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State Armory Hosts Lamont Inauguration

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

HARTFORD, Conn. – The stage was set, the lights were bright, and over 1,000 guests packed the Governor William A. O'Neill Armory, Jan. 9, 2019.

And when Ned Lamont said, "I do," he officially became the 89th Governor of the State of Connecticut, all on the drill shed floor of the Connecticut National Guard's historic State Armory.

"It took an impressive amount of work from an impressive group of people," said Lt. Col. Phillip DeRing, one of the many assigned to the CTNG's Joint Staff who played a significant role in the planning of the Gubernatorial Inauguration. "We are used to hosting large events, but inaugurations always take it to another level.

"Between security, media, a massive amount of civilian guests and a slew of current and formerly elected officials, you have to have a strong team to pull it all together."

And it went off without a hitch. Staff working for Lamont and for former Governor Dannel P. Malloy were in constant contact with Guard officials to ensure all needs and requirements were met.

"We were honored to host yet another Gubernatorial Inauguration here at the State Armory," said Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard. "We like to say



Governor Ned Lamont raises his right hand and places his left on the bible held by his wife, Annie Lamont. Retired Connecticut Supreme Court Chief Justice Chase T. Rogers administers the Oath of Office to the 89th Governor at the Inauguration Ceremony held at the Governor William A. O'Neill Armory Hartford, Conn., Jan. 9. (Photo by Sgt Alicia M. Brocuglio, 130th Public Affairs Detachment, Connecticut Army National Guard)

Continued, see Inaugural on page 14

In This Issue:



The Milestones of Four CT Soldiers
Page 7



2018 Year in Review Part II
Page 8-11



Golden Gloves Comes to Hartford
Page 15

Be Prepared for Winter Storms

READY.GOV

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. **A winter storm can:**

- Last a few hours or several days;
- Knock out heat, power, and communication services; and
- Place older adults, young children, and sick individuals at greater risk.

If you are under a winter storm warning, find shelter right away:

- Stay off roads.
- Stay indoors and dress warmly.
- Prepare for power outages.
- Use generators outside only and away from windows.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.
- Check on neighbors.

How to stay safe when a winter storm threatens: Prepare Now:

- Know your area’s risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community’s warning system. The Emergency Alert System and National Oceanic and Atmospheric

Administration Weather Radio also provide emergency alerts.

- Gather supplies in case you need to stay home for several days without power. Keep in mind each person’s specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.
- Learn the signs of, and basic treatments for, frostbite and hypothermia.

Survive During:

- Stay off roads if at all possible. If trapped in your car, then stay inside.
 - Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
 - Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
 - Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
 - Watch for signs of frostbite and hypothermia and begin treatment right away.
 - Check on neighbors. Older adults and young children are more at risk in extreme cold.
- Recognize and Respond:**
- Frostbite causes loss of feeling and color around the face, fingers, and toes.
 - Signs: Numbness, white or grayish-yellow skin, firm or waxy skin



- Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness
- Actions: Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

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Readiness and Recruiting is Everyone's Job: *The State of the Connecticut National Guard*

MAJ. GEN. FRAN EVON
THE ADJUTANT GENERAL
CONNECTICUT NATIONAL GUARD

Let me begin by acknowledging the remarkable achievements and continued dedication the men and women of the Connecticut National Guard have shown in my short time as Adjutant General. Without you – the 5,000 Soldiers, Airmen, Militia Members and State Employees- nothing our organization has done or will do would be possible.

In my first six months as the head of the Connecticut National Guard, I have seen our organization deploy over 200 service members, with another 300 slated to embark on important missions in 2019. This includes a Cyber Warfare Team and a Medical Evacuation Detachment; two capabilities Connecticut only grew into within the last 36 months.

We have created partnerships with community organizations, like Western New England Golden Gloves, who held four weeks of competitive, amateur boxing at our state headquarters in Hartford – bringing an athletic tradition back to our facility that had not been seen for decades.

We also have teamed with the Connecticut Broadcasters Association, who have played a pivotal role in helping us spread the word about who we are and what we do. Some of Yale New Haven Health's leading experts on nutrition have generously given their time to help us build not just a fitness program, but a wellness lifestyle that we hope sets Guardsmen on the right track to a better, healthier wellbeing.

The State Armory also hosted the Inauguration of Governor Ned Lamont, which was a monumental effort on the part of the entire Military Department. Your fellow Guardsmen filled pivotal roles in Governor Lamont's Oath of Office, and the Military Honors, Inauguration Day Parade and Inauguration Ball that followed. Those efforts did not go unnoticed, as Governor Lamont went out of his way to visit with Guardsmen just a few days later to personally thank them for their hard work.

Right here at home, we continue to provide world-class support to our fellow Connecticut citizens during their time of need. Our Army and Air Engineers provided their expertise in route clearance to communities hit hard by wind storms, which helped open impassable roadways for power companies to get the lights turned back on.

Simply put, the Connecticut National Guard has the talent, ingenuity and passion to achieve tremendous results and represent as Connecticut's home team on an international level. With growing force structure and a reputation for living up to the Guard's motto of, "Always Ready and Always There," Connecticut is well-positioned for whatever the future may hold.

However, in my 30-plus years as a Connecticut Guardsman, I have learned one thing: You can never rest on yesterday's achievements. We are still called upon to fight and win our nation's ward. We are still called upon



to serve on the home front. The lasting partnerships we have made with agencies at the state and federal levels have long-reaching, positive effects. This includes our 18-year relationship with the Armed Forces of Uruguay – a nation we are proud to conduct multiple, mutually beneficial exchanges with throughout the year.

To continue to hit and exceed these benchmarks, there needs to be a shared understanding across our entire force: Readiness and Recruiting are my top priorities, and they begin with you.

We need to aggressively recruit in order to build our ranks. Our cadre of recruiters do a fantastic job telling our story, but no one is a better testament to the benefits accompanied by membership in the Connecticut National Guard than you, the Guardsman.

Aggressive recruiting means that we as leaders need to give our Guardsmen a reason to stay and promote the organization. We need to continue providing our men and women with realistic, innovative training that leaves them tired at the end of a drill weekend, but excited to do it all again next month.

Recruiting also requires us to connect with the communities we work and train in – the same places we raise our families, spend time with friends and work full-time. At its heart, the Guard is a community organization with armories, readiness centers and training areas often nestled in the same neighborhoods we call home. We must continue to support Patriotic events within our towns, like Memorial and Veterans Day Parades, to remind our fellow Connecticut residents of the higher calling we serve. We must visit our local schools to help tell our story to the next generation of leaders. We must stay in touch with local government and its first responders when our training events may lead to

questions from our neighbors.

It is that communication and transparency that helps build trust and confidence within our communities and it is a trust we must never betray. Always remember that we are taxpaying residents of the state as well, and our fellow residents deserve to know what their Guard does to support the effort at home and abroad.

It is also critical that we continue providing Guardsmen with a path to grow in the classroom. Keep providing our Soldiers and Airmen with opportunities to attend specialty schools and courses that result in certifications that apply to careers both in and out of uniform.

Ensure your formations know about once-in-a-lifetime opportunities, like the Military Reserve Exchange Program, where Connecticut Guardsmen have experienced the militaries of the United Kingdom and Denmark in recent years. Push your talented men and women to apply for tours at the National Guard Bureau, or the High Performance Leader Development Program. These openings provide valuable insight into the decision-making process at our higher headquarters while ensuring Connecticut has a seat at the table while those decisions are being made.

Professional development opportunities should also extend to our history. Earlier this month, I was privileged to brief U.S. Army and Air Force Leadership on the State of the Connecticut National Guard in Washington, D.C.

We had the opportunity to bring several commissioned and noncommissioned officers along, who got an inside look at functions, facilities and the history of the National Guard. I was truly encouraged by the thirst for knowledge that the next generation of Connecticut National Guard leaders showed throughout the trip while having face-to-face conversations with those overseeing the entire Guard to discuss Connecticut's successes and future challenges.

Know that these opportunities aren't just TAG-drive, nor do they have to be conducted at national-level events. Leaders at all levels should take advantage to learn more about our Profession of Arms through recommended reading, visits to historically-relevant sites and even through analysis of past battles.

Leaders at every level are encouraged to embrace and preserve history. I firmly believe in membership to professional organizations that highlight National Guard achievements and causes, while providing valuable insight to our elected leaders by raising issues that one day may be signed into legislation. Please, do your homework, ask your peers and see if membership into an organization is right for you.

Never forget how unique the Connecticut National Guard is as an organization. The diversity amongst our ranks is truly our strength. You bring talents, trades and tools to the table that our Active Duty brethren cannot match, because your experiences out of uniform bring

Continued, see State of State on page 4

State of State from page 3

different perspectives to light.

Our members are willing to take charge when no one else is around, or when no one else is willing. Guardsmen who help motorists in desperate need of medical attention, who help ensure their neighbors can safely escape their home when a fire breaks out, who utilize their Guard-specific skills to help better their communities.

When the boots hit the ground, only one thing matters: Are we ready for the mission ahead?

Without question, readiness is what drives everything we do. Our force structure (do the powers-that-be see Connecticut as a ready state, able to handle more, or as a state that cannot keep up?), our ability to deploy and our ability to help right here at home all depends on our ability to remain ready.

Personal readiness starts with the individual Guardsman. If you aren't physically fit or ready to take on the new Army Combat Fitness Test that is rapidly approaching its release (nor the Air Guard equivalent), then you are doing yourself, your brothers- and sisters-in-arms and your state a disservice. Fitness is something I expect every Guardsman to strive for.

In late January, we unveiled the state's first-ever Fitness Improvement Program – a course dedicated to providing Guardsmen with the tools necessary to develop and maintain a holistic wellness program. In the future, this program will incorporate our families – a component of the Guard that is just as crucial as those of us in uniform.

For many Guardsmen, the commitment of one weekend a month and two weeks a year is not conducive to a physical fitness regimen monitored by your unit leadership. This program will promote positive lifestyle changes in fitness, nutrition and resilience that I hope transforms your own physical, mental and spiritual health while improving our organization's readiness.

Readiness also ties back to many of the individual, but perishable, skills we must maintain as Guardsmen. Qualification with your individual weapon; ensuring attendance at your periodic health assessment (and diligently attending any medical or dental follow-ups); keeping current on your military education. These are all the easy basics of being a Guardsman that help ensure our units stay ready for whatever lies ahead.

My parting thought: Less than one half of one percent of the nation has the courage to raise their right hand and volunteer to serve this great nation. Never forget that, and never forget that you are the reason the Connecticut National Guard remains Always Ready and Always There. Be proud!

Always remember that our Soldiers, Airmen, Militia Members, state employees, our families and your employers are our greatest assets. We are all part of a team, and we cannot do it without working together.

Thank you for your continued service to our Profession of Arms and thank you for continuing to tell our story.

Mission First, Guardsmen and Families Always.

Fran Evon

A Connecticut First in Cyber Operations

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Pfc. Jonathan Boski decided to follow in his father's footsteps and join the Connecticut National Guard after graduating from Colchester's Bacon Academy.

Little did he know that he would carve out a little place in National Guard history for himself.

In November 2018, Boski graduated from Advanced Individual Training for the 17C Military Occupation Specialty, better known as Cyber Operations Specialist.

In doing so, he was the first Army National Guardsman to graduate from the in-demand course, providing the Connecticut National Guard with another valuable asset as it continues to play its role in cyber network defense.

Boski, now 19, spent about a year at his Advanced Individual Training, which meant putting civilian education and life on hold for a little while, but the benefits will be long-lasting.

"Only about 50 percent of applicants were passing the course while I was there," Boski said. "It was basically three years of higher education condensed into a much shorter time period. There was a lot to learn in a short period of time, but the training is built for you to understand and learn the concepts and build upon those skills."

Skills, Boski said, that he can take into the real world, applying those lessons learned as a Guardsman assigned to Detachment 1, 146th Network Warfare Team.

His course load saw him take residence at military facilities in Florida and Georgia as he learned the ins and outs of defending the Department of Defense's critical network infrastructure. While he was not at liberty to discuss the finer points of his training (and with good reason), Boski said that, like a lot of other classroom-based instruction, it is all about giving it your best.

"The instructors and the hands-on training really laid the foundation for your learning, but you have to apply yourself," Boski said. "You will get exactly what you put into this course."

Boski's initial intent was to become an Information Technology Specialist, but when he heard about the



Pfc. Jonathan Boski (left) and his father, Lt. Col. Matthew Boski (right), pose for a photo after Boski's graduation from Advanced Individual Training in November 2018. The elder Boski, who spoke at his son's graduation ceremony, also serves in the Connecticut National Guard, currently serving as the Administrative Officer for the 85th Troop Command. (Photo provided by the U.S. Army Cyber School).

opportunities and potential in the Connecticut National Guard's Cyber Detachment, he jumped at the chance.

His passion and desire to be on the cutting edge of technology stem from his involvement with robotics. Bacon Academy's robotics team, which competed in tournaments.

"I've been involved with robotics for a long time," Boski said. "I wasn't really the team's programmer, but I got to know what they did and understood it to an extent. Even though I wasn't really into computers in high school, I did take a couple of programming classes."

"Having a little bit of experience in computers certainly helped me (at AIT). I think I was able to grasp the concepts a little bit more easily."

Now, Boski looks forward to using his skills in Connecticut's newest unit. He encourages anyone with a background in technology, or a passion for cyber operations, to find out if they have what it takes to join, and his advice is to learn anything you can before taking the plunge.

"I definitely recommend that anyone interested in cyber operations should start to check out computer programming and robotics-related courses to not only learn how computers work, but the concepts behind them," Boski said.

Airman , Family Man, Friend: Tech Sgt. Dedrick Baublitz

TECH. SGT. TAMARA R. DABNEY
103RD AIRLIFT WING, PUBLIC AFFAIRS
CONNECTICUT AIR NATIONAL GUARD

Tech. Sgt. Dedrick Baublitz looks like the type of person who was born to serve in the military.

If you needed further proof, all you needed to do was observe as he taught a recent baton course at Bradley Air National Guard Base. With an acute tone in his voice, Baublitz explained the “do’s and don’t’s” of baton use, then picked a volunteer from the class to physically demonstrate its proper use. The volunteer casually walked to the center of the training mat, and in an instant, Baublitz, a hand-to-hand combat expert, forced him to the ground.

Fifteen years ago, Baublitz did what his family and friends knew was inevitable – he joined the United States military. The child of two U.S. Marines, Baublitz realized early on the honor and pride of serving his country. In 2003, he raised his right hand and took an oath to support and defend the Constitution of the United States as a member of the Connecticut Air National Guard.

“I’ve wanted to join the military since I was a kid,” said Baublitz, a married father of two. “I was a Marine brat growing up; both my parents were Marines. All my family is in the military in some way, shape, or form. What ended up happening is I had my son early on in life. I figured [enlisting] would be a good opportunity to help me with whatever adventure I wanted to go on. The Guard helps with education and real-world experience; that’s kind of what led me to join the Guard.”

According to Baublitz, his job as a security forces specialist is the best job in the Air National Guard.

People who are unfamiliar with the various aspects of this career field may think that security forces is just about checking IDs at the base entrance all day. This belief, however, is wildly inaccurate. Security forces troops, referred to as Defenders, do exactly what their name implies; they defend people and assets on military installations. Their duties include missile security, global air base defense, law enforcement, combat arms, and handling military working dogs. Baublitz is also a part of an elite group of security forces Airmen known as Ravens, who provide aircraft transit security in high-threat areas. When asked what has been the most difficult challenge that he has faced in his career thus far, Baublitz described his first time deploying to the Middle East as a Raven.

