Raise Funds and Awareness

ALLISON L. JOANIS
STATE PUBLIC AFFAIRS OFFICE

A group of local first responders and military members played in the Hero’s Cup Hockey Tournament in Marlborough, Massachusetts, April 20-22.

Among the participating military members were Staff Sgt. Christopher Brefort and Sgt. Christopher Alessi, both assigned to the CTNG 14th Civil Support Team out of Windsor Locks, Connecticut.

The Hero’s Cup is a weekend long event designed to bring firefighters, police officers, EMS, and military members together in a fun weekend to raise money and awareness for multiple charities. Each team plays for the charity of their choice with a cash prize going to the winning team’s charity.

Brefort and Alessi played on the Eagles B division team to raise money for the Skate for the 22 Foundation, an organization aimed at raising funds and awareness to prevent suicide among U.S. Veterans. The Skate for the 22 Foundation uses hockey to bring Veterans

together in a supportive team environment and provides support and suicide education as well as financial assistance to families touched by Veterans suicide.

“It’s a team by Veterans and for Veterans,” said Staff Sgt. Brefort. “It’s great for us to get out on the ice and away from everything all in the name of a good cause.”

The Skate for the 22 Foundation team placed second in the tournament that hosted more than nearly 800 players playing for over 50 teams skating to raise money for about 40 charities.

“This charity is very important to us,” said Brefort. We need to unite together and remind each other that asking for help is a sign of strength so we can prevent further tragedies.”

If you want to get involved with the Skate for the 22 Foundation or join the CST members for pickup hockey, contact Staff Sgt. Chris Brefort at (860)-830-2911.



Staff Sgt. Christopher Brefort (right), assigned to the 14th Civil Support Team, CTNG, faces off with an opponent during the Hero’s Cup Hockey Tournament in Marlborough, Massachusetts, April 20-22. The tournament is a charity event that brings firefighters, police officers, EMS, and military members together in a fun weekend to raise money and awareness for charity. (Photo courtesy of Staff Sgt. Christopher Brefort, 14th CST, CTNG)

New Tuition Waiver Eligibility at UCONN



UConn

For more information, contact the education office at (860) 524-4816, (860) 524-4809 or visit <http://veterans.uconn.edu/benefits/waiver>

Beginning in the May 2017 term at the University of Connecticut (all campuses), both the National Guard tuition waiver and the State Veterans tuition waiver can be applied to courses being taken during all academic terms (including summer and winter sessions). Both Tuition Waivers can also now be used for all approved degree and certificate programs.

More information about eligibility requirements and how to apply for these tuition waivers can be found under “Benefits” and the “National Guard & State Veterans Tuition Waiver” at <http://veterans.uconn.edu/benefits/waiver>.

National Guard & State Veterans Tuition Waiver AT UConn:

Veterans and Air/Army National Guard Members who meet certain criteria are eligible for tuition waivers at the University of Connecticut. Waivers cover only the costs of tuition for accredited programs at undergraduate and graduate levels. Other charges- such as books, student activities, room and

board and parking are not covered.

The National Guard Tuition Waiver is available for all academic terms.

To qualify for the National Guard Tuition Waiver the veteran must meet both of the following requirements:

- Be a member in good standing of the Connecticut Air/Army National Guard.
- Be a matriculated student at the University of Connecticut.

How to apply?
•Students must contact their Readiness NCO or Orderly Room at their Units to apply for the waiver. The packet will go through the Chain of Command and get submitted to UConn’s VAMP Office.

This waiver will apply in the summer and the winter intersession and will waive the “Summer Session Fee” or “Intersession Fee” for each course you are enrolled in. As the summer and winter intersessions do not charge “tuition”, the waiver will waive the summer or winter Intersession fee only.

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U.S. Army



ARNG CT

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Combat Engineers



Combat Engineer

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

Improve Your ASVAB GT Score; Advance your CTNG Career

MAJ. DEREK J. MUSGRAVE
EDUCATION SERVICES 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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AROUND OUR GUARD



A local family stops by the Connecticut Air National Guard's booth during the 2017 Latino Expo at the XL Center in Hartford, May 7. Tech. Sgt. Marc Mojica, a CTANG Recruiter, spent the duration of the expo providing passersby with information on benefits and advantages to joining the CTANG. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)



Sgt. Rafael Ramirez, assigned to the CTARNG Recruit Sustainment Program, shows off his pull-up skills to a group of onlookers during the 2017 Latino Expo at the XL Center in Hartford, May 7. Guardsmen from both the Connecticut Army and Air National Guard were on hand to answer questions about the CTARNG and share stories from their years of experience. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)



Left and Above: Sixteen members of the 103rd Airlift Wing were reunited with their families at the Bradley Air National Guard Base in East Granby, Connecticut, May 10. The Airmen are assigned to the 103rd Operations and Medical Groups that deployed earlier this year at a send off for nearly 300 Connecticut Air National Guardsmen. This was the CTNG's first deployment with the C-130H Hercules. While overseas, they participated in ongoing expeditionary combat support operations to include tactical airlift. One week after the group of 16 arrived home, nearly 100 members of the 103rd Air Control Squadron were also reunited with their loved ones on the very same flightline - a story that will be highlighted in the July issue on the Connecticut Guardian. (Photos by Allison L. Joanis, State Public Affairs Office)

"IT PAYS TO STAY"

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Re-Enlist for 6 Years
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CONTACT YOUR RETENTION NCO FOR MORE INFO

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

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AAM & Gerber Multi-Tool**

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

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO

Leads are subject to verification of enlistment IAW state lead tracker SOP
**photos are representations only, actual items are subject to availability and funding
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Beached Buoy? No Problem!

CTNG Aviation Assists U.S. Coast Guard with Buoy Recovery Mission on Cape Cod

ALLISON L. JOANIS
STATE PUBLIC AFFAIRS OFFICE

The Connecticut National Guard teamed up with the U.S. Coast Guard to assist in the retrieval of a beached buoy on the coast of Chatham, Massachusetts, May 9.

The 12,000-pound buoy broke free of its mooring off the coast of Maine last month during a winter storm and made its way down the east coast until washing ashore in Cape Cod.

Due to the location of the buoy on the beach, the Coast Guard called on the aviation assets of the Connecticut Army National Guard to airlift the buoy offshore where a Coast Guard essel could recover and reposition it.

Connecticut sent a CH-47 Chinook Helicopter to complete the task.

Sgt. 1st Class Chris Richards assigned to Detachment 1, Company B 2/104 Aviation Regiment, CTARNG inspected the sling load on the ground before the chinook lifted the buoy off the beach.

Offshore, Coast Guard Vessel Cutter Oak was able to pick up the buoy and relocate it.

The CTARNG also sent a UH-60 Blackhawk Helicopter for mission support.



Above: Sgt. 1st Class Chris Richards assigned to Det. 1, Company B 2/104 Aviation Regiment prepares to attach a 12,000-pound beached buoy to a CH-47 Chinook helicopter, Tuesday, May 9, 2017, near Chatham, Massachusetts. The Chinook lifted the buoy from the beach and brought it offshore where Coast Guard Cutter Oak picked it up. (U.S. Coast Guard photo by Petty Officer 3rd Class Andrew Barresi)



Above: A Connecticut Army National Guard CH-47 Chinook prepares to lift a 12,000-pound navigational buoy off the coastline of Chatham, Massachusetts, May 9. The U.S. Coast Guard requested the assistance of the CTARNG to relocate the buoy that broke free of its mooring off the coast of Maine during recent winter storms. The Chinook airlifted the buoy off the coast where U.S. Coast Guard vessel, Cutter Oak was waiting to retrieve it. (Photo by Allison L. Joanis, State Public Affairs Office)

Right: A Connecticut Army National Guard CH-47 Chinook lowers a 12,000-pound navigational buoy into the waters off the coast of Chatham, Massachusetts, May 9. Coast Guard Cutter Oak waited in the distance to pick up and relocate the buoy. The Coast Guard buoy broke free of its mooring off the coast of Maine during recent winter storms and made its way down the coast before washing ashore on the beaches of Cape Cod. (Photo by Allison L. Joanis, State Public Affairs Office)



View and download all of the photos from this event
www.flickr.com/photos/ctnationalguard/albums
www.dvidshub.net/image/3371846/coast-guard-cutter-oak-connecticut-national-guard-team-up-airlift-beached-buoy

2017 Armed Forces Day Luncheon

Pfc. JUSTIN STANNARD,
130TH PUBLIC AFFAIRS DETACHMENT, CTARNG

The Connecticut National Guard hosted the Armed Forces Day Luncheon at the Aqua Turf Club in Southington, May 19.

The luncheon serves as a way to annually recognize those who have served or currently serving the state and nation.

This year's event was hosted by Brig. Gen. Fran Evon, Assistant Adjutant General of the Connecticut National Guard, and keynoted by Command Sgt. Maj. John Wayne Troxell, Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff.

"It was near overwhelming having close to 900 people attend," Troxell said. "This is the largest state ceremony I've attended."

"I loved the dedication for service," Troxell said after his visit to the Coast Guard Base in New London and the U.S. Naval Base in Groton, Connecticut. "It was great seeing service members being passionate in their service and what they do."

