



Connecticut GUARDIAN

VOL. 19 NO. 1

HARTFORD, CONNECTICUT

JANUARY 2018

Happy Birthday, National Guard!

***Celebrating 381 Years
of Service to Our State
and Our Nation***

Master Sgt. Davis Foster left, Headquarters and Headquarters Company, 143rd Regional Support Group and Pvt. Joshua Weah, Alpha Company, 192nd Engineer Battalion cut the birthday cake in celebration of the National Guard's 381st birthday at the William A. O'Neill Armory in Hartford, Conn., Dec. 13. In keeping with tradition, the oldest member and the youngest member in attendance cut the cake to symbolize the passing of the torch, celebrating the past and looking to the future. On Dec. 14, Pvt. Weah also became the CTNG's newest U.S. citizen, receiving his citizen certification during a naturalization ceremony in Bridgeport, Conn. Read the whole story on page 8. (Photo by Maj. Mike Petersen, State Public Affairs Officer, CTNG)



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Weather is On The Way - Be Prepared

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

Winter storms can bring extreme cold, freezing rain, ice, snow, high winds, or a combination of all of these conditions. This guide from FEMA is designed to help you properly prepare for a winter storm and know how to protect yourself before, during, and after one.

Planning and preparing can make a big difference in safety and resiliency in the wake of a winter storm. The ability to maintain or quickly recover following a winter storm requires a focus on preparedness, advanced planning, and knowing what to do in the event of a winter storm.

How to Prepare for a Winter Storm

Winter storms can cause power outages that last for days. They can make roads and walkways extremely dangerous and also negatively affect critical community services including public transportation, childcare, and health programs. Injuries and deaths may occur from exposure, dangerous road conditions, carbon monoxide poisoning, and other winter storm conditions. Be better prepared this winter, and learn more at ready.gov/prepare.

Now/Prepare

- Sign up for local alerts and warnings. *In Connecticut, visit, <http://www.ct.gov/ctalert/site/default.asp> to sign up for local alerts and download the CTPrepares app, available for iphone and android.*
- Create and test emergency communication plan(s).
- Stock emergency supplies, and install battery-

powered or battery backed-up carbon monoxide detectors and smoke detectors.

- Winterize your home. Visit this page to help you prepare.
- Review your property insurance, and safeguard critical documents.
- Get trained on specific needs your family may have. Also, consider joining your local Community Emergency Response Team (CERT).
- Identify a place nearby where you can safely warm up should you lose heat in your home.

During/Survive

- Stay indoors and off the roads. If you must drive, keep emergency supplies in your car.
- Close off rooms to consolidate and retain heat.
- Dress in layers, and use blankets to stay warm.
- Bring pets into a warm place and out of the storm or severe cold.
- Never use a generator, camp stove, charcoal grill, or gasoline or propane heater indoors, as these items can start accidental fires, cause electric shock, and/or cause deadly carbon monoxide poisoning.
- Never heat a home with a cooktop or oven.

- Limit your time outdoors, and stay dry.

After/Be Safe

- Only drive if necessary. Remove snow and ice from your tailpipe before starting your car, and check regularly if idling. Clean all snow and ice from your car before driving.
- Dress in warm clothing, stay dry, prevent prolonged exposure to cold and wind, and avoid overexertion clearing/shoveling



snow. Overexertion can lead to a medical emergency.

- Monitor local news and alerts for emergency information and instructions.

Learn From Every Storm

- Restock your emergency supplies to be ready in case another storm hits.
- Assess how well your supplies and family plan worked. What could you have done better?
- Take a few minutes to improve your family plan and supplies before the next winter storm hits.
- Talk to your neighbors and colleagues about their experiences and share tips with each other.

Find additional resources about preparing and surviving winter storms at https://www.fema.gov/media-library-data/1494008826172-76da095c3a5d6502ec66e3b81d5bb12a/FEMA_2017_WinterStorm_HTP_FINAL.pdf.

For more about winter storm preparation on page 25

Connecticut Flying Yankee Receives USO Leadership Award

TECH. SGT. TAMARA R. DABNEY
103RD AIRLIFT WING, PUBLIC AFFAIRS

HARTFORD, Conn. - The USO lounge, a popular hangout for traveling service members, can be found at major airports throughout the country. The lounges may be the most recognizable form of support the USO provides, but it is just one of many ways that the organization supports and contributes to the lives of service members.

On Nov. 20, 2017, the Connecticut USO honored Staff Sgt. Jazzreal “Jazz” Richardson, Flight Engineer assigned to the 103rd Airlift Wing, with the USO Military Leadership Award.

The award recognizes the commitment, exceptional service and achievements of individuals who have shown extraordinary dedication to their country.

Richardson, an Airman who has shown extraordinary commitment to his duties in the Air National Guard, is not the type of person who likes to brag about himself.

“I’m a quiet guy,” Richardson said. “I come to work and do my job. I don’t look for recognition.”

Richardson may not like to exalt himself, however, people who whom he has served have, in one way or another, expressed that he exemplifies the Air Force core values: integrity first, service be-fore self, and excellence in all we do. His actions while deployed in 2017 lend credence to those sentiments.

On March 21, 2017, upon arriving in Northern Iraq, Richardson and his team were suddenly redirected to Al

Udeid Air Base in Qatar. The crew was not sure of all the details surrounding the reason for the change in direction, but they knew it involved a medical emergency. With limited knowledge of the situation, Richardson also knew that he would need to think fast in order to reconfigure the aircraft in a way that would be conducive to the medical patient’s survival.

“We didn’t have any idea of the status of the patient,” said Richardson. “Not knowing that, trying to configure the aircraft always requires quick thinking. You can’t just sit there and think, because you have to get the patient off the ground and into the nearest medical facility.”

When Richardson and his team arrived in Qatar, they learned that a female patient was suffering from extreme internal bleeding. She desperately needed to be flown to a medical facility for care; her life depended on it.

“The patient was losing a lot of blood due to a pregnancy issue,” said Richardson. “She needed to get to a critical care unit within 12 to 18 hours or she would die.”

Shortly after takeoff, a malfunction occurred on the aircraft near the patient. After configuring the aircraft, Richardson needed to fix the malfunction immediately for the comfort and survivability of the patient.

“We had the patient near the HVAC and the system malfunctioned,”



Staff Sgt. Jazzreal Richardson (center), Flight Engineer assigned to the 103rd Airlift Wing, accepts the United Service Organization Military Leadership Award at the USO Force Behind the Forces Gala at the Downtown Hartford Marriott, Nov. 20. The Force Behind the Forces Gala honors an individual from each branch of service as a way of publicly honoring and thanking individuals who have show extraordinary dedication to their country. Staff Sgt. Richardson was the recipient for the U.S. Air Force. (Photo courtesy of J. Fiereck Photography)

Richardson said. “The temperature went full-hot, [blowing] burning air on the patient. I had to adjust the system. The loadmaster also opened the cargo door to get cool air to come into the cab-in to make the patient comfortable.”

In-flight emergencies are rare on commercial aircraft; commercial airline employees don’t typically have to make adjustments to aircraft components during a flight as a passenger’s life hangs in the balance. However, according to Richardson, situations such as these are a normal part of his job.

“That’s the job of a flight engineer,” he said. “That’s what we do daily, is to be able to think 10 steps ahead. You always have to be ahead of the aircraft, because when a malfunction or something detrimental comes, it comes in twos and threes. We train for situations like this day in and day out.”

The work of the USO is an act of gratitude to the men and women who serve in the U.S. military.

The USO Military Leadership Award is the organization’s way of saying thank you to service members like Richardson, who go above and beyond. Still, when asked how he felt on the day that he received the award, Richardson responded simply, and humbly.

“It’s an honor. I loved it. I don’t look for recognition, but it felt good.”



The five recipients of the USO Military Leadership Award at the USO Force Behind the Forces Gala at the Downtown Hartford Marriott, Nov. 20. The Force Behind the Forces Gala honors an individual from each branch of service as a way of publicly honoring and thanking individuals who have show extraordinary dedication to their country. Staff Sgt. Jazzreal Richardson (third from right), Flight Engineer assigned to the 103rd Airlift Wing, Connecticut Air National Guard, was the recipient for the U.S. Air Force. (Photo courtesy of J. Fiereck Photography)

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Major Milestones of 2017

Part One: Looking Back at the Year's Biggest Moments

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

2017 was another year of milestones for the Connecticut National Guard. From historic deployments to groundbreaking and ribbon cutting ceremonies, there was a lot for the nearly 5,000-strong CTNG to be proud of. Over the next two months, the Connecticut Guardian takes a look back at some of the highlights of 2017. In this edition, we are highlighting January through June. Next month, we'll tackle the second half of the year.

January

The new year saw a new President, as Donald J. Trump swore in as the 45th President of the United States of America, Jan. 20. More than 5,000 members of the Armed Forces, including personnel assigned to the Connecticut National Guard's 14th Civil Support Team, were on hand to support activities leading up to and including the inauguration.

A day prior, the 169th Regiment (Regional Training Institute), was certified as an, "Institute of Excellence," by Training and Doctrine Command. It is the second consecutive such certification for the RTI and many of the organization's current procedures were noted as best practices by the assessment team.

February

Although the year's shortest month, February was not short on moments for the CTNG. Approximately 300 members of the Connecticut Air National Guard's 103rd Airlift Wing were joined by state and CTNG leadership



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

during a formal send-off ceremony prior to their deployment to Southwest Asia at Bradley Air National Guard Base in East Granby, Feb. 8. Maj. Gen. Thad Martin, Adjutant General and Commander of the CTNG, was joined by Lt. Gov. Nancy Wyman, U.S. Senator Richard Blumenthal, U.S. Congressman Joe Courtney and State Attorney General George Jepsen to wish the deployers well.

As the 103rd was preparing for deployment, the 1109th Theater Aviation Sustainment Maintenance Group kicked off a two-week mission in Germany, where a team of 15 Soldiers supported U.S. Army Europe and

units deploying in support of Operation Atlantic Resolve. In chilly conditions, the TASMGM got to work unloading helicopters at the port in Bremerhaven, exceeding expectations and impressing their counterparts.

"We take our jobs very seriously and wanted to show everyone that the 1109th TASMGM is more than capable of getting the job done anywhere in the world," Chief Warrant Officer 3 Michael McJunkins, 1109th TASMGM mission team leader, said. "This was professional members of the Army Aviation community coming together to best prepare U.S. Soldiers for operations in Europe."

The National Guard Association of Connecticut held its 23rd conference and ball in Rocky Hill, Feb. 18. Mr. Kim Rolstone, NGACT President and Connecticut National Guard member, kicked off the organization's annual conference with an update to attendees with information pertaining to what the organization is doing for its members, and its goals for the coming year.

March

After pushing through regionals in 2016, the mess section of Echo Company, 1-169 General Support Aviation Battalion battled freezing temperatures to compete in the national finals of the 49th Philip A. Connelly culinary competition in Windsor Locks, March 11. As one of four teams competing for the title, Echo Company stepped up to the plate to show their skills to



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, 2017. 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. (Photo courtesy of Sgt. 1st Class Jessica Torres, State Food Program Manager)

a team of judges during the unit's March training period. The team was announced as the National Winners later in the spring.

On that same drill weekend, the Soldiers assigned to the 1048th Medium Truck Company trained to become a validated National Guard Reaction Force – or NGRF – for the state over a three-day period.

This is the unit's second time participating in such validation training, and according to Sgt. 1st Class Alex Fatone, Readiness NCO assigned to the 1048th, such validation provides the state with a unit it can call upon to conduct security of critical infrastructure around the state in support of local law enforcement.

"The goal in mind being that we're here to support the public, support the people of Connecticut," Fatone added.

Later in the month, the Connecticut Army National Guard held its annual Best Warrior Competition to determine the NCO and Soldier of the Year. The four-day event saw more than 30 competitors battle it out through various events testing their Army skills as well as mental and physical readiness. In the end, Staff Sgt. Jason Halbach, 192nd Military Police Battalion and Spc. Bryan



Soldiers assigned to the 1048th Medium Truck Company create a wedge formation during a training exercise at Camp Niantic, Connecticut, March 11, 2017, in preparation for validation as a National Guard Reaction Force. The reaction force would support the state in the event of an emergency. (U.S. Army photo by Pfc. Kaitlyn Q. Wallace, 130th Public Affairs Detachment, Connecticut Army National Guard) Continued, see 2017 Review on Page 6



Members of the 14th Civil Support Team, Connecticut National Guard, help to officially break ground for their new 24,000-square foot Ready Building at the official ground breaking ceremony at Camp Hartell, Windsor Locks, Connecticut, April 18, 2017. The CST Building will be the first CST-specific building of its kind, putting the Connecticut National Guard at the forefront, according to Lt. Col. Ben Neumon, Construction and Facilities Management Officer for the Connecticut National Guard. (Photo by Allison L. Joanis, State Public Affairs Office)

Silk, Headquarters and Headquarters Company, 1-102nd Infantry Regiment, emerged victorious and moved on to face fellow Region I winners at the Regional Best Warrior later in the summer.

Elected officials, Veterans and the general public attended an event honoring the 56 Medal of Honor recipients that hail from Connecticut – including Col.

Robert Nett and 1st Lt. Lee Hartell of the Connecticut National Guard - at the Legislative Office Building, March 24. The duo are prominently remembered and honored by the CTNG, with both men having facilities named after them.

March also saw the Connecticut National Guard pay tribute to its Public Affairs-trained personnel and Unit

Public Affairs Representatives via a two-week photo exhibit at the Legislative Office Building March 17-April 1. More than 45 high-resolution prints spanning the last decade of CTNG service were depicted in the building's south concourse, highlighting the men and women who make up the CTNG's nearly 5,000 Guardsmen.