“It wasn’t what I thought it was going to be,” said Baublitz. “Upon getting there, it was kind of like an ‘oh crap’ feeling, like I’m actually here. I got off the plane, looked around and took a big gulp of whatever I had in my mouth at the time.”

Baublitz explained how he was able to cope with the challenges he faced while deployed.

“In kind of a joking way, I said, ‘this is it! If a sniper kills me, this is it.’ At least I won’t see it coming,” said Baublitz. “It’s kind of weird, but it’s something I did to cope with it. You can mentally prep for what you think is going to happen, but you don’t always expect it. My first time stepping off a plane in Iraq was at 4 o’clock in the morning. That was definitely interesting, just knowing the situation that I was walking into and the reason why I was there. I was that last line of defense. It was very humbling.”



Tech. Sgt. Dedrick Baublitz, a security forces specialist assigned to the 103rd Security Forces Squadron, Connecticut Air National Guard. (Photo by Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)



Tech. Sgt. Dedrick Baublitz, a security forces specialist assigned to the 103rd Security Forces Squadron, Connecticut Air National Guard, puts gear into his locker at the Bradley Air National Guard Base, East Granby, Conn. Photos of one of his driving forces, his family, hang on the door for motivation. (Photo by Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)

Throughout his entire career, Baublitz has found a way to push himself above and beyond what his duties require. For the last six years, Baublitz has competed in the Connecticut SWAT Challenge, which is touted as one of the most physically and mentally demanding tactical competitions for law enforcement in the nation. Baublitz was also recently selected by the National Guard Bureau to show his prowess in a similar competition for security forces members in the 2018 Air Force Defender Challenge.

The Air Force Defender Challenge is a grueling competition that pits security forces teams from around the world against each other in events that include simulated dismount operations, combat endurance events, and weapons scenarios.

Baublitz stated the Defender Challenge was even more intense than the Connecticut SWAT Challenge.

“Out of, I think, 84 National Guard units in the United States, [the National Guard Bureau] selected the top six people they wanted to compete,” said Baublitz. “I went to Texas to train for two weeks with the other people who I was competing with, then I went back to Texas a month later to compete in the Defender Challenge. We got 5th overall, 3rd in one event and 4th in another.”

While many consider security forces members to be some of the sharpest and fittest Airmen in the Air Force, Baublitz consistently surpasses the standard, which has made him stand out from the crowd. So, what motivates Baublitz to push himself every day? Answer: his desire to be the best for the people he cares for the most.

“I want to be the best father, husband and friend that I can be,” said Baublitz. “I can’t say how much they support me. I’m thankful, so I want to be all I can for everyone around who supports me.”

102nd Army Band Spreads Holiday Cheer to VA Residents, Patients

CHIEF WARRANT OFFICER 2 CHRISTOPHER
BAILLARGEON
102ND ARMY BAND BANDMASTER

ROCKY HILL, Conn. – The Connecticut Army National Guard's 102nd Army Band and the Rocky Hill Veterans Home teamed up for an afternoon of Holiday music for residents and patients, Dec. 8.

The home welcomed the band to perform in the Residential Facility as well as the Sgt. John L. Levitow Health Center. The first performance of the day was in the residential facility which is home to both temporary and long term supportive housing for veterans with chronic or disabling conditions. The, "Three Second Rush" Pop Band under the direction of Chief Warrant Officer Two Chris Baillargeon and the 102nd Brass Band under the direction of Staff Sgt. Nathan Swagger performed in the dining hall facility to all residents in attendance during lunch.

Song selections varied from traditional holiday concert band music to New Orleans-style jazz selections by the Brass Band. The performance was capped off with patriotic music to include a stirring vocal rendition of America the Beautiful by Spc. Christine Goss.

Other featured soloists included Spc. Jeremy Cruz playing trumpet/flugal horn for, "O Holy Night," and Sgt. Tara Borchert on flute for, "God Rest Ye Merry Gentlemen." State Command Sgt. Maj. John Carragher,

Vets Home Director, Lesbia Nieves (also a Lieutenant Colonel in the Guard), residents and staff were all in attendance for the performance. At special request of the residents, the performance was also dedicated to one

of the staff of the dining facility that recently passed in the month of December.

Small groups then traveled to the health center to meet Activities Director Jennifer Heil who was on duty to coordinate two special performances. The Sgt. John L. Levitow Health Center is a licensed chronic disease facility that provides long term care to veteran patients with disabling conditions. In the Center's Memory Care Unit, the 102nd Brass Quintet, under the direction of Sgt. 1st Class Christopher Desjardins, played an assortment of Holiday and Patriotic music.

The quintet's performance at the memory care unit was a special return after a visit during the unit's Annual Training. The MCU is home to a variety of Veterans from all branches and wars from the Vietnam War to WWII.

Finally, the 102nd Small Jazz Band under the direction of Staff Sgt. David Kuzminski entertained patients and visitors in the activity room of the Patient Care Unit. Music selections varied throughout the jazz idiom and featured horn and percussion soloists Spc. Mark Larosa, Sgt. Borchert, Spc. Joe Axiak, Spc. Cruz and Spc. Goss.

This was an exceptional event from the start for the band to participate in as it was a privilege to give back to the Veterans at the home during the holidays. The performance was dedicated to all those that have served and live at the home.



Members of the Connecticut National Guard's 102nd Army Band played a holiday concert at the Rocky Hill Veterans Home, Rocky Hill, Conn., Dec. 8. During the afternoon, the band played in the residential facility and the Sgt. John L. Levitow Health Center. (Photo by Maj. (Ret.) George Duggan)



Members of the Connecticut National Guard's 102nd Army Band played a holiday concert at the Rocky Hill Veterans Home, Rocky Hill, Conn., Dec. 8. (Photo by Maj. (Ret.) George Duggan)

Celebrating the Milestones of Four African-American Soldiers

MAJ. GIANCARLO D'ANGELO
143RD COMBAT SUSTAINMENT SUPPORT BATTALION

As Connecticut Army National Guard Soldiers look back on 2018, the Connecticut Army National Guard quietly celebrated some historic milestones.

In November, Sgt. 1st Class LaSonya Jones became the first African-American female to be appointed as a Unit Readiness NCO in the Connecticut Army National Guard's 192nd Engineer Battalion. She is a battle tested and a highly-decorated NCO who has served on two combat tours.

Yet her story is a familiar one. "In 2002 I was on a bad path and I needed a change in my life," Jones said. "I lacked discipline and I hoped I could obtain it by joining the military. I had no intention of making this a long term goal, Sixteen years later, I look back at all the wonderful mentors and leaders that helped me grow as a person and a Soldier.

"I consider myself blessed to be part of the CTARNG. What was ingrained in me by this organization and its leadership on day one, has manifested into me becoming the first African American female Readiness NCO in the CTARNG. Hopefully, I am, and will continue to be, an aspiration to those in this organization who struggles with finding their calling. I will always try to set the example for others to emulate."

Sgt. 1st Class Jones will be assigned to the battalion's



Command Sgt. Maj. Jimmie Smith, left, is appointed Command Sergeant Major of the 192nd Military Police Battalion by Lt. Col. Donald Chiverton, Commander, 192nd Military Police Battalion in Nov. 2018. Chiverton and Smith make up the battalion's first African-American command team, responsible for the leading, training and (Photo by Command Sergeant Maj. John Carragher, State Command Sergeant Major, Connecticut Army National Guard)

Alpha Company upon her return from her military education, and will look to proudly lead her unit while providing full time support to her commander.

The 192nd Military Police, a unit that traces its history back to the Revolutionary War, recently appointed its first African-American female, 1st Sgt. Stefanie Goins. Goins joined the CTARNG in July 2000.

"Little did I know, a simple dare to join the military would result in the best decision of my life," Goins said. "I have had the honor of being a Combat Medic and now a Military Police Officer. I love what I do and wouldn't change any aspect of my career."

The Joint Force Headquarters located in Hartford was her first appointment as a First Sergeant. Goins said that mentoring her young Soldiers is a responsibility that she takes seriously.

"Something I try to teach all young soldiers: know your job and do your very best. Although praise for your work may not come to you when you feel you deserve it, it will when you most need it. Good things always come to those who wait and when you least expect it. Regardless of your race, creed, color or gender."

The 192nd Military Police recently executed a change of command and change of responsibility resulting in the appointments of the battalion's first African-American command team as Lt. Col. Donald Chiverton and Command Sgt. Maj. Jimmie Smith are responsible for leading, training and well-being of more than 450 Guardsmen.

The Connecticut Army National Guard has elevated these individuals to senior positions not because of the color of their skin, but because they are experienced and highly qualified individuals, who embody Army Values.

Still, it is important to share their stories so that young Soldiers understand the possibilities available to them in the military.

"My wish, my desire is that at some point in our history there won't be a 'first woman' doing anything, it will just be somebody doing something, you know just like 'Maj. Gen. Martin is the commander of Fort Leonard Wood,'" said Maj. Gen. Donna W. Martin, Fort Leonard



First Sgt. Stefanie Goins receives the Sword of the Noncommissioned Officer during a Change of Responsibility ceremony at the Niantic Readiness Center, Oct. 14, 2017. 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)

Wood's first female commander, in a recent interview with the St. Louis Post-Dispatch. "I don't even really like talking about myself, but it's such a necessity to hear the story of women being successful for our future generations."

And while Jones, Goins, Chiverton and Smith would be the first to agree that talking about themselves and their own careers would be the last thing any of them want to do – the significance of their achievements in uniform should not go untold.



Sgt. 1st Class LaSonya Jones, a member of the Connecticut Army National Guard since 2002, was recently named Unit Readiness Non Commissioned Officer for the 192nd Engineer Battalion, making her the first African-American female to sit in the position in the battalion's history. (Photo courtesy of Sgt. 1st Class LaSonya Jones, 192nd Engineer Battalion)

2018 Year in Review: Part Two

Serving Our Community, Exploring Our History, Maintaining Our Readiness

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

The Connecticut National Guard once again remained Always Ready and Always There in 2018. From groundbreaking and ribbon cutting ceremonies, to multiple deployments, to a change in leadership that had not been seen for 13 years, there was a lot for the nearly 5,000-strong CTNG to be proud of.

This month, we are taking a look back at some of the highlights the second half of 2018 brought us.

July

For the first time in 13 years, Connecticut welcomed a new Adjutant General and Commander. **Maj. Gen. Fran Evon** officially took the reins from **Maj. Gen. (ret.) Thad Martin** at a Change of Command ceremony held at the William A. O'Neill Armory in Hartford, July 7. Evon had previously served as Assistant Adjutant General, amongst numerous roles during his nearly 30 years of service to his state and nation.

"I fully and wholeheartedly accept this responsibility. I would not be here without the solid foundation of a supportive family, selfless NCOs and officers," Evon said

during the ceremony, which was attended by numerous elected officials, as well as Gen. Joseph Lengyel, Chief of the National Guard. "Early in my career I believed in mission first, Soldiers always. Now, I say mission first, Soldiers, Airmen and Families always."

The Connecticut National Guard also celebrated the **100th birthday of the U.S. Army Warrant Officer**, July 9. Governor Dannel P. Malloy proclaimed July 9, 2018 as, "United States Warrant Officer Day," with an official proclamation.

Staff Sgt. Luis Juro, 103rd Civil Engineer Squadron Contracting Officer Representative, was recognized

nationally after receiving the Excellence in Contract Administration Award during

a ceremony held at Fort Belvoir, Virginia, July 12. Juro was one of only 10 honored on a national level by the Office of the Director of Acquisitions and Head of Contracting for the National Guard Bureau during the ceremony.

On July 17, Gov. Malloy signed another important document: legislation officially naming Connecticut National Guard facilities after its two Medal of Honor recipients.

Camp Niantic will now officially be named Camp Nett at Niantic and Camp Hartell in Windsor Locks will officially be recognized as such. The two facilities recognize the accomplishments of Col. Robert Nett and 1st Lt. Lee Hartell, both Medal of Honor recipients. Ceremonies to dedicate the facilities will be held in conjunction with Medal of Honor Day on March 25, 2019.

The end of the month saw four



Maj. Gen. Fran Evon, center right, accepts the Connecticut National Guard colors from Gov. Dannel P. Malloy, center left, as Maj. Gen. (Ret.) Thad Martin, left, and Command Sgt. Maj. John Carragher, right, look on at a change of command ceremony, naming Evon as Adjutant General of the Connecticut National Guard at the William A. O'Neill Armory, July 7, 2018. (Photo by Staff Sgt. Ben Simon, JFHQ Public Affairs, Connecticut Army National Guard)



Governor Dannel P. Malloy signs a bill into law officially naming two state military training facilities at a ceremony at the State Capitol, July 17, 2018. The signed bill renames Camp Niantic to Camp Nett at Niantic in honor of Connecticut Army National Guardsman, Col. Robert B. Nett, recipient of the Medal of Honor for his actions on December 14, 1944, during World War II, and officially names the state training facility in Windsor Locks as Camp Hartell in honor of Connecticut Army National Guardsman 1st Lt. Lee R. Hartell, recipient of the Medal of Honor for his actions on August 27, 1951 during the Korean hostilities. Both names will become effective March 25, 2019, however Camp Hartell will remain the same as the facility was named Camp Hartell by a General Assembly resolution in the early 70's. (Photo by Maj. Mike Petersen, State Public Affairs Officer)



Staff Sgt. Luis Juro, 103rd Civil Engineer Squadron Contracting Officer Representative at the Bradley Air National Guard Base in East Granby, Conn. Juro was awarded an Excellence in Contract Administration for his work on the new Small Air Terminal at the 103rd Airlift Wing. (Photo by Senior Airman Sadie Hewes, 103rd Airlift Wing Public Affairs)



Approximately 80 members of the 1109th Theater Aviation Sustainment Maintenance Group said goodbye to loved ones as they boarded a plane to Southwest Asia from the Bradley Air National Guard Base, East Granby, Conn., Aug., 9, 2018. (Photo by Ms. Allison L. Joanis, State Public Affairs Office).



Security Forces Airmen react to an IED explosion during convoy training at Joint Base Cape Cod, Mass., Aug. 22, 2018. Airmen from the 103rd Security Forces Squadron participated in a week-long joint training exercise with the Army and other Air Guard units to enhance their pre-deployment training. (U.S. Air National Guard photo by 1st Lt. Jen Pierce)

members of the **1-102nd Infantry Regiment** travel on a once-in-a-lifetime journey to France to commemorate the regiment's participation in World War I.

Lt. Col. Frank Tantillo, Battalion Commander of the 1-102nd Infantry Regiment, Sgt. Alex Drake, Spc. Luk Silk, and Spc. Benjamin Wilke were joined by Command Sgt. Maj. Arthur Fredericks, Senior Enlisted Leader, 85th Troop Command, for a whirlwind tour of gravesites, towns and historical landmarks visited a century ago by 102nd Regiment members.

"The people of France today have not forgotten the efforts of the Americans in World War I," Tantillo said when asked about his experience. "They specifically have not forgotten the 26th Infantry Division and the 1-102nd. What the men from Connecticut accomplished and did to help the people of France was amazing. It was an honor to be there to take part in the 100 year anniversary."

August

The first week of August marked Annual Training for the Connecticut State Militia. From weapons training to drill and ceremony practice, the four units of the Governor's Foot & Horse Guard were exposed to more involved training than in years past.