Gov. Dannel Malloy, Lt. Gov. Nancy Wyman, and Sen. Richard Blumenthal attended the event to show their support to the service members from the state.

The luncheon recognized one local service member from each component of the Armed Forces and presented with an award for their outstanding service to their state and country.

The award recipients were:

From the Connecticut Army National Guard, Staff Sgt. Michelle Deveau, Personal Services Supervisor and Redesign Supervisor for the 143rd Regional Support Group.

From the Connecticut Air National Guard, Master Sgt. Dennis Goggin, Munitions Flight Chief for 103rd Maintenance Squadron at Bradley Air National Guard Base.

From the United States Army Reserve Sgt. Melissa Soto, Motor Transportation Operator with the 942nd Transportation Company.

From the United States Marine Corps Reserve Cpl. Timothy Hopkins, Squad Leader Fox Company 2nd Battalion 25th Marine Regiment.

From the United States Coast Guard Reserve Petty Officer 2nd Class Christopher Galindo, Maritime Enforcement Specialist with the Coast Guard Sector Long Island Sound.

From the United States Navy Reserve Petty Officer 2nd Class Emily Sopchak, Command Career Counselor with the Navy Operational Support Center.

On August 31, 1949, Secretary of Defense Louis Johnson created Armed Forces Day to replace any one branches day, to promote unity and support among the branches. This day also acts as an educational program for civilians and an increased awareness of the U.S. Armed Forces.

With more than 900 attendees, the 2017 AFDL is the largest since its inception in 1949. Next year, the 69th Armed Forces Day Luncheon will be held on May 18, 2018 at the same venue.



Staff Sgt. Michelle Deveau (center), Headquarters and Headquarters Company, 143rd Regional Support Group was the honoree for the Connecticut Army National Guard at the 2017 Armed Forces Day Luncheon at the Aqua Turf Club in Southington, Connecticut, May 19. Deveau was one of six service members to be honored at the luncheon. (Photo by Pfc. Justin Stannard, 130th Public Affairs Detachment, CTARNG)



Command Sgt. Major John Wayne Troxell, Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff is presented an award of appreciation by State Command Sgt. Major John Carragher at the 2017 Armed Forces Day Luncheon at the Aqua Turf Club in Southington, Connecticut, May 19. Troxell addressed the crowd of more than 900 guests as the event's keynote speaker. (Photo by Pfc. Justin Stannard, 130th Public Affairs Detachment, CTARNG)

View and download all of the photos from this event
www.flickr.com/photos/ctnationalguard/albums

Recruit Sustainment Program Transitions Leadership

Warrant Officer Nicholas Ciullo Assumes Responsibility for RSP

SUBMITTED BY RECRUITING & RETENTION BATTALION
CTARNG

On May 1, Warrant Officer Nicholas Ciullo assumed responsibility for the Recruit Sustainment Program from Chief Warrant Officer 3 Chris McCarty.

Mr. McCarty’s nearly four years with RSP saw the program peak at a rank of third in the nation (across certain tracked metrics) and evolve to better meet the challenges of millennials joining the Army National Guard. He is not moving far from the program, shifting to operations and training within the Recruiting Battalion, where he can keep keeps an eye on the RSP.

Mr. Ciullo most recently served as the Supply Sergeant for Headquarters and Headquarters Company, 1-102nd Infantry Regiment. He brings a proven track record of leadership and success to the RSP. His supply and training knowledge coupled with his youth will invigorate a top-tier program ready for another challenge.

Mr. Ciullo is available at 860-613-7495 or nicholas.p.ciullo.mil@mail.mil and Mr. McCarty can be contacted at 860-613-7503 or christopher.s.mccarty.mil@mail.mil.

Right photo: Chief Warrant Officer Nicholas Ciullo, RSP Readiness Officer



Get to Know Connecticut’s Newest Soldiers

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

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

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

What were you doing before you joined?

I recently graduated from the CT-RSP and have received temporary full-time orders with RRB.

Why did you join the Guard?

I joined mostly for educational purposes, but also to give back to my community.

Who is your Recruiter?

Sgt. 1st Class Raymond Caron

What do you tell friends about the Guard?

I tell my friends that the Guard is fun and that there are so many opportunities available.

Do you have any hobbies?

I enjoy spending time with family.

What is your dream vacation destination?

Paris

What was the most influential life event?

Moving to Connecticut from Puerto Rico.z

If you could buy any one thing, what would it be?

A Ford Mustang

What would be your entrance music?

Oceans - Hillsong



Meet PV1
Stephany
Gonzalez
Age: 19
25U, Signal Support
Specialist



Meet PV1
Olivia
Savino,
Age: 17
15P, Aviation
Operations Specialist

I was a high school student deciding on colleges and how to pay for them.

I joined because I knew the Guard would help me with my education, with a full paid tuition it takes a lot off my shoulders and I can focus on my future career.

Sgt. 1st Class Daniel Rodriguez

I tell them that the Guard has many benefits and the time that I’ve been in the Guard, I’ve had fun.

I love running, Track and Field is a huge part of my life.

The Maldives

Joining the Military. I know it will impact me in a good way, and I can’t wait to see where it takes me.

I would buy a house

Stronger - Kanye West

Enlisted Update: Summer is Here - Train Hard, Play Hard, Stay Safe



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Hello to all and welcome to June, the beginning of summer! It seems like these past two months have flown by. It has been busy and I will update you on some of the things our Connecticut Guard has been doing.

Before looking back, let’s take a moment to look forward. The beginning of June marks the start of the majority of our units’

annual training cycles. Our units are training at various installations across the country. I would ask that each and every leader make the most efficient use of the scarce, valuable training time that we have. Make the most of every minute you have with your Soldiers and Airmen. It is vitally important that we honestly evaluate, against the established standard, the training proficiency we achieve. After training is executed and evaluated, make sure that the results are recorded in the appropriate system of record. If training proficiency is not properly documented and recorded, it did not happen. You and your unit could plan and execute the perfect training event but if it is not properly evaluated and recorded, you will have wasted your time.

High intensity collective training is designed to replicate the conditions our Soldiers will face on the battlefield as closely as possible. Leaders at all levels are expected to make prudent risk decisions when conducting all operations. Identifying the risks inherent to the training event and applying controls to mitigate the risks are important parts of the risk management process. The step that is often under emphasized is the requirement for leaders to continuously supervise operations and make sure that the controls are implemented and effective.

I challenge each and every leader to make sure that we continuously monitor all operations and avoid unnecessary risk. There is no training evolution that is so critical that it will sacrifice the safety of our people.

June 1st also marks the start of the Atlantic hurricane season. Hurricanes, like all natural disasters, have unique challenges. As Citizen-Soldiers, we have a mission to be ready to respond in time of crisis to help our fellow citizens. This means each of us must have a plan for when the call comes. We should all have a bag packed and ensure that our families and employers understand our responsibilities and are prepared for our absence. Hurricanes can be perceived as more predictable because weather professionals and the media will start covering them far in advance, but the reality is that they cannot be accurately forecasted much more than about 48 hours out. Be ready, have a plan!

In addition to all of the Guard related events we have during this season, the summer months are prime time for recreational activities. Regardless of what your personal battle rhythm is, I urge you to enjoy your free time. Take time off to be with family and friends. The same risk management principles that we use in every military operation can be applied to our recreational activities. Be prepared and have a plan. I would ask that you be especially aware of motorcycle operations, water sports, and drinking and driving. It would be a shame for an avoidable tragedy to strike when we were trying to relax.

The last couple of months have been busy. The last week in March saw some of the very best of our Soldiers come together at Camp Niantic for the State Best Warrior Competition. Thirty-five Soldiers and NCOs, along with their mentors from across the Connecticut Army National Guard competed over three days to earn the title “Best Warrior.” The competition gets better every year and never fails to motivate and inspire me. In addition to the competitive aspect, it is an opportunity for each of our units to plan and execute a portion of the event. As always, the results are outstanding and the competition fierce. I am pleased to recognize Spc. Luk B. Silk, Headquarters Company, 1st Battalion, 102nd Infantry as the CTARNG Best Warrior for 2017 and Staff Sgt. Jason H. Halbach, Headquarters Company, 192nd Military Police Battalion as the CTARNG Best Warrior (NCO) for 2017. Congratulations to both of these outstanding Soldiers. They are our future and the future is bright!

It is not only the Army Guard that has been busy. We have seen the 103rd Airlift Wing decisively engaged in combat operation overseas. The also conducted a mid-

deployment rotation of personnel. At the end of the month, we welcomed home nearly 100 members of the 103rd Air Control Squadron. Great work by our brothers and sisters in blue and welcome home.

On the facilities side, we continue to build and improve world class facilities to accommodate our full time force and training. We broke ground on a new readiness center for the 14th Civil Support Team at Camp Hartell, we opened a new laundry/latrine facility at Camp Niantic and we are close to completing a project at Camp Niantic to strengthen the power and data infrastructure by installing a duct bank on the south side of post. The fuel cell building at the Wing is nearing completion and we continue to move forward planning and designing the new base entry facility. Our Soldiers and Airmen deserve no less than the best.

