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Honoring Veterans: Flying Yankees Spend the Day with Local Heroes

1ST LT. JENNIFER PIERCE
103RD AIRLIFT WING

ENFIELD, Conn. - For many veterans who reside at the Little Sisters of the Poor assisted living facility in Enfield, Conn., the Veterans Day celebration that is held every year is greeted with a Christmas-like excitement. Inside the dining hall, the veterans seat themselves for lunch with uniformed Airmen of the Connecticut Air National Guard, current and retired, who volunteer their time to spend the day with these heroes. As they enjoy lunch, they all begin sharing their experiences; the veterans regaling the younger service members with stories full of humor and heroism, heartbreak and hope, and freely offering advice and wisdom. Smiles, laughs, and even a few tears are shared among everyone. There is a kinship in this room that is palpable.

Retired Chief Master Sgt. Robert Zukauskas, a veteran who retired from the Connecticut Air National Guard in 2013, directs this program, hosting it this year on Nov. 9.

"I used to chair toastmasters and we held meetings in the hall here," said Zukauskas. "About eight years ago, the entertainment director here was trying to figure out a way to honor the veterans who live at the home. At the time, I was still working in the Guard and brought along several other members, and we've been holding this event here every year since."

Zukauskas, who enlisted in the Connecticut Air

National Guard in 1981 as an aerospace ground equipment specialist, had his share of deployments, having deployed four times throughout his career. After his initial enlistment as a drill status Guardsman, he began working full-time at Bradley Air National Guard Base as an A-10 engine mechanic and finished out his 32-year career as the chief of maintenance in the 103rd Airlift Wing's communications flight. His experience, he feels, is a way for him to connect with the veterans who live in the home.

"The biggest thing about veterans is our



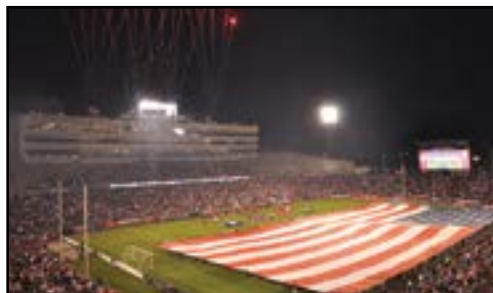
Capt. Scott Duguay, 103rd Airlift Wing pilot, and retired U.S. Navy Chief Petty Officer Richard Gorman have lunch with Little Sisters of the Poor, St. Joseph's residents during a Veterans Day luncheon held at the residence, in Enfield, Conn., Nov. 9. The event is held each year to recognize residents who served in the military and other local veterans. (Photo by Tech Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)

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Winter is Coming

Stay Warm, Stay Safe

HTTPS://WWW.CDC.GOV

When temperatures drop significantly below normal, staying warm and safe can be a challenge. Learn how to prepare for winter storms, prevent cold-related health problems, and protect yourself during all stages of a winter storm.

Be Prepared

•Listen to weather forecasts regularly and check your emergency supplies whenever a period of extreme cold is predicted. Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days notice.

•If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.

•If you’ll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year. All fuel-burning equipment should be vented to the outside. Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

•If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Your ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature

of your home often during the winter months.

•Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weatherstripping, insulation, insulated doors, and storm windows or thermal-pane windows.

•If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure they have access to unfrozen water.

Stay Healthy

Staying out in the cold too long can cause serious health problems. Hypothermia and frostbite are the most common cold related health problems.

•Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures. Body temperature that is too low affects the brain, making the



<https://www.cdc.gov/disasters/winter/index.html>

victim unable to think clearly or move well.

•Frostbite is a bodily injury caused by freezing that results in loss of feeling and color in affected areas. Frostbite can permanently damage the body, and severe cases can lead to amputation.

•Carbon Monoxide Poisoning Never use generators, grills, camp stoves, or similar devices inside your home, basement, garage, or camper.

For more information about emergency preparedness, contact 1st Lt. Patrick Hevey, Emergency Management Program Coordinator, at 860-548-3221.