The CTNG's State Partnership Program continued to make strides alongside their Uruguayan counterparts, as the 118th Airlift Squadron and Uruguayan Air Force Aviators partnered up to conduct an air-drop mission, March 29. The mission was part of a week-long orientation visit that saw a group of Uruguayan aviators visit Connecticut. The CTNG has been partnered with Uruguay

since 2000.

April

For the first time, the 14th CST will have a place to call its own, as CTNG leadership and elected officials joined to break ground on a new 24,000 square foot Ready Building at Camp Hartell in Windsor Locks, April 18. Lt. Gov. Wyman, Congressman Courtney and Maj. Gen. Martin put shovels into the dirt not far from where the ribbon was cut on a 112,000 square foot maintenance shop on post in January 2016.

The building will be the first of its kind, according to Lt. Col. Ben Neumon, CTNG Construction and Facilities Management Officer.

Meanwhile, over 30 members of the Eastern Connecticut Chamber of Commerce’s Leadership Program toured the CTNG’s facilities at Camp Niantic and Groton. After a short briefing on what the CTNG does and how it operates, program attendees were treated to a tour of southeastern Connecticut from the sky in a CTARNG UH-60 Blackhawk helicopter before boarding a bus and heading to Groton, where full-time members of the 1109th TASMG explained on-site operations.

“Each year for the past six years, participants are



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, 2017. 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)

left in awe of all that the Connecticut National Guard provides for our community, state, and nation,” said Megan Cronin, Program and Event Manager for the Chamber of Commerce of Eastern Connecticut.

In keeping with tradition, the crop of Candidates enrolled in the 169th Regional Training Institutes Officer Candidate School plan, prepare, and execute the annual OCS Dining Out. This year’s edition was held at the Portuguese Cultural Center in Danbury, Connecticut, April 29.

Also on April 29, the CTNG supported the Drug Enforcement Agency’s National Prescription Drug Take Back Day, assisting with the incineration of over 8,500 pounds of unused or unwanted prescription drugs. The

CTNG supported with eight Guardsmen and three vehicles to help transport from multiple locations around the state.

April also served as the unofficial start of Annual Training season, as the 247th Engineer Detachment headed to Fort Indiantown Gap, Pennsylvania, where they drilled a 300-foot well – the third in three years at the post.

May

After multiple sendoffs, the CTNG was finally able to welcome home Guardsmen from deployment. Nearly 100 Airmen assigned to the 103rd Air Control Squadron returned home to the Bradley Air National Guard Base, May 22.

“This is the first of many homecomings the Connecticut Air National Guard will be hosting in 2017, as we look forward to welcoming home the nearly 400 total Airmen

who have deployed since late 2016,” said Maj. Gen. Thad Martin. “We are all immensely proud of their efforts, and grateful for the sacrifices their families have made while



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, 2017. This is the ninth time in five years that the CTNG has participated in the event. (Photo by 1st Lt. Krista Yaglowski, 1-169th Aviation Regiment- General Support Aviation Battalion)

their loved one served abroad.”

When you hear, “Cape Cod in May,” you might think of taking travel plans while on leave. However, the Connecticut National Guard responded to a request from the United States Coast Guard to provide support



Members of the 247th Engineer Detachment, CTARNG conduct drilling operations at Fort Indiantown Gap, Pennsylvania, April 20, 2017. The unit spent its 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)

in retrieving a beached buoy in Chatham, Mass., May 9. A CTNG CH-47 Chinook helicopter was able to lift the 12,000-pound buoy, which broke free off the coast of Maine in April. Once in the water, Coast Guard Vessel Cutter Oak was able to relocate the buoy.

Army Aviation stayed busy in May, as Soldiers assigned to Echo Company, 1-169 Aviation traveled to Chicago to accept the U.S. Army Philip A. Connelly Award for Excellence in Food Service at the 2017 Military Foodservice Awards Dinner in Chicago, May 19. The culinary section, braved sweltering heat in the summer of 2016 to advance through the regionals, then battled freezing temperatures in March 2017 to earn a well-deserved victory.

The honors kept rolling in, as the Connecticut Army National Guard received recognition for its organizational self-assessment and process improvements during the annual Army Communities of Excellence Best Practices Conference and Awards Ceremony in Arlington, Virginia, May 23. The CTARNG’s submission placed third in the Bronze Division.

The Connecticut National Guard ended the month on a high note, welcoming the CTNG’s first-ever flight paramedics. The six Soldiers, assigned to Detachment 2, Company C, 3/126th Aviation Battalion, received the Aviation Basic Badge, May 29.

“This is the culmination of four years of hard work,”



Six flight paramedics assigned to the Connecticut National Guard’s Detachment 2, Company C, 3/126th Aviation Battalion received the Aviation Basic Badge at the Windsor Locks Readiness Center, May 29, 2017. From left to right - Staff Sgt. Sam Dybdahl, Staff Sgt. Danielle Marcue, Sgt. John Harrington, Staff Sgt. Trevor O’Neill, Sgt. 1st Class Stefanie Jennings, and Sgt. Ian Berghorn. (Photo courtesy of Command Sgt. Maj Anthony Savino Jr., Senior Enlisted Leader, 1-169th GSAB, CTARNG)

Command Sgt. Maj. Anthony Savino, Command Sergeant Major of the 1-169 General Support Aviation Battalion said. “Back in 2013, we opened a state-wide board for those wishing to become flight paramedics while we were preparing to stand up the unit.”

June

The month started off with an exciting weekend for the children of military families. The Connecticut National Guard Child & Youth Program hosted the 5th annual Teen Training Weekend



A UH-60 Blackhawk Helicopter and crew from the 169th General Support Aviation Battalion, CTARNG sling load a M198 Howitzer as fellow Connecticut Aviation Soldiers look on during their 2017 annual training at Fort Drum, New York, June 15, 2017. (Photo by 1st Lt. Krista Yaglowski, 169th GSAB Unit Public Affairs Representative)

at Camp Niantic, June 2-4. The event hosted 20 Connecticut Military dependents

of high school age for the weekend to participate in leadership and resiliency training in a relaxed, social setting where participants had the opportunity to meet one another and have some fun.

Annual Training was in full swing, as many of the state’s Army Guard units were spread across the United States to conduct its required tasks.

The 143rd Regional Support Group found itself across five states – from Fort Drum, N.Y. to Muscatatuck Urban Training Center in Butlerville, Ind. – conducting live fires, convoy movements, aviation training, and fire fighting training, amongst a host of other tasks.

Here in state, the 85th Troop Command kicked off its June drill with a change of command, June 9, as Col. Christopher Egan relinquished command to Col.

Daniel Murphy in a ceremony at the Niantic Readiness Center at Camp Niantic.

Stay tuned for Part 2 of our annual year in review. In February, Connecticut Guardian staff will compile the best moments from July through December 2017.



Nearly 100 members of the 103rd Air Control Squadron greeted their families and friends on the flightline of Bradley Air National Guard Base, May 22, 2017. Members of the ACS left Connecticut in November 2016 and were deployed to Southwest Asia, where they were responsible for the command and control of air battle management of the coalition airspace over their assigned region. (Photo by Maj. Jefferson Heiland, 103rd Public Affairs Officer, 103rd Airlift Wing)

From Senegal to Citizenship: One CT Guardsman’s Story

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

He enlisted in April 2017, looking forward to accomplishing his training, returning to Connecticut as a qualified Wheeled Vehicle Mechanic assigned to Alpha Company, 192nd Engineer Battalion and proudly serving his nation.

But for Pvt. Joshua Weah, the United States only recently became his nation. The young Guardsman hails from Dakar, Senegal, moved to America less than five years ago and recently became a United States citizen.

“I first stepped foot into the United States during the summer of 2012 to visit some family members in Connecticut,” Weah, 22, said in an email interview while back home visiting family and celebrating the December holidays in Senegal. “During that year, I returned to Senegal in order to complete high school, and the following year, I returned to the United States around December.”



Pvt. Joshua Weah (left) and Sgt. 1st Class Eduardo Coya, stands with Weah's Certificate of Naturalization following a ceremony completing the process of becoming a U.S. Citizen at the Brien McMahon Federal Building in Bridgeport, Conn., Dec. 14. Weah moved to the United States from his native country of Senegal in 2013 and swore into the U.S. Army in April 2017 with Coya as his recruiter. Weah is currently assigned to A Co., 192nd Engineer Battalion, Connecticut Army National Guard. (Photo courtesy of Sgt. 1st Class Edward Coya, Recruiting and Retention Battalion)

On December 14, 2017, at the Brien McMahon Federal Building in Bridgeport, Conn., Pvt. Weah raised his right hand for the second time this year and officially became a United States citizen.

Proudly wearing his uniform and joined by family, Weah could hardly believe the moment he had waited so long for had finally arrived.

“It was a long journey that pretty much started the moment I returned to the United States (in 2013),” Weah said. “When it finally came time to raise my right hand, it felt surreal.”

Weah’s story was uncovered in early December, when he accepted an invitation to join state leadership in a ceremony honoring the National Guard’s 381st birthday. To celebrate, Command Sgt. Maj. John Carragher,

State Command Sergeant Major of the Connecticut Army National Guard, found the longest and shortest serving Guardsmen available to take part in a traditional cake-cutting ceremony. Weah teamed up with 41-year veteran Master Sgt. Davis Foster, assigned to the 143rd Regional Support Group, but not before speaking with Carragher, Maj. Gen. Thad Martin, Adjutant General and Commander of the CTNG and Brig. Gen. Francis Evon, Assistant Adjutant General.

“Every year, we invite one of our newest service members to take part (in the cake cutting)

in order to introduce them to their leadership and give them another source of information to obtain advice from,” Carragher said. “Weah embodies everything we look for in a Soldier. I was truly honored to meet him and wish him the best in his new career as a Connecticut National Guardsman.”

It was during his talk with senior leadership that Carragher learned about his upcoming citizenship ceremony.

Decked out in his OCPs, Weah was joined by his aunt, his nephew and his niece. Also in attendance was Sgt. 1st Class Eduardo Coya, his recruiter.

“As a recruiter, you have the privilege of seeing the newest generation of Guardsmen start their military journey,” Coya said after attending Weah’s ceremony. “When I learned that Weah was finally obtaining something he has worked so hard for, I couldn’t pass up the chance to be there and



Pvt. Joshua Weah takes the Oath of Allegiance during a Naturalization Ceremony, becoming a U.S. Citizen, at the Brien McMahon Federal Building in Bridgeport, Conn., Dec. 14. Weah moved to the United States from his native country of Senegal in 2013 and swore into the U.S. Army in April, 2017. He is currently assigned to A Co., 192nd Engineer Battalion, Connecticut Army National Guard. (Photo by Sgt. 1st Class Eduardo Coya, Recruiting and Retention Battalion, CTARNG)

support a fellow Connecticut Guardsman.”

English is not Weah’s first language, although you would hardly know it in a conversation with him. French is his primary language, but he also speaks Creole and Wolof, the most widely-spoken language in Senegal.

“I didn’t speak any English when I first came to the United States,” Weah said. “It was tough, but I began to pick up bits and pieces through conversation. That’s how I really got the hang of it – by speaking and communicating with those around me.”

Weah knows that his new life as an American citizen is a step on a much longer journey, but he advises anyone that takes the same path never forgets their roots.

“Becoming a citizen is an honor, but you always have to remember where you first began and where you first started,” Weah said. “Appreciate everything that you go through, and once you’re a citizen, don’t forget to help those around you.”

EDITOR’S NOTE: Across the nation, many service members have obtained citizenship while serving in the National Guard. Current Guardsmen should contact their Readiness NCO for more information.

Connecticut Guards(wo)man Makes History

STAFF SGT. RICHARD WRIGLEY
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NIANTIC, Conn. – For the first time in the history of the 192nd Military Police Battalion, one of the oldest outfits in the United States, a woman has been selected to the position of First Sergeant during a Change of Responsibility ceremony held at the Niantic Readiness Center Oct. 14, 2017.

The ceremony’s purpose was to make official the fact that 1st Sgt. Stefanie Goins had taken over as the senior enlisted leader for the Headquarters and Headquarters Company, 192nd Military Police Battalion, 85th Troop Command, Connecticut Army National Guard.

While achieving the position of First Sergeant is always a significant happenstance for any unit, rarely would such an event be described as making history. Yet in this instance, it has.

“I never thought that I’d make actual state history for any reason, so achieving that on top of [my newly assigned position] is like the icing on the cake,” Goins said.

Goins has served in every unit within the 192nd over the course of her career, and having achieved this position is significant for her, not even taking into account historical significance of her promotion.

Command Sgt. Maj. Daniel Lawler, senior enlisted

leader of the 192nd Battalion, had the opportunity and privilege to watch Goins grow into the leader she is today as she climbed the ranks over the years.

As early as 2008, then-1st Sgt. Lawler said he saw a squad leader immediately setting herself apart, excelling and becoming the embodiment of the be-know-do of the Army Noncommissioned Officer.

Goins striving to be the best has been a hallmark of her career, and has gotten her to where she is today, as the CTNG promote Soldiers based on performance not on any other characteristic, Lawler was quick to note.

“From my perspective, it’s all about the green [of the uniform] and what the Soldier can do. I don’t care what color they are, what their gender is, where they came from, what their preference is – all of that is irrelevant.



First Sgt. Stefanie Goins receives the Sword of the Noncommissioned Officer during a Change of Responsibility ceremony at the Niantic Readiness Center, Oct. 14. Taking the sword symbolizes her taking over as the senior enlisted leader for the Headquarters and Headquarters Company, 192nd Military Police Battalion, 85th Troop Command, Connecticut Army National Guard. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)

They are a soldier, and [Goins] embodies everything that a soldier and a leader should,” Lawler said.