I would like to take a moment to publicly thank Chief Master Sgt. Mitchell O. Brush for his service as our Senior Enlisted Leader at National Guard Bureau. Chief Brush has been our representative at the Joint Chiefs of Staff level for the last four years. He visited Connecticut several times and always brought great insight and perspective to Soldier/Airmen and Family issues. He is a consummate professional and tireless advocate for each of us at the highest level of the Department of Defense. I wish him the very best in his new assignment as the State Command Chief for the New Mexico Air National Guard. I am proud to call him wingman and friend.

We have an ambitious plan to get out to visit all of our units as they conduct annual training. I look forward to seeing each of you over the next couple of months. As always, thank you for what you do each and every day for our State and Nation.

-CSM Carragher

“Any Soldier, Any Issue, Anytime”

Quote of the Month:

“The mark of a strong character lies not in doing what is fun to do or what is easy to do. The sign of deep moral authority appears in the individual who consistently does what they ought to be doing rather than what they feels like doing...”

-Santanu Mishra

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Qualified candidates may email resumes/CVs to:

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

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

Class 62 Officer Candidate School Dining Out

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

DANBURY, Conn. -- For one night, Officer Candidate School Class 62 traded camouflage and field exercises for dress uniforms and a different form of camaraderie.

Over 150 attended OCS Class 62's Dining Out, held at the Portuguese Cultural Center, April 29.

Although the event gave Officer Candidates a chance to interact with peers, cadre and superiors in a different manner than they are used to, those involved in the planning process still had a lot to live up to.

"The dining out began as a test of our ability to coordinate and arrange an event," said Officer Candidate Christopher Barnabei, who also served as Mr. President for the Dining Out.

"It was a test of our organizational skills and our ability to prepare," Barnabei said. "The experience was rewarding, especially the opportunity to meet with officers we will eventually work with."

The Dining Out – a yearly tradition hosted by senior Officer Candidate School class of the 1/169 Regiment's (Regional Training Institute) – was keynoted by Brig.



Members of Class 62, Officer Candidate School at the 2017 Officer Candidate School Dining Out at the Portuguese Cultural Center in Danbury, Conn., April 29. (Photo courtesy of OC Christopher Barnabei, Class 62 OCS, 1-169 Regt. (RTI))

Gen. Michel Natali, Commander of the New York National Guard's 53rd Troop Command. His speech also keyed on how important the planning and execution of a Dining Out was to the Candidates' learning process.

"(Brig. Gen. Natali) spoke of leadership and how this event was one of the first steps we take toward building a connection between our future fellow officers and

currently commissioned officers," Barnabei said.

Other members of the official party included Col. Ralph Hedenberg, Commander of the 169th Regional Training Institute (Regiment), and Lt. Col. Frank Germanese, Commander of the 1st Battalion, 169th RTI.

The CTARNG's Officer Candidate School tests the mental and physical mettle of those wishing to join the ranks of commissioned officers in the reserve component. Candidates hail not just from the Connecticut National Guard, but the New York National Guard and Army Reserve.

A lot of thought went into the event's venue, said Barnabei. Although Connecticut and New York share a border, there was a common goal of reducing drive time for those coming long distances.

"Coordinating between New York and Connecticut added an extra challenge, but it

was worth it to ensure more could attend," Barnabei said. "It was great to have so many of us together to celebrate in this sort of atmosphere."

The Annual OCS Dining Out welcomes all! Be sure to look out for more information on the 2018 OCS Class Dining Out.

1st Battalion (OCS/WOCS), 169th Regiment (RTI) *Officer Candidate School* OCS & WOCS OPEN HOUSE INFORMATION BRIEF

June 24, 2017
Report Time: 9:00 a.m.
RTI, Camp Niantic



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

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

Inside OCS

Working With New Soldiers Brings New Perspective

OC FABIOLA ARANGO
OCS CLASS 62
1-169TH REGT (RTI)

During May 2017 drill OCS Class 62 went to the New Hampshire Regional Training Institute to conduct Squad Tactical Exercises and to learn the basics of setting up a patrol base. We worked with our counterparts from various states in our region.

This drill was a true testament and a reflection of what our instructors have been teaching us since August of 2016. It concentrated more on applying the knowledge we've been absorbing all these months, putting our classroom and tactical training to the test.

When we arrived Thursday morning, we were separated into different squads/platoons. We were no longer in our comfort zone with our classmates. We were in squads with Soldiers from other states who had different knowledge and skill levels. Working together as a team was key to our success.

On Thursday night we were given a class on setting up a patrol base - this was our crawling/walking phase. Each platoon, which comprised about 30 officer candidates, took their weapons and rucks and headed to the training site. The cadre conducting this training were subject matter experts in their field and it showed. They were very knowledgeable and answered all questions we had. Once we had our practice, we did it again on our own and spent the night in the patrol base.

The next two days, we trained continuously with our squads. We each were assigned the role of squad leader for a different lane. Before starting with the practical exercise, we received an hour block of instruction on each lane, learning how to successfully conduct it. After that hour, it was show time. The squad leader had to conduct his/her mission and at the end of two hours we conducted an after action review with both OC and cadre input. I found this kind of training to be very valuable, because we aren't only getting taught theoretically- after conducting the theory part, we went out there and did it ourselves. We were also getting feedback on the spot from your team members and SMEs.

On Saturday night we conducted more patrol base operations on our own-running phase time. We received indirect contact from enemy- they discovered our position before we had a chance to set up our patrol base, which put our student leadership to the test. We were slow to react but eventually made the right decisions and were able to set up in a secure location.

On Sunday morning everyone was pretty excited to



Officer Candidate OC Michael Dowd, OCS Class 62, 1-169th REGT (RTI), briefs his squad off a sand table at the New Hampshire Regional Training Institute, May 18-21. Connecticut Soldiers training with their fellow officer candidates from Maine, Vermont, New York, Massachusetts, Rhode Island, New Jersey and New Hampshire. (Photo by OC Michael Dowd, OCS Class 62, 1-169th REGT (RTI))

go back home and be away from our most persistent enemy: the bugs in New Hampshire. We gathered our belongings and waited for our CH-47 ride back home. Once we got back to Camp Niantic, we all exchanged stories about our weekend. The one thing we all agreed on was that Connecticut has the best cadre and instructors from Region A. There is a reason why they hold us to a higher standard and that's because they want us to be the best. A lot of states had no idea what was going on during their lanes, and they relied heavily on Connecticut OCs to guide the way. We heard this over and over again from previous classes and it is 100 percent true.

All in all, this was great training for Phase III which is coming up in two months. We can finally see light at the end of the tunnel.

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



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CONNECTICUT NATIONAL GUARD



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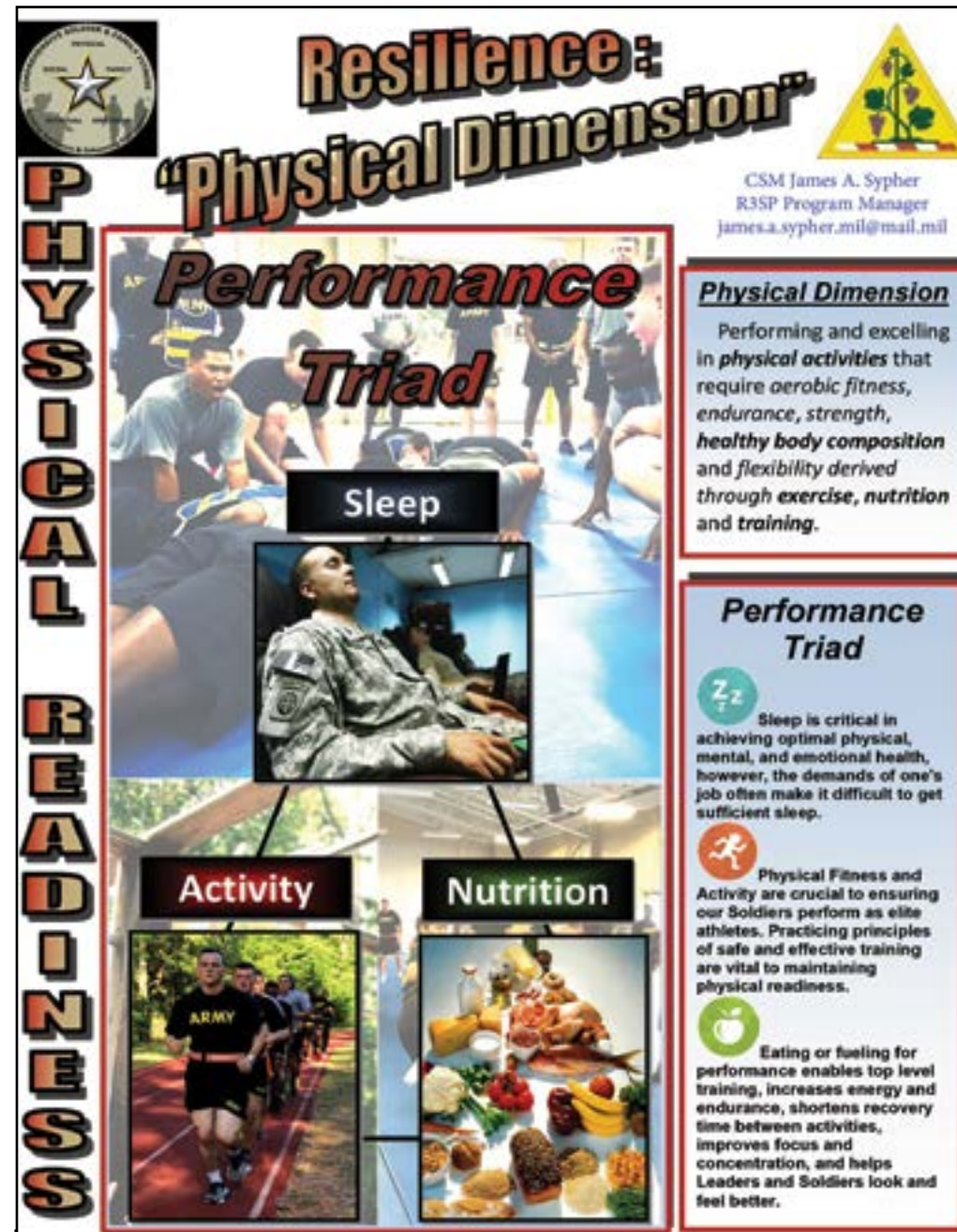
CW3 JOHN NERKOWSKI