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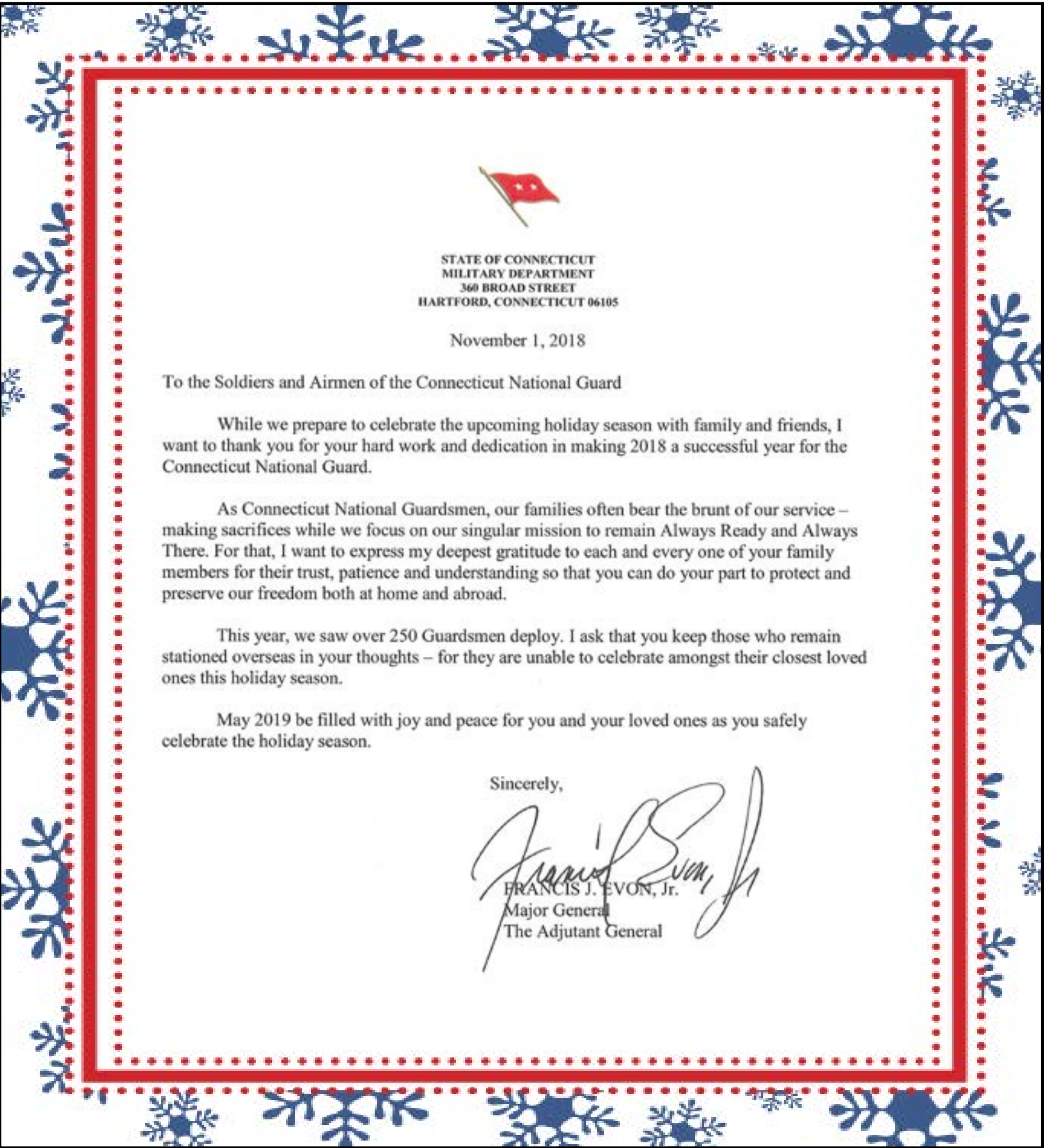
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stories,” said Zukauskas. “I could sit with a civilian and tell them what I’m doing, but they wouldn’t really have a clue what I’m doing. They have no idea. We do some extremely dangerous things, we put ourselves in extremely dangerous situations, and we depend on the people that we work with; we’re all brothers and sisters. When I left the military I really found myself alone. It’s hard to find people like yourself, so I like getting veterans together and giving them the opportunity to talk.”