On Aug. 9, nearly 80 members of the **1109th Theater Aviation Sustainment Maintenance Group** boarded an aircraft and headed to mobilization station in advance of their deployment to Southwest Asia. Led by Col. Ray Chicoski, Group Commander, the unit is currently providing theater-level, rotary-wing maintenance in support of Operations Spartan Shield, Inherent

Resolve and Freedom's Sentinel in Kuwait and Afghanistan.

The **169th Regiment (Regional Training Institute)** wrapped up its Healthcare Specialist Transition Course with its War Days exercise. War Days places those wishing to become a Combat Medics in stressful scenarios in order to test their mettle, knowledge and physical abilities in providing tactical combat casualty care in austere environments. The exercise took place at

Stones Ranch Military Reservation, and saw 22 Guard and Reserve Soldiers graduate with a brand new MOS.

The **103rd Security Forces Squadron** participated in a week-long joint training exercise with several other Air National Guard security forces units and the Army National Guard during the week of August 20, 2018 at Joint Base Cape Cod, Mass. The training week involved multiple aspects such as land navigation, base security, mounted operations, and counter operations for IEDs.

On Aug. 22, the **6th Recruiting and Retention Battalion** played host at Camp Niantic during the first-ever Junior Reserve Officer Training Corps and Reserve Officer Training Corps Training Symposium.

Led by Lt. Col. Alan Gilman, 6th RRB Commander, the event focused on the Connecticut National Guard's facilities and capabilities while also highlighting the benefit of joining the Guard.

"Today is all about education, collaboration and exposure to programs," Gilman said. "We all have common interests and objectives to provide mentorship, training and development to young men and women to make them the best they can be."

September

Two months after Maj. Gen. Fran Evon assumed command of the Connecticut National Guard, he named his deputy. **Brig. Gen. Gerald McDonald** received his star during a promotion ceremony on Sept. 8, and then reported for duty in Hartford two days later as Assistant



Members of the 1-102nd Infantry Regiment pay respects to fellow Americans and 102nd Infantry Soldiers at the Aisne-Marne American Cemetery in Belleau, Northern France. The WWI Cemetery contains the graves of nearly 2,300 American Soldiers who lost their lives in the vicinity of the Marne Valley in the summer of 1918. The cemetery was the site of one of the several commemoration ceremonies that Connecticut Guardsmen participated in during their visit. Top Row: Command Sgt. Maj. Arthur Fredericks, Lt. Col. Frank Tantillo, Bottom Row: Sgt. Alex Drake, Sgt. Luk Silk, Spc. Benjamin Wilke. (Photo courtesy of Command Sgt. Maj. Arthur Fredericks)

Continued, see 2018 on page 10

2018 from page 9

Adjutant General of the Connecticut National Guard.

For the first time in two years, the 103rd Airlift Wing hosted a graduation ceremony for those receiving associated degrees from **Community College of the Air Force** at a ceremony at the Bradley Air National Guard Base, Sept. 9. Over 90 Airmen received their degrees during the event.

On Sept. 12, 11 Guardsmen boarded, piloted and crewed a CH-47 Chinook and UH-60 Black Hawk from Windsor Locks to the outskirts of Knoxville, Tenn., and waited for **Hurricane Florence** to make landfall.

The storm hit the southeastern United States with incredible force, and the Connecticut Guardsmen found themselves working in some of North Carolina's hardest-hit areas to provide support over the next ten days. Missions included search and rescue, supply drops and personnel insertion.

"Houses were flooded, roads were flooded. We thought roads were rivers, rivers were roads," Capt. Derik Dumond, a CH-47 pilot and member of the response force, told local reporters upon the team's return to Connecticut, Sept. 23. "It was pretty apparent that a lot of people down there needed a lot of help."

From Sept. 17-20, the Connecticut Air National Guard's **118th Airlift Squadron** participated in an international Advance Search and Rescue Exercise in the Azores, Portugal. The Portuguese Air Force, Portuguese Navy, and Canadian Air Force, along with the Connecticut Air National Guard, were all involved in this exercise to test skills in international search and rescue.

On Sept. 19, 40 Soldiers assigned to **Headquarters and Headquarters Company, 192nd Engineer Battalion**, departed from Windsor Locks Readiness Center for its deployment.

Based in Stratford and commanded by Lt. Col. Charles

Jaworski, the unit will serve as a battalion headquarters supervising subordinate units specializing in route clearance. Day-to-day tasks will include the command and control of the route clearance efforts in its assigned area of operations.

On Sept. 21, the Connecticut Army National Guard kicked off two leadership seminars at Camp Niantic. The annual Pre-Command Course provided an important, three-day information session for prospective company commanders and First Sergeants, while the second annual CTARNG Leadership Symposium gave over 200 attendees the opportunity to learn more about the different state-level staff directorates. The event was keynoted by University of St. Joseph's men's basketball coach and long-time University of Connecticut basketball coach, Jim Calhoun.

The month ended in Windsor Locks with a memorial dedication to commemorate the life of U.S. Air Force Master Sgt. John Chapman. Chapman, a Medal of Honor recipient who was raised in Windsor Locks, was killed in action in Afghanistan in March of 2002. The Connecticut Air National Guard participated in the dedication with a four-ship flyover and an Honor Guard.

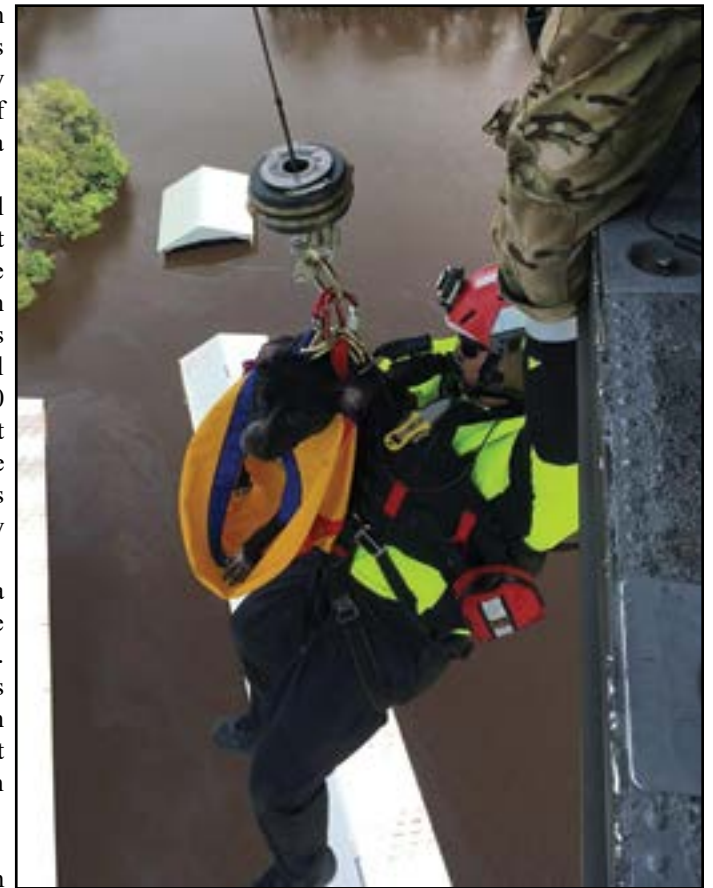
October

There is no better show of patriotism than donning the uniform and serving your nation. But Connecticut Guardsmen got the opportunity to continue their support by taking part in pre-game festivities leading up to the United States Men's Soccer Team's friendly against Peru in East Hartford, Oct. 16.

Over 120 members of the Connecticut National Guard, State Militia and their families arrived

at Pratt and Whitney Stadium at Rentschler Field to help construct a giant U.S. flag that covered nearly the entire field, then carrying it out and unfurling it as the National Anthem played in the background. Tech. Sgt. Dylan Platt,

The State Armory in Hartford was turned into a movie theater for a showing of, "Sgt. Stubby: An American Hero," Oct. 27. After over 75 members of the community, including Guardsmen and their families, gathered to watch the Connecticut National Guard's four-legged



Sgt. Michael Justo, hoist operator aboard a Connecticut Army National Guard UH-60 Black Hawk helicopter, helps as a rescue swimmer brings a stranded dog to safety while supporting relief operations for Hurricane Florence in North Carolina, Sept. 17. The Connecticut Army National Guard sent eleven Guardsmen with an UH-60 and a CH-47 Chinook to position in Tennessee on Sept. 12 before the storm's landfall. While in North Carolina, the Connecticut Guardsmen evacuated numerous civilians and their pets and performed transport missions for emergency personnel and equipment. The Soldiers returned home on Sept. 23. (Photo by Sgt. 1st Class Stefanie Jennings, CTARNG)

hero brought back to life, Maj. Gen. Fran Evon unveiled a new, life-size statue of Sgt. Stubby that will reside in Hartford.

For more information on Stubby, check out Part I of this review in the December edition.

In an attempt to bring more focus to military families in need during the holiday season, Lt. Gov. Nancy Wyman joined Connecticut National Guard officials to kickoff **Operation E.L.F.** with a press conference at the State Armory in Hartford, Oct. 29.

Since 2001, E.L.F., which stands for Embracing Lonely Families, has provided the community with a way to help families who are experiencing the deployment cycle (with a service member either preparing to deploy, currently deployed, or recently returned from deployment).

November

Military displays could be found throughout Mohegan Sun's shopping plaza and convention center, Nov. 2, as the Connecticut National Guard was on full display during **Vets Rock**. From aviation maintenance to medical services, engineering to mountaineering: Guardsmen showed off their specialties to those attending the Veteran career fair.



Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard, right, with Brig. Gen. Gerald McDonald, left, following McDonald's promotion to Brigadier General at the Bradley Air National Guard Base, East Granby, Conn., Sept. 8. Two days later, McDonald was officially named as the Assistant Adjutant General of the Connecticut Military Department. (Photo by Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)

The Connecticut National Guard takes part in dozens of events during the patriotic holidays. Color Guards, guest speakers, and parade marching units can be found throughout Connecticut on Memorial Day and Veterans Day.

This Nov. 9, the **103rd Airlift Wing** visited Little Sisters of the Poor in Enfield to spend the day with Veterans residing at the assisted living facility. The event is focused around lunch, where Connecticut Airmen past and present join residents, trading stories and tales.

The **118th Multifunctional Medical Battalion** spent their November drill at Hartford Hospital's Center for Education, Simulation and Innovation, Nov. 17-18. Working in small teams, medics got the opportunity to in the hospital's state-of-the-art simulators and build critical skills that may help save lives both here and overseas.

December

While most are winding down for the holiday season, the Guard ramped up with several events that helped bring 2018 to a successful close. On Dec. 7, the Connecticut National Guard sent off two units heading for two very different deployments. The **256th Engineer Detachment** will send about a half-dozen of its Guardsmen to Romania to support an airfield firefighting and emergency response mission while **Detachment 1, 146th Cyber Warfare Company** will embark on its first ever mission to an undisclosed location where they will help protect and defend critical network infrastructure for the United States.



Connecticut Air National Guard aircraft assigned to the 103rd Air Wing fly over a memorial dedication and Medal of Honor commemoration for U.S. Air Force Master Sgt. John Chapman Sept. 30, 2018, Windsor Locks, Conn. Chapman was raised in Windsor Locks. He was posthumously awarded the Medal of Honor along with the rank of master sergeant for his actions during the Battle of Takur Ghar, also known as Roberts Ridge, in Afghanistan in March 2002. (U.S. Air Force photo by Staff Sgt. Areca T. Bell)

"The [Cyber Warfare Company is] going to be primarily focused on protecting and defending United States' critical infrastructure and key resources," said Capt. Tyler Sams in an interview after the sendoff. "We're going to help try to keep the lights on." Sams is the senior officer deploying with the detachment.

Just a few short days later, Governor Dannel P. Malloy and Lieutenant Governor Nancy Wyman joined Connecticut National Guard leadership in officially welcoming home the 70 Guardsmen assigned

to the **143rd Combat Sustainment Support Battalion** from their 11-month deployment to Powidz, Poland during a Freedom Salute ceremony held at the State Armory, Dec. 11.

The CSSB, which touched down in Connecticut on Sept. 21, provided logistical support throughout Eastern Europe and was responsible for subordinate units totaling approximately 850 Service Members hailing from all three Army components (National Guard, Active Duty and Army Reserve). Ten members of the unit were awarded the Meritorious Service Medal for their hard work overseas.

For the 17th year straight year, Operation E.L.F. held its annual holiday party, bringing together hundreds of families experiencing the deployment cycle, Dec. 15. The State Armory-held event aims to help alleviate some of the stresses that go with both the holiday season and the potential of having a loved one gone during that time period and also helps those in need through the **Adopt-a-**

Family program. Since 2001, over 7,000 Connecticut Guardsmen have answered the call of duty overseas, and the Guard, in conjunction with Lieutenant Governor Nancy Wyman, have been there to help those back home.

On behalf of the Connecticut National Guard Public Affairs Team, we wish everyone a safe and happy start to 2019. Questions about the Connecticut Guardian, a career in Public Affairs, or looking to schedule an opportunity to highlight your unit? Call our office at 860-524-4857 or -4858 to talk directly with a staff member!



Master Sgt. Nicole MacKay, Operations Sergeant, 143rd Combat Sustainment Support Battalion, received a warm welcome home from her family on the flight line of the Army Aviation Support Facility, Windsor Locks, Conn., Sept. 21, 2018. The 143rd CSSB returned home after a 10-month deployment to Poland where they provided logistical support throughout Eastern Europe in support of Operation Atlantic Resolve. (Photo by Allison L. Joanis, State Public Affairs)



Sgt. Cody McVeigh (left) and Sgt. Dennis Stone, Connecticut Army National Guard Recruiters, work a display at Mohegan Sun's main shopping area during Vets Rock, Nov. 2, 2018. McVeigh and Stone are two of Connecticut's Guardsmen charged with providing information on the benefits and possibilities that come with a career in the Connecticut National Guard. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

Two Connecticut Heroes to be Officially Immortalized

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS
OFFICER

In late March, the Connecticut National Guard will celebrate and commemorate the memories of its two Congressional Medal of Honor Recipients when Camp Hartell in Windsor Locks is rededicated in honor of 1st Lt. Lee Hartell and Camp Niantic is officially renamed Camp Nett at Niantic. In honor of these two heroes, here are the citations that accompanied their Medal of Honor:

1st Lt. Robert Nett, U.S. Army, World War II, 1944

He commanded Company E in an attack against a reinforced enemy battalion which had held up the American advance for two days from its entrenched positions around a three-story concrete building. With another infantry company and armored vehicles, Company E advanced against heavy machine-gun and other automatic-weapon fire with Lt. Nett spearheading the assault against the strongpoint. During the fierce hand-to-hand encounter which ensued, he killed seven deeply entrenched Japanese with his rifle and bayonet and, although seriously wounded, gallantly continued to lead his men forward, refusing to relinquish his command. Again he was severely wounded, but, still unwilling to retire, pressed ahead with his troops to assure the capture of the objective. Wounded once more in the final assault, he calmly made all arrangements for the resumption of the advance, turned over his command to another officer, and then walked unaided to the rear



1st Lt. Robert B. Nett

for medical treatment. By his remarkable courage in continuing forward through sheer determination despite successive wounds, Lt. Nett provided an inspiring example for his men and was instrumental in the capture of a vital strongpoint.

Editor's Note: Nett retired as a Colonel, but was awarded the Congressional Medal of Honor as a First Lieutenant.