WARRANT OFFICER STRENGTH MANAGER

203.410.0828

john.v.nerkowski.mil@mail.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention



Resilience: "Physical Dimension"

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

Physical Dimension
Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

Performance Triad

Sleep
Sleep is critical in achieving optimal physical, mental, and emotional health, however, the demands of one's job often make it difficult to get sufficient sleep.

Activity
Physical Fitness and Activity are crucial to ensuring our Soldiers perform as elite athletes. Practicing principles of safe and effective training are vital to maintaining physical readiness.

Nutrition
Eating or fueling for performance enables top level training, increases energy and endurance, shortens recovery time between activities, improves focus and concentration, and helps Leaders and Soldiers look and feel better.



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.armyfamiliesonline.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

Suicide Are Men at Higher Risk?

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER, CTNG

June is Men's Health Month and as the Connecticut Army National Guard is comprised mainly of men it's important to highlight specific issues that affect men.

While we often focus on physical health, it is important to remember that mental strength and resiliency are important factors in a person's overall health. Few campaigns and services regarding mental health and suicide prevention have been targeted at men or evaluated for effectiveness. The fact remains, however, that men suicide at a higher risk than women.

The British Columbia Medical Journal goes as far as to call it a, "silent epidemic," due to the lack of discussion, research, and understanding about suicide in men. Their research found that the male suicide rates are greater than that of women in every age range tested and greater than women across a lifespan.

In the United States, for example, the highest risk group was white, middle aged men, ages 44-49. Conversely the data shows that women are more likely to attempt suicide. The researchers in British Columbia also looked at this discrepancy and noted that in the cases they studied the men who suicided were intoxicated at the time of death at a higher rate than women. They also noted that men often used more lethal means of death including gunshot wound and hanging.

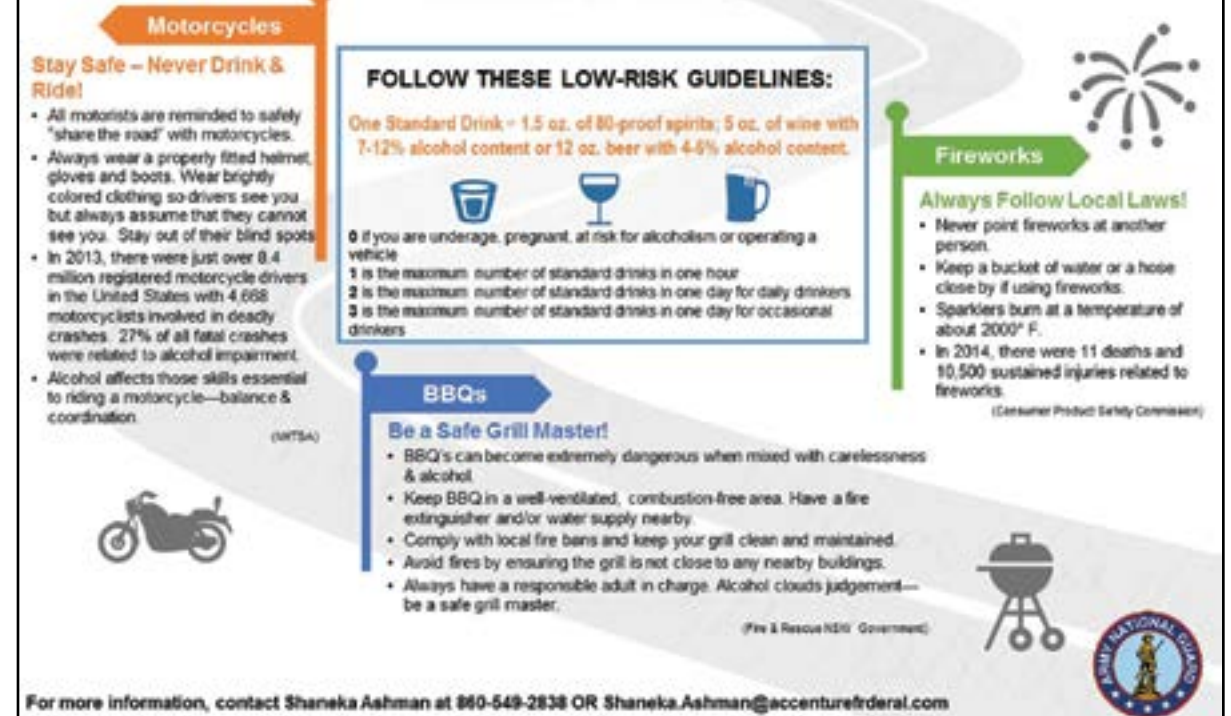
Additional theories that have yet to be evaluated are increased occupational stress in men, reluctance by men to seek treatment for mental health concerns, and higher rates of substance abuse in men. The National Guard has taken steps to provide help-seeking resources to Soldiers in a peer support format using the National Guard Peer Support Line.

This phone line links Soldiers in need with other Soldiers who are trained to provide support and also understand the unique circumstances that their fellow Guardsmen experience. Guardsmen, and women, can call 844-357-PEER (7337) to get support and be linked with resources that can help. We can all help make a difference in the health of our Soldiers by promoting help-seeking behaviors and mental health awareness.



101 CRITICAL DAYS OF SUMMER

Think Before You Drink



Motorcycles
Stay Safe - Never Drink & Ride!
• All motorists are reminded to safely "share the road" with motorcycles.
• Always wear a properly fitted helmet, gloves and boots. Wear brightly colored clothing so drivers see you but always assume that they cannot see you. Stay out of their blind spots.
• In 2013, there were just over 8.4 million registered motorcycle drivers in the United States with 4,668 motorcycleists involved in deadly crashes. 27% of all fatal crashes were related to alcohol impairment.
• Alcohol affects those skills essential to riding a motorcycle—balance & coordination.

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

Fireworks
Always Follow Local Laws!
• Never point fireworks at another person.
• Keep a bucket of water or a hose close by if using fireworks.
• Sparklers burn at a temperature of about 2000° F.
• In 2014, there were 11 deaths and 10,500 sustained injuries related to fireworks.
(Consumer Product Safety Commission)

BBQs
Be a Safe Grill Master!
• BBQ's can become extremely dangerous when mixed with carelessness & alcohol.
• Keep BBQ in a well-ventilated, combustion-free area. Have a fire extinguisher and/or water supply nearby.
• Comply with local fire bans and keep your grill clean and maintained.
• Avoid fires by ensuring the grill is not close to any nearby buildings.
• Always have a responsible adult in charge. Alcohol clouds judgement—be a safe grill master.
(Fire & Rescue NSW Government)

For more information, contact Shaneka Ashman at 860-549-2838 OR Shaneka.Ashman@accenturefederal.com

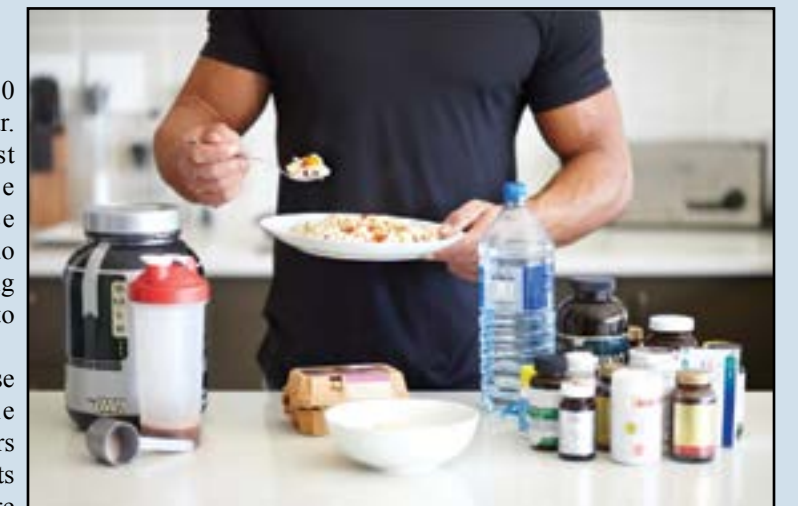
Supplements, Are They Healthy?