This became most apparent to him the first year he held the Veterans Day program at Little Sisters of the Poor.

“The first year we did this program, I asked one of the nuns if there were any more veterans than hadn’t come down for the lunch,” said Zukauskas. “She told me there were a couple more in their beds, but they didn’t want to come down. I asked if we could visit them and she said yes. When I walked into the room of one veteran, he saw my uniform and he pointed right at me and said, ‘Omaha Beach, Utah Beach.’ I sat down with him and he proceeded to tell me he was an LST driver for D-day, how he saw all of these young men floating in the water, all of the blood, the guys falling off the cliffs and the Germans shooting them down...he went through one thing after another. He told me how he remembered going back to the ship and getting more men and bringing them back to the beach, how he opened the door up and watched the men immediately getting shot. This guy was going on, reliving his experience, and I’m just listening when this nun runs in and she sits down next to me. She turns to me and says, ‘This is my dad. He has never talked about World War II with anyone and I need to find out what he went through.’ He continued talking about

that day; it was like he had this whole experience, this whole war in his head and he wouldn’t tell anybody, and when I walked in and he saw my uniform it just all came out. That right there is the biggest thing about this program, just allowing the veterans to talk, let it get out. You can’t just talk to anybody about what you did because they wouldn’t understand it. They wouldn’t understand what you’ve been through, but talking to another veteran definitely helps, and that’s why we do it.”

2nd Lt. Jennifer Kaprielian, of the 103rd Airlift Wing equal opportunity office, shares a similar sentiment. This is her third year participating in the Veterans Day program here, and she believes that volunteering her time with the veterans is important.

“I think the statement that sums up why we do this the best comes from one of the veterans here,” said Kaprielian. “He said to me, ‘It’s nice to be remembered.’ So us taking time out of our day to remember these veterans and give them our attention, being able to ask them about their lives, is really meaningful. They’re a part of our local community and I feel that the Connecticut Air



Retired Senior Master Sgt. Roger Hinkel speaks with a Little Sisters of the Poor, St. Joseph’s resident during an annual Veterans Day luncheon held at the residence, in Enfield, Conn., Nov. 9. Henkel, who retired from the Connecticut Air National Guard, 103rd Fighter Wing in 1993, attends the event every year. (Photo by Tech Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)

National Guard really is community driven. Most of us in the Guard live in towns throughout Connecticut. It’s just a nice way to be involved in the community and to give back.”

The Veterans Day program ended late afternoon after a presentation commemorating the 100th anniversary of the end of World War I and a rendition of taps. As everyone said their goodbyes and shared handshakes and hugs, it was evident these veterans and their stories would be remembered long after this day.



2nd Lt. Maria Duguay of the 103rd Airlift Wing visits a Little Sisters of the Poor, St. Joseph’s resident during a Veterans Day celebration held at the residence, in Enfield, Conn., Nov. 9.. The event is held each year to recognize residents who served in the military and other local veterans. (Photo by Tech Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)



A side-by-side photo collage of Frances Daniels, created from photos taken during an annual Veterans Day celebration held at Little Sisters of the Poor St. Joseph’s Residence, in Enfield, Conn., Nov. 9.. Frances Daniels served as a medical assistant in the Women’s Army Corps from 1965 to 1968. (Photo by Tech Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)

Connecticut Air Guardsman Balances Two Unrelated Careers as a Welcome Challenge

TECH SGT. JEREMY BOWCOCK
103RD AIRLIFT WING, PUBLIC AFFAIRS

Tech. Sgt. Francisco Ramirez wanted to join the military since a very young age. When he was unable to find a job after graduating college with a bachelor’s degree in biomolecular science, he decided to go ahead and enlist out of necessity. Unbeknownst to him, however, military service was a family legacy.