Goins feels the proverbial glass ceiling never really held her down or stopped her from achieving her goals, and she hopes her achievements and example inspires others.

“What I hope happens is that this shows other young females that [advancement and professional success] is possible even in a male-dominant organization like the Army.”



First Sgt. Stefanie Goins is applauded following a Change of Responsibility ceremony at the Niantic Readiness Center, Oct. 14. First Sgt. Goins took over as the senior enlisted leader for the Headquarters and Headquarters Company, 192nd Military Police Battalion, 85th Troop Command, Connecticut Army National Guard, the first woman to do so in the history of the unit. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)

TASMG Soldiers Get Back to Basics

CAPT. NICK RAPHAEL
1109TH TASMG TRAINING OFFICER

EAST LYME, Conn. – The 1109th Theater Aviation Sustainment Maintenance Group conducted Army Warrior Task training at Stones Ranch Military Reservation, Nov. 18-19.

The TASMG executed its training and received support from both the staff at Stones Ranch and the Booz Allen Hamilton Asymmetric Threat Training Support team.

The unit, whose primary mission is higher-echelon aviation maintenance support, moved into squad-sized elements, then prepared and executed common-core Soldier tasks.

“No matter what your job is in the Army, specific Soldier skills are required to be trained and evaluated on a regular basis,” said Sergeant Major Ronald Giroux, TASMG Operations Sergeant Major. “These skills are broken down in to three categories: Shoot, Move and Communicate. Nurses, Cooks, Infantryman, you name it - every Soldier in the U.S. Army needs to know how to conduct these tasks.”

The training lanes incorporated tasks from each category. CTARNG Blackhawks carried the squads into the training area, where Soldiers received an operations order, then headed out on their lane.

Different variables required Soldiers to assess, communicate and act accordingly. The squads interfaced with local nationals, honed their medical evaluation and evacuation skills, and sharpened their improvised explosive device detection skills. All the while, they moved tactically and stayed connected to their unit via tactical radios. In the unit’s tactical operations center, the Intelligence and Flight Operations sections tracked each lane’s progress and maintained a common operating picture for the commander group.

“The most effective way to train these items are in a lane-based scenario; several tasks can be accomplished in an hour-long lane,” said Sgt. 1st Class Crissy Lussier, TASMG Personnel Service NCO. “When it comes to training, time is any leaders’ most precious commodity, and these lanes are a great way to get a lot of work done in a short amount of time, allowing the Soldiers to also conduct their MOS-specific training.”

The TASMG focuses primarily on depot-level aircraft maintenance tasks, which require an immense amount of hands-on training time to build up to. However, the unit works tirelessly to maintain proficiency in their basic Soldier skills. The lane-based training also provided challenging leadership training opportunities for the unit’s junior NCOs and Officers, and will prove helpful in the unit’s future training endeavors.



Soldiers assigned to the 1109th Theater Aviation Sustainment Maintenance Group, CTARNG, conducted Army Warrior Task training during their drill weekend at Stones Ranch Military Reservation , East Lyme, Conn., Nov. 18-19. (Photo by Master Sgt. Jason Dumas, Operations NCO, 1109th TASMG, CTARNG)



Soldiers assigned to the 1109th Theater Aviation Sustainment Maintenance Group, CTARNG, conducted Army Warrior Task training during their drill weekend at Stones Ranch Military Reservation, East Lyme, Conn., Nov. 18-19. (Photo by Master Sgt. Jason Dumas, Operations NCO, 1109th TASMG, CTARNG)

JAG – A Varied Skill Set To Support The Mission

MAJ. J.T. CORRADINO
143RD REGIONAL SUPPORT GROUP, JAG, CTARNG

“What do JAG Soldiers do?”

It’s a question Soldiers who don’t have regular interaction with JAG lawyers.

A JAG lawyer’s primary obligation is the practice of military law, either in support of the command, as a legal assistance attorney, or as a trial defense service attorney. Military law is a specific area of the law which touches many of the same practice areas as those of civilian attorneys. Military law encompasses criminal, environmental, administrative, financial, human resources, and other areas, as well as the law of war.

Lawyers, however, can serve in other roles as well. The training of lawyers is different from those of other professions, because unlike doctors and accountants, the undergraduate education of lawyers does not follow any strict pattern. There is no such thing as, “pre-law” undergraduate degrees. Lawyers have very broad and diverse educational backgrounds, but share a common requirement of research skills and writing ability. It is therefore no surprise that several non-JAG lawyers serve as field grade officers in the infantry, engineers, and aviation branches.

In the CTARNG, JAG attorneys often have recourse to their broad educational backgrounds in their role of supporting commanders as special staff. Commanders, weighed down with the many operational requirements of their position, will often ask attorneys to draft official correspondence or review public remarks. Sometimes, in the confidential role attorney’s play, they will advise commanders or soldiers in sensitive matters. JAG lawyers may also act as liaisons to other governmental agencies or the legislature.

From time-to-time, JAG lawyers will also take on

special research projects that call for the skill set developed in both the undergraduate and law school programs. This often involves the review of historic documents and the tracking of information in archives, libraries, government offices, and museums. These research projects frequently develop the reason and factual basis for present day policy decisions.

Sometimes these projects can also be purely historical. Soldiers not only make history, they also write it. One need only think of the great military memoirs of U.S. Grant, Dwight Eisenhower, and Lt. Gen. Hal Moore. It is no accident that Soldiers and lawyers often have an educational background in history.

Recently, the JAG office updated the historical display in the Hartford Armory that details the life and service of one of Connecticut’s greatest citizen soldiers: Israel Putnam. The Military Department has long been custodian of the famed plow Putnam left standing in his field as he rode off to answer the alarm of Lexington and Concord, as well as the saddle used by Putnam in the Revolution. These have been on display in the lobby of the Armory for some time. The JAG office has recently added a detailed biography of Putnam, a time line, and some additional artifacts to the display. Upgrading the Putnam historical display is another way in which the attorney research and writing skill set supports the multifaceted and ongoing mission of the CTARNG.

So, what do JAG lawyers do? Anything we need to.



A display dedicated to Israel Putnam, one of Connecticut’s greatest citizen Soldiers, stands in the lobby of the William A. O’Neill Armory in Hartford, Conn.. The display was recently updated by Maj. J.T. Corradino, JAG Officer, 143rd RSG, CTARNG, adding a detailed biography, timeline and artifacts to the existing display that includes the plow Putnam left standing in his field as he rode off to answer the alarm of Lexington and Concord, as well as the saddle used by Putnam in the Revolution. (Photo by Allison L. Joanis, State Public Affairs Office)



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

OCS & WOCS OPEN HOUSE

INFORMATION BRIEF



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

January 27, 2018

Report Time: 10:00 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



Health & Fitness

Setting New Years Health Goals?

Start Small, Stay on Track to Achieve Success

STAFF SGT. SILAS HOLDEN
1109TH TASMG
MASTER FITNESS TRAINER

Once again the dawn of a new year is upon us and everyone will be looking to create a better self as we ring in January.

Every year, fitness clubs become loaded with folks and great intentions as New Year's Eve brings about resolutions. While only 41 percent of Americans make a resolution for the New Year, only 8 percent of those who make one actually reach a level that is considered achievement of their resolution.

73 percent of all resolutions are focused on health and fitness. So what are some key reasons for failing to achieve a New Year's resolution? Let's take a look at that and see if we can improve the statistics.

One factor that weighs heavily on the lack of fulfillment is setting goals that are too lofty and not realistic for ease of achievement. Easy short term goals are a key ingredient to getting yourself on a new track to health and fitness. An example of an easy short term goal might consist of doing 20 minutes of walking every day. If you are a sedentary individual this will be a change that will surely get results while maintaining simplicity. While your long term goal might be to lose 45 pounds, and decrease your two-mile walk time by two minutes, it is the short term goals that will keep you on track. If you simply focus on losing 45 pounds, there is a high likelihood you are setting yourself up for disappointment because such a drastic weight loss will only occur over a steady period of time.

If your routine gets you back to the gym for some good old fashioned resistance training, be certain that you do not get over zealous. One of the top reasons goals are not met in the gym is injury due to over exertion and improper form. If you do not consistently hit the gym on a regular basis, be sure to not overload your abilities. Even if you are a seasoned gym rat who simply took a break from a robust routine, you still need to exercise patience and work back to those lofty levels. Attempting to jump right back to where you were heightens the probability of injury.

Consistency is another ingredient for health and fitness success. You must make fitness a consistent routine in order to build the results that you desire. If you go to the gym one day a week then your results will be based around this frequency. If you jump right to six days a week you might get burned out in a short time period and give up completely on your goals. When coming up with a new plan it is very important to take into account your current level of fitness. Build or choose



your program based upon the amount of time and effort you can currently put forth consistently.

Everyone wants instant gratification with results showing from day one, but it does not work that way. In a perfect world, there would be no soreness or discomfort associated with getting into better shape. But in all actuality, when starting a new fitness plan an individual is going to be sore and have some discomfort. You must work through this phase and it will get better. If doing proper self-care (stretching, self-myofascial release, hydration, and proper nutrition), the soreness and discomfort will ease and last for a much shorter timeframe. The after workout routine must be just as important as the actual workout itself, for it is what keeps you performing at your best during your workouts.

Yet another aspect of health and fitness is nutritional supplements, and it can be headache producing if investigating what is best. Supplements are exactly what their name states and they should never be a primary source of nutrition. A balanced diet of macro and micro nutrients is what creates proven results. Only if your nutrition regimen is missing some key nutrients is there a need for supplementation. You may find while researching supplements that some are simply chemical

concoctions creating huge profits for the company branding it. It is my personal opinion that anything that gives you jitters and makes you feel like you are on fire isn't necessarily helping in the way the company wants you to believe, so always do your homework.

So as you venture into the New Year and strive towards a new you, be sure to set realistic, attainable goals. Try making a lifestyle change rather than jumping on the fad diet train. Diets and workout routines are a dime a dozen, but not all will work as advertised. Setting up a regimen that gets you on track to have consistent, slow gains means that it can become routine. You must make the change you want to achieve a part of your life, not just part of your new intent. Until next month, stay fit, stay hydrated, and stay motivated!

Staff Sgt. Holden is a newly-trained Master Fitness Trainer eager to share his knowledge with those wanting to learn. The thoughts expressed in this column are his. Always do research and consult your doctor before undergoing any physical fitness regiment. Request a topic, or ask Staff Sgt. Holden a direct question by emailing him at silas.k.holden.mil@mail.mil.

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CONNECTICUT NATIONAL GUARD

CONTACT YOUR RETENTION NCO FOR MORE INFO

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CONNECTICUT NATIONAL GUARD

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<p>2nd Lead to Enlistment Tactical Backpack**</p>	
<p>3rd Lead to Enlistment Fleece Jacket or Hoodie**</p>	
<p>4th Lead to Enlistment* AAM & Gerber Multi-Tool**</p>	
<p>5th Lead to Enlistment* ARCOM, Tactical Flashlight & "Honorary RRNCO" plaque**</p>	

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO

Leads are subject to verification of enlistment IAW state lead tracker SOP
 **photos are representations only, actual items are subject to availability and funding.
 *Must be eligible to receive AAM or ARCOM. One award per person given at the end of the fiscal year based on number of enlistments.

Over 200 Attend E.L.F. Sweet 16

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

HARTFORD, Conn. – For the 16th consecutive year, the Connecticut National Guard played host to the Operation E.L.F. holiday party at the William A. O'Neill Armory, Dec. 16.

With a crowd of over 200, Guardsmen and their families enjoyed a catered lunch, a performance by the Connecticut Army National Guard's 102nd Army Rock Band, Rip Chord, and a visit from Santa himself.

Operation E.L.F., which stands for Embracing Lonely Families, was established in 2001 by then-Lieutenant Governor M. Jodi Rell, and designed to support the families of Connecticut's Service Members deployed overseas. The program also supports Connecticut Guardsmen who are not just currently deployed, but preparing for deployment, or have recently returned from deployment. As of the party, approximately 400 Guardsmen fit into one of those three categories.

"The sacrifices made by deploying service members are well-publicized, but too often the stories of the families left to hold everything together back at home go untold," said Maj. Gen. Thad Martin, Adjutant General and Commander of the Connecticut National Guard



A drill shed turned festive at the Conn. National Guard's annual Operation E.L.F. (Embracing Lonely Families) party, held at the Hartford Armory, Dec. 16. Operation E.L.F. helps the state's military families ease hardship and address the financial stresses of deployment throughout the year. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)



A little girl decides if she wants a Barbie doll for Christmas at the Conn. National Guard's annual Operation E.L.F. (Embracing Lonely Families) party, held at the Hartford Armory, Dec. 16. Operation E.L.F. helps the state's military families ease hardship and address the financial stresses of deployment throughout the year. (U.S. Army National Guard photo by Staff Sgt. Richard Wrigley, CTNG Public Affairs)

in a press release. "Operation ELF is not only a way to help Connecticut's military families during the stressful times, it is a chance to thank and recognize those taking care of the day-to-day tasks here while a loved one is serving overseas." E.L.F.'s aim is to help lessen the financial stresses facing military families who are called to active duty. Many community members and businesses donate toys for children,

and this year was no different.

"I want to thank our business donors as well as all of the individuals from across the state who raised funds and awareness for Connecticut military families," said Lt. Governor Nancy Wyman, who picked up where Governor Rell left off in taking charge of Operation E.L.F. "Having a loved one deployed during the holiday season is especially hard, but Operation E.L.F. makes a difference. We are so grateful for the compassion and support shown to these families, and we are grateful to all of our military personnel for their service."