SGT. CHRISTOPHER WICHROWSKI
DRUG TESTING COORDINATOR (DTC)

Americans spend over \$30 billion on supplements each year. Supplements are now the most common form of alternative medicine, and many of these pills and powders promise to do incredible things, from boosting memory and building muscles to burning fat.

There's just one problem: These pills are subject to very little regulation. Supplement producers do not need to prove their products are safe or even effective before putting them on store shelves. Although supplements are supposed to be accurately labeled, a review of government databases, court documents, and scientific studies uncovered more than 850 products that contained illegal and/or hidden ingredients. This includes banned drugs, pharmaceuticals like antidepressants, and other synthetic chemicals that have never been tested on humans.

Researchers have found examples of weight loss supplements spiked with cancer-causing drugs pulled



from the U.S. market. Also brain enhancers laced with chemicals that have never been approved for sale in the U.S. More than 100 products contained DMAA, a drug that's been banned in the U.S., and several other countries because it is linked to strokes, heart failure, and sudden death.

Supplements are they safe? Always do your research and consult your physician before putting anything into your body.

Off the Bookshelf

with Staff Sgt. Simon

Read The Classics: Start with Colette

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

The summer months of the year are wonderful for reading in the sunlight on a beach or in the shade of a tree. These are the months when readers often proclaim their desires to catch up on their collections of classic novels on shelves, in boxes or from their proverbial to-read lists. Due to life’s responsibilities and obligations, however, it’s unrealistic for most readers to tackle long volumes by the classic authors, many with lengths upward of 500 pages written in dense prose and dated language. But there is a solution. There is a life hack.

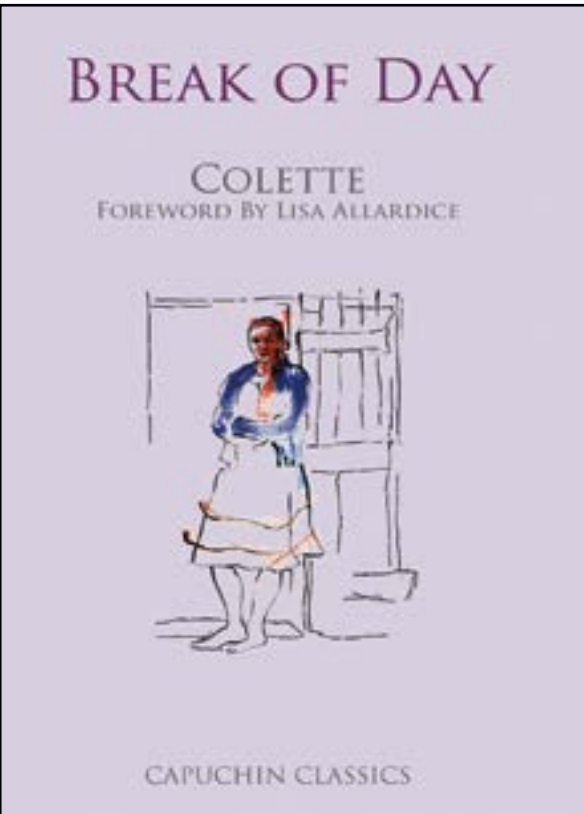
Read the classic authors but read their shorter works. Instead of Leo Tolstoy’s “Anna Karenina,” read his novella, “The Cossacks.” Instead of Fyodor Dostoyevsky’s “Crime and Punishment,” read “Poor Folk.” If James Joyce’s “Ulysses” is too daunting, try his short stories in “Dubliners.” Want to finally read Mark Twain after all these years but don’t have time for “Huckleberry Finn?” Read “The Diaries of Adam and Eve.”

And what about the eccentric French author who allegedly discovered Audrey Hepburn and personally chose her to star in the stage adaptation of her novel, “Gigi?” The same author also wrote the “Cheri” novels about the unhappy son of a wealthy courtesan who reluctantly volunteers to fight for France in World War I. Skip these Colette novels and read her novella, “Break of Day.”

All of Colette’s works are slightly autobiographical, but “Break of Day,” (La Naissance du jour) is unique among her novels because it is written in the first person and is actually set in her summer home in Provence, France. While there is often substance and nuance lost in prose translations, especially from French to English, “Break of Day,” seems to have been purposefully written in easily digestible simple passages. But its minimalism does not detract from its poignancy. In its roughly 100 pages, Colette dedicates pages of streams of consciousness to her tangerine tree, vegetarianism, her cats, death, and even giving up her most notable vice; much younger men.

This summer, spend time harvesting grapes with Colette at her summer home in Provence. “Break of Day” offers readers a peek into the life and soul of the prolific French author without being a total time-suck. Colette, the artistically eccentric model and actress, also collected exotic paperweights and was friends with Truman Capote.

Speaking of Capote: instead of reading his novel, “In Cold Blood” on the beach this year, save a few precious hours and try the much shorter novella, “Breakfast at Tiffany’s.” On a side note, Capote wrote the Holly Golightly “Breakfast at Tiffany’s” character with Marilyn Monroe in mind, and was disappointed when the film part was given to the young woman first made famous by his friend Colette.



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

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

connecticut
GUARDIAN

Director of Air National Guard
Visits with Airmen, Tours Facilities

Thank You Veterans!

Now in full color!

THE CONNECTICUT NATIONAL GUARD
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The Official CT National Guard Flickr

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

Military History

“It Won’t be Long Now.” Capt. James Verinis

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

The 1990 film, “Memphis Belle,” told the story of the crew of the first U.S. Army Air Corps B-17 “Flying Fortress” bomber to complete 25 missions in the European Theater of Operations during World War II. Sitting in the co-pilot’s seat on that fateful mission

was Connecticut native Capt. James Verinis. James Angelo Verinis was born in Stamford on October 23, 1916 and attended Hillhouse High School in New Haven where he was a standout basketball player. After college he joined the army and went to Texas for Primary and Intermediate Flight Training – and nearly washed out.

After completing his training, he joined the 324th Bomb Squadron of the 91st Bomb Group (Heavy) in England. Verinis kept a very detailed journal. On October 31, 1942 he wrote, “Wing Headquarters today passed on us. We are now ready for combat. It won’t be long now.”

It wasn’t. From November 7, 1942 to May 19, 1943, the Memphis Belle flew about 150 hours of combat and shot down eight enemy fighters.

In June 1943, after completing their 25th mission, the crew returned to the United States. The Memphis Belle was flown across the country on a three-month war bond and morale boosting tour, visiting 33 cities. After touring for a time in the United States, Verinis returned to the war in Europe and got his own airplane. In his journal he noted, “I was assigned a new plane. Decided to name it, ‘Connecticut Yankee.’ Busy getting the kinks out of her.” He would ultimately retire from the Air Force as a Lieutenant Colonel. He went on to own a furniture business until his death at the age of 86 in Jupiter, Florida in March 2003. He is buried in Beaverdale Memorial Park in New Haven.

The city of Memphis purchased the Memphis Belle for \$350 in 1946, just before it was to be cut up for scrap. Unfortunately, weather and vandals took their toll on the plane and it was turned back over to the United States Air Force Museum, in Dayton,



Capt. James Verinis

Ohio in 2005. Today, the venerable Memphis Belle is undergoing a complete restoration. Captain and pilot Robert Morgan’s girlfriend, Margaret Polk, was from Memphis and was the inspiration for the B-17’s name. The plane’s mascot was a little black Scottish terrier that Verinis bought in a London pet shop named, “Stuka.”

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



Capt. James Verinis and Stukaz

CONNECTICUT NATIONAL GUARD

IS YOUR SOCIAL MEDIA SAFE?

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

Be sure to check and adjust your settings!

Training Circulars for TY17 Are Now Available

Contact Your Chain of Command for More Information

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

Highlighted Courses:

Unit Prevention Leader (UPL): This training ensures that Soldiers serving in the capacities of Unit Prevention Leader (UPL) or Alcohol and Drug Control Officers (ADCO) are provided with the knowledge on how to increase individual fitness and overall unit readiness. Training will emphasize substance abuse (SA) specimen collection procedures, chain of custody documentation, and specimen packaging. In addition, it will cover the Substance Abuse Prevention Program, its benefits to units, and providing training and training aids. July 8-9, 2017. 30 Soldiers max, see your unit training NCO for current availability.

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

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

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

THE DA PHOTO PROCESS

Do You Need A DA PHOTO?

1

Must be SSG or above

And at least one of the following:

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

REVIEW YOUR ERB/ORB

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

PREPARE YOUR UNIFORM

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

3

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

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

4

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

SHOW UP AT SCHEDULED TIME

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

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

IMAGE MANIPULATION

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

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

How Does your photo get to your ERB/ORB?

Photo Lab → Human Resources Command → DAPMIS

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

What to Wear for a DA Photo

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

FOR MORE INFORMATION, VISIT: WWW.ARMYS1.ARMY.MIL/UNIFORM/

Make Becoming a JAG Officer Your Next Career Move

CAPT. VERGIL T. DECKER
JUDGE ADVOCATE, CTARNG

Do you have what it takes to serve as an officer in the Judge Advocate General’s Corps with appointment to the Connecticut Army National Guard?

If you are a practicing attorney or a Soldier in law school, you are well on your way.