1st Lt. Lee Hartell, U.S. Army, Korean War, 1951

1st Lt. Hartell, a member of Battery A, distinguished himself by conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty in action against an armed enemy of the United Nations. During the darkness of early morning, the enemy launched a ruthless attack against friendly positions on a rugged



1st Lt. Lee R. Hartell

mountainous ridge. 1st Lt. Hartell, attached to Company B, 9th Infantry Regiment, as forward observer, quickly moved his radio to an exposed vantage on the ridgeline to adjust defensive fires. Realizing the tactical advantage of illuminating the area of approach, he called for flares and then directed crippling fire into the onrushing assailants. At this juncture a large force of hostile troops swarmed up the slope in banzai charge and came within 10 yards of 1st Lt. Hartell's position. 1st Lt. Hartell sustained a severe hand wound in the ensuing encounter, but grasped the microphone with his other hand and maintained his magnificent stand until the front and left flank of the company were protected by

a close-in wall of withering fire, causing the fanatical foe to disperse and fall back momentarily. After the numerically superior enemy overran an outpost and was closing on his position, 1st Lt. Hartell, in a final radio call, urged the friendly elements to fire both batteries continuously. Although mortally wounded, 1st Lt. Hartell's intrepid actions contributed significantly to stemming the onslaught and enabled his company to maintain the strategic strongpoint. His consummate valor and unwavering devotion to duty reflect lasting glory on himself and uphold the noble traditions of the military service.

Be sure to check next month's edition for more information about rededication ceremonies currently scheduled to take place in late March.

Join the Governor's Foot & Horse Guards



For more information:

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(860) 508-1129
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2nd Company Governor's Foot Guard
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Health & Fitness

Tips for Running on the Treadmill when Bad Weather has you Running to the Treadmill

STAFF SGT. SILAS HOLDEN
1109TH TASMG, MASTER FITNESS TRAINER

The winter season, at least in New England, is when most fitness activities need to take place indoors.

This month we will discuss on running, both indoors and outside, and how to get the most benefit from running on a treadmill.

It is important to warm up when running on a treadmill, just like you would when running outside. How many people have you seen get on a treadmill and set it right to running speed without doing a short warm up? A regular dynamic warm up and some stretches before starting with a walk or slow jog pace help to prepare the body for harder running. While running on a treadmill does not exactly replicate running outdoors, there are steps to take that can increase the similarities. Using a two percent incline will help simulate the wind resistance that is part of running outdoors.

While running with an incline will increase the level of workout you get on a treadmill you don't want to overdo it. Anything over a seven percent incline is too steep and can lead to injuries over time on. One way to get a good calorie burn workout is to do hill intervals on a treadmill. Doing this simply involves setting a time to run at a one percent incline and then setting higher inclines for set time intervals, then returning to one percent for an interval which mimics doing hill repeats and can improve

overall cardiorespiratory endurance. Running upright is always important as leaning forward can lead to neck and back pain. The Pose Method of running is a great video series on YouTube to help assure your posture is correct while running. It is also important to have a short, quick stride to keep the impact to your legs minimized. Running on a treadmill is also a great time to work on your stride count. An elite runner's average piece is approximately 180 steps per minute. Determining your stride count can be easily calculated by counting every time one foot hits the ground over a period of one minute. Multiply the result by two and that will be your stride count. Increasing stride count can be accomplished by keeping your feet close to the belt and taking quick, short strides.

Another aspect to pay close attention to is that you are not looking down when running, this can greatly affect your running form. If running hunched over the chance of neck and back pain increase. Whether running on a treadmill or outdoors you should look straight ahead for both safety and posture enhancement. And by all means, when the pavement is clear and the sun is shining, get outside for those wintertime runs. Regardless of the temperature, always remember that hydration is key to recovery and performance no matter the conditions. While each runner will have their own unique variation of proper form, it is very important to run with a good base posture to reduce the probability of injury.

The importance of fitness as a whole is key to both readiness and lethality. No matter your job in the military, your first and foremost skill should be combat arms and lethality. Without it, you are simply an employee working for an employer. I challenge everyone to set a goal toward improving their overall fitness, readiness, and lethal capabilities in 2019 as we begin the journey into our changing fitness culture. Our ranks are going to grow with new Soldiers, and the experience of the leaders and mentors today will determine the capabilities of the force tomorrow. It is important that we set measureable goals, and build benchmarks to analyze our success in achieving them so that we can continue to be the most agile and lethal fighting force in the world. As always, stay fit, stay hydrated, and stay motivated.

Staff Sgt. Holden is a certified Master Fitness Trainer and a certified National Strength and Conditioning Association; Tactical Strength and Conditioning-Facilitator. He is currently deployed to Kuwait with the 1109th Theater Aviation Sustainment Maintenance Group, Connecticut Army National Guard. He is eager to share his knowledge with those wanting to learn. The thoughts and information in this article are based on his research and opinion. Always do research and consult your doctor before undergoing any physical fitness regimen. For topic requests or questions, email Staff Sgt. Holden at silas.k.holden.mil@mail.mil.



Inaugural from page 1

that the Connecticut National Guard and Connecticut Military Department are responsible for a Governor's first day on the job because of what we do on his or her first day in office. I couldn't be prouder of all of the effort our Guardsmen and the entire Military Department gave to make this happen."

From securing the building to escorting those taking the Oath of Office to providing an honor cordon to firing the Howitzers during the 19-gun salute, over 120 Guardsmen and members of the Governor's Horse and Foot Guard were a part of Inauguration Day ceremonies.

Following the Governor's Oath of Office (the four Constitutional Officers were also sworn in at the Armory), Governor Lamont joined Maj. Gen. Evon at the Armory's front door for the 19-gun salute, where each of Connecticut's military units were represented with a small formation. Included in that small formation were members of the Connecticut Army National Guard, Connecticut Air National Guard and each of the four state militia units.

Lamont then stepped into the formation and proceeded up Capitol Avenue during the traditional Inauguration Day Parade. In past years, the parade has served as the



Members of the Connecticut Army National Guard fire a 19-gun salute from four Howitzers at the corner of Capitol Avenue and Broad Street, Hartford, Conn., Jan. 9. The salute took place following the oath of office ceremony of Governor Ned Lamont. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, CTARNG)

start of Inauguration Day activities. This time, it led him directly back to the steps of the Capitol, where two Connecticut Air National Guard C-130H Hercules aircraft flew overhead. Evon then escorted the newly-minted Governor and his family into the State Capitol, where he addressed the legislature in a short speech.

"Guard leadership began the planning process for the Inauguration back in September," Evon said. "A lot of folks may think that's premature, with the election still a month away and an incumbent Governor choosing not to run for another term, but you can never be too prepared. We wanted to be able to hit the ground running by providing the Governor's team with a list of what we are and aren't capable of supporting."

For that, DeRing and his staff researched over two decades of Inauguration data, looking at each traditional portion of the event (Inauguration Eve, the Inauguration Day Parade, Oath of Office, Military Honors and the evening's Inauguration Ball) and identifying how the Connecticut Military Department has supported in the past.

"That data came in handy, as did the flexibility our team showed as we worked

through the planning process," DeRing said. "It showed that we had a history of providing reliable, flexible leadership when it came to helping plan such a major event. It also put everyone in the mindset that not all inaugurations are alike, and that we need to adapt up until the moment the event actually kicks off."

The Guard wasn't the only organization heavily involved in the Inauguration. Local and state police also helped plan and organize important aspects of the event.

"The Joint Staff has worked hard to build relationships with partner agencies at the local, state and federal level," DeRing said. "And we've exercised those relationships a lot in the past decade if you look at all the weather-related events that have required Guard support. The Inauguration was just another example of how bringing everyone to the table to talk through challenges and obstacles is an effective way to come to a solution."

The event left an impression on the Governor. Lamont came back to the State

Armory on Friday and joined Maj. Gen. Evon in thanking the uniformed men and women who made it all happen. He shook hands with over 50 members of the Guard, the Connecticut Military Department and Hartford Police Department that helped made the Inauguration happen.

"The first days in office have to be a whirlwind, and for (Lamont) to take time out of his busy day to say a few words of thanks is a testament to the job our men and women did to help make the Inauguration a success," Evon said. "Connecticut has a lot to be proud of in its National Guard."



One of two Connecticut Air National Guard C-130s fly over the Capitol Building in Hartford, Conn., Jan. 9. The fly over was part of the Connecticut National Guard honors during the Inaugural celebration of Governor Ned Lamont. (Photo by Allison L. Joanis, State Public Affairs Office)



Governor Ned Lamont, center, his wife, Annie Lamont, left, and Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard in front of the Governor William A. O'Neill Armory, Hartford, Conn., Jan. 9. Following his oath of office inside the Armory, the Lamonts joined Evon for Military Honors that included a 19-gun salute, parade and a C-130 flyover. (Photo courtesy of the Office of the Governor)

Boxing Returns to State Armory

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

HARTFORD, Conn. – For four Saturdays, the drill shed floor of the Gov. William A. O'Neill Armory hosted the Western New England Golden Gloves boxing tournament.

Beginning Jan. 12, amateur hopefuls worked their way through qualification in the hopes of earning a berth to the finals, held on Feb. 2.

The tournament was held at the State Armory for the first time after Western New England Golden Gloves and the Connecticut Military Department reached a partnership.

"We are thrilled that a tournament of this stature will be held at such a historic venue," said Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard, in a recent press release.

Over 170 boxers representing over 40 teams/clubs from Connecticut, Massachusetts and New York took part. This included teams representing the United States Military Academy at West Point and the University of Connecticut in Storrs.

"The men and women competing over the next month embody the same qualities our military demands of its members: dedication, respect, fitness and integrity," Evon said. "We look forward to the bouts and wish all competitors the best of luck."

Connecticut National Guard personnel were on hand with displays, fitness challenges and military equipment for spectators to check out. Recruiters from the Army and Air Guard were also on hand to provide information regarding the benefits of Guard membership.

Editor's Note: Semifinal and Championship round results were not available at the time of publication. Check back in the March edition for more information!



Andrew Eikleberry, left, a member of the Connecticut Air National Guard and the UCONN Boxing Team, battles a member of the West Point Boxing team during the quarterfinal bouts for the Western New England Golden Gloves at the Governor William A. O'Neill Armory, Hartford, Conn., Jan 19. (Photo by Staff Sgt. Christopher Berry, 6th Recruiting and Retention Battalion, Connecticut Army National Guard)



Left, Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard rings the opening bell for the preliminaries of the Western New England Golden Gloves Tournament at the William A. O'Neill Armory, Jan. 12. (Photo by Chief Warrant Officer 3 Christopher McCarty, 6th Recruiting and Retention Battalion CTARNG)



During a break in the Western New England Golden Gloves Tournament, six Airmen and three Soldiers reaffirmed their commitments to the Connecticut Air and Army National Guard at the Governor William A. O'Neill Armory, Jan 12. (Photo by Allison L. Joanis, State Public Affairs Office)

Still Serving

CT Veteran Volunteers Ensure Fellow Service Members Receive Proper Final Salute

SGT. 1ST CLASS MICHAEL FINNEGAN
MILITARY FUNERAL HONORS, G1, JFHQ, UPAR

MIDDLETOWN, Conn. – Nearly 50 men and women, all veterans and members of Veteran Service Organizations, gathered in the assembly hall of the Middletown Armed Forces Reserve Center to conduct hands-on Military Funeral Honors training and discuss the future of the State of Connecticut's Firing Party Program, Nov. 7.

The Connecticut Army National Guard Military Funeral Honors Program works in conjunction with VSO posts to provide firing parties for veterans being laid to rest across the state. These dedicated men and women hail from the American Legion, the Marine Corps League, the Korean War Vets, Governors Foot Guard, amongst other groups who pride themselves on ensuring Veterans are sent off properly.

"By law, Military Funeral Honors is defined as two military members, with at least one of the parent service of the deceased, who render Veteran Honors," said Mr. Edward Barry, a retired Lieutenant Colonel who serves as the Connecticut State Coordinator for Military Funeral Honors as a contractor. "Veteran Honors typically

consists of two Soldiers to fold and present the U.S. Flag to the next of kin and the rendering of Taps. In recent years the state of Connecticut has gone above and beyond, when money is available, by funding a firing party detail for each service branch."

Mr. Barry, is a federal contractor with Military Support Technologies Incorporated (MSTI). He is responsible for the budget supervision of the Military Funeral Honors Program in Connecticut. Mr. Barry is no stranger to the Connecticut Guard and the Military Funeral Honors Program.

"As an AGR officer, I served as a Casualty Assistance

Officer and as a Veteran Honors team member on numerous occasions. I feel it is an honor to bring my experience in overseeing such an important and vital program to Connecticut Veterans and their families," Barry said.

The Military Funeral Honors Office coordinates directly with funeral home and family members in providing Veteran Honors at funerals for deceased Army Veterans. The MFH Office is also responsible to coordinate State of Connecticut Firing Party missions for all branches of the military within Connecticut.

"The firing party



Members of Connecticut Veteran Service Organizations provide a firing party at a service member's funeral. The Connecticut Army National Guard Military Funeral Honors Program works in conjunction with VSOs to provide appropriate honors for Connecticut veterans being laid to rest across the state. (Photo courtesy of Sgt. 1st Class Michael Finnegan, Connecticut National Guard Military Funeral Honors Program)



Veterans and members of Connecticut Veteran Service Organizations participated in Military Funeral Honor training at the Middletown Armed Forces Reserve Center, Middletown, Conn., Nov. 7. The Connecticut Army National Guard Military Funeral Honors Program works in conjunction with Veteran Service Organizations like the American Legion and others to provide firing parties for veterans being laid to rest across the state. (Photo courtesy of Sgt. 1st Class Michael Finnegan, Connecticut National Guard Military Funeral Honors Program)

supplements the federal honors rendered. Connecticut is one of only four states that funds a firing party program," according to Sgt. Anthony Ricco, a long serving member of the Honor Guard Program, who also serves in Alpha Company, 192nd Engineer Battalion. Ricco is a school-certified Master Trainer of Military Honors.

"The firing of the three round volley performed by the firing party is an iconic image associated with Military Funeral Honors" Ricco said.

"The Firing Party Program is to honor a brother or sister in arms and to create the best memory for the family at the Veterans final tribute," according to Mr. George Besse, the firing team leader of American Legion Post 78 with four years of service in the U.S. Air Force during the Vietnam Era.

Along with the hands-on training, Barry said the yearly meeting served the purpose of introducing new members of the MFH program to the VSO posts, an update on the associated procedures, protocols, and regulations and to answer any issues or questions the VSO members have with the MFH program. It also outlined and highlighted the longevity of the program, as well as its future.

"The meeting went extremely well, as many items were addressed," Ricco said. "There was a lot of positive feedback from attendees. Collectively, we were able to brainstorm ideas on how to maintain our current high standards as well as increase the longevity of the program through new member recruitment."

To learn more about the Connecticut Firing Party Program or Military Funeral Honors in the State of Connecticut, contact the Connecticut Army National Guard Funeral Honors Team via email at ctarng.mfh@gmail.com or call the office at 203-568-1741.

Enlisted Update



**COMMAND SGT. MAJ.
JOHN S. CARRAGHER**

Greetings, Team, welcome to February! Although many of us were able to relax over the holidays, please remember our deployed Soldiers and Airmen that spent the holidays with a different family: other Soldiers and Airmen. If you have to spend time away from home over the holidays, there is

no better group of people to spend it with!