This year, organizers requested donations in the form of gift cards for groceries and pharmacies, among other services, in order to provide more flexible support to those who may be in need, according to Ms. Kim Hoffman, Director of the Connecticut National Guard's Service Member and Family Support Center.

In 2016, Operation E.L.F. donations permitted organizers to support over 500 Service Member families throughout the year.

"Although we promote E.L.F. around the holidays, we know that hardship knows no season," Hoffman said. "It is our mission to support families in need year round, and we couldn't do it without the overwhelming generosity of the citizens of Connecticut."



Lt. Governor Nancy Wyman (center), Maj. Gen Thad Martin (back left), Adjutant General of the CTNG and Ms. Kimberly Hoffman, Director, CTNG Service Member and Family Support center, welcome families to the Operation E.L.F. Holiday party held at the Hartford Armory, Dec. 16. Operation E.L.F., in its sixteenth year, helps the state's military families ease hardship and address the financial stresses of deployment throughout the year. This year's party hosted more than 200 Guardsmen and their families. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)



A little boy looks around for Christmas goodies at the Conn. National Guard's annual Operation E.L.F. (Embracing Lonely Families) party, held at the Hartford Armory, Dec. 16. Operation E.L.F. helps the state's military families ease hardship and address the financial stresses of deployment throughout the year. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)



RipChord, the 102nd Army Rock Band, plays at the Conn. National Guard's annual Operation E.L.F. (Embracing Lonely Families) party, held at the Hartford Armory, Dec. 16. Operation E.L.F. helps the state's military families ease hardship and address the financial stresses of deployment throughout the year. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)



A little girl gives Santa a big hug at the Conn. National Guard's annual Operation E.L.F. (Embracing Lonely Families) party, held at the Hartford Armory, Dec. 16. Operation E.L.F. helps the state's military families ease hardship and address the financial stresses of deployment throughout the year. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, CTARNG)

Passing The Torch—Wing Has Change In Command

TECH. SGT. TAMARA R. DABNEY
103RD AIRLIFT WING, PUBLIC AFFAIRS

From mission conversions to major base improvement projects, the Connecticut Air National Guard has been through several changes under the steadfast leadership of Col. Frank Detorie, 103rd Airlift Wing Commander, over the last eight years.

On Nov. 4, 2017, the unit underwent yet another significant change as Detorie relinquished command and Col. Stephen Gwinn assumed command of the 103rd Airlift Wing.

When Detorie took command of the 103rd in 2009, the wing had a reputation for being a premier A-10 flying unit in the Air National Guard. By the end of Detorie’s tenure, the 103rd had once again built a reputation of being one of the best, this time as a C-130 flying unit.

Seeking to maintain the upward momentum of what has been accomplished in the last decade, Gwinn envisions the wing being at the forefront of domestic operations.

“We want to build on the foundation that Col. Detorie has built during his time as the Wing Commander,” said Gwinn. “In the short-term, as far as domestic operations, we will get even better at what we do and more streamlined.”

Through all of the changes, the Flying Yankees of the 103rd have proven their ability to adapt.

Members of the unit recently had the opportunity to show and prove their readiness and perform multiple functions while deployed to several areas in support of hurricane relief.

“For our hurricane relief missions, as a wing, we’ve been supporting multiple functions,” Gwinn said. “We carried supplies down via airlift, such as food, water and baby formula, which had an immediate impact. We set up the aerial port, and had airplanes rotating in and out at a rapid pace. We also sent our security forces and communications guys. It’s about executing the mission—doing it effectively and efficiently.”

The 103rd is currently at a turning point in its illustrious history. After several years of preparation, there is a new generation of Flying Yankees who are now ready to face new challenges; Airmen who are dedicated to mission accomplishment continue the tradition of achievement at the 103rd.

“I feel very fortunate to be the sitting commander of this wing at this point in time, as we reach the culmination of so much hard work,” Gwinn said. “Over the last eight years, I’ve been awed and inspired by the spirit and dedication that has transformed this base. These are exciting times.”



Col. Frank Detorie relinquished command and Col. Stephen R. Gwinn assumed command of the 103rd Airlift Wing Nov. 4, 2017, during a ceremony at Bradley Air National Guard Base in East Granby, Conn. Detorie commanded the Connecticut Air National Guard unit for more than eight years. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Public Affairs, CTANG)

Detorie Celebrates Fini-Flight



Col. Frank Detorie exits a Connecticut Air National Guard C-130H to be hosed down by family and friends following his fini-flight, the final flight of his military career, at the Bradley Air National Guard Base, East Granby, Conn., Nov. 4. Col. Detorie flew more than 4,370 hours during his military career, piloting the A-10 Thunderbolt with the U.S. Air Force and the Connecticut Air National Guard as well as the C21A and the C-130H Hercules both with the CTANG. The fini-flight also marked the end of Col. Detorie’s tenure as Wing Commander of the 103rd Airlift Wing, a position he has held since 2009. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Public Affairs, CTANG)

Enlisted Update

Focus On Individual Readiness in 2018



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Greetings to all and welcome to 2018! I hope that each of you had an enjoyable holiday and joyous New Year. As always, please continue to keep in mind all of the Connecticut Airmen and Soldiers that were unable to be with their Families over the holidays. We look forward successful mission completion and their safe return

to their Families.

There have been a couple of changes in the senior enlisted corps of our National Guard that I wanted to let you know about. The Chief of the National Guard Bureau, Gen. Joseph L. Lengyel, selected Command Sgt. Maj. Christopher Kepner as his Senior Enlisted Advisor. Command Sgt. Maj. Kepner’s previous assignment was as the Army National Guard Command Sergeant Major.

Additionally, the Director of the Army National Guard, Lt. Gen. Timothy Kadavy selected Command Sgt. Maj. John Sampa as the Army National Guard Command Sergeant Major. Command Sgt. Maj. Sampa previously served as the Senior Enlisted Leader for the Texas National Guard. Congratulations to both these fine NCOs! Together with Chief Master Sgt. Ronald Anderson, the Air National Guard Command Chief, the welfare of our Airmen and Soldiers is well represented at the highest levels.

Along with changes at the national level, there is always change locally. I would like to take a moment

to publically thank Col. Michael Tuohy, the recently retired USPFO for Connecticut, for his dedicated service to our Connecticut Guard. Col. Tuohy was one of my earliest mentors and could always be counted on for sage advice. Thank you, sir!

There has been a lot of talk and a lot of work lately about increasing readiness across the Department of Defense. The Army has made a deliberate return to readiness for, “full spectrum,” operations. Soldiers and leaders often ask me the same questions: “What does that mean to me? What can I do?”

The answer is that we all need to focus on individual readiness. The issues that will significantly slow us down as an Army when the call comes are not related to collective training proficiency. Soldiers that are not medically ready to deploy will slow us down. Soldiers that do not have wills, power of attorney, family care plans, and other important administrative documents updated will slow us down. Soldiers that are not qualified in their MOS, or up to date on professional military education will slow us down.

Once we get to the fight, other issues will reduce our individual readiness. Soldiers that are not physically fit will slow us down. Soldiers that are not proficient in basic Soldier skills to shoot, move, communicate, medicate, decontaminate, and maintain will slow us down.

What can the individual do? First and foremost, make sure you are physically and administratively ready! Keep a close eye on your MEDPROS data. If you need dental work, get it done. If you have had a significant life event (moving, marriage, divorce, children, etc.) make sure that your documents are updated. GET TO SCHOOL! Conduct maintenance, inspections, and inventories of your individual equipment. When is the last time you opened your first aid kit and checked the contents? Do you have a physical fitness program that ensures you can survive sustained ground combat? When did you

last study and practice individual decontamination?

The answer for leaders is a bit more complicated. Leaders need to do all of the things that the individual Soldier does, plus check to make sure that Soldiers are doing the right things. Leaders obtain resources to enable success. Leaders assess Soldiers capabilities and develop a strategy for improvement. Leaders make sure maintenance of equipment is completed to standard (by the actual book), recorded, and followed up on. Leaders plan for future operations. Perhaps most importantly, leaders develop subordinates, set the example, and motivate Soldiers.

What can leaders do? Leaders can make sure that the echelon they lead are as ready as they can be. Make sure that your element – no matter if it’s a team, squad, platoon, company or battalion – is the best you can make it. If we all do that, we increase readiness.

As we move up the chain and take on positions of greater responsibility, our requirements change. It all begins, however, with the individual Soldier and his/her personal readiness to execute the second to last line of our creed: “I stand ready to deploy, engage, and destroy the enemies of the United States in close combat.”

The reality of the National Guard as an operational reserve is that we are an indispensable part of our Army and Air Force. Each and every one of us must be ready when our State or Nation calls.

Quote of the Month:

“Do not train beyond your ability to sustain”

Gen. Robert B. Abrams

Commander

U. S. Army Forces Command

(Quoted by Gen. Abrams, may have been attributed to someone else)

FIGHT TONIGHT!

CSM Carragher

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(860) 292-2758

12M - Mobility Combat Systems Officer (Navigator)
32E3 - Civil Engineer Officer
48A - Aerospace Medicine Specialist
48R - Flight Surgeon
43H3 – Public Health Officer
42G3 – Physician Assistant



Submit Your NGACT Award Nominations

CAPT. ULRICK BRICE
NGACT

Greetings to all Soldiers, Airmen, families and friends. I encourage you to nominate a deserving member for one of the NGACT awards listed below. Each winner will be recognized at the 2018 NGACT Annual conference. Nomination forms are due February 14, 2018. All awardees will be informed if they are selected no later than February 28, 2018.

NGACT Awards & Eligibility

The Minuteman Award: The highest honor bestowed on a member of the Association. It recognizes exceptional achievement, a patriotic act, highly distinguished service and/or an outstanding contribution to a military organization, community, the State, the Nation or National Guard Association of Connecticut. Posthumous awards may be made to the next of kin.

Eligibility: Member or former member of the military and NGACT
The NGACT Leadership Award: Recognizes a company grade officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the Officer’s Creed.

Eligibility: Company grade officer, member of the Connecticut National Guard, Member of NGACT and recommendation endorsed by the respective chain-of-command.

The Commander Sergeant Major Anthony V. Savino Award: Recognizes a noncommissioned officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the NCO Creed.

Eligibility: NCO and member of the Connecticut National Guard, member of NGACT and recommendation endorsed by the respective chain-of-command.

The Meritorious Service Award: Bestowed on an individual, firm or organization for outstanding service to the Connecticut National Guard and/or NGACT.

Eligibility: Any individual, firm or organization; military or civilian.

The President’s Corporate Member Award: Recognizes a corporate member that distinguishes itself through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current corporate member of NGACT.

The President’s Retiree Award: Recognizes a retiree member who distinguishes themselves through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current member of NGACT.

*National Guard Association of Connecticut
2018 Awards Program Nomination Form*

The National Guard Association of Connecticut recognizes outstanding achievement or service in keeping with the purpose, goals, objectives and policies of the Association through its annual Awards Program. We will recognize recipients at the NGACT Annual Conference and Awards Luncheon on March 31, 2018. The NGACT Awards Committee is now accepting nominations through **February 14, 2018**. All nomination forms must be postmarked NO LATER THAN February 14, 2018 to be considered.

Please complete the form and forward it with any supporting documentation to: NGACT Awards Committee, 360 Broad Street, Hartford, CT 06105-3795 or email to ulrickbrice@gmail.com. The complete form can also be found at <https://ngact.org/>.

Name of Person being nominated: _____

Is the person a current member of the CTNG? Yes__No__

Is the person a retired member of the CTNG? Yes__No__

Is this a posthumous award? Yes__No__

Nominee’s Unit: _____ Nominee’s Rank: _____

Nominee’s Phone Number: _____

Nominee’s Email: _____

Award being nominated for: _____

Please provide as detailed a description as possible of why this Nominee is deserving of the Award: (Use a separate sheet if necessary)

Name/Rank of person submitting the nomination: _____

Unit of person submitting the nomination: _____

Phone Number: _____

E-mail: _____

Relationship to nominee: _____

LOOKING TO BE WELL PAID FOR A CHALLENGING CAREER?

BECOME A MEMBER OF THE 1943RD TEAM

*The 1943rd Contingency Contracting Team has **two vacant E-6 M-Day positions**. Gain contracting experience as a 51C and become certified in federal contracting, for a highly in-demand career field that has open opportunities in both private and government sectors.*

As of November 5, 2017, there are 284 job openings nationwide on USAJOBS.gov for a Contracting Officer. Salaries are well above the national average.

Considered grades are ARMY E-5 and newly promoted E-6. E-4 may be considered if Basic Leader Course is completed and the individual is promotable. Must have or within one year of joining the team, be able to obtain, a bachelors degree and 24 business credits (business credits do not have to be within bachelor’s degree).

For more information contact 1st Lt. Robert Ragos, 1943rd Executive Officer, at robert.j.ragos.mil@mail.mil.



Inside OCS

Working Together

New York Candidates Join Class 63 For Drill Weekend

OC KYLE JEPPESON
OCS CLASS 63
1-169 REGT (RTI)



November drill weekend marked the first time the Connecticut Officer Candidates were joined by New York Candidates.

The joint drill meant that the Connecticut OCs needed to work diligently to prepare and account for the additional personnel and the various mission/logistical planning aspects such as barracks and classroom setups, checking out gear from supply, and travel by either land or air. Training would begin as soon as the New York boots hit the ground.