Benefits

As a JAGC officer, you get the same benefits as all Soldiers and basic branch Officers in the CTARNG, with some added perks. As a specialty branch officer, you will earn a degree of professional latitude in accordance with your responsibility to provide legal assistance to Soldiers and Commanders in investigating, prosecuting, and defending a wide range of military-legal actions.

You also get to help units mobilize by assisting their Soldiers prepare legal documents before they deploy. You yourself will also have the opportunity to join a growing number of units mobilizing around the world in need of JAGC Officers for rotations lasting six months to one year.

Finally, you will develop an area of concentration that is directly transferrable to the civilian sector. The technical legal skills and expertise you will acquire in the JAGC will crosswalk onto your civilian practice. Likewise, your civilian legal practice will provide great

value to the CTARNG.

Eligibility

To qualify as a JAGC Officer in the CTARNG, you must graduate from an American Bar Association approved law school and be admitted to the Connecticut Bar Association. You may also apply early, during your final year of law school.

Like all Officers, you must be physically and mentally fit, and be of good moral character. Beyond that, you must be able to obtain a secret security clearance and be a U.S. citizen.

Training

Initial JAGC Officer training consists of two phases. Phase One is the Direct Commission Course, which is six weeks of leadership training at Fort Benning, Georgia. Phase Two is the Judge Advocate Officer Basic Course, which is 11 weeks of academic training at the Judge Advocate General’s Legal Center and School, located at the University of Virginia School of Law, Charlottesville, Virginia. All JAGC Officers must attend both phases, regardless of prior service experience.

At DCC, JAGC Officers receive instruction on individual Soldier skills and are introduced to collective training. This phase is unaccompanied, which means that you cannot bring your family along. You will have one roommate and live in barracks. The program of

instruction consists of physical training; road marches; land navigation; basic rifle marksmanship; crew-served weapons training; chemical, biological, radiological, and nuclear defense operations; a confidence course; and a leadership training exercise.

Many of you have completed either BCT/AIT or OBC. Prior service individuals have an advantage on the majority of the class, which will be civilians out of law school with no prior military experience.

At JAOBC, JAGC Officers receive instruction on military law. This phase is accompanied, which means that you can bring your family along. You will live in private quarters near TJAGLCS, and attend class Monday through Friday, having weekends free.

The purpose of JAOBC is to certify JAGC Officers to preside at court-martial. You will receive instruction on the overall structure, function and mission of the U.S. Army JAGC. The course is designed to provide an overview of the practice of military law. The specialized areas of military law you will study include administrative and civil law, claims, contract and fiscal law, international and operational law, legal assistance, and military justice.

If you are an attorney or Soldier in law school, please contact Staff Sgt. Christopher Clark at 860-493-2770 or christopher.f.clark.mil@mail.mil.

Personal protective equipment is the last line of defense against injury and illness.

USE IT!

CONNECTICUT NATIONAL GUARD SAFETY FIRST Personal Protective Equipment

Personal protective equipment, or PPE, is designed to protect you from serious injuries or illnesses resulting from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards. Besides face shields, safety glasses, hard hats, and safety shoes, PPE includes a variety of devices and garments such as goggles, coveralls, gloves, vests, earplugs, and respirators.

Assess your workspace to determine if hazards are present that require the use of PPE. If such hazards are present, select PPE, communicate your selection decisions to those around you, and provide the equipment if needed.

Be sure that individuals donning any PPE for your work are trained to do the following:

- Use PPE properly,
- Be aware of when PPE is necessary,
- Know what kind of PPE is necessary,
- Understand the limitations of PPE in
- Protecting yourself from injury,
- Don, adjust, wear, and doff PPE, and
- Maintain PPE properly

Information from U.S. Department of Labor, Occupational Safety and Health Administration

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

CTARNG Safety Office
(860) 292-4597

CTANG Safety Office
(860) 292-2776

Retiree Voice Long-Term Care Insurance

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

I recently had the opportunity to attend a forum about long-term care insurance, presented by the State of Connecticut, Department on Aging, and the Connecticut Partnership for Long-Term Care.

Before I begin, let me say that I am not an agent of nor do I work for the State of Connecticut. I also do not sell long-term care insurance or work for an agent that does. My purpose for writing this article is to share some of what I learned at this forum and perhaps some of you will find this information useful.

Long-term care insurance is not health care. Health care insurance is used to cure an illness or injury. Long-term care insurance is designed to provide a wide range of services designed to manage limitations caused by a chronic condition and to minimize further deterioration of physical and mental health. In other words, long-term care services might include services you receive from another person if you need help performing daily activities (such as bathing or dressing), or ongoing supervision because of deterioration in your mental capacity (such as dementia or Alzheimer’s Disease).

Long-term care can be provided in several settings, including your home, community, assisted living facilities and nursing homes. Long-term care insurance pays for part or all of the long-term care services you need. The Connecticut statewide average daily rate for a semi-private room in a nursing home facility is \$414 and \$151,110 per year. Medicare, Medicare Supplemental plans, and other health insurance do not pay for the majority of long-term care. They are designed to cover mostly the acute medical needs, and nothing more. Medicaid will pay for nursing facility care and some home care, but you must be poor to qualify. A single person can have no more than \$1,600 in assets to qualify for Connecticut’s Medicaid program.

If you decide that long-term insurance is for you, what should you look for in a policy? Some things to consider are:

1. **Should you purchase the insurance now or wait?** Generally speaking, the younger you are when you purchase it, the less expensive it will be.

2. **What type of long-term services do you want the policy to cover?** Some policies only pay for nursing homes or assisted living facilities. Others are more comprehensive and cover home and/or community care as well.

3. **How much of a deductible do you want?** This is also referred to as the waiting or elimination period.

4. **How much of a daily rate do you want the policy to pay out?** For example, if you buy a policy that pays \$200 a day, but services cost \$300, then you will need to make up the difference from your personal assets.

5. **How much lifetime benefits do you want to purchase?** This is the total amount the policy will pay for long-term services.

6. **What about inflation protection, should you purchase that?**

Not all long-term care policies are created equal. Many insurance companies sell long-term care policies. The Connecticut Partnership for Long-Term Care is a program of the State of Connecticut and it works with the private insurance industry. It is a joint effort by the State and private industry to create an option to help people plan for long-term care needs without depleting all their assets to pay for it. These policies not only offer benefits to pay for long-term care, but they also offer Medicaid Asset Protection, should you need to apply to the Connecticut Medicaid Program for assistance.

Not all insurance companies are members of or participate in the Connecticut Partnership Program. Those that do sell policies under the Partnership, are different from other companies in some of these following ways:

- Partnership policies carry a special endorsement from the State for meeting additional consumer protection standards.

- Partnership policies allow you to protect assets equal to what your policy has paid in benefits. This is known as Medicaid Asset Protection.

- Partnership policies provide a minimum daily benefit to assure that the benefits are meaningful when you need them.

- Partnership policies automatically increase to account for inflation.

- Partnership policies offer a wide array of home and community-based services, in addition to assisted living facilities and nursing homes.

- Partnership policyholders are guaranteed a 5 percent discount on nursing home rates.

The Medicaid Asset Protection feature of the State Partnership Program could potentially be very beneficial for those people with assets above \$1,600. This feature is offered by the State of Connecticut (not the insurance companies) at no additional cost to Partnership policyholders. You select or design you Partnership policy according to your needs and ability to pay. If you use your insurance and continue to need care after your Partnership policy has paid benefits, you may apply for Medicaid. When determining your eligibility, the CT Department of Social Services will disregard or ignore any assets you have up to the amount the Partnership policy has paid in benefits.

You must reside in Connecticut (or any reciprocal state) to purchase a Connecticut Partnership policy and when applying for and receiving Medicaid. Connecticut is one of 45 States that have Partnership programs, and currently 44 of these State have reciprocal agreements with Connecticut; only California does not.

Long-term care insurance is not for everyone. Only you and your family members can make that determination. However, if you are considering long-term care insurance, the Connecticut Partnership offers many free services to help you make an informed decision, including free publications and trained staff and volunteers to answer your questions. You can access any of their services and learn more about long-term care insurance, as well as which insurance companies participate in the Partnership program by calling 1-800-547-3443 or at their website www.ctpartnership.org.

The information and facts contained in this article came from several sources to include: The Connecticut Partnership for Long-Term Care; State of Connecticut, Office of Policy and Management; State of Connecticut, Department of Social Services; the 1997 National Nursing Home Survey; and the Congressional Budget Office.

Veterans Services, Where to Find Them

Veterans of the United States Armed Forces may be eligible for a broad range of programs and services provided by the U.S. Department of Veterans Affairs.

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started.

http://www.va.gov/opa/publications/benefits_book/

Health Care

VA’s health care offers a variety of services,

information, and benefits. As the nation’s largest integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliarys, readjustment counseling centers, and various other facilities.

Benefits & Services

VA administers a variety of benefits and services that provide financial and other forms of assistance to veterans, their dependents, and survivors. Major benefits include compensation, pension, survivors’ benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance

coverage.

Burial and Memorials

Burial and memorial benefits are available for eligible service members, Veterans and eligible family members. Service include interment, headstones and markers, and Presidential memorial certificates. VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 soldiers’ lots, confederate cemeteries, and monument sites.