But as all Guardsmen know: The mission doesn't stop just because the holidays roll around. There's no time to rest on 2018's accomplishments.

The first week of 2019 was spent preparing for a very important event, held right here at the Gov. William A. O'Neill Armory in Hartford: the inauguration of a newly elected Governor and Commander-in-Chief of our Connecticut National Guard. Thanks to the success of many hardworking Guardsmen and Military Department employees, Ned Lamont was sworn in as the 89th Governor of Connecticut right on our drill shed floor without fail.

The Connecticut National Guard and the Organized Militia has a very long tradition of assisting with Connecticut's gubernatorial inauguration ceremonies. The first inauguration that I participated in was in 1983, in honor of our 84th Governor, William A. O'Neill. Although the activities surrounding the inauguration have changed over the years, one thing has remained the same: the dedication and professionalism of you and your predecessors.

Inaugural activities are a huge undertaking involving multiple agencies and, yes, personalities. However, this is also a great opportunity to highlight the unlimited capabilities of our Connecticut Guard. The mission is unique in scope and in planning horizon. Although we know it will happen, virtually no deliberate planning can take place prior to the election.

This year there were 63 days between the general election and inauguration day. At first glance that may seem like more than enough time. However, when you start subtracting days for Thanksgiving, Christmas, and New Year's, the number quickly drops. Additionally, most of the agencies involved are not generally available on weekends. This leaves a very short window to plan and execute a complex operation.

This is where you come in. The training and experience of our Soldiers and Airmen in planning and executing complex operations, in an austere environment, prepare us perfectly to plan and execute this type of mission. The ability to apply what the Army and the Air Force has taught us, including the organization and structure of our units, against any domestic mission is one of the true values the National Guard brings to State and Nation.

I would like to thank each and every one of you for your hard work planning and executing a near flawless operation. From the Military Policeman standing a post, to the last Airmen in the last rank in the formation, to the maintainers and crew chiefs generating aircraft, you once again demonstrated the professionalism that is the hallmark of our Connecticut Guard. You are the professionals that future generations will look back on (as we look back on our predecessors) and say, "They did it right!" Thank you!

This year promises to be an exciting one for our Guard. The priority of effort, building and sustaining readiness, remains the same. In what we should all now acknowledge as the new normal, we will welcome home several units from deployment and send off several others. Each of us must be prepared to, "fight tonight," both at home and abroad.

The continued evolution of the National Guard as an operational reserve is probably best demonstrated by the increase in combat training center rotations allocated to the Army National Guard. This year, the Soldiers of the 1-102nd Infantry Regiment (including units from the 86th Infantry Brigade Combat Team) will be a rotational unit at the Joint Readiness Training Center at Fort Polk, La.

An IBCT rotation to a combat training center is the culmination of an aggressive training program over several years. The Soldiers of the 102nd have been working hard to prepare for the rotation and I have no doubt their hard work will pay off. I would ask that our other units be prepared to assist the 102nd, particularly logistically. Mission failure is never an option, but the strategic implications of not supporting the rotations are significant to the future of our Guard.

Another significant event this year will see the 143d Regional Support Group and the 118th Medical Battalion support the International Boy Scout Jamboree in West Virginia. This large, international event provides both the RSG and the medical battalion an opportunity to execute collective training in an operational environment. Collective training is difficult to resource for both units if they do not participating in a larger exercise.

Although the JRTC rotation and the National Scout Jamboree are the largest and most visible annual training events we have scheduled this year, each of our units has collective training events scheduled based on their readiness ramp requirements. Each of these events is the culmination of training plans you have been executing for

over a year. I ask that every leader make sure that your part of the operation is well planned and resourced. If you have not locked in every aspect of support that you need to execute your part, time is short. Come up on line and ask for what you need. You will never get what you don't ask for! Do not waste a single moment of precious training time.

Readiness starts with people. Each of us needs to be out there actively searching for great Americans that want to join our team. A new tool available to you is the Connecticut National Guard app for your smartphone. If you search, "Connecticut National Guard," in your phone's corresponding app store, you will find it. There are many features embedded in the app, including one that allows you to quickly collect and submit lead data on prospective Soldiers. The lead will go directly to one of our recruiters and will be actioned quickly. The app also supports the other side of strength management, retention. We all know that retention counseling is not always done in an office. We are always in the field, getting after our training objectives. The app allows you to document retention counseling done in the field (or wherever!) and provide visibility to your leaders on intents and goals of your Soldiers concerning staying on the team. If you have any questions on the app, please contact your retention NCO or any member of the strength management team. Additionally, if you have any ideas on how to improve our recruiting or retention operations, get that to your chain of command. The best ideas come from the people that are executing them!

Readiness is sequential. Once we have people, we need to make sure they are medically ready, physically fit, and trained in their individual tasks. I ask that you continue to work hard at medical readiness and physical fitness. Get yourself to school. A team leader that has not attended the Basic Leader Course does not have the knowledge, skills and abilities to lead the team. We owe it to our Soldiers to give them the very best leadership possible!

One of the events I always look forward to is the annual National Guard Association of Connecticut annual conventions and dinner dance. It is a great opportunity to network with other military professionals from across our Guard. It is also a chance to recognize the accomplishments of our people with individual awards and scholarships. This year's conference is on March 16, 2019. If you have any questions, you can get additional information at www.ngact.org.

I look forward to seeing you on the high ground!

"Physical fitness is foundational to readiness and is the basis of lethality"

Professionals join Professional Organizations.

Army Strong, but always Go Guard!

CSM Carragher

CT-7



25th Annual NGACT Conference & Ball

Saturday, March 16th, 2019
Sheraton Hartford South Hotel,
100 Capital Blvd., Rocky Hill
Conference 2-5p.m.
Ball 6:30-11p.m.

Civilian attire, dress to impress
\$60 Per Person.

Includes: Conference, Ball,
Buffet Dinner & Dancing

Register Online at

<https://ngact.org/25th-ngact-conference-and-ball/>
OR

**Mail the following information to
NGACT, 360 Broad Street,
Hartford, CT 06105
Checks payable to "NCACT"**

Rank/Name(s): _____

Unit: _____ Phone: _____

Mailing Address: _____

Civilian email: _____

**Department of Labor
&
Employer Support of the Guard and Reserve
Employment Workshop**

You're Invited!

March 7th, 2019

9:00AM – 12:30 PM

Armed Forces Reserve Center Room 317 A/B
375 Smith St, Middletown, CT 06457

A workshop designed to prepare you for
your next career through resume development
and job preparation.

Guard/Reserve members and Spouses are
welcome to attend.

Register Today.

Space is limited, first come first serve!

Register by March 1st to:

jonathan.j.braca.ctr@mail.mil

860-524-4908



Inside OCS

No Room for Complacency In OCS

OFFICER CANDIDATE LUIS GOMEZ
OCS CLASS 64, 1-169 REGT (RTI)

December drill presented its challenges to all Officer Candidates, as far as preparation goes.

Our preparation seemed to go as every other month, smooth with constant communication between OCs. Somewhere along the line, there was a disconnection. As a class, we felt ready for what December had to offer, but fell into complacency.

Our degree of effort in previous drills was not enough for the standards expected of us now. Each and every drill should be a leap forward in our skill set as leaders. Complacency has no place in the officer corps, which led cadre to ask us a simple question: "Why do you want



to become officers?" Each of us has our reasons, and must prove both individually and collectively why we are worthy of the opportunity to keep moving forward in the course and complete OCS.

The remainder of the weekend challenged us physically and mentally. We conducted a diagnostic Army Physical Fitness Test, which proved to be a gut-check for the halfway point of Phase II. However, we identified what we each need to focus on in order to meet the physical requirements for commissioning.

We also completed the four-part Occupational Physical Assessment Test, which provided us the opportunity to determine if we met the occupational and physical qualifications for the future branches that we're aiming for.

After physical training, we attended briefs led by leading members of the Connecticut National Guard. Topics included Sexual Harassment/Assault Response and Prevention, Threat Awareness and Reporting Program, and Resilience training. This reaffirmed our commitment to the Connecticut National Guard, and looking out for fellow soldiers within the organization.

We also conducted Communications training. We learned how to assemble, operate, and correspond on radios through classroom learning and practical, hands-

on training. Since communication is one of the three critical pillars of soldiering (along with (shoot and move), effective communication is arguably our most imperative skill to master.

Sometimes it's easy to become complacent and lackadaisical between drills, but as OCs we must keep our eyes on the prize, stay motivated, and aspire to take it to the next level each and every chance we get. This class looks to exceed expectations, and with the level of motivation within our ranks I don't see anything stopping this group.

Become an Officer in the Connecticut Army National Guard!

For information and requirements, contact your chain of command or Maj. Corey Holmes, RRB Officer Strength Manager corey.r.holmes.mil@mail.mil.

CONNECTICUT NATIONAL GUARD

Leads to Enlistments Awards Program
Effective 01 Oct 18 - 30 Sept 19

- 1st Lead to Enlistment**
Shaker Bottle & T-Shirt**
- 2nd Lead to Enlistment**
Tactical Backpack**
- 3rd Lead to Enlistment**
Fleece Jacket or Hoodie**
- 4th Lead to Enlistment***
AAM & Gerber Multi-Tool**
- 5th Lead to Enlistment***
ARCOM, Tactical Flashlight & "Honorary RRNCO" plaque**

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO

Leads are subject to verification of enlistment SAR 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.

"IT PAYS TO STAY"
FY-19 ARMY NATIONAL GUARD RETENTION PROGRAM

STAY GUARD

- Re-Enlist/Extend for 2 Years**
Receive a \$4,000 Bonus and a waterbottle or hydration pack
- Re-Enlist/Extend for 6 Years**
Receive a \$20,000 Bonus and a Gerber or tactical flashlight

CONNECTICUT NATIONAL GUARD


CONTACT YOUR RETENTION NCO FOR MORE INFO

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

R3SP - Resilience, Risk Reduction & Suicide Prevention

AVOID THINKING TRAPS

Resilience: "Skill of the Month"



Edition #51: February 2019
R2PM: alexander.m.long5.mil@mail.mil
(860) 524-4926

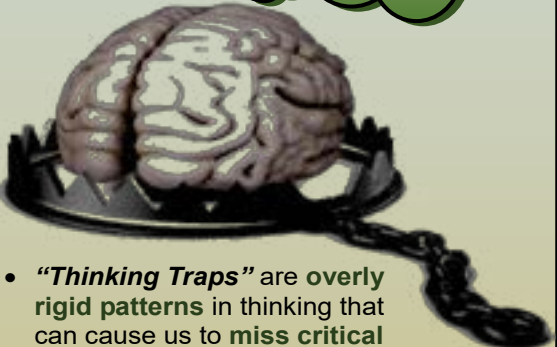
What is the skill?

"Avoid Thinking Traps" is for identifying and correcting counterproductive patterns in thinking through the use of Mental Cues and Critical Questions.

Bottom Line Up Front (B.L.U.F.)

- Avoid Thinking Traps helps to build Mental Agility.
- Identify the Thinking Traps you tend to fall into so you can correct your thinking in the moment and avoid the traps in the future.
- Optimal performance requires you to Avoid Thinking Traps.

"What are Thinking Traps?"



- "Thinking Traps" are overly rigid patterns in thinking that can cause us to miss critical information about a situation or individual.

EXAMPLE:

- Your boss sends you an email that states "Come see me." You think "Uh oh, he's not happy with me."

Mind Reading:
Assuming that you know what another person is thinking or expecting another person to know what you are thinking

Enroll Now! 2019 ASIST Courses

MEAGAN MACGREGOR
SUICIDE PREVENTION
PROGRAM MANAGER

Are you E-5 and above? Do you want to learn how to intervene in a suicide crisis? Are you interested in learning how the Connecticut Army National Guard provides resources to Soldiers experiencing life stressors? If you answered YES to any of these then ASIST is the class for you.

Applied Suicide Intervention Skills Training is a 2-day intensive course that focuses on how to perform a verbal suicide intervention.

R3SP Instructors bring students through the steps of an intervention and build their knowledge of resources and supports available for Soldiers experiencing stressors. There are four upcoming courses this year:

- February 7-8, 2019
- April 6-7, 2019
- August 16-17, 2019
- September 19-20, 2019

All courses are held at Middletown Armed Forces Reserve Center. There are funds available for Soldiers to attend. Talk to your Training NCO today to enroll today!

For more information, contact Meagan MacGregor, Suicide prevention Coordinator, 860-524-4962.



Suicide Intervention Officer Spotlight Chief Warrant Officer 4 Brett Wilson 169th Regiment (Regional Training Institute)

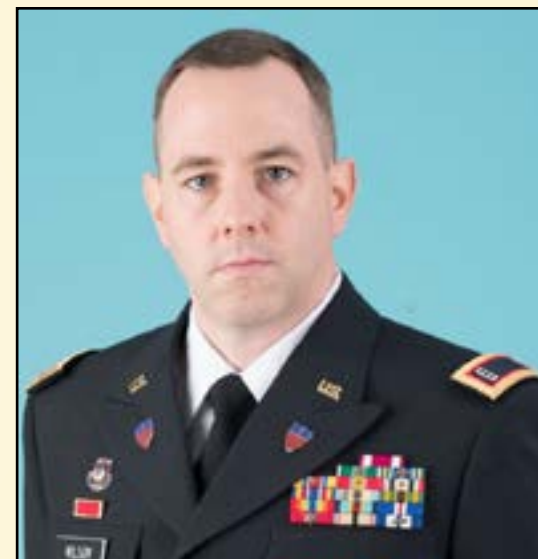
MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

Chief Warrant Officer 4 Brett Wilson has served in the CTNG for 26 years. He currently works as a Human Resources Officer. Wilson was excited to take on the position of Suicide Intervention Officer as he has two years of experience using the ASIST model and providing support and resources to his fellow Soldiers. Self-care is very important for all SIOs and Wilson takes time for himself to enjoy activities like teaching Sunday School, playing sports, spending time with his

family, mentoring youth, completing home improvement projects, and reading. He has built a strong support network for himself which includes his wife, the Lord, and some trusted friends that he knows he can turn to during times of stress.

"Two are better than one, because they have a good return for their labor: if either falls down, one can help the other up." Ecclesiastes 4:9-10

If you'd like to speak with Chief Wilson please call 860-613-7622.



R3SP - Resilience, Risk Reduction & Suicide Prevention

Having the Tough Conversations

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

Looking out for your battle buddy or wingman can sometimes mean having to talk to them about concerning behaviors. Even with the best of intentions these conversations may be hard, especially when you're concerned about your battle's drug or alcohol use. Here are some tips to help you start a conversation:

1) Prepare your thoughts and examples of your concerns ahead of time. Having your thoughts in order and a clear way of explaining your concerns will help to open the lines of communication.

2) Don't judge or shame them for their actions. It's important that your battle feel comfortable talking about issues they may be experiencing. By remaining calm and nonjudgmental the conversation can focus on how to make positive changes.

3) Have a list of resources available. Spend some time gathering resources ahead of time so that you can point your Battle in the right direction if they are willing to seek help. The CTARNG R3SP office can provide you with resources to guide your conversation. Military OneSource also has many resources available to address substance use.

4) Don't take resistance personally. Sometimes people who are struggling with alcohol or substance use can become defensive when confronted about their use. They may not understand the impact their substance use could have on their personal life and military career and the underlying issues that are fueling their drug or alcohol use could cause them to react negatively. Reassure them that you are not judging them but have genuine concern for their wellbeing and want to support them in making healthy choices.