One of the key tasks during November drill was to pass a 12-mile road march carrying under a 204-minute (3 hour, 24 minute) time limit. The course covered the rolling hills of Stones Ranch in a brisk 38 degrees. The fastest completion time was 2 hours and 24 minutes (a 12 minute mile pace) however all the candidates passed the challenge with plenty of time to spare. Many of the cadre completed the ruck alongside the candidates, to include the Commander of the 1st Battalion, 169th Regiment, Lt. Col. Marc Castellucci.

With the 12-mile ruck march checked off our list, it was time to head back to Camp Niantic to complete some personal hygiene and refuel our bodies before we moved forward to our next task: the supply exam.

Property accountability is the responsibility of every Soldier and leader. We learned that supply officers are responsible for the supervision of storage operations, requisitioning, issuing, and the turn in process of supplies. After a lengthy class and some study time, all 25 OCs from Connecticut and New York passed the exam.

Saturday night, after dinner chow, we were treated with a very thorough wall-locker and barracks inspection. These inspections are a common practice in the Army. They show how well a soldier can pay attention to the details. This translates into more important tasks, such as, pre-combat inspections and pre-combat checks.

Sunday morning, we were introduced to combatives training. We learned multiple ground fighting positions, how to defend while in the non-dominant position, how to attack while in a dominate position and to transition from a non-dominate position to a dominate position. At

OC Matthew Murdock and OC Samuel Surowitz, Connecticut Army National Guard Officer Candidates, Class 63, participate in combatives training at Camp Niantic, Conn., during their November drill weekend. The Nov. drill marked the first time New York Candidates joined Connecticut candidates for training. Over the course of the weekend, candidates also conducted a 12-mile road march and completed a supply exam. (Photo courtesy of Maj. Alyssa Kelleher, Operations Officer, 1-169 Regt. (OCS), CTARNG)

the end of the course of instruction, we had the chance to put our new learned skills to the test by grappling each other in a very controlled manner. After completing several three-minute bouts, the candidates finished the lesson taught by Sgt. 1st Class Earle (CT OCS) and Sgt. 1st Class Quinones (NY OCS) with a much better understanding of combatives.


After a long we weekend, it was time to clean the barracks, classrooms, and turn in our supplies. Connecticut OCs also bid farewell to their counterparts, but not for long. Connecticut will be traveling to New York for training in the not so distant future.

Become an Officer in the Connecticut Army National Guard

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

For information and requirements, contact your chain of command or Capt. Ulrick Brice, RRB Officer Strength Manager ulrick.g.brice.mil@mail.mil.

R3SP - Resilience, Risk Reduction & Suicide Prevention



Did You Know?

MEAGAN MacGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

The National Guard has set up a dedicated support line for Guardsmen to call 24/7 for support for life’s stressors. Guardsmen have a unique set of stressors due to the constant transitions between military career and civilian life.

The National Guard Peer Support Line, 844-357-PEER (7337), exists to provide Guardsmen an avenue to access resources while also being supported by a fellow Service Member. The call is anonymous and all resources provided are done so anonymously.

While we encourage those in need to talk with their chain of command or other utilize other resources made available by the CTNG, it is most important that a Guardsmen get the resources he or she needs.

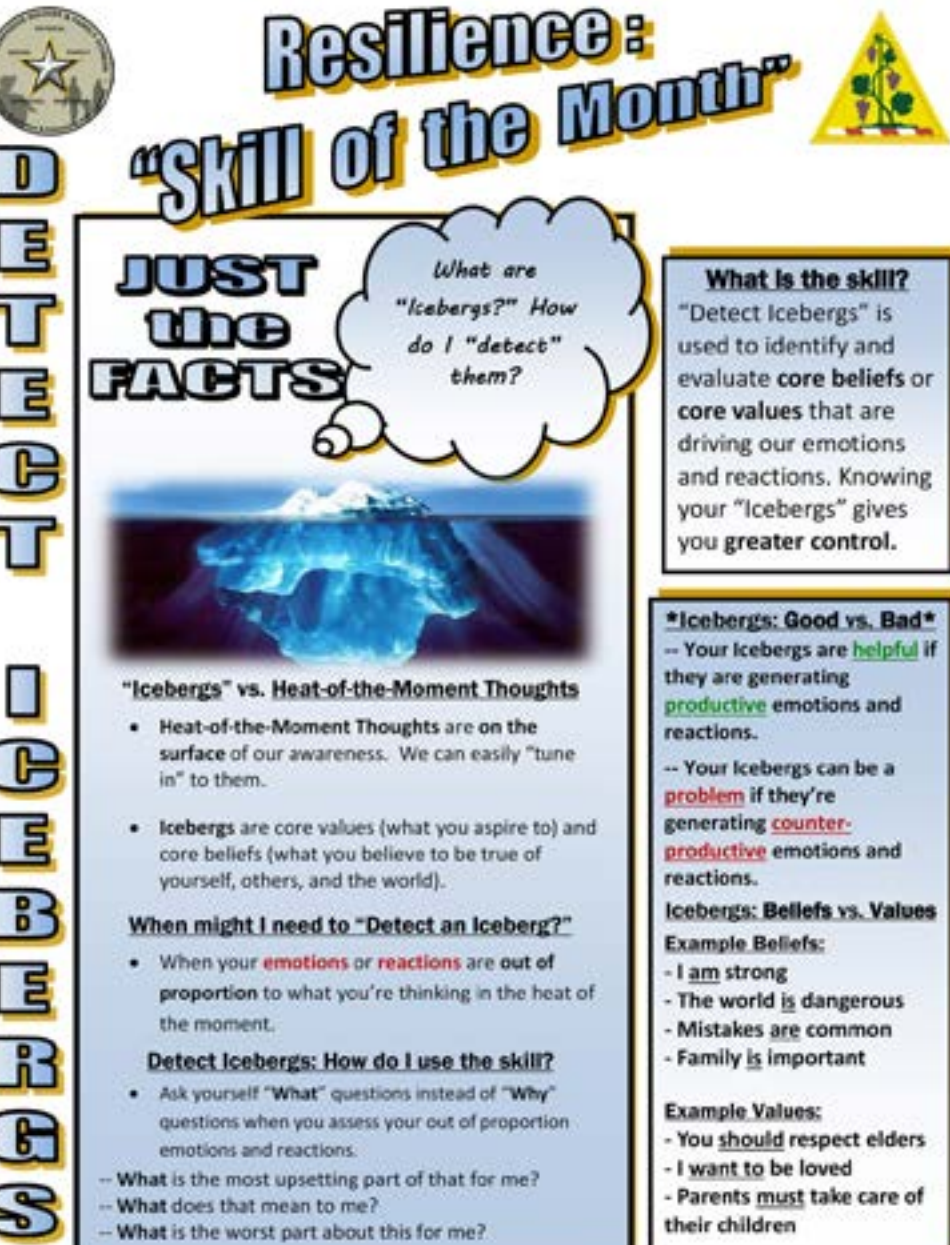
This support line is a great asset, especially to those who may be uncomfortable seeking help within the organization. It is every Guardsman’s responsibility to encourage others to seek help when they are struggling and support those who come forward when asking for help.

Continued discussions about help-seeking and resources available is a great way to encourage our Guardsmen. If you have questions about the resources available or how to access help for yourself or your fellow Soldiers contact Suicide Prevention Programs at 860-524-4962.

National Guard Peer Support Line

844-357-PEER (7337)





Resilience: "Skill of the Month"

DETECT ICEBERGS

JUST the FACTS

What are "Icebergs?" How do I "detect" them?

What is the skill?
"Detect Icebergs" is used to identify and evaluate **core beliefs** or **core values** that are driving our emotions and reactions. Knowing your "Icebergs" gives you greater control.

Icebergs: Good vs. Bad
-- Your Icebergs are **helpful** if they are generating **productive** emotions and reactions.
-- Your Icebergs can be a **problem** if they're generating **counter-productive** emotions and reactions.

Icebergs: Beliefs vs. Values
Example Beliefs:
- I **am** strong
- The world **is** dangerous
- Mistakes **are** common
- Family **is** important

Example Values:
- You **should** respect elders
- I **want** to be loved
- Parents **must** take care of their children

"Icebergs" vs. Heat-of-the-Moment Thoughts

- Heat-of-the-Moment Thoughts are on the surface of our awareness. We can easily "tune in" to them.
- Icebergs** are core values (what you aspire to) and core beliefs (what you believe to be true of yourself, others, and the world).

When might I need to "Detect an Iceberg?"

- When your **emotions** or **reactions** are out of proportion to what you're thinking in the heat of the moment.

Detect Icebergs: How do I use the skill?

- Ask yourself "What" questions instead of "Why" questions when you assess your out of proportion emotions and reactions.

-- What is the most upsetting part of that for me?
-- What does that mean to me?
-- What is the worst part about this for me?

Resilience Resources:

Outward Bound

www.outwardbound.org/veterans

Service Member and Family Support Center

1-800-858-2677

Military OneSource

www.militaryonesource.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention

Prescription Drug Factsheet

What Defines Misuse, Abuse?

DR. CHARMAINE HARRINGTON
CHIEF OF PREVENTION TRAINING
ARMY SUBSTANCE ABUSE PROGRAMS

What Is Prescription Drug Misuse and Abuse?

Prescription drug misuse is the intentional use of prescription medicine without a prescription, in a way not intended by the prescribing doctor, or for nonmedical reasons such as to feel good. Giving someone your leftover prescription pain medicine, using your spouse’s anti anxiety pills, and taking higher doses of your antidepressants are all examples of misuse. Abuse occurs when misuse is recurrent and not occasional. Both prescription drug misuse and abuse can lead to serious health, social, and legal problems.

Extent of the Problem

Prescription drug misuse and abuse is a growing issue of concern in the U.S. Army and in the general population.

- Approximately 20 percent of Americans over age 12 (52 million) have misused prescription drugs at least once in their lifetime.
- A 2008 survey showed that 24 percent of active-duty Army service members had misused prescription drugs within the year; 13 percent also self-reported misusing prescription drugs within 30 days. The estimate for all military service members was 11 percent, up from 4 percent in 2005 and 2 percent in 2003.
- Emergency room visits due to prescription pain reliever misuse nearly doubled between 2004 and 2009, and overdose deaths have quadrupled since 1999.

Risks From Prescription Drug Misuse and Abuse

Prescription drug misuse can lead to abuse and a series of negative consequences. Overdose-related deaths and life-threatening health problems such as shallow breathing, heart failure, and seizures can occur. Valued family and social relationships are often neglected and jeopardized; mental impairment from misuse increases aggression, paranoia, and bad decision-making. This can also result in issues such as legal, career, and financial problems.

When misused, prescription drugs are as dangerous as illegal street drugs. Repeated misuse can result in addiction and dependency—conditions that are marked by compulsive use and drug-seeking behavior, loss of control, and continued use despite severe negative consequences. It can also encourage illicit drug use: Nearly one-third of illicit drug users started with prescription drug abuse. After marijuana, prescription drugs are the second most commonly abused type of drugs in the United States.

Commonly Misused and Abused Prescription Drugs
The most commonly misused and abused prescription drugs are:

- Opioids for pain relief (e.g., Percocet, Tylox, OxyContin, Vicodin, Kadian).
- Depressants (sedatives and tranquilizers) for anxiety and sleep disorders (e.g., Valium, Xanax, Fiorinal, Lunesta, Ambien).
- Stimulants for attention-deficit hyperactivity disorders and narcolepsy (e.g., Ritalin, Adderall).

These drugs, especially opioids, can be extremely dangerous when they are used with other prescription drugs, over-the-counter medicines such as allergy and cold medicines, and alcohol.

What Should You Do?

Most people who misuse prescription drugs get them from a legitimate physician’s prescription or from family and friends who intend to help and believe that prescription drugs are not as dangerous as illegal drugs. For example, within the military a Soldier may want to help a buddy who is suffering from war wounds by offering them their unused pain relievers. Or, a spouse struggling to cope with a partner’s repeated deployments may be tempted to use a neighbor’s antianxiety pills and mistakenly think it is safe to do so.

Prescription drugs have become more easily available and have caused scenarios like these to become common threats. Over the last decade, the number of prescribed drugs has increased drastically within the United States. Within the Army, an increased number of service members have returned home from deployment with physical injuries and mental health conditions that require prescriptions.

To help reduce risk from prescription drug misuse and abuse, follow these steps:

1. Always properly dispose of expired or unused prescription drugs—learn proper disposal methods and do not store them in your medicine cabinet. (Visit the FDA website for disposal guidelines.)
2. Never share or give your prescribed medicine to someone—help those in need by finding them professional help.
3. Never take medicine that is not prescribed to you—someone else’s prescription may threaten your health.
4. Always follow the physician’s directions when taking your prescribed drugs—it is the best way to protect yourself from harm.

For more information about prescription drug misuse and abuse, please visit the Army Substance Abuse Programs or contact Dr. Charmaine Harrington, Chief of Prevention and Training, at charmaine.b.harrington.civ@mail.mil.

Is Marijuana Legal in the U.S. Army?

SUBMITTED BY THE CTARNG
SUBSTANCE ABUSE PROGRAM

Marijuana may becoming legalized in many states around the country. However, despite recreational use OR prescriptions; **it is not legal in the Army.**

Facts you may not know about THC and Marijuana

What is THC?

- Tetrahydrocannabinol (THC) is the active ingredient in marijuana that causes users to feel high.
- Marijuana is a psychoactive or mind-altering drug.
- Psychoactive drugs produce a mind state similar to that of psychosis.
- Marijuana and THC are psychologically addictive
- Marijuana and alcohol have come to be know as gateway drugs.

Types of THC: Marijuana, Hash/Hashish, and Hash Oil.