Veterans Benefits Fact Sheets

<http://www.vba.va.gov/VBA/benefits/factsheets/#BM1>

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Banton, Kelesha A.
Decosta, Mathew J.
Turcotte, Jacob R.
Laflamme, Coreybeth A.
Noiseux, Riley D.
Rivera, Victor X.
Otero, Angelise
Swantek, John F.

To Private First Class

Tirado, David L.
Venegas, Christian A.
Desgraves, Jean R.
Bernier, Jayde M.
Coulombe, Christopher A.
Cintron, Josue B.
Devlieger, Sean S.
Petersdorff, Nicholas R.
Brock, Jordan T.
Aponte, Alyssa A.
Sterling, Suraya R.

Grylka, Sebastian R.
Chamberlain, Joseph G.
Marini, Enrico Jr.
Sharp, Toledo N. Jr.
Henriques, Fabio C.
Vasi, Alec F.
Cintron, John C.
Aquino, Jashua N.

To Specialist

Brodeur, Kristin L.
Rocheleau, Mariah E.
Meeker, Andrew D.
Barrett, Jeffrey R.
Ballou, Hailey E.
Rojas, Adaliz E.
Vaillancourt, Jaime H.

Blume, Allison L.
Wish, Amanda J.
Velez, Johnny
Rodriguez, Lenny S.
Combs, Jacob D.
Mitchell, Taequan L.
Barragan, Christian
Garciapereira, Nicaurys

To Sergeant

Krul, Christopher J.
Brown, Vincent C.
Hall, Glendon L.

To Staff Sergeant

Hughes, Jeremy D.
Griffith, Alexander D.
Sorensen, Hendrik P.
Case, Joseph
Pasay, Joshua T.

To Sergeant First Class

Vanmameren, James T.
Holyst, Jeffrey R.
Foran, Gary R.
Mcgale, Justin S.

To Master Sergeant

Torres, Edy A.

To Warrant Officer

Ciullo, Nicholas P.

To Chief Warrant Officer 3

Baldoni, Matthew J.

To Chief Warrant Officer 4

Cheatham, Matthew E.

To 2nd Lieutenant

Pennington, Alexander T.

To 1st Lieutenant

Vilcinskas, Sarunas

To Captain

Maccheseny, Scott A.

To Colonel

Falk, Michael, J.

AIR

To Airman

Edwards, Alec J.
Wysocki, Matthew J.
Downs, Sakura J.
Obara, Thomas A.

To Airman 1st Class

Major, Andrew M.
Townsend, Bryan C.

Ybarra, Raymond G. Jr.

To Senior Airman

Bentley, Andrew R.
Bordett, David E.
Richards, Isaiah L.
Barbusin, John J.
Hernandez, Jose K.
Maccarrone, Marissa A.
Walton, Roy D.

To Staff Sergeant

Hernandez, Alexander
Mitchell, Evan C.
Masse, Nicholas A.
Wood, Richard J.
Rossi, Tyler M.

To Technical Sergeant

Plourde, Daniel E.
Arbour, Eric M.
Mungavin, Michael A.
Dacunha, Natalie

Congratulations to All!



Promotions as of May 1, 2017

Coming Events & Holidays

**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

July 29

Korean War Veterans Armistice Day

**August
August 4**

Coast Guard Birthday

August 7

Purple Heart Day

August 8

Victory Over Japan Day

August 8

September Guardian Deadline

August 24

Retiree & Military Department Picnic
Camp Niantic

Have a safe and happy summer!

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

Reconnect with friends!!!

Cookout starts at Noon

Retiree Benefit Update at 10:00 a.m.

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

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

Name _____ Rank _____ Army _____ Air _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

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

CHANGE SERVICE REQUESTED



Connecticut Family GUARDIAN

VOL. 18 NO. 6

HARTFORD, CONNECTICUT

JUNE 2017

Camp Farnam To Host CT Military Kids for Free Summer Camp in August

SUBMITTED BY THE SERVICE MEMBER AND FAMILY SUPPORT CENTER, CTANG

The Veterans Affairs Connecticut Healthcare's Errera Community Care Center in collaboration with New Haven's Farnam Community, The Connecticut National Guard Child and Youth Programs and Hope For The Warriors are pleased to announce program facilitation of Operation Camp Farnam 2017. This free summer day camp opportunity, located in Durham, Connecticut, is open to the first 100 children of Connecticut's Service (Active, Guard and Reserve) Members and Military Veterans, ages 5-12. The camp will be held the week of August 7-11 with scheduled camp activities including instructional swimming lessons, nature studies, team building exercises, nutritional education, organized sports and music appreciation.

Transportation to and from Operation Camp Farnam will be provided through a camp supervised bus charter.

Departure and arrival points will be located in Stratford, New Haven, Hartford, Newington VA and New London/Groton.

Due to the major summer fun and popularity seen in the past few years, early registration is encouraged, as space fills up fast.

For camp applications and health forms, please contact Michele McCarty, CT National Guard Lead Child & Youth Program at michelle.m.mccarty4.ctr@mail.mil or Nick Montini, Hope for the Warriors, at Nmontini@hopeforthewarriors.org. Additionally, forms may be faxed directly to the Farnam Community at (203) 562-2818. If there are any questions, Michelle McCarty can be reached at (860) 548-3254 or Nick Montini at (646) 866-3643.

If you have had a child attend Operation Camp Farnam in the past three years you will not be required to submit a new Health form unless any change(s) would require an updated form.

See Camp Farnam Flyer on Page S4



The CTNG Stopped to Smell the Roses in May SMFSC Celebrates Spouses and Mothers with Rose Sale

WENDY HAGEN
CTNG FAMILY READINESS SUPPORT ASSISTANT

May is the month when we celebrate the people in our lives who nurture and support us. Whether they are spouses, significant others, mothers or caregivers, these special people make time to ensure that we have what we need to be successful in any endeavor.

Connecticut National Guard Family Readiness Groups worked with the Service Member and Family Support Center with the 2017 FRG Rose Sale.

Members of the CTNG were able to pre-order one dozen roses and pick them up at their unit location on May 6, just in time for Military Spouse Appreciation Day and Mother's Day.

A portion of each rose bouquet purchased was donated

Photo: The CTNG Service Member and Family Support Center sold 50 bouquets of one dozen multi-colored roses for a Family Readiness Group Rose Sale in May. Guardsmen were able to pick up their orders at their closet CTNG facility in time to honor their loved ones for Military Spouse Appreciation Day, May 6, and Mother's Day, May 14. All proceeds from the sale went to Unit FRGs and local non-profit organizations. (Photo by Ms. Linda Rolstone, CTNG SMFSC)

to the unit FRGs for the funding of future activities.

The 2017 FRG Rose Sale sold a total of 50 bouquets of multi-colored roses and distributed them at the Windsor Locks Readiness Center, the 103rd Airlift Wing, the William A. O'Neill Armory and the New London Armory.

Rose purchases not only supported unit-level FRG activities, but also supported local non-profit organizations focused on providing a supportive work environment, life skills training and connection to community resources for individuals with autism.

The CTNG SMFSC looks forward to hosting another rose sale in 2018. Mark your calendars and remember to pre-order your bouquet for someone who you appreciate.



CATHERINE GALASSO-VIGORITO

God Will Carry You through Your Challenges

In the spring and summer months, my family and I regularly take walks by the beach. There, enjoying the beautiful shoreline and surrounded by God’s nature, I often think about a poem: ‘Footprints in the Sand.’

“Deep in his slumber, one night a man had a very real, yet surreal dream. He dreamt that he was walking

along the beach with God. As he looked up at the sky, he saw all the scenes of his life flash by along with two sets of footprints: one set for himself and another for God.

After all the scenes had flashed before him, he looked back at those footprints and noticed something quite disturbing: At the most difficult times in his life, he saw only one set of footprints.

This deeply troubled the man, so he turned and said to God: “You said that if I followed you, then you would always walk with me through thick and thin. In looking back, I see that during the most painful times there is only one set of footprints. Why did you leave me when I needed you the most?”

God answered, “I love you and would never leave. It was during those times when you suffered the most that I carried you.” (Mary Stevenson)

Have you been suffering because it seems as though you’re going around in circles and nothing appears to be happening? Are you up against a situation that is difficult? Or have you made a mistake, and now you wonder if there is any hope for the future?

Regardless of what you’re facing, God will ‘carry you’ through your challenges. At times, you may not feel as though you are able, but there is nothing in life you and God cannot conquer together. For if God is for you, nothing can stand against you. So if you are going through a trial, close your eyes and imagine that God is carrying you right now. Then, don’t look at the obstacles in your life. Rather, look to God for He is saying to you today, “Fix your eyes on Me.”

•Hence, even when situations seem ‘impossible to overcome,’ ‘unfair’ or it looks like circumstances are

‘never going to change,’ stand strong in faith and press on toward your goals and your bright future. Remember, God is with you. And so, each day, believe and repeat aloud the promises that God has given us in His Word:

•My God will never leave me nor forsake me. (Deuteronomy 31:6).

•God is my refuge and strength, always ready to help in times of trouble. (Psalm 46:1-2).

•I am more than a conqueror to He who loves me. (Romans 8:37).

•He will strengthen me, help me and uphold me with His righteous right Hand. (Isaiah 41:10).