Substance use among Soldiers presents a serious threat to mission readiness. The safety of our Soldiers is a top priority and everyone's safety is compromised when there is use of drugs or misuse of alcohol. If you are concerned about a fellow Soldier's drug use you can discuss the concerns with your Battalion Prevention



Looking out for your battle buddies and wingmen can sometimes mean talking to them about concerning behaviors. It could save their career or save their life. (U.S. Air Force Photo by Airman Jackson N Haddon/ Released)

Leader, the ASAP Program or Behavioral Health Team, Chaplain, or your chain of command, who can ensure the situation is monitored and handled appropriately. Self-referral for substance use minimizes the impact rehabilitation has on a Soldier's career while affording them the same options for treatment. Be there to support your fellow Soldier's and maintain the mission readiness of our force.



CTARNG Substance Abuse Program
JFHQ Hartford Room 303
860-548-3291, 860-524-4962

DO YOU REALLY WANT TO SPIN THE BOTTLE?

- Alcohol is a contributing factor in 40 percent of violent crimes
- Two thirds of intimate partner violence is induced by alcohol consumption
- 88,000 people die every year from alcohol related causes in the U.S.
- 80 percent of offenses that led to incarceration involved a perpetrator under the influence of alcohol
- Half of sexual assault cases involve alcohol use by the perpetrator, victim, or both
- 28 people die per day in alcohol related motor vehicle accidents
- 70 percent of heavy drinkers used illicit substances while drinking

Get social with the CONNECTICUT NATIONAL GUARD

Official Pages - Managed by the CTNG PAO



FACEBOOK
@ConnecticutNationalGuard
<http://facebook.com/ConnecticutNationalGuard>



TWITTER
@CTNationalGuard
<http://twitter.com/CTNationalGuard>



INSTAGRAM
@CTNationalGuard
<https://www.instagram.com/CTNationalGuard>



FLICKR
<http://www.flickr.com/Photos/CTNationalGuard>

Official Unit/ Leadership Pages

MaJ. Gen. Fran Evon
Facebook - @CTNGTAG
Twitter - @CTNGTAG

State Command Sgt. Maj. John Carragher
Facebook - @CTCommand SgtMaj

CTARNG Recruiting Battalion
Facebook - @CTArmyGuard
Instagram - @CTArmyGuard

CTANG Recruiting Team
Facebook - @CTAirGuard

103rd Airlift Wing
Facebook - @103AW

102nd Army Band
Facebook - @102dArmyband
Facebook (Rock Band) - @RipChord102d
Instagram - @102d_army_band
Twitter - @102dArmyband

HNC, 169th Aviation Battalion
Facebook - @HNC169AVN

1-169th Regiment (RTI)
Facebook - @169REG

1109th TASMG
Facebook - @1109thTASMG

Joint Force Headquarters
Facebook - @CTJFHQ

CTATNG Recruit Sustainment Program
Facebook - @ConnecticutGuardRSP

CTNG Service Member and Family Support
Facebook - @CTNGFamilies

CT Employee Support of Guard and Reserve
Facebook - @CTESGR
Twitter - @CT_ESGR

Don't see your unit's page here? Make sure it is registered with the CTNG PAO.

Want to start a public page for your unit? Call the CTNG PAO for information.
860-524-4857

Off the Bookshelf

with Sgt. 1st Class Simon

Connecticut Ghost Stories and Legends

SGT. 1ST CLASS BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

Connecticut has a history that is diverse with fascinating characters, rich narratives and a landscape littered with hundreds and even thousands of years of artifacts.

Although the physical characters and artifacts have faded in time, a residual resonance has remained, which has equally captivated and terrified onlookers. Put plainly, Connecticut's towns and cities may be haunted by ghosts. In "Connecticut Ghost Stories and Legends," authors, Thomas D'Agostino and Arlene Nicholson record a handful of the state's more popular spectral stories and add fuel to this supernatural phenomenon's fire.

If it wasn't enough that dozens of men were massacred during the battle of Groton Heights at Fort Griswold in 1781, many of the surviving wounded were piled into an artillery cart for transport at the battle's end. The cart was let go from its carriers (perhaps purposefully) and crashed into nearby trees. This brutal crash resulted in the deaths of additional men.

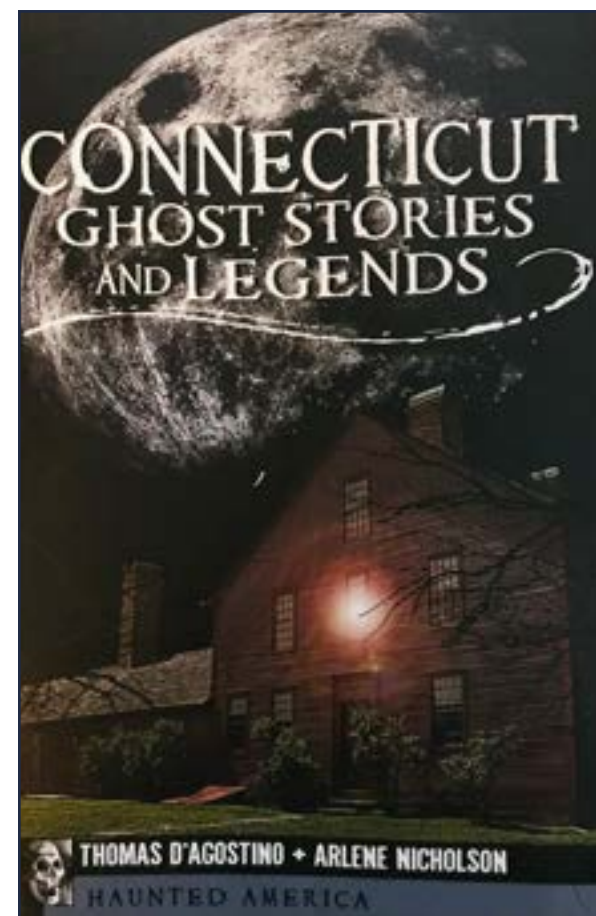
According to D'Agostino, all the dead were buried hastily in a shallow grave at the entrance of the fort, and it's from there that numerous strange sightings of ghosts and orbs have been reported by visitors and investigators. D'Agostino insinuates that ethereal hauntings most often occur where there is historical mystery, and that the story of the Battle of Groton Heights may not have been told in its entirety.

Devil's Hopyard State Park in East Haddam may not have been named after, "the devil," but after an 18th century Connecticut resident named Dibble who, according to D'Agostino, grew hops on the banks of the Eight Mile River. The hop-based moonshine he brewed was so strong, that imbibers were often accused by their fellow townspeople of being possessed by the devil, thus giving the park its name.

Despite the practicality of this story, there are many recorded instances of devil-like entities being seen in the rock-strewn state park in the centuries since Dibble brewed his intoxicating beverages. D'Agostino states that author H.P. Lovecraft used the haunted park as inspiration for his popular horror-themed stories.

Nathan Hale was only 21 when he was hanged by the British for espionage in 1776. Despite his age, the legend of his bravery has survived over two centuries and, according to D'Agostino, Hale's spirit has hung around as well. Hale, one of 12 children in his family, was one of three to die in the American Revolution.

The Hale homestead in Coventry is claimed to still be home to the Hales, especially Nathan's father, Richard whose spirit has been purportedly encountered by visitors



and researchers. The sound of rattling chains that often emanates from the home's basement is nothing to be frightened of. Nathan's brother Joseph was imprisoned in a British ship during the war and may be simply reminding visitors of his sacrifice to his country.

D'Agostino's book explores just a handful of Connecticut tales and is a fast read. His details of Canton's headless horseman and the forlorn villagers of Gay City State Park in Hebron are very spooky. And of course, the spirit of the state's famous leather man may still walk a route through Connecticut in search of the tobacco pipes he stowed in caves and tree trunks. The lost souls of British sympathizers could still be taking refuge in Tory Den in Burlington.

And, the ghosts that haunt Groton Heights may have a lingering resentment about their deaths: there is a ghastly legend that the battle at Fort Griswold was the unintended result of a lover's quarrel between Benedict Arnold and an old New London acquaintance. In "Connecticut Ghost Stories and Legends," dead men do tell tales.

Request a book to be reviewed, or ask Sgt. 1st Class Simon a direct question by emailing him at basimon1234@gmail.com.

Lineage and Honors

The 43rd Infantry Division

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

The 43rd Infantry Division was constituted on 19 October 1920, with the division headquarters being organized and federally recognized in Hartford, Conn. on March 21, 1925. The 43rd Division consisted of two infantry brigades, the 85th in Connecticut, and the 86th in Vermont. The 85th Brigade included the 102nd and 169th Infantry Regiments, both based in Connecticut. The 86th Brigade was made up of the 172nd Infantry Regiment in Vermont and the 103rd Infantry in Maine. In addition, the 68th Field Artillery Brigade was based in Providence, Rhode Island.

The 43rd Infantry Division's greatest achievements were during the Second World War. The division landed in New Zealand on October 23, 1942, then moved to Noumea, New Caledonia, in November and further on to Guadalcanal on February 17, 1943.

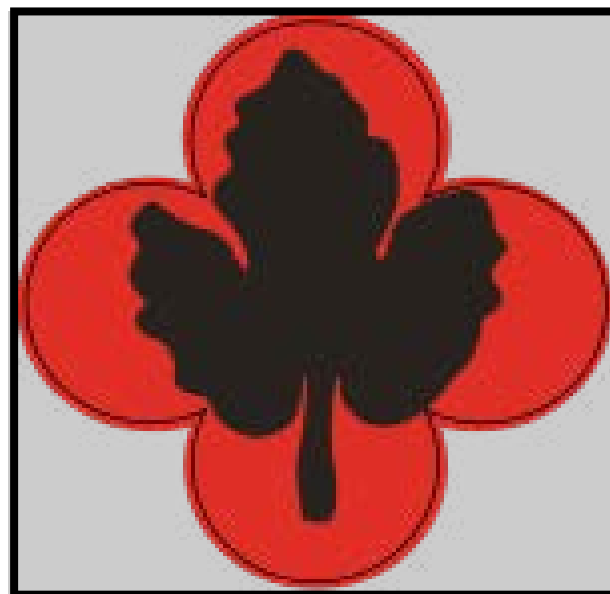
The Russell Islands were occupied without opposition just a few days later, and training continued. Elements landed on Vangunu and Rendova Islands against minor resistance, June 30, but the enemy fought fiercely before relinquishing Munda and its airfield on August 5.

On Jan. 9, 1945, the 43d made an assault landing in the San Fabian area, Lingayen Gulf, Luzon. Under enemy fire, the Division secured the beachhead and fought into the Lingayen Plain by Feb. 12. The division returned

to the U.S. on Oct. 19, 1945 and was inactivated a week later. For its actions, the division was awarded five Presidential Unit Citations, two Medals of Honor, forty Distinguished Service Crosses, 736 Silver Stars and 2,496 Bronze Star Medals.

In 1946 the division was reorganized again and now consisted of units from Connecticut, Vermont and Rhode Island. The 172nd Infantry with the 206th Field Artillery Battalion were based in Vermont. The division headquarters, 102nd and 169th Infantry Regiments, and 963rd Field Artillery and 192nd Field Artillery were organized in Connecticut. In addition, Connecticut was also home to the 143rd Tank Battalion. Rhode Island was home to the 43rd Division Artillery Headquarters, the 103rd Field Artillery Battalion, the 118th Engineer Battalion and the 43rd Signal Company.

During the Korean War, the 43rd Division was again ordered into active Federal Service on Sept. 5, 1950, and was moved to Seventh United States Army, VII Corps in West Germany in 1951. On June 15, 1954, the 43rd Infantry Division was released and returned to state control. Its elements, stationed in the Augsburg/Munich area, were redesignated 5th Infantry Division. 43rd Infantry Division was inactivated on May 1, 1963 as a result of National Guard restructuring. Its headquarters was reorganized as Headquarters Company, 43rd Brigade, 26th Infantry Division. The 43rd Brigade was relieved from assignment to the 26th Division



on September 1, 1993, when the 26th Division was inactivated. It was then reorganized for a short time as a Field Artillery Brigade and now organized as the 143rd Regional Support Group.

In honor of the division, U.S. Route 7 is signed as the 43rd Infantry Division Memorial Highway between Norwalk and Danbury.

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.



MENTORSHIP & VOLUNTEER OPPORTUNITIES AVAILABLE

STARBASE is looking for mentors and volunteers for the STARBASE 2.0 after school program in 2019. The classes will be held at three different schools in Hartford and will operate between 3:30 - 5:00 p.m on weekdays.

Mentors can choose to attend classes two - four times per month in order to fit their schedule.

DoD STARBASE is a premier educational program, sponsored by the Office of the Assistant Secretary of Defense for Reserve Affairs. At STARBASE, students participate in challenging "hands-on, mind-on" activities in Science, Technology, Engineering, and Math (STEM); such as physics and chemistry experiments, engineering challenges and computer-aided design (CAD) programming.

To volunteer, contact Melissa Vanek, Director of STARBASE Connecticut at (860) 292-4678 or mvanek@starbase-ct.com



CTARNG Training Circulars

| Course | Course # | Action Officer | Start Date | End Date |
|---|-----------|--|------------|-----------|
| ASK CARE ESCORT- SUICIDE INTERVENTION (ACE-SI) | 350-17-29 | Mrs. Jennifer Visone | 6-Feb-19 | 6-Feb-19 |
| Field Maintenance Workshop | 350-17-61 | Master Sgt. William Gallucci | 6-Feb-19 | 7-Feb-19 |
| Applied Suicide Intervention Skills Training Course (ASIST) | 350-17-08 | Mrs. Jennifer A. Visone | 7-Feb-19 | 8-Feb-19 |
| Unit Movement Workshop | 350-17-55 | Master Sgt. Thomas Ahearn | 10-Feb-19 | 10-Feb-19 |
| Casualty Notification/Assistance Officer Training (CNO/CAO) | 350-17-05 | Sgt. 1 st Class Michael J. Cardozo | 19-Feb-19 | 20-Feb-19 |
| G4 Quarterly Supply Training/Meeting | 350-17-44 | Sgt. Maj. Jeffrey T. Colvin | 28-Feb-19 | 28-Feb-19 |
| Domestic Operations Assessment and Awareness Tools (DAART) | 350-17-59 | Master Sgt. Rhynhart / MAJ Lebejko | 1-Mar-19 | 1-Mar-19 |
| Unit Environmental Officer Training Course | 350-17-23 | Robert Dollak | 2-Mar-19 | 2-Mar-19 |
| Threat Tactics MTT | 350-17-52 | Maj. Justin Anderson | 4-Mar-19 | 8-Mar-19 |
| Bus Driver Training Course (Train the Trainer Course) | 350-17-21 | Sgt. 1 st Class William Blake | 11-Mar-19 | 15-Mar-19 |
| Virtual Convoy Operations Trainer (VCOT) | 350-17-27 | Capt. Jimmy Locke | 11-Mar-19 | 14-Mar-19 |
| Resilience Training Assistant (RTA) Course | 350-17-16 | Capt. Alex Long | 12-Mar-19 | 15-Mar-19 |
| OPSEC Level II | 350-17-63 | Maj. Justin Anderson | 12-Mar-19 | 14-Mar-19 |
| Sexual Assault Prevention and Response Victim Advocate Continuing Ed. Trng. Wkshp | 350-17-15 | Ms. Ashley Cuprak | 19-Mar-19 | 21-Mar-19 |
| Liaison Officer (LNO) Training Course | 350-17-20 | Master Sgt. Rhynhart / Maj. Pam Lebejko | 20-Mar-19 | 21-Mar-19 |
| Food Operations Management Course | 350-17-17 | Sgt. 1 st Class Jessica Torres | 23-Mar-19 | 26-Mar-19 |
| Unit Marksmanship Training Coordinator (UMTC) Course Phase I | 350-17-19 | Sgt. 1 st Class Jonathan Cuebas-Marrero | 23-Mar-19 | 24-Mar-19 |
| High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course | 350-17-42 | Capt. Jimmy Locke | 23-Mar-19 | 23-Mar-19 |
| Amy National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course | 350-17-12 | Sgt. Victor Martinez | 28-Mar-19 | 29-Mar-19 |
| CTARNG Best Warrior Competition (BWC) | 350-17-14 | Sgt. Maj. Michael D. Collins | 28-Mar-19 | 31-Mar-19 |
| Senior Gunner Course (SGC) Mobile Training Team (MTT) | 350-17-60 | N/A | 31-Mar-19 | 14-Apr-19 |

Highlighted Courses:

Unit Movement Workshop: The focus will be on the movement plan maintenance, load planning, unit movement data, and organizational equipment listing. This will include Integrated Computerized Deployment System, Surface Deployment and Distribution Command Web Resources, deployment planning, and a demonstration of the Transportation Coordinators-Automated Information for Movement Systems II. 10 February 2019; 30 seat max for this class; See your unit training NCO for current availability.