How is THC Consumed?

- Smoking– Marijuana is absorbed through the capillaries in the lungs.
- Eat/Drink– The chemicals in marijuana are absorbed into the small intestines.
- Mixed With Other Drugs—marijuana is sometimes smoked with cocaine, crack, methamphetamine, PCP and other drugs sprinkled on.

Effects of THC: euphoria, short term memory loss, increased appetite, bloodshot eyes, dry mouth/throat, increased heart rate, respiratory problems, lowered blood pressure, loss of coordination, paranoia, vivid hallucinations, panic/anxiety attacks, psychosis, and dependence.

Testing for THC in the Army

- THC can be detected in urine for up to 30 days or more.
- The Army test every specimen for THC.

The illegal use of THC or any drug goes against Soldiers Values and Warrior Ethos.

NOTE: Army Regulation 600-85, paragraph 4-2p states Soldiers can not ingest any product with hemp or hemp oil as an ingredient.

Remember that unintentional consumption is not a valid excuse. If you need to question the brownies; just don’t eat them!

Questions?
Contact CTARNG RSSP Program
(860) 524-4851

Additional R3SP Resources on GKO: https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/G1/Resilience/SitePages/Home.aspx

Off the Bookshelf

with Staff Sgt. Simon

Tom Clark and His Wife *A Good Story Within a Bad Dream*

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

The unexplainably captivating writer, Paschal Beverly Randolph, published his short novel, “Tom Clark and His Wife,” in 1863 at the height of the American Civil War and its brutality. The book, like its author, is mysterious and can be interpreted through many frames of reference particular to the mid-nineteenth century.

The protagonists of Randolph’s novel, Tom and Betsey, live unhappily in its early chapters, and both comically envision murdering the other. Within their dreams, they enthusiastically carry out their plans and experience the appalling after-effects. When awake, Betsey is the first to put her plans into motion. Like many unhappy marriages, the couple’s unease is measured by their differences. Tom’s aspirations are unrealized, and Betsey’s beauty is faded. Both blame the other.

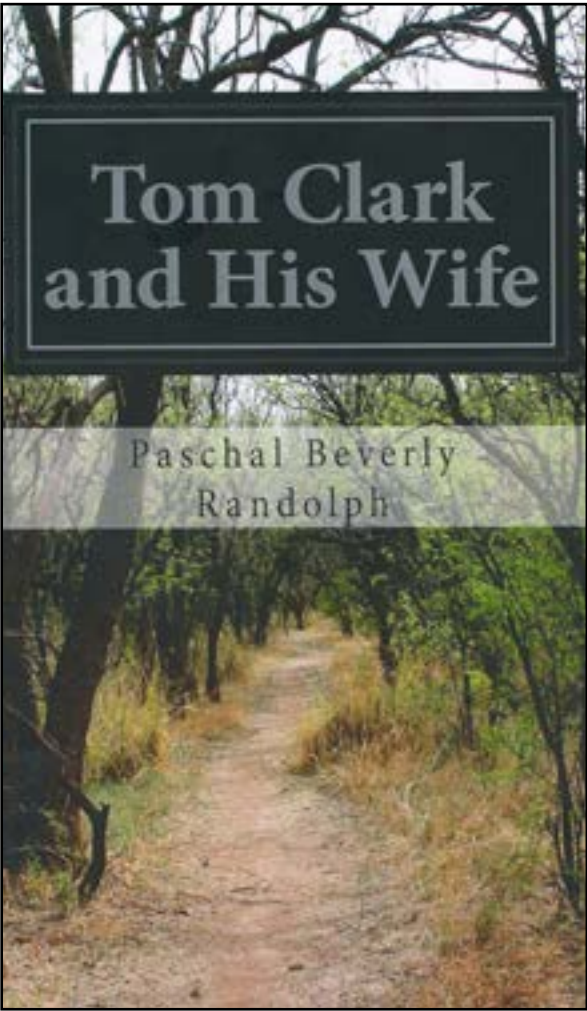
Randolph’s short novel has a bit more dimension than commonplace mid-nineteenth century yarns. In fact, it can be viewed as an allegory about the American Civil War. The couple is representative of the bloody conflict’s two sides. The stagnated dreams of one and the antiquated passions of the other manifested into a brutal struggle, which took place, as Randolph may have stated, on both the physical and astral realms of reality. Randolph often explored paradoxes and paranormal oddities in his writing, and was well known as a prominent and popular spiritualist lecturer and practitioner.

The spiritualism movement, in nineteenth century United States and Europe, at its most base level was

perpetuated by the popularity of psychic mediums, automatic writing demonstrations, table-rapping parties and trance lecturers. Randolph’s role in this movement was more noteworthy than other enthusiasts, perhaps due to his excessive output of work and the financial means that allowed him to travel incessantly. His popularity and assumed credibility may also have been influenced by his purported relationship with President Abraham Lincoln; however, the degree of their friendship is not clear in sources. There are disputed rumors that Randolph was Lincoln’s private spiritual consultant, and the two were members of the same religious fraternity. At a minimum, the two men were acquainted, and Randolph was part of the president’s funeral procession.

Within, “Tom Clark and His Wife,” Randolph reveals that the tale of Tom and Betsey was being narrated to a group of travelers on a steamship. The novel is a story within a story, (or a dream within a dream) and at its conclusion, Tom Clark joins the Union Army and is mortally wounded. The narrator asks his fellow passengers, (as Randolph asks his readers) to determine which conflict, the marriage or the war was in fact the allegory for the other. In an expected enigmatic direct address at the novel’s conclusion, Randolph states that his own writing would continue when the war ended.

“Tom Clark and His Wife,” is actually one of Randolph’s more accessible texts. He produced dozens of books and articles, until his relatively early death in 1875, on topics ranging from marriage maintenance, to medicine and cures, religion, and human history.



All, like their author, are mysterious, and paradoxical, unexplainably captivating, and revealing of mid-nineteenth century western proclivities.

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

Military History

American Revolutionary War Hero: Ethan Allen



American Colonel Ethan Allen (1738 - 1789) (second left), leader of the Green Mountain Boys, a Continental paramilitary group, surprises British Captain William Delaplace outside his chambers as the American army captures the British garrison at Fort Ticonderoga during the American Revolution, Ticonderoga, New York, May 10, 1775. (Engraved after a painting by Alonzo Chappel)

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

Ethan Allen, American Revolutionary War hero and one of the founders of the state of Vermont, was born on a farm in Litchfield, Conn. on January 10, 1738.

As a young boy his family moved to Cornwall. He entered Yale College, but returned home after just a year when his father passed away. The oldest of eight children, it was up to him to manage the family farm. After he married, he moved to Salisbury where he and a brother started an iron forge.

As a young man he served in the Litchfield County militia during the French and Indian War in the Hampshire Land Grants, which is present-day Vermont. Returning to the area after hostilities ended, he bought property and became head of Green Mountain Boys – a quasi-military force that maintained order in the heavily contested area. He considered petitioning the king to establish the area as a separate colony when the fighting broke out at Lexington and Concord in April 1775.

Ethan Allen and his Green Mountain Boys turned their attention to the British and accompanied Col. Benedict Arnold’s May 1775 expedition to capture Fort Ticonderoga. The combined force took the fort without firing a shot. The cannons they captured were used in the siege of Boston, which eventually led to the British evacuation of that city in March 1776.

Remaining in Canada with his soldiers, Allen was captured by the British during the failed attack on Quebec. He was first labeled a traitor and held on the HMS Gaspee, then sent to prisons in England and Ireland. His status was changed to prisoner of war and he was returned to Long Island and paroled. He was later exchanged for a British officer in the spring of 1778. He made his way to Valley Forge, Pennsylvania where Gen. George Washington gave him a brevet promotion to Colonel. He returned to Vermont and resumed command of the Green Mountain Boys. No portrait exists of Ethan Allen, but written accounts have him standing over six feet tall. One stated that he was a, “tall, leather-lunged Vermonter.”

While he was a prisoner, Vermont declared itself an independent republic in 1777. Because the lands were claimed by New York, Massachusetts and even Connecticut, Congress refused to grant Vermont statehood. Frustrated by this, Ethan Allen went as far as negotiating with the governor of Canada to rejoin the British Empire. Vermont became the 14th state in 1791, two years after Allen died. A portion of Route 7 in Ridgefield, Conn. is called the “Ethan Allen Highway.”

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.

Training Circulars for TY18 Are Now Available

Contact Your Chain of Command for More Information

COURSE	COURSE #	ACTION OFFICER	START DATE	END DATE
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	16-Jan-18	18-Jan-18
Unit Retention NCO Course	350-17-61	Chief Warrant Officer 3 Chris McCarty	21-Jan-18	2-Feb-18
Basic Life Support (BLS) Refresher for 68W Personnel	350-17-10	Sgt. 1st Class Megan Authier	21-Jan-18	21-Jan-18
68W Sustainment Course	350-17-66	Sgt. 1st Class Megan Authier	22-Jan-18	28-Jan-18
Engagement Skills Trainer II (EST II), Laser Marksmanship Training System (LMTS)	350-17-22	1st Sgt. Corey Lewis	28-Jan-18	28-Jan-18
Unit Public Affairs Representative Training Course	350-17-09	Maj. Michael Peterson	27-Jan-18	27-Jan-18
High Mobility Multipurpose Wheeled Vehicle (HMMVV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	1st Sgt. Corey Lewis	10-Feb-18	10-Feb-18
Command Movement Workshop	350-17-49	Master Sgt. Thomas Ahearn	10-Feb-18	11-Feb-18
Digital Training Management System (DTMS) Course	350-17-30	Sgt. 1st Class Richard Reynolds	14-Feb-18	14-Feb-18
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffery Colvin	22-Feb-18	22-Feb-18
Unit Environmental Officer Training Course	350-17-23	Robert Dollak	3-Mar-18	3-Mar-18
Army National Guard Annual Substance Abuse Prevention Training Course for AGR & FTSP	350-17-04	Dennis Tomczak	8-Mar-18	8-Mar-18
Ask Care Escort- Suicide Intervention (ACE-Si)	350-17-29	Meagan MacGregor	9-Mar-18	9-Mar-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	10-Mar-18	11-Mar-18
Technical Transportation of Hazardous Material (HAZMAT) 80 Hour Course	350-17-48	Sgt. Maj. Colvin	12-Mar-18	23-Mar-18
Bus Driver Training Course (Train the Trainer Course)	350-17-21	Master Sgt. Thomas Ahearn	12-Mar-18	16-Mar-18
Virtual Convoy Operations Trainer (VCOT)	350-17-27	1st Sgt. Corey Lewis	12-Mar-18	16-Mar-18
Residence Training Assistant (RTA) Course	350-17-16	Command Sgt. Maj. James Sypher	13-Mar-18	16-Mar-18
CTARNG Best Warrior Competition (BWC)	350-17-14	Sgt. Maj. Michael Collins	15-Mar-18	18-Mar-18
Food Operations Management Course	350-17-17	Sgt. 1st Class Jessica Torres	17-Mar-18	17-Mar-18
Liaison Officer (LNO) Training Course	350-17-20	Master Sgt. Karl Rhymer	22-Mar-18	23-Mar-18
Unit Marksmanship Training Coordinator (UMTC) Course	350-17-19	Sgt. 1st Class Cuebas-Marrero	24-Mar-18	25-Mar-18
Basic Life Support Instructor (BLS-I)	350-17-46	Sgt. 1st Class Megan Authier	24-Mar-18	25-Mar-18
Sexual Assault Prevention and Response Program Victim Advocate Continuing Education Training Intelligence Section Working Group	350-17-28	SGM Jonathan Trouern-Trend	7-Apr-18	8-Apr-18
Individual Gunnery Trainer/Unstabilized Gunnery Trainer (IGT/UGT)	350-17-33	1st Sgt. Corey Lewis	14-Apr-18	15-Apr-18
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	17-Apr-18	19-Apr-18

Highlighted Courses:

Engagement Skills Trainer II (EST II) Training Course:

This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II, and the LMTS. These individuals may have Active Duty Operational Support (ADOS) opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating and taking responsibility of the system to provide training their own units. This is a (4) day course available twice during TY-2018. Attendees must attend both days of instruction to be considered certified on any Training Aids, Devices, Simulator and Simulations (TADSS) device. 25-28 January 2018; 10 Seat Max per class; See your unit training NCO for current availability.

Bus Driver Training Course:

The Operator's Training Course is a "Train the Trainer" (T3) course, primarily targeted to personnel with the skills necessary to train individuals on the safe operation of a GSA Bus. This course will provide training on Preventive Maintenance Checks and Services (PMCS), Operations, Operational Policies and Safety. 12-16 March 2017. 16 Soldiers Max, See your unit training NCO for current availability.

Individual Gunnery Trainer/Unstabilized Gunnery Trainer (IGT/UGT):

This training opportunity provides training for Soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the IGT/UGT. The IGT/UGT is a virtual training system that allows the trained operators to build scenarios for crew gunners to virtually engage targets and validate them before conducting live-fire gunnery tables for their units. 14-15 April 2018. 10 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

1

Must be SSG or above

And at least one of the following:

No photo on file

Current photo over 5 years old

Promoted since last photo

Received ARCOM or higher

2

3

4

5

THE DA PHOTO PROCESS

Do You NEED A DA PHOTO?

REVIEW YOUR ERB/ORB

PREPARE YOUR UNIFORM

SCHEDULE AN APPOINTMENT IN VIOS

SHOW UP AT SCHEDULED TIME

IMAGE MANIPULATION

How Does your photo get to your ERB/ORB?