“I never knew until I graduated basic training,” Ramirez said. “When my biological mother came to visit me, I was showing her my area of living; the way you put your shoes and line them up with the ruler or how you roll up your t-shirts and socks. She started crying and she told me ‘I never told you this, but your father was a World War II veteran’. I never knew that before. I found out that my grandfather also was a military veteran. It was almost like an innate thing.”

Eventually, Ramirez was able to find a job in his degree field and currently works as a clinical data manager and database builder for a pharmaceutical company in Connecticut.

“I setup clinical trials for cancer patients on a global level and I setup the database that collects all the data

for those patients,” said Ramirez. “I take the data and transform it to the correct format for the (Federal Drug Administration) so our company can submit our findings to the FDA so we can get the drugs approved for cancer patients.”

He loves his job and finds it fulfilling. Before working on the technical side, he worked closely with patients and doctors.

“I was at Yale University at the spinal cancer center running clinical trials for myeloma, lymphoma, and leukemia patients,” Ramirez said. “I had an array of patients, where I got to see their everyday lives, monitor their treatment, schedule their appointments, talk to them, and get to know them at a personal level.”

However, one weekend a month, Ramirez also serves as a water and liquid fuels maintenance supervisor for the 103rd Civil Engineering Squadron.

Ramirez could have joined the medical squadron with his background; that would have been an easy choice. But that wasn’t enough for him, he wanted a challenge. He wanted to learn something new.

“Being here in Civil Engineering on the weekends



Tech Sgt. Francsico Ramirez, water and liquid fuels maintenance supervisor for the 103rd Civil Engineering Squadron, Connecticut Air National Guard, and a clinical data manager and database builder for a Connecticut pharmaceutical company sees his dissimilar careers as a way to challenge his brain and to enhance his overall skill level. (Photo by Tech. Sgt. Jeremy Bowcock, 103rd Airlift Wing, Public Affairs)

challenges my brain to think differently than I do in my civilian job,” said the Central Conn. State University graduate. “The skills I learn here are really life skills. My main job is water and fuels maintenance, but in reality, and in addition to that, I learn many different skills; from structures to electrical to HVAC. I can use these skills in my personal life, which is a great benefit in addition.”

Despite having two dissimilar careers, the experiences and training have throughout his military career have helped prepare Rameriz in his civilian jobs as well.

“We use a lot of checklists, forms, and processes [in the military],” he stated. “In the civilian world, I feel that is what they are lacking in their work environment. A lot of times I will be find a military form that would work for use in the civilian world and rework it to make it fit.”

But forms and paperwork are not all the military has to offer him. As a technical sergeant and noncommissioned officer, leadership skills have been developed that give Ramirez the confidence take bolder steps in his civilian life because he feels empowered to make decisions.

“Being put in leadership, for me, was character developing and it was a confidence booster, which in

the civilian world you need that to navigate anywhere you go,” he said. “You don’t have to wait for someone to tell you to make a decision for you to make it if you feel it is the right decision to make and you can defend it if you are wrong. I find myself taking the same approach in my civilian job as opposed to my counterparts. Civilian employers, they find that as taking initiative, avant-garde, and thinking outside the box. You don’t realize it, but it is a huge benefit.”

Is there an outstanding Soldier, Airman or Militia Member among your ranks? Share their story with us for future publication in the Connecticut Guardian.

Please contact Maj. Mike Petersen, State Public Affairs Officer at 860-524-4857, michael.t.petersen.mil@mail.mil or 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs, 860-292-2545, jennifer.k.pierce4.mil@mail.mil.

State Armory Plays Host to Big-Screen Stubby

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

HARTFORD, Conn. – More than 75 military personnel, their families, Veterans and members of the community convened at the William A. O'Neill Armory for a showing of, “Sgt. Stubby: An American Hero,” Oct. 27.