Bus Driver Training Course (Train the Trainer Course): The Operator’s Training Course is a, “Train the Trainer,” course, primarily targeted to personnel with the skills necessary to train individuals on the safe operation of a GSA Bus. This course will provide training on Preventive Maintenance Checks and Services, Operations, Operational Policies and Safety. 11-15 March 2019; 16 seat max for this class; See your unit training NCO for current availability.

Virtual Convoy Operations Trainer (VCOT): This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the VCOT. The VCOT is a virtual training system providing unrestricted movement throughout the virtual battlefield training soldiers in basic and advanced convoy skills. 11-14 March 2019; 8 seat max per class; See your unit training NCO for current availability.

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

THE DA PHOTO PROCESS

Do You Need A DA Photo?

1

Must be SSG or above

And at least one of the following:

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

REVIEW YOUR ERB/ORB

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

PREPARE YOUR UNIFORM

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

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

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

4

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

SHOW UP AT SCHEDULED TIME

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

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

IMAGE MANIPULATION

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

- Per AR 600-30, Photographers will not alter the photograph, to include adding new rank, ribbons, stars or erasing handlines or wrinkles. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 600-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier.

How Does your photo get to your ERB/ORB?

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

What to Wear for a DA Photo

Must Wear Unit Crests (Enlisted)

NO Infantry cords or blue discs

NO Green leadership tabs

Wear RDI if affixed

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

Nameplate must be worn

Wear ONE CSB, if authorized

Only wear PERMANENT awards listed in your records

Wear Marksmanship Badges

Identification badges worn on left pocket, if authorized

No headgear worn for DA photo

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

The Connecticut National Guard Foundation Announces 2019 Scholarship Program

The Connecticut National Guard Foundation, Inc. announces the 2019 scholarship program. This year the Foundation will award a total of seven scholarships.

- **Two \$4000.00 scholarships honoring SGT Felix Del Greco Jr.** will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard. * Please note that a special application is required for the Del Greco scholarship which may be obtained from: <http://www.conncf.org>. No other application will be accepted.
- **Five \$2,000.00 scholarships** will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses and children of Connecticut National Guard Retirees. Application forms may be found at the Foundations website at <http://www.ctngfi.org>.

Additional Information

- Complete application packets for the CTNGFI scholarships must be postmarked no later than **APRIL 15, 2019**.
- The selection committee will choose students based on achievement and citizenship.
- You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program.
- Mail application form (CTNGFI Scholarship Only) and completed package to:

CTNG Foundation Inc. Attn: Scholarship Committee 360 Broad Street, Hartford Armory, Hartford, CT 06015

Please contact the foundation at (860) 241-1550 or e-mail ctngfi@sbcglobal.net for further details.

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NATIONAL
GUARD**



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Title 10 opportunities available (CAC access).

Army & Air Technician,
Army & Air AGR positions available.
Title 10 opportunities available (CAC access).

**For a full listing, visit
<http://ct.ng.mil/Careers/>**

FOR MORE INFORMATION, CONTACT,
CW4 Roberto Lopez, AGR Tour Branch Manager,
(860) 613-7608, roberto.lopez4.mil@mail.mil
Sgt. 1st Class Laura Hernandez, Senior HR Sergeant,
(860) 613-7617, laura.hernandez3.mil@mail.mil

CTARNG Funeral Honors Team
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HONOR
GUARD

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Retiree Voice

Utilize Available Fitness Programs to Get Fit in the New Year

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

Do you want to feel better, have more energy and maybe even add years to your life? If the answer is yes, then exercise!

Much has been written about the health benefits of regular exercise and physical activity. This is especially true for older adults. Everyone benefits from exercise, regardless of age, sex or physical ability.

Regular exercise helps prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, high blood pressure, type 2 diabetes, depression, anxiety, some types of cancer, arthritis and falls. Exercise has also been shown to help improve cognitive function in older adults and helps lower the risk of death from all causes.

Are you concerned about heart disease or hoping to prevent high blood pressure? No matter your current weight, being active helps boost High-Density Lipoprotein, or “good” cholesterol while at the same time reducing unhealthy Triglycerides. The Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, for most healthy adults.

Exercise has numerous benefits, including a healthier heart, stronger bones and improved flexibility. For older adults, there can be additional benefits, such as the fact that regular exercise helps reduce the risk of chronic diseases, lowers the chance of injury and can help improve one’s mood.

As we age, muscle mass begins to decrease. Studies have shown that when we enter our forties, adults can lose between 3-5 percent of muscle mass with each

subsequent decade of life. Muscle is an essential contributor to our balance and bone strength. Without it, our mobility and independence may become compromised. Regular exercise can be one important key to helping to maintain one’s strength and muscle tone.

Studies have shown or suggested another unintended benefit from regular exercise. For many older adults that exercise regularly, this has led to a decrease in healthcare costs.

Researchers looked at Medicare Advantage claims data compiled between January 2009 and June 2014. Researchers compared healthcare cost over a one-year period for people who had similar healthcare coverage who exercised regularly as compared to those that did not exercise. What they found was that those people that exercised regularly saved on average \$2,144 in healthcare costs over this one-year period, compared to those people that did not exercise.

So, have I convinced you of the need to exercise? If so, how does one get started, or know where to go? For older adults, those 65 years of age and older, the SilverSneakers Program may be one alternative. SilverSneakers is a program designed to encourage older adults to participate in physical activities to help them maintain greater control of their health.

SilverSneakers is available around the country, and may provide free access to gyms at more than 15,000 locations. In my town, the YMCA is a participating location. Membership provides access to any participating gym location, and usually includes all the amenities of a basic level membership. Most all locations have a trained advisor on staff that will introduce you to the program and help set up an exercise program for you, based on your goals, ability level, and

current health and fitness. Exercise programs may vary from location to location, but can range from, strength or muscle training, aerobic activities, aquatic activities, yoga and flexibility training. Many locations also offer exercises classes, designed for older adults, and taught by certified instructors.

SilverSneakers is a fitness program especially for older adults enrolled in Medicare. SilverSneakers is considered a basic fitness service, and Original Medicare, Part A and Part B, does not cover this benefit. However, many Medicare Advantage plans (also known as Medicare Part C) and Medicare Supplement (Medigap) plans come with a SilverSneakers membership. Additionally, many group retiree health insurance plans also provide this benefit at little or no cost for membership.

It is never too late to start engaging in a regular exercise routine. The key is to find something that you enjoy doing, and start at a level that is easy to maintain. For those people that don’t have the motivation or desire to exercise on their own, and would rather participate in a group environment, then the SilverSneakers Program may be the answer for you.

As with any exercise program, always remember to check with your doctor before beginning any new program, especially if you have not exercised for a long time, have chronic health issues, or have questions or concerns.

Information for this article came from the following sources: The Federal Department of Health and Human Services; Medicare; The Mayo Clinic; American Senior Communities Care; “The Health Behavior and Policy Review;” and the SilverSneakers Program.

Editor’s Note: The thoughts expressed in this column are solely those of the author. Before starting any exercise program, consult your physician.

Where to Find Veterans Services



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

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain

benefits require service during wartime. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started.

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

Health Care

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

Benefits & Services

VA administers a variety of benefits and services that provide financial and other forms of assistance to veterans, their dependents, and survivors. Major benefits include compensation, pension, survivors’ benefits, rehabilitation and

employment assistance, education assistance, home loan guaranties, and life insurance coverage.

Burial and Memorials

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

Veterans Benefits Fact Sheets

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

Contact CT VA at (860) 616-3600, <http://www.ct.gov/ctva>

CONNECTICUT
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PROMOTIONS
ARMY

To Private

Pachecocontreras, Stephanie

To Private 2

Casida, Kylie A.
Huminski, Michael J.
Lombardo, Christopher M.
Salazar, Andre N.
Warner, Zachary P.

To Private
First Class

Beckford, Olivia M.
Cebriwsky, Arthur M.
Gordon, Dalton F.
Keating, Timothy J.
Perdomomesa, Miguel A.

To Specialist

Arcuri, Jorge M.
Baldie, Sanjay H.
Berg, Kyle A.
Bowensheets, Richard J.
Cipriano, Austin J.
Dufresne, Anthony R.
Fiddler, Kevin M.
Graham, Patrick A.
Ouellette, Conner J.
Reid, Fred Jr.
Riveraquinana, Joel J.
Rodriguezcabrera, Lisandra
Thomson, Cyrus J.

To Sergeant

Alger, David A.
Callahan, Stephen P.

Chang, Brandon J.
Crouch, Johnathon R.
Delrosario, Pascual Jr.
Hallowell, Luke R.
Howard, Yahkeem D.
Perez, Lucila M.
Peters, Zachary M.
Phipps, Rhamar D.
Rogers, Shannon A.
Sweet, Jaron A.
Torresperez, Jesus J.
Walter, Wendell H.

To Sergeant
First Class

Cruzbarreto, Victor M.
Felix, George J.
London, Steven J.

To Master
Sergeant

Caron, Raymond M.

To Sergeant Major

Washington, Ricky L.

To 1st Lieutenant

Santopagan, Joanisel

To Captain

Alquesta, Steven R.
Laird, Roderick S.

AIR

To Airman

Sterling, Ashley M.
Gordils, Lynjeanette E.

To Senior Airman

Millan, Joshua J.
Santoswagner, Kendysha

Downs, Sakura J.
Bourgault, Thomas R.

To Staff Sergeant

Ospina, Angela M.
Weiler, David M.

To Technical Sergeant

Jerolmon, Aaron D.
Cremer, Kent C.
Keaveney, Ryan J.

To Senior Master
Sergeant

Whelan, Dawn M.

Congratulations to all!



Promotions as of January 1, 2019

Calendar

February

February 2

Groundhog Day

February 5

March Guardian Deadline

February 5

Chinese New Year

February 14

Valentine's Day

February 18

President's Day

March

March 6

Ash Wednesday

March 5

April Guardian Deadline

March 8

International Women's Day

March 10

Daylight Savings Time begins

March 16

NGACT Conference & Ball

March 17

St. Patrick's Day

March 25

Medal of Honor Day

March 29

Vietnam Veteran's Day

April

April 5

Gold Star Spouse's Day

April 9

May Guardian Deadline

April 15

Tax Day

April 19-27

Passover

April 21

Easter Sunday



CONNECTICUT ARMED FORCES DAY LUNCHEON

★ *SAVE THE DATE* ★

MAY 17, 2019 ★ 11:00 A.M.
AQUA TURF CLUB, SOUTHLINGTON, CT

Suggested Attire: Business, Service Dress, Class B, or Duty Uniform



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

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Connecticut Family GUARDIAN

VOL. 20 NO. 2

HARTFORD, CONNECTICUT

FEBRUARY 2019

50 Kindness Ideas to Celebrate Random Acts of Kindness Week

WWW.RANDOMACTSOFKINDNESS.ORG

Celebrated each year on February 18-22 and February 17, the mission of National Random Acts of Kindness Week and National Random Acts of Kindness Day is to change schools, the workplace, families and society through kindness. These days are celebrated by individuals, groups and organizations nationwide as a way to encourage acts of kindness towards others and towards oneself.

If you are in need of some kindness inspiration, check out this list of 50 ideas to celebrate kindness with those around you and with yourself.

1. Pay it Backward: buy coffee for the person behind you in line.
2. Compliment the first three people you talk to today.
3. Send a positive text message to five different people right now.
4. Post inspirational sticky notes around your neighborhood, office, school, etc.
5. Tell someone they dropped a dollar (even though they didn't). Then give them a dollar.
6. Donate old towels or blankets to an animal shelter.
7. Say hi to the person next to you on the elevator.
8. Surprise a neighbor with freshly baked cookies or treats!
9. Let someone go in front of you in line who only has a few items.
10. Leave a gas gift card at a gas pump.
11. Throw a party to celebrate someone just for being who they are, which is awesome.
12. Have a LinkedIn account? Write a recommendation for coworker or connection.
13. Leave quarters at the laundromat.
14. Encounter someone in customer service who is especially kind? Take an extra five minutes to tell their manager.
15. Leave unused coupons next to corresponding products in the grocery store.
16. Leave a note on someone's car telling them how awesome they parked.
17. Try to make sure every person in a group conversation feels included.
18. Write a kind message on your mirror with a dry

erase marker for yourself, your significant other or a family member.

19. Place a positive body image notes in jean pockets at a department store.
20. Smile at five strangers.
21. Set an alarm on your phone to go off at three different times during the day. In those moments, do something kind for someone else.
22. Send a gratitude email to a coworker who deserves more recognition.
23. Practice self-kindness and spend 30 minutes doing something you love today.
24. Give away stuff for free on Craig's List.
25. Write a gratitude list in the morning and again in the evening.
26. Know parents who could use a night out? Offer to babysit for free.
27. Hold up positive signs for traffic or in a park for people exercising outside!
28. Return shopping carts for people at the grocery store.
29. Buy a plant. Put it in a terracotta pot. Write positive words that describe a friend on the pot. Give it to that friend!
30. Write a positive comment on your favorite blog, website, or a friend's social media account.
31. Have a clean up party at a beach or park.
32. While you're out, compliment a parent on how well-behaved their child is.
33. Leave a kind server the biggest tip you can afford.
34. When you're throwing something away on the street, pick up any litter around you and put that in the trash too.
35. Pay the toll for the person behind you.
36. Put 50 paper hearts in a box. On each cutout write something that is special about your partner or a friend. Give them the box and tell them to pull out a heart anytime they need a pick-me-up.
37. Everyone is important. Learn the names of your office security guard, the person at the front desk and other people you see every day. Greet them by name. Also say "hello" to strangers and smile. These acts of kindness are so easy, and they almost always make people smile.