What to Wear for a DA Photo

Winter Storm Preparation

Test Your Winter Storm Preparedness Knowledge

1

MYTH: Preparing for disasters is time consuming and expensive.

FACT: Signing up for local alerts and warnings is free. Many preparedness apps are also free.

FACT: Your home may already contain emergency kit items.

FACT: You can purchase items for an emergency kit, and assemble it over time.

FACT: Having an adequate emergency supply of food and a communication plan can be of benefit no matter the hazard.

2

MYTH: My homeowners insurance should cover everything if an emergency winter storm affects me.

FACT: This is not always the case. Check your insurance policy, and consult your insurance agent.

FACT: Standard homeowners insurance does not cover flood damage.

3

MYTH: In an emergency, only first responders need to know what to do.

FACT: Everyone needs to know what to do before, during, and after a winter storm to protect themselves, their families, and their neighbors.

FACT: First responders may not reach you for hours or days after a winter storm strikes. Everyone needs to know what to do to stay safe.

4

MYTH: In an emergency, only first responders need to know what to do.

FACT: Everyone needs to know what to do before, during, and after a winter storm to protect themselves, their families, and their neighbors.

FACT: First responders may not reach you for hours or days after a winter storm strikes. Everyone needs to know what to do to stay safe.

CTPrepares

Prepare Before, During and After

Contacts Power, Utilities and More

Resources Find Local and Online Services

Newsroom Latest News, Photos, and Storms

I Am Safe! Weather Alerts More

Stay in the Know

Get the CTPrepares App

Governor Dannel P. Malloy announced the launch of an emergency preparedness application in August 2016. The app, called CTPrepares, provides Connecticut residents information and alerts in emergency situations as well as helping residents to prepare in advance of an emergency.

CTPrepares incorporates the use of text messaging, email and social networking to allow users to communicate with family members during an emergency.

Real-Time notifications including emergency news, state office closings, and public safety messages can be sent directly through the app providing up-to-the-minute-information to residents.

Features of the App Include:

Send an "I'm Safe" message to contacts via email, text, and social networks

View real-time alerts for emergencies, weather and traffic

View current and extended National Weather Service forecasts based on current location

Access Connecticut Emergency Management Agency news and events

View emergency preparation guides for different types of emergencies

Locate Connecticut Emergency Management contacts and other useful emergency resources

Download the CTPrepares app for free in the iTunes Store and Google Play for Android devices.

Additional Weather Prep Resources

CDC Winter Prevention Guide: <http://emergency.cdc.gov/disasters/winter/guide.asp>

Winter Driving Tips: <https://one.nhtsa.gov/nhtsa/tips/winter/index.html>

Winter Storms: The Deceptive Killers: www.nws.noaa.gov/om/winter/resources/Winter_Storms2008.pdf

Winter Weather Watches, Advisories, and Warnings : www.weather.gov

How to Prepare for a Winter Storm: https://www.fema.gov/media-library-data/1494008826172-76da095c3a5d6502ec66e3b81d5bb12a/FEMA_2017_WinterStorm_HTP_FINAL.pdf

Retiree Voice

Veteran Targeted Fraud

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

AARP reported in November that veterans are twice as likely to be scammed. Quoting AARP CEO Jo Ann Jenkins: “Unfortunately, the men and women who bravely served our country have become a prime target of telephone and online thieves, and research found that they are vulnerable to additional scams tailored just for them.”

Operation Protect Veterans is a joint effort by AARP Fraud Watch Network and the United States Postal Service to warn former members of the military of fraud schemes. In surveys, with some reporting data as recent as October 2017, found that 16 percent of veterans had lost money from scams during the last five years as compared to 78 percent nonveterans. Seventy-eight percent of veterans surveyed had received scam pitches related to their military service.

Veteran-specific scams most often have these characteristics. Veterans are asked to donate money to support fellow veterans. They are asked to take part in a little-known government program that could get them lots of cash. A scammer may tell them they can improve terms of a VA loan or pay for a more affordable medical supply. AARP, Forbes Magazine, and STOPFRAUD.gov have identified four major scam or fraud categories.

Benefit schemes claim that they can get the veteran additional VA benefits if they invest in certain products or offer cash if the veteran turns over future benefits. For example, some financial and insurance agents

try to get veterans to buy insurance products or transfer assets to trusts so the veteran will qualify for VA Aid and Attendance benefits. Vets taking this pitch may end up not get extra promised pension and be disqualified from other government benefits.

Charity scams are the most common fraud aimed at veterans. They prey upon the emotions, empathy, and patriotism with the false claim that they will be helping fellow veterans. Often the word, “veterans,” is in the name of the fake charity. Charities can easily be checked out on the websites www.give.org and charitynavigator.org.

Imposter scams pretend to be from a legitimate organization like the Department of Veterans Affairs. The scams come in the form of emails and phone calls. They request personal or financial information that the authentic organization would already have on file. The VA, IRS, and Medicare use the U.S. Postal Service for all correspondence. Hang up immediately.

“Help with Benefits,” is the fourth major scam targeted at veterans. The want to charge for services like filing for pensions or other claims, or getting military records. You can get free help from the VA or service organizations.



The Financial Fraud Enforcement Task Force of the US Government, maintains the website STOPFRAUD.gov. It provides a lot of information concerning fraud and has a specific section for Service members and veterans. AARP has the website Fraud Watch Network. It provides a wealth of information about the many scams and frauds being perpetrated on unknowing victims. AARP has recently published in conjunction with the United States Postal Service a handbook entitled, “AARP Watchdog Alert Handbook, Veterans’ Edition: 9 Ways Con Artists Target Veterans.” This publication goes over the scams and offers common sense ways to protect yourself. It can be downloaded as a PDF by going to the AARP Fraud Alert website and typing, “watchdog alert handbook veterans,” in the search box.

Connecticut Veterans Hall of Fame Inducts 11 New Members

Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard joins Lt. Gov. Nancy Wyman to induct Sergeant Maj. (CT-Ret.) Chester Morgan into the Connecticut Veterans Hall of Fame at a ceremony in the atrium of the Legislative Office Building in Hartford, Conn., Dec. 4. Morgan, a 30-year Veteran of the Connecticut Army National Guard was one of 11 inductees.

The Connecticut Veterans Hall of Fame was established to increase the awareness of the lifetime contributions of Veterans after the completion of honorable military service. Those selected for the induction are Veterans who honorably served their country through military service and who continue to serve and inspire their fellow man with the deeds and accomplishments throughout their lifetime. The first class of the Connecticut Veterans Hall of Fame was inducted in 2005. Congratulations to the 2017 inductees; Alfred Adinolfi, Robert Bailey, Philip Cacciola, Benjamin Cooper, Dominick Cortese, Lawrence Herrmann, Thomas Pandolfi, Thomas Quinn, William Sullivan and John Turk. For more information about the CT Veterans Hall of Fame, visit <http://portal.ct.gov/DVA/Pages/CT-Veterans-Hall-of-Fame>. (Photo by Maj. Mike Petersen, State Public Affairs Officer, CTNG)



CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Durham, John R.
Rodriguez, Jesus A.
Brown, Kasim A.
Hull, Jesse A.
Rawlings, Camryn R.
Nguyen, Christopher
Fiddler, Kevin M.
Gleason, Nicklaus R.
Pardo, Isaia L.
Rodriguez, Elenis
Riveraalcazar, Alfredo
Ferrucci, Ryan R.
Sperry, Everett P.
Bridges, Kyron D.
Williams, Daouda S.
Sarria, Markgenesis P.
Turchetta, Devin V.
Gomez, Christian
Staplins, Kyle J.
Estevezjimenez, Ginni
Louis, Joseph G. Jr.
Cubilla, Robert A.
Jean, Karrie
Abrego, Alonzo X.

To Private First Class

Park, Grace
Alvelo, Miguel A.
Croff, Carissa R.
Fernandes, Jose M.
Ingraham, Colin R.
Barton, Keanu R.
Grabowski, Michael T.
Lathuras, Josselin L.
Freeman, Jazmyn E.
Stgermain, Maxim F.
Cartagena, Eliezer
Hoang, Nam

To Specialist

Dewitt, Shannon E.
Medina, Jorge
Malave, Joshua X.
Langual, Fernando
Brachas, Joseph R.
Grant, Stives R.
Zona, Joseph V. III
Buttram, Quintyia M.
Masllavica, Dejvi
Giudice, Regina J.

Neville, Joshua L.
Joyner, Christopher E.
Rivera, Eden E.
Motley, Isabelle M.
Fogg, Christian J.
Morris, Matthew S.

To Sergeant

Mckenna, Elizabeth M.
Cristofano, Anthony J.
Stringer, Michael R.
Flynn, Casey J.
Smith, Cleayon A.
Griep, Joshua P.
Repasi, Anthony T.
Stosonis, Steven M.
Singh, Vikas
Estrada, Blaze A.

To Staff Sergeant

Buitrago, Danielle E.

To Sergeant First Class

Miller, Jeffrey M.

Abdi, Mohamed A.
Mack, Andre E.
Dobrushkin, Maksim

To Master Sergeant

Montoya, Edgard E.
Colafati, David J.

To Warrant Officer

Pauleus, Roberto

To 2nd Lieutenant

Valli, David L.

To Captain

Rutka, Patrick C.

To Lt. Colonel

Gravel, Mark J.

AIR

To Airman First Class

Edwards, Alec J.
Bonsu, Philomena B.

To Senior Airman

Berwethe, Benaca
Weiler, David M.
Walthall, Matthew I.

Copeland, Shanielle L.
Anderson, Spencer R.
Song, Young S.

To Staff Sergeant

Coppola, Alexis R.
Hodge, Andre P.
Fried, Avery G.

Muniz, Christina N.
Teeters, Douglas M.
Gustafson, Evan J.
Huertas, Jason A.
Knightly, Jordan J.
Diamond, Matteo D.
Jeanlouis, Nathalie T.

To Technical Sergeant

Ramaeka, Brian M.
Westfall, Nathan F.
Harden, Zachery A.

Congratulations to All!

Promotions as of December 1, 2017

Coming Events & Holidays

January

January 1

New Year’s Day

January 9

February Guardian Deadline

January 15

Martin Luther King Day

January 27

CTNG PAO UPAR Course

February

February 2

Groundhog Day

February 6

March Guardian Deadline

February 13

Mardi Gras

February 14

Ash Wednesday/Valentine’s Day

February 16

Chinese New Year

February 19

U.S. Coast Guard Birthday

February 19

President’s Day

March

March 3

U.S. Navy Birthday

March 6

April Guardian Deadline

March 8

International Woman’s Day

March 11

Daylight Savings begins

March 15

American Legion Birthday

March 17

St. Patrick’s Day

March 25

Medal of Honor Day

March 30

Good Friday

March 31

Passover begins

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Connecticut Family GUARDIAN

VOL. 19 NO. 1

HARTFORD, CONNECTICUT

JANUARY 2018

Second Annual Service Member, Child Dinner Dance

WENDY HAGEN
CTNG FAMILY READINESS SUPPORT ASSISTANT

SOUTHINGTON, Conn. – The Connecticut National Guard Service Member and Family Support Center and Child and Youth Program co-sponsored the Connecticut National Guard's second annual Service Member and Child Dinner Dance at the Southington Armory, Nov. 18.

The event is held to celebrate and bring recognition to Military Family Appreciation Month.

The semi-formal event saw Service Members decked out in Dress Blues with their children dressed to the nines in their best dresses, pants and shirts with ties. The Southington American Legion cooked a pasta dinner and donated cake for dessert.

A group of volunteers provided assistance as servers, photographers, and craft teachers, including Cecilia Young, daughter of 1st Sgt. Alexander Young, 143rd Combat Sustainment Support Battalion and Master Sgt. Lisa Young, Alpha Company, 1109th Theater Aviation Sustainment Maintenance Group. "I think it is amazing because you get to spend time with your Army Family," Young said.

The 102nd Army Band Jazz Combo provided favorites through dinner. DJ Haylan provided pop music favorites, dance games and group dances to round out the evening.

"What a great event. My girls love it every year," said. Sgt. Jerred Clark of A Co 1109th TASMG. "They enjoy the focus on it being a (parent) event."

Left: Sgt. 1st Class Trevor Britnell dances with his daughter at the second annual CTNG SMFSC Service Member and Child Dinner Dance at the Southington Armory, Nov. 18.

Right: Children of CTNG Service Members dance the night away at the second annual CTNG SMFSC Service Member and Child Dinner Dance at the Southington Armory, Nov. 18. (Photos by Harold Bernstein, CTNG SMFSC volunteer)



Maj. Bryan Dougherty dances with his daughter at the second annual Connecticut National Guard Service Member and Family Support Center and Child and Youth Program Service Member and Child Dinner Dance at the Southington Armory, Nov. 18. (Photo by Harold Bernstein, CTNG SMFSC volunteer)





CATHERINE GALASSO-VIGORITO

There Is a Restoration In Store For You

Often in the evening, my family and I like to watch Home and Garden Television. There are a few whole-house restoration shows that we enjoy. Sitting silently, breathing quietly, we watch the home renovations. And we learn about the latest home improvement products, décor and ideas for the home, backyard, and garden.

While watching one of the shows, I was struck by some of the unexpected upgrades that made the homes look brand-new. The contractor stepped in and began the restoration and renovation process. Whether it was a modern style home, a farmhouse, or a Victorian cottage; when the home remodeling project was completed, there was an entire new look and restoration to the property. Do you need to experience a restoration in any area?

As we go through life, challenging situations, difficult issues, and losses can bring us down into a state of stress, despair or even disrepair. Doubts can begin to creep into our minds like the cooler temperatures of the approaching winter. And we may find ourselves in need of restoration.