With a large projector screen constructed on the drill shed floor, attendees were encouraged to bring comfortable chairs, blankets and whatever comforts they needed to enjoy the nearly 90-minute feature animated film telling the story of the Connecticut National Guard’s most famous four-legged mascot.

Prior to the movie’s screening, Jordan Beck, who portrayed the voice/role of Elmer Olsen, welcomed the crowd and took questions. Not only was Beck a voice actor, but he is also the production company’s Chief Operations Officer, as well as a Georgia National Guardsman.

Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard, also welcomed the crowd, relaying the importance of Sgt. Stubby, the 102nd Infantry Regiment and Veterans Day. Evon served as commander of the 1-102nd Infantry Regiment during its last overseas deployment in 2011.

At the conclusion of the movie, Evon asked former members of the 102nd to join him in the front, as well as Beck ,and unveiled a brand new statue of Sgt. Stubby that will forever remain on display at the State Armory. The real Stubby resides at the Smithsonian in Washington, D.C., and Evon wanted to commemorate the Connecticut National Guard’s role in World War I through its most famous member.

Steve MacSweeney, President of the 102nd Regimental Association and former commander of Alpha Company, 1-102nd Infantry Regiment, was honored to be part of Stubby’s unveiling, and said that preserving Guard history in a visual fashion is a critical part of reaching future generations of Guardsmen.

“The Stubby story is a 102nd story and we are honored to share it in a film that will capture the hearts of current and future Soldiers,” MacSweeney said. “Stubby is definitely the most famous veteran of the 102nd, but there are so many heroes and stories to tell, I hope this is just the beginning of a closer look at this historic unit.”

Those wishing to view the new, life-size statue will be able to see it in the lobby of the State Armory in the near future.



The life-size replica of Sgt. Stubby was unveiled at the screening of, “Sgt. Stubby: An American Hero,” at the William A. O'Neill Armory, Hartford, Conn., Oct. 27. The future permanent home of the new Stubby statue is planned for the lobby of the State Armory. (Photo by Maj. Mike Petersen, State Public Affairs Officer)



Jordan Beck, a voice actor and assistant producer of the film, “Sgt. Stubby: An American Hero,” spoke before a crowd of Connecticut National Guard Families, Veterans and community members at the screening of the movie at the William A. O'Neill Armory, Oct. 27. Following the screening, Maj. Gen. Evon, Adjutant General of the Connecticut National Guard, along with Beck, and members of the Connecticut State Library and State Military Department unveiled a brand new statue of Sgt. Stubby that will forever remain on display at the State Armory. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

Local JROTC Cadets Rise to the Challenge with CTARNG RRB

LT. COL. ALAN GILMAN,
COMMANDER, 6TH RECRUITING
AND RETENTION BATTALION CTARNG

EAST LYME, Conn. – With a leap of faith and trust in their equipment, over 30 Junior Reserve Officer Training Corps cadets conquered their fears and made the forty foot descent during rappel tower training organized by the Connecticut Army National Guard 6th Recruiting and Retention Battalion, Oct. 25, 2018.

The cadets and their teachers from James Hillhouse High School in New Haven and Crosby High School in Waterbury, participated in the day-long training as part of an ongoing partnership between the Connecticut National Guard and the 15 JROTC programs in Connecticut.

The schools coordinated for the rappel tower as a field trip shortly after JROTC faculty members became aware of the many resources available to support their programs that were identified during a National Guard JROTC

symposium sponsored by recruiting during the summer.

Each school’s locally assigned CTNG recruiters provided transportation, equipment, training and meals at no cost. For the cadets, the training provided an opportunity for a unique hands on experience to build their confidence and grow as students. At the conclusion of the day, each cadet received information about the jobs, benefits and training they could receive as members of the National Guard.

For the majority of the students, this was the first time any of them participated in this type of training. Upon arrival to the tower many of the cadets doubted if they could take the leap. With the encouragement of qualified, expert rappel masters, recruiters and their teachers, one-by-one each student made the climb, tied in, inched to the edge of the tower and yelled out, “Lane 2 on Rappel.”