38. Write your partner a list of things you love about them.
39. Purchase extra dog or cat food and bring it to an animal shelter.
40. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
41. Take flowers or treats to the nurses' station at your nearest hospital.
42. Keep an extra umbrella at work, so you can lend it out when it rains.
43. Send a 'Thank you' card or note to the officers at your local police or fire station.
44. Take muffins or cookies to your local librarians.
45. Run an errand for a family member who is busy.
46. Leave a box of goodies in your mailbox for your mail carrier.
47. Tape coins around a playground for kids to find.
48. Put your phone away while in the company of others.
49. Email or write to a former teacher who made a difference in your life.
50. When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!



CATHERINE
GALASSO-VIGORITO

Focus On What's Important in Your Life

While riding in the back of a New York City taxi, author David J. Pollay had an experience that greatly impacted him. Thereafter, he wanted to share the lesson with others. So he adapted what he learned into a philosophic message for life.

Here is Pollay's story:

"I hopped in a taxi, and we took off for Grand Central Station. We were driving in the right lane when all of a sudden, a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, the car skidded, the tires squealed, and at the very last moment our car stopped just one inch from the other car's back-end.

I couldn't believe it. But then I couldn't believe what happened next. The driver of the other car, the guy who almost caused a big accident, whipped his head around, and he started yelling bad words at us."

Has a similar situation ever happened to you? There can always be something that tries to steal our peace and joy.

Pollay continued, "But then here's what really blew me away. My taxi driver just smiled and waved at the guy. And I mean, he was friendly. So, I said, 'Why did you just do that!? This guy could have killed us!'"

"And this is when my taxi driver told me what I now call, 'The Law of the Garbage Truck.'" The taxi driver said:

"Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they look for a place to dump it. And if you let them, they'll dump it on you. So when someone wants to dump on you, don't take it personally. Just smile, wave, wish them well, and move on. Believe me. You'll be happier."

This exchange got Pollay thinking, and he asked himself, "How often do I let Garbage Trucks run right over me? And how often do I take their garbage and spread it to other people at work, at home, or on the street?"

It was then that Pollay decided, "I don't want their garbage... and I'm not going to spread it anymore."

What's filling your mind? Are you allowing what someone else said or did ruin your entire day? What's holding you back from the abundant life God wants you to lead?

You may be struggling right now, for we're not always responsible for everything that happens to us. However, we are responsible for how we react to what transpires.

Today, focus on what's important in your life. "The Lord Himself will fight for you. Just stay calm." (Exodus 14:14) Your happiness and success is not contingent on the behavior of others or their negative words. Make a decision that says, "I'm going to be happy, and I'm not going to let anyone steal my joy."

God hand-picked you and has a great plan for your future. You're a winner, extremely precious and God's most prize possession. Do you realize how valuable you are and how much you are loved? Thus, stand tall, be proud, and believe in yourself. Keep your heart and mind pure, optimistic and strong. Clear the clutter from your life. Make it a rule to eliminate negativity, any yelling, or needless gossip. Remember the old adage, "A fish would never get caught until he opens his mouth." Likewise, sometimes, it is best not to say anything. Do not waste your time and energy talking about adverse conditions. It is our nature to want to tell someone our problems. Yet, once we share our concern with that one special, trusted friend, and come to a conclusion about it, we must leave it alone and not speak of the issue again. By rehashing the dilemma repeatedly, we exaggerate it and it does not accomplish any good.

Is somebody is talking bad about you? Are you letting

other people's 'hot air' change your mood?

Take into account that no person or circumstance can cause you to be unhappy unless you allow it. Criticism or detractors can upset you only to the extent that you buy into it. Therefore, try not to let situations out of your control disturb your peace of mind. Rather, keep your mind on the good things of God, and off of the things you do not want. Carry calmness, serenity, and contentment with you, and let it enfold you like a soft, comfortable, warm blanket.

Be on guard. Associate with people who have an optimistic mind-set. And be watchful of those whose tendencies are to be negative or pessimistic. Spirits are transferable; and within a short time, this type of person can take away your most wonderful aspirations. A while back, a reader wrote to me and explained how she had been involved in a toxic relationship. Yet, she found the strength to end it. Stepping forward by faith, she took back control of her life. She began to seek God's will and allowed her still, small voice within lead her in the right way. "I prayed and asked God to show me the best path that He had set for me," she noted.

Then, this reader described how several months later, she seized an opportunity. She changed career directions and decided to go to night school. Coincidentally, in one of her classes, sitting next to her was a kind, gentle man. They started dating and a few years later they got married. She concluded her note with, "Life is now better than I ever imagined."

Seek out joy-filled, encouraging individuals. They're there. Mother Teresa had only two requirements for those working with her in Calcutta. The first was a 'desire to work.' And the second requirement was a 'joyful attitude.' A dear friend encouraged, "Always think and be positive... life is too short not to."

So, let more garbage trucks 'pass by.' Focus on what's important. And you will be happier, peaceful, and live the abundant life God has in mind for you.

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



CONNECTICUT NATIONAL GUARD HELPLINE

In an effort to support the needs of our service members and their families, the Connecticut National Guard has a 24-hour HELPLINE. Your call will be answered by a behavioral health professional. You will receive information and referrals to community resources to support you and your family.

HELPLINE - 1-855-800-0120

Military OneSource

Master Your Taxes with Military OneSource MilTax

MILITARY ONESOURCE

Taking command of your taxes is easy with Military OneSource MilTax, a suite of free tax services provided by the Department of Defense, designed exclusively for our military community to take the hassle out of tax time. Tailored for military life, MilTax offers:

- Secure and free tax preparation and e-filing software that's designed to leave no military service tax deduction or credit unclaimed, available mid-January through mid-October
- Easy access to tax consultants with military expertise to answer your specific questions on military survivor tax forgiveness, filing extensions and more
- Free in-person tax preparation and assistance through MilTax-approved Volunteer Income Tax Assistance offices
- Quick access to other valuable services and resources, such as financial counselors, helpful articles and online resources
- Multiple, convenient ways to access MilTax benefits and resources.

Service members, including members of the National Guard and reserves, immediate family members, and eligible survivors can access MilTax to make quick work of tax time. No need to pay for outside tax assistance and tax preparation software, going it alone or risk missing specific military tax breaks. MilTax is made for military life, so you get more.

Get free, secure tax preparation and e-filing software

From mid-January to mid-October, use MilTax e-filing software to prepare and file your taxes online. The secure and confidential software, accessed through the Military OneSource website, walks you through a series

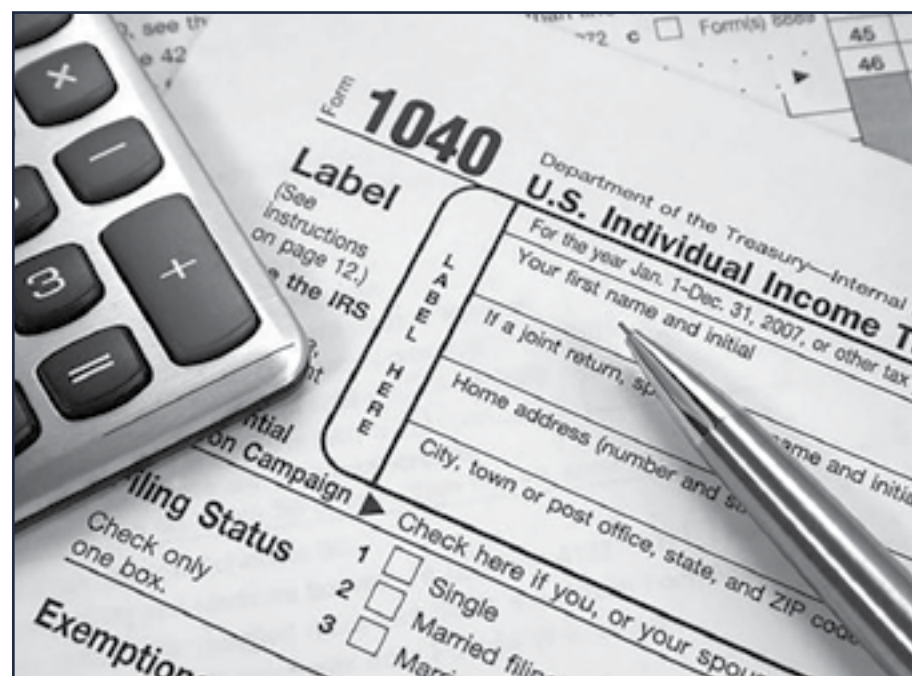
of questions to help you accurately complete your tax return. The software is tailored to military life – addressing scenarios that civilians rarely encounter, from combat pay to multiple moves, so you get all the tax deductions and credits you deserve. This is a benefit you've earned through your military service.

You can work anytime, anywhere, at your own pace. Plus, calculations are guaranteed to be 100 percent accurate by the software provider.

Call for easy access to specialized support

Ready when you are.

In addition to accessing MilTax e-filing software anytime, anywhere, you can also call a trained MilTax consultant during tax season (January through April 15) seven days a week from 7 a.m. to 11 p.m. EST or EDT at 800-342-9647. After April 15, trained tax consultants are available Monday through Friday, 8 a.m. to 10 p.m. EDT. Call anytime to schedule a free appointment.



MilTax can help you connect the dots like no other resource can. That's because MilTax consultants have extensive military expertise. They can alert you to tax requirements and deductions, maximize refunds and assist you in completing forms. MilTax consultants can address special tax considerations, including:

- Military survivor benefits and tax forgiveness
- Inheritance tax issues
- College tax breaks
- Tax extensions.

Call for a tax consultation today. It's no cost, regardless of your rank or income.

Find in-person tax assistance near you

The Volunteer Income Tax Assistance, or VITA, program offers free in-person tax preparation and assistance at locations near you or your installation's Legal Assistance office worldwide. You have several ways to file and access help at these locations:

- Self-file using MilTax e-filing software at a kiosk where available
- Work with a trained tax professional on site, or
- Arrange to drop off your paperwork and come back to e-file when your return is ready.

Get fast access to other valuable services and resources

MilTax also provides quick access to other valuable services and resources, including:

- Referrals to financial counselors, who can help you manage your refunds and put you on a path to financial security.

- Helpful articles with valuable information tailored to military life, including "Tax Filing Made Simple" and "Filing Taxes When a Service Member is Deployed."

MilTax serves those who serve. As a military member, you and your family are eligible for these exclusive resources. Connect with Military OneSource MilTax by calling 800-342-9647, or visit www.militaryonesource.mil.

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|---|---|--------------------------------------|---------------------------|---------------------------------|----------------------|----------------------|--------------------------------------|---------------------------|----------|-------------------------------|--------------------|-------------------------|----------------------------|--|
| <p>William A. O'Neill Armory 360 Broad St. RM 112 Hartford, CT 06105</p> <p>Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795</p> <p>Child and Youth Program (860) 548-3254</p> <p>Yellow Ribbon Reintegration Program (860) 493-2796</p> <p>Military OneSource (800) 342-9647 (860) 502-5416</p> <p>Survivor Outreach Services (860) 548-3258</p> <p>Open Mon.-Fri.</p> | <p align="center">CONNECTICUT NATIONAL GUARD <i>Family Assistance Center Locations</i></p>  <p align="center">Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p align="center">Our Programs Include:</p> <table border="0"> <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 align="center">Support is available 24/7 by calling (800) 858-2677</p> <p 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 (860) 292-2730 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 (860) 739-1637 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> |
| 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

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|--|----------------------|--|---|
| <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.hoffman.civ@mail.mil | (800) 858-2677 |
| Deputy Director | SNG Melody Baber | melodybaber.sng.haber@mail.mil | (860) 548-3276 (desk)/(860) 883-2815 (cell) |
| Family Assistance Center Coordinator | Andrea Lathrop | andrea.lathrop.ctr@mail.mil | (860) 524-4938 (desk)/(860) 883-4934 (cell) |
| Family Assistance Center Specialist | Olga Castellanos | TBD | (860) 493-2797 (desk) |
| Family Assistance Center Specialist | Jasen Perry | jasen.perry.ctr@mail.mil | (860) 524-4969 (desk)/(860) 655-9288 (cell) |
| Family Readiness Support Assistant | Linda Rolstone | linda.rolstone.ctr@mail.mil | (860) 524-4963 (desk)/(860) 680-2209 (cell) |
| Family Readiness Support Assistant | Wendy Hagen | wendy.hagen.ctr@mail.mil | (860) 524-4920 (desk)/(860) 883-4677 (cell) |
| Family Readiness Support Assistant | Kelly Strba | kelly.a.strba.ctr@mail.mil | (860) 548-3283 (desk)/(860) 500-3813 (cell) |
| ARNG Yellow Ribbon Program Coordinator | SPC Matt Yotka | matthew.lyotka.mil@mail.mil | (860) 493-2796 (desk)/(860) 500-3058 (cell) |
| Lead Child & Youth Program Coordinator | Michelle McCarty | michelle.mccarty4.ctr@mail.mil | (860) 548-3254 (desk)/(860) 883-6953 (cell) |
| Survivor Outreach Specialist | Megan O'Shaughnessy | megan.oshughnessy.ctr@mail.mil | (860) 548-3258 (desk)/(860) 594-8748 (cell) |
| Military OneSource Consultant | Scott McLaughlin | scott.mclaughlin@militaryonesource.com | (860) 493-2722 (desk)/(860) 502-5416 (cell) |
| Personal Financial Consultant | Reggie Harwell | phc.ct.ag@zaiders.com | (203) 233-8790 (cell) |
| State Support Chaplain | CHL (MAJ) David Nutt | david.nutt.mil@mail.mil | (860) 548-3240 (desk)/(860) 883-7748 (cell) |
| Transition Assistance Advisor | Jay Braca | jonathan.j.braca.ctr@mail.mil | (860) 524-4908 (desk)/(860) 748-0037 (cell) |
| Employer Support for the Guard and Reserve | Sean Britnell | sean.r.britnell.ctr@mail.mil | (860) 548-3295 (desk) |
| Connecticut Military Relief Fund | Russell Bonaccorso | russell.bonaccorso@ct.gov | (860) 524-4968 (desk) |
| Citizen Soldier For Life Career Readiness Counselor - Hartford | VACANT | TBD | TBD |
| Citizen Soldier For Life Career Readiness Counselor - New London | Miles Daniels | mdaniels@patriotenterprisesllc.com | (860) 887-0987 (cell) |
| Citizen Soldier For Life Career Readiness Counselor - Middletown | VACANT | TBD | TBD |
| <i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday</i> | | | |
| Family Assistance Center Specialist | Sean Carey | sean.carey.ctr@mail.mil | (860) 292-4602 (desk)/(860) 883-4949 (cell) |
| Family Assistance Center Specialist | Lisa Middlebrook | lisa.a.middlebrook.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 | Michelle Powell | TBD | (860) 772-1422 (desk) |
| <i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i> | | | |
| Airman and Family Readiness Program Manager | Kasey Timberlake | kasey.b.timberlake.civ@mail.mil | (860) 292-2730 (desk)/(860) 462-6379 (cell) |
| Family Assistance Center Specialist | Lisa Middlebrook | lisa.a.middlebrook.ctr@mail.mil | (860) 292-2595 (desk)/(860) 883-2704 (cell) |
| Yellow Ribbon Support Specialist | TBD | TBD | (860) 292-2772 (desk)/(860) 203-3107 (cell) |
| <i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (860) 858-2677 - Open Monday - Friday</i> | | | |
| Family Assistance Center Specialist | Jay Jennett | jay.a.jennett.ctr@mail.mil | (860) 739-1637 (desk)/(860) 883-2720 (cell) |
| Personal Financial Consultant | Rhona Heyl | phc3.ct.ng@zaiders.com | (860) 287-7552 (cell) |