Whatever is bothering you, let me encourage that there is a restoration in store for you. Regardless of what the condition of your life is right now, or if you are dealing with a difficulty; God is ready, willing, and able to step in and begin His restoration and renovation process.

On our living room wall, there is a tapestry wall hanging. If we look at just the backside of the design, it is in a disarray of threads, strings and a mess of colors. We see only the negative side. Well, if I turn it over and look at the right side of the picture, we will see that the tapestry wall hanging is truly a beautiful masterpiece.

Likewise, God can take any mess and turn it into a masterpiece. He can transform your pain into your purpose. There is nothing that you are facing right now, that God cannot restore. For God will give you a fresh start, a new direction, and new joys with a renewed sense of purpose. And in a moment, you can be blessed in a manner that you never thought possible.

• As God gave emotional and spiritual healing to the

woman at the well, (John 4: 7-26) He can bring health and healing to you. So stay hopeful. Stay positive. Look to God for what can be in your future, for He is renewing your strength.

- While God brought restoration in the life of Joseph and took him from the prison and put him to the palace (Genesis 41:37-45). He can successfully turn around your circumstance. Thus, pray and persist with steadfast faith. There’s much more to your life that is yet to unfold.
- Just as God restored the sight of the blind beggar (Luke 18: 35-43), He can give back to you what was lost. Therefore, leave the hurts behind and move onward. Don’t let anything get you off course.
- Job lost his health, his family, and his possessions. But God restored twice as much to him (Job 19:25). So, do not limit the power of God, for He is going to intervene for you. Keep your thoughts fixed on God, as He can restore what you have lost... and more.

I know a loving couple who wanted to have a baby. Time and time again, they tried many treatments with no success. And finally, after several years, they were told that it was doubtful if they’d ever be able to have a child. The wife explained that she got tired of trying and fighting in her own strength. Hurting and confused, but still holding on to her faith, she prayed, “God, I give this situation to you. You know our heart’s desire, and I leave it in your powerful hands.” Rather than feeling like her life was meaningless, she made a decision to be happy where she was. She became thankful for her many blessings. I’m reminded of the verse in the Bible, “Delight yourself in the Lord and He will give you the desires of your heart.” (Psalm 37:4).

A few months later, this couple received an unexpected phone call that a baby was available for adoption. They were overjoyed and adopted a beautiful, healthy little boy. Thereafter, they adopted a precious little girl.

After all the couple had gone through, God restored them. And today, God is saying to you, “I will restore your life.”

Something miraculous is about to unfold. Thus, think upon only the things that you’d like to see reflected in your future. Drop negative baggage from yesterday. Do not feed your mind with fearful thoughts and pictures. Do not let the unconstructive words that may come out of your mouth be against you.

Instead, speak out positive declarations, for they have the power to cause themselves to come to pass. Find something to thank God for and all through the day repeat it. Like a race car driver making every effort to get to the finish line first, send your words in the direction of where you want to go. Name it and claim it, for the believer “shall have whatsoever he saith.” (Mark 11:23)

Assert that you are ‘strong, confident and courageous,’ that ‘abundant blessings are on the horizon,’ ‘new people and opportunities will come into your path,’ that ‘God will protect you and your loved ones,’ and that ‘He is directing your steps.’

Health and healing is yours. Abundance is coming your way. Opportunities are in your future.

Soon, situations are going to positively change. I ponder on the changes that took place in the life of Ruth in the Bible. It begins with the death of Ruth’s husband, but unfolds to become the triumphant story of God’s grace in the midst of changing and trying circumstances. At a time in her life when it would have been easy to quit, Ruth was loyal. She showed steadfast love and was committed to doing the right thing. And what happened? God came to her aid, honoring her faithfulness with a new marriage and crowned it with the birth of a baby boy. Ruth’s suffering had led to glory, and her tears of sorrow became tears of joy. She experienced a complete restoration. And Ruth stepped forward into a new life.

Right now, at this very second, God is working on your behalf. He knows what is best and has a glorious plan and a bright future for you. God will comfort you, restore you and bless you.

He will make a way for you to succeed, for He hasn’t desires you this far on your journey to leave you on your own.

Stand in faith today... knowing that nothing is impossible with God. For He can do all things.

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

Military OneSource: Making Tax Filing Simple

T-A-X-E-S. It’s that time of the year again, and if there’s good news to be had, it’s that you have access to special assistance as a member of the military community in getting your taxes in order.

Service members and their families have earned something that few others have — easy and free guidance on preparing and filing taxes through MilTax, Military OneSource tax services. MilTax provides convenient access to military tax counselors and easy-to-use tax preparation and filing software, which is guaranteed for 100 percent accuracy. Use these special resources to help you get an early start on your taxes.

Getting ahead of — and a handle on — your taxes
You need to file your taxes by April 15 (or April 17 in 2017), unless you file for an extension. Whether you use MilTax or do it yourself, here are some steps to make tax filing simple.

- **Get an early start.** Identify one place (a folder, shoebox or computer file, for example) to put all your tax documents so you have everything when you need to file.
- **Gather the documents and items you’ll need for tax preparation.** This includes:
 - Social Security number(s) and date(s) of birth for you, your spouse and other eligible family members
 - All W-2 forms, from all employers, for you and your spouse
 - Form 1099 for independent contractors
 - Child care, education and adoption costs documentation o Investment income forms
 - Alimony information
 - Social Security benefits information

- Miscellaneous income forms
- Form 1098-E for student loan interest
- Form 1098 for home mortgage interest
- Charitable donations receipts o Medical and dental expense bills
- Real estate tax documents
- Receipts for any deductible expenses
- **Make a list of questions for a tax adviser.** Questions may include: Can I write off certain expenses? Can I get an extension? What happens if I’m serving in a combat zone? What should I do if our family moved this year?
- **Discover special tax benefits enjoyed by service members.** This ranges from extra pay for those serving in combat zones and other tax perks to special benefits for military members serving outside the United States. Many civilian accountants are unaware of deductions and allowances specific to service members and their families. MilTax consultants specialize in optimizing these benefits and tax deductions — and the preparation and filing software is tailored to military life. Visit MilTax to speak with a trained counselor or visit the Internal Revenue Service to find out more about these benefits.
- **Understand there is free tax preparation.** In addition to the tax resources offered through MilTax, the Volunteer Income Tax Assistance program from the Internal Revenue offers free tax preparation and e-filing at sites both on and off base. It also has sites to help our military overseas. Find a Volunteer Income Tax Assistance location near you.
- **Be aware of tax scams.** The Internal Revenue Service

posts about the most common tax scams, including shady tax preparers or phishing, on its website. Or check with your state’s attorney general’s office.

- **Understand important steps to take if you are deployed.** Check out a great article about filing when you are deployed at <http://www.militaryonesource.mil/-/ins-and-outs-of-filing-military-taxes-when-you-are-deployed>.

What to know about filing tax extensions
Filing taxes after the official deadline is common, but there are important things to understand. The easiest way to get an extension: simply file Form 4668, Extension of Time to File, before the tax deadline. Keep in mind that if you owe taxes, you’ll be charged interest from the date the payment is due. You may also incur penalties. If you are unsure about how to file an extension, or if you simply want guidance, a MilTax advisor can walk you through the appropriate steps and make sure you are including all the essential information as a service member.

There also are automatic extensions for service members living outside the United States and those serving in combat zones. There also are important things to know for filing taxes when a service member is deployed.

- **Call Ahead.** Get started on your taxes now by meeting with a trained MilTax consultant for military-specific information regarding your tax questions — for free. Call 800-342-9647 today. Or get face-to-face assistance by visiting a Volunteer Income Tax Assistance program location near you. Remember: MilTax’s preparation and filing software comes with a 100 percent accuracy guarantee.

Death Claim For a Dependent Child

Eligibility For Family Servicemember Group Life Insurance Coverage

Family SGLI (FSGLI) coverage provides life insurance coverage for the spouses and dependent children of all Active Duty, Ready Reserve and National Guard members who have full-time SGLI coverage.

A “**dependent child**” includes any unmarried child in one of the following categories:

- Natural born child
- Legally adopted child
- Stepchild who is a member of the Service Member’s household
- Unmarried child between the ages of 18 and 23 who is pursuing a course of instruction at an approved educational institution
- Child who became permanently incapable of self-support before age 18
- Stillborn child whose death occurs before expulsion, extraction, or delivery, and not for the purposes of abortion, and:
 1. Whose fetal weight is 350 grams or more; or
 2. The fetal weight is unknown, whose duration in utero was 20 or more completed weeks of gestation, calculated from the date the last normal menstrual period began to the date of expulsion, extraction, or delivery.

Dependent Child Coverage

Dependent child coverage is the set amount of \$10,000 for each dependent child.

FSGLI Claim for Stillborn Children

Under FSGLI child coverage, the \$10,000 benefit is paid upon the death of a covered, dependent child. Under FSGLI guidelines, the definition of a dependent child includes:

- stillborn child whose death occurs before expulsion, extraction, or delivery, and not for the purposes of abortion, and:
 1. whose fetal weight is 350 grams or more; or
 2. if the fetal weight is unknown, whose duration in utero was 20 or more completed weeks of gestation, calculated from the date the last normal menstrual period began to the date of expulsion, extraction, or delivery.
 3. if a death certificate is not issued, soldier is required to submit discharge paperwork or a letter from the doctor stating the above information. The most important information is that the fetus was at least 350 grams in weight.

All other death claims require a birth certificate for processing.

*For additional information, contact
Ms. Shelia Cook, Office of Personnel Management, CTARNG
860-524-4802 - shelia.a.cook@mail.mil*

CONNECTICUT NATIONAL GUARD HELPLINE

If you or someone you know is struggling with the stressors of life, please contact the CTNG Helpline - 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

<p>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.</p> <p>Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri.</p> <p>Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.</p>	<h2 style="text-align: center;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="text-align: center;">Family Assistance Center Locations</h3>  <p style="text-align: center;">Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p style="text-align: center;">Our Programs Include:</p> <table border="0" style="width: 100%;"> <tr> <td>Budget Counseling</td> <td>Community Support Options</td> <td>Financial Assistance and Relief</td> </tr> <tr> <td>Family Communication</td> <td>Counseling Referrals</td> <td>Morale, Welfare and Recreation (MWR)</td> </tr> <tr> <td>Legal and Pay Information</td> <td>Outreach</td> <td>Family Readiness Groups (FRG)</td> </tr> <tr> <td>TRICARE Assistance</td> <td>Volunteer Opportunities</td> <td>DEERS & ID Card Assistance</td> </tr> </table> <p style="text-align: center;">Support is available 24/7 by calling (800) 858-2677</p> <p style="text-align: center;">*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</p>	Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance	<p>New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri.</p> <p>103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (800) 858-2677 Open Tues.-Fri.</p> <p>103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment*</p> <p>Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (800) 858-2677 *By Appointment*</p> <p>Norwich Armory 38 Stott Ave. Norwich, CT 06360 (800) 858-2677 *Wednesday or By Appointment*</p> <p>Waterbury Armory 64 Field St. Waterbury, CT 06702 (800) 858-2677 *By Appointment*</p>
Budget Counseling	Community Support Options	Financial Assistance and Relief												
Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)												
Legal and Pay Information	Outreach	Family Readiness Groups (FRG)												
TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance												

Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday</i>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.ctr@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melody.cheyenne.baber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.reed.ctr@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.o.donnell.ctr@mail.mil	(860) 493-2797 (desk)/(860) 883-6949 (cell)
Family Assistance Center Specialist	vacant		
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4903 (desk)/(860) 880-2269 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk)/(860) 881-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.cummings.mil@mail.mil	(860) 493-2786 (desk)/(860) 538-5639 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarthy	michelle.mccarthy.ctr@mail.mil	(860) 548-3254 (desk)/(860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.o.shaughnessy.ctr@mail.mil	(860) 548-3258 (desk)/(860) 394-8748 (cell)
Military OneSource Consultant	Chris Rodon	christopher.rodon@militaryonesource.com	(860) 502-5416 (cell)/(800) 493-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nutt	david.c.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jasonthas.j.braca.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britnell	sean.britnell.ctr@mail.mil	(860) 548-3265 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4908 (desk)
<i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday</i>			
Family Assistance Center Specialist	Joshua Haire	joshua.j.haire.ctr@mail.mil	(860) 292-4602 (desk)/(860) 221-5835 (cell)
Family Assistance Center Specialist	Jennifer Renillard	jennifer.m.renillard.ctr@mail.mil	(860) 292-4601 (desk)/(860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 - Open Monday-Friday</i>			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
<i>New London Armory: 249 Bayonet Street, New London, CT 06320 - Open Monday-Friday</i>			
Family Assistance Center Specialist	Vanessa Foster	vanessa.a.foster.ctr@mail.mil	(860) 772-1422 (desk)/(860) 883-2720 (cell)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i>			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.timberlake.ctr@mail.mil	(860) 292-2730 (desk)
Family Assistance Center Specialist	Joshua Haire	joshua.j.haire.ctr@mail.mil	(860) 292-2730 (desk)/(860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Renillard	jennifer.m.renillard.ctr@mail.mil	(860) 292-2730 (desk)/(860) 912-2746 (cell)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open By Appointment</i>			
Family Assistance Center Specialist	Timothy Honeoy	timothy.j.honeoy.ctr@mail.mil	(860) 221-5540 (cell)
<i>103rd Air Control Squadron: 206 Boston Post Road, Orange, CT 06447 - (800) 858-2677 - Open By Appointment</i>			
<i>Waterbury Armory: 64 Field Street, Waterbury, CT 06702 - (800) 858-2677 - Open By Appointment</i>			
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