As they safely landed on the ground, they each had a look of relief. But more importantly a sense of accomplishment.



Above - Staff Sgt Joseph Herndon (center), a recruiter and a rappel master assigned to 6th Recruiting and Retention Battalion, Connecticut Army National Guard, instructs Cadet Juan Patterson (right) of James Hillhouse High School, New Haven, Conn., on proper rappel techniques at Stones Ranch Military Reservation, East Lyme, Conn., Oct. 25. More than 30 Junior Reserve Officer Training Corps cadets from two local high schools attended as part of an ongoing partnership between the Connecticut National Guard and the 15 JROTC programs in Connecticut. (Photo by Lt. Col. Alan Gilman, Commander, 6th RRB, CTARNG)

Right - Cadet Emellie Pantoja, a student at James Hillhouse High School in New Haven, Conn., prepares for her descent down the a 40-foot rappel tower at SRMR, East Lyme, Conn, Oct. 25, 2018. Left - Staff Sgt. Joseph Herndon (left), a recruiter and a rappel master with 6th RRB, connects a practice rappel line into Cadet Juan Patterson’s (right) harness during a training exercise at SRMR, East Lyme, Conn., Oct. 25. (Photos by Lt. Col. Alan Gilman, Commander, 6th RRB, CTARNG)



CTNG, Families Take Part in USMNT Pre-Game

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

EAST HARTFORD, Conn. – Over 120 members of the Connecticut National Guard, State Militia and their families took part in pre-game ceremonies before the United States Men’s Soccer Team’s friendly against Peru at Pratt and Whitney Stadium at Rentschler Field, Oct. 16.

The group of volunteers were responsible for constructing 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.

Arriving more than four hours prior to kickoff, Guardsmen met with officials from a company that specialize in oversized, on-the-field flag presentations. In a closed parking lot, the group worked for about an hour to piece the giant flag together, then carried it on to the field for a rehearsal.

The rehearsal, which was the first opportunity for many to step on the field the University of Connecticut Huskies football team calls home, served as an exercise in physical fitness for some (specifically those sprinting to unfurl the flag in a timely manner) and an exercise in comedy for others, as a couple of volunteers were not aware of how easy it was to get tripped up if you didn’t run in unison.

“I’m glad we got a chance to do this before show time,” said one volunteer.

After rehearsals, volunteers explored the stadium before other ticket-holders were allowed through the gates. Many took the opportunity to take photos with loved ones, buy merchandise or grab a hot dog.

“There was about a two-hour break between rehearsal and the final report time before we headed on the field,” Zambrano said. “It was getting colder and windier, but I didn’t hear a single complaint out of any Guardsman or family member. Everyone was truly happy to be there, happy to go to work, and happy to represent their country in such a unique way.”

As kickoff grew closer, Guard personnel reported to the tunnel where the flag had been staged and took their place, with one exception: Tech. Sgt. Dylan Platt, a member of the Connecticut Air National Guard’s Honor Guard and the 2017 Honor Guard Airman of the Year, was asked to serve as Honorary Captain for the game.

His duties? Bring the game ball to midfield and lead the two nations’ starting lineups to the center of the stadium. No pressure.

“I was pretty nervous at first, because walking out in front of thousands of people to deliver the game ball at a game for the United States soccer team is a heavy moment,” Platt said. “But when I came out of the tunnel, the whole crowd was just so receptive. It was a very cool moment.”

With over 24,000 in attendance, according to the stadium’s PA system, the cheers turned to song as the very pro-Peruvian crowd heard their national anthem played over the loudspeaker. Then, it was the home team’s turn to hear the anthem, and time for those who



More than 120 members of the Connecticut National Guard, State Militia and their families carry a giant American flag at the pre-game ceremony before the United States Men’s Soccer Team’s friendly against Peru at Pratt and Whitney Stadium at Rentschler Field, East Hartford, Conn., Oct. 16. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

had been waiting for nearly five hours to have their moment.