•So, I will rejoice in confident hope. Be patient in trouble, and I’ll keep on praying. (Romans 12:12).

There’s an account in the Bible in 2 Chronicles 20 about Jehoshaphat, the King of Judah. Confronted with trouble, King Jehoshaphat found himself in a dilemma beyond his human capabilities or control. There was a vast army swiftly approaching Jerusalem. Three nations had formed an alliance against Judah. And King Jehoshaphat knew that his own army would be no match for the huge mass of invaders.

King Jehoshaphat was helpless, and he could not handle the crisis on his own. Faced with an overwhelming situation, it appeared that there was no hope. But King Jehoshaphat was devoted to God. He was faithful. So immediately, King Jehoshaphat turned his attention to God. “Alarmed, Jehoshaphat resolved to inquire of the Lord.” (2 Chronicles 20:3).

He looked beyond the troublesome circumstances and organized with the people, a time of prayer. King Jehoshaphat began by singing praise to God. He expressed God’s mighty power to help them in their present helplessness, saying, “For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.” (2 Chronicles 20:12). As the King continued praying, the people’s spirits were strengthened and lifted.

God listened to his prayer. And as the people waited in faith, God had a prophet tell them: “The battle is not yours, but the Lord’s. You will not have to fight. Just watch, and see how He will save you.”

When Jehoshaphat’s army came upon the invaders, they discovered the three armies had been bickering with each other. They fought among themselves and

were completely destroyed by internal fighting. The battle was over. “...the kingdom of Jehoshaphat was at peace, for his God had given him rest on every side. Jehoshaphat bowed down with his face to the ground, and all the people of Judah and Jerusalem fell down in worship before the Lord.” (2 Chronicles 20:29).

Calamity may come your way, but there is nothing that separates you from the love of God. Therefore, don’t be afraid. Do not be discouraged. Like King Jehoshaphat, pray with your whole heart, trust God, and look through any troubles and toward Him.

God is all powerful. He is a God of justice. He is your vindicator, and He will make the wrongs turn out right. Before long, God is going to move in your behalf. You’re soon going to be introduced to the right person. Shortly, a new door of opportunity will open. God will bring hope and healing. For God will help you to take a seemingly hopeless situation and transform it into success. And love, peace and abundance will be in your future.

A while ago, a friend of mine and her family adopted a little black and white kitten. Yet, they had little background information on the sweet animal. Since my friend hadn’t yet taken the kitten to the veterinarian for a checkup, and being concerned, she questioned her teenage daughter. “What if the kitten isn’t healthy?” she asked. Her daughter smiled, so happy to have a new pet and answered, “It doesn’t matter what happened before. What matters is what we do now.”

Today is a new day and with it comes a clean slate. Come to terms with what happened yesterday and cease dwelling on it. I want to be the one to remind you that new beginnings are up ahead. Get motivated again. Look ahead with hope. Think positive. Write down some new goals. God wants to do something extraordinary in your life. So go to God. Praise the Lord. Thank Him by faith for the victory to come, and He will “carry” and intercede for you.

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

DOD-MWR Summer Reading Program

Visit Your Local Library this Summer, Start Reading by Design

MILITARY ONESOURCE

During the summer months, DoD-MWR Libraries around the world will host a range of free activities for children, teens, and adults that encourage and support a love of reading. Participants also can earn incentives by reaching their reading goals.

DoD-MWR Summer Reading programs are designed to make the library a great place for kids to read, learn, and discover what’s available for their enjoyment throughout the year.

Reading by Design is inspired by the creativity of authors, illustrators, builders, inventors, artists, architects. In turn, we hope it inspires readers to explore their own creativity and design new worlds for themselves and for all of us.

There’s also a serious side to summer reading. Research has shown that reading over the summer prevents summer reading loss.

Studies also indicate students who read recreationally outperformed those who

don’t. Students read more when they can choose materials based on their own interests. DoD-MWR libraries are committed to supporting lifelong learning and educational enrichment for all families.

For more information please contact your installation library, click on your service branch button to the right, or email us at, usarmy.mwr.library@mail.mil (Army), elizabeth.arias.2@us.af.mil (Air Force).

Not near a base? Check out our Virtual Summer Reading Program. This new online DoD-MWR summer reading program is designed for Guard, Reserve, and Active Duty Kids & Teens who live far from military bases. Sign up at www.DoDVirtualSRP.org.

For additional online DOD MWR library resources, visit <https://www.militaryonesourceeap.org/achievesolutions/en/militaryonesource/>



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

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

CONNECTICUT NATIONAL GUARD
Family Assistance Center Locations

Family Assistance Centers are an information and referral hub for all Branches of Service
Our Programs Include:
Budget Counseling Community Support Options Financial Assistance and Relief
Family Communication Counseling Referrals Morale, Welfare and Recreation (MWR)
Legal and Pay Information Outreach Family Readiness Groups (FRG)
TRICARE Assistance Volunteer Opportunities DEERS & ID Card Assistance
Support is available 24/7 by calling (800) 858-2677
*Centers are open part-time on a regular, weekly schedule.
Please call ahead to confirm times or to make an appointment.

New London Armory
249 Bayonet St.
New London, CT 06320
(860) 772-1422
Open Mon.-Fri.
103rd Airlift Wing
100 Nicholson Rd.
East Granby, CT 06026
(800) 858-2677
Open Tues.-Fri.
103rd Air Control Squadron
206 Boston Post Rd.
Orange, CT 06447
(800) 858-2677
By Appointment
Niantic Readiness Center
38 Smith St.
Niantic, CT 06357
(800) 858-2677
By Appointment
Norwich Armory
38 Stott Ave.
Norwich, CT 06360
(800) 858-2677
Wednesday or By Appointment
Waterbury Armory
64 Field St.
Waterbury, CT 06702
(800) 858-2677
By Appointment



Operation Camp Farnam

Camp Farnam will be hosting 100 children of Veterans completely **free** at day camp in Durham Ct

There will be 4 pick up locations (**Stratford, New Haven, Groton and Hartford**) where the children can be dropped off. Transportation with adult supervision to and from the camp will be provided as well as lunch!

Activities
Arts and Crafts **Organized Sports**
Swimming Instruction **Music**
And much more!

August 7th-11th

For registration and application information contact:
 Nicholas Montini: 646-866-3643 nmontini@hopeforthewarriors.org
 Michelle McCarty: 860-548-3254 michelle.m.mccarty4.ctr@mail.mil







OPERATION MCIT SUMMER CAMP

child & youth program
 approved third national ground

July 17-21, 2017
 Windsor Locks Readiness Center
 85-300 Light Lane, Windsor Locks
 AND
 August 22-25, 2017
 Southington Armory
 590 Woodruff St. Southington
 9:00 AM to 3:00 PM
 (drinks and snacks provided)

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

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

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

July link: <https://july-2017-mcit.eventbrite.com> PASSWORD: JULMCIT
 August link: <https://august-mcit-2017.eventbrite.com> PASSWORD: AUGMCIT



Service Member & Family Support Center Staff Directory

William A. O'Neill Armory: 160 Broad Street, Hartford, CT 06105 • Fax: (860) 291-2793 • 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.c.baber@mail.mil	(860) 548-3276 (desk) (860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.reed.ctr@mail.mil	(860) 524-4938 (desk) (860) 883-4934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.o.donnell.ctr@mail.mil	(860) 493-2797 (desk) (860) 883-4949 (cell)
Family Assistance Center Specialist	Jessica Koehler	jessica.w.koehler.ctr@mail.mil	(860) 524-4969 (desk) (860) 883-4949 (cell)
Family Readiness Support Assistant	Linda Rolstone	linda.l.rolstone.ctr@mail.mil	(860) 524-4963 (desk) (860) 686-2269 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk) (860) 681-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.t.cummings@mail.mil	(860) 493-2796 (desk) (860) 538-5639 (cell)
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.o'shaughnessy.ctr@mail.mil	(860) 548-3258 (desk) (860) 794-8748 (cell)
Military OneSource Consultant	Chris Roulsen	christopher.roulsen@militaryonesource.com	(860) 502-5410 (cell) (860) 493-2722 (desk)
State Support Chaplain	CH. (MAJ) David Nott	david.e.nott@mail.mil	(860) 548-3240 (desk) (860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk) (860) 748-6037 (cell)
Employer Support for the Guard and Reserve	Susan Britell	susan.r.britell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 • Open Monday-Friday			
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 292-4902 (desk) (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 292-4901 (desk) (860) 883-2764 (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) 205-5060 (desk) (860) 883-2746 (cell)
New London Armory: 209 Bayonet Street, New London, CT 06320 • Open Monday-Friday			
Family Assistance Center Specialist	Vanessa Foster	vanessa.w.foster.ctr@mail.mil	(860) 772-1422 (desk) (860) 883-2720 (cell)
101st Airng Wing: 190 Nicholson Road, East Granby, CT 06026 • Open Tuesday-Friday			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.h.timberlake.civ@mail.mil	(860) 292-2730 (desk)
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) 854-2677 • Open By Appointment			
Windsor Armory: 61 Field Street, Blackbury, CT 06702 • (860) 854-2677 • Open By Appointment Norwich Armory: 38 York Avenue, Norwich, CT 06360 • (860) 478-2677 • Open Wednesday And By Appointment			