As the anthem began to play, volunteers began to unfurl the flag, which took up more than half of the field. They began to wave the flag, and an impressive fireworks display closed out what had been a memorable day for those involved.

“Having the opportunity to represent my state and country in the National Guard is an honor,” 2nd Lt. Jaime

Cabezas, Platoon Leader assigned to Charlie Company, 572nd Brigade Engineer Battalion, said. “Being on the field for the national anthems and having the chance to see the national soccer team of both nations I have called home, was a really special experience.”

It was the first time the United States Men’s National Soccer Team played in East Hartford since a July 2017 win over Ghana. More recently, the U.S. Women’s National Team drew 1-1 with Australia July 29, 2018.



More than 120 volunteers from the Connecticut National Guard, State Militia and their families assemble and carry a giant American flag at a rehearsal for the pre-game ceremony before the United States Men’s Soccer Team’s friendly against Peru at Pratt and Whitney Stadium at Rentschler Field, East Hartford, Conn., Oct. 16. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

Two Training Missions, One Common Theme

1ST LT. JENNIFER PIERCE
103RD AIRLIFT WING

The Connecticut National Guard stayed busy over the summer with several units participating in annual training with units from other states. Hawaii, however, was the state that both the Connecticut Army National Guard and Connecticut Air National Guard was able to coordinate with separately for annual training requirements.

Connecticut’s 1109th Theater Aviation Sustainment Maintenance Group coordinated with its down-trace unit out of the Hawaii National Guard for their AT requirements at the Sierra Army Depot in Herlong, Calif. July 21-August 4, 2018 and hosted several Hawaii Guard members at their Groton-based headquarters to complete annual training.

The Connecticut Air National Guard’s 103rd Logistics Readiness Squadron, sent the majority of the unit for training at Joint Base Hickam, Hawaii. This was the first time in several years the LRS went to a different base to train as a group. The aerial port, supply, petroleum, oil and lubricants, traffic management, vehicle operations, and vehicle maintenance flights all participated in the training.

Planning a trip to take an entire unit to a different base took months of hard work from both the Army and Air National Guard.

“The success of this mission took months of planning”,

said Staff Sgt. Ian Brown, 1109th Headquarters and Headquarters Detachment training NCO and NCOIC for the Sierra Army Depot mission. “The factors we faced was working with two different entities not centralized locally. From narrowing down rosters from both companies to the coordination of commercial air flights for both units to Sierra Army Depot, Herlong, California, took an extensive amount of work and communication with a great deal of attention to small details. We also faced a few obstacles. For example, we had to coordinate with an outside source food vender to fit within our budget and it took some finagling, but with the support and guidance from our S3, we were able to be proactive, not reactive. By



Staff Sgt. Christopher Bonazzo (left) and Airman Tariq Mohammad, 103rd Airlift Wing supply flight, inventory Mission Oriented Protective Posture (MOPP) boots at Joint Base Hickam, Hawaii during the 103rd Logistics Readiness Squadron annual training. (Photo courtesy of the 103rd Logistics Readiness Squadron, Connecticut Air National Guard)



An Airman assigned to the 103rd Logistics petroleum, oil and lubricants flight trains on pumping fuel at Joint Base Hickam, Hawaii during the squadron’s annual training. (Photo courtesy of the 103rd Logistics Readiness Squadron, Connecticut Air National Guard)

doing a reconnaissance of Sierra Army Depot (with key leaders) months prior to our arrival eliminated a lot of our questions, and helped us facilitate a course of action to sustain completion of our mission in any scenario. We had to collectively get all individual military occupational specialties) and coordinate with the Sierra Site Training Manager to ensure an engaged work flow to sustain for the two weeks.”

Despite the hard work, the benefits of conducting annual training with another unit proved valuable.

“The benefit of working with an outside entity, is cultural growing as an organization,” said Brown. “Seeing a different perspective of an organization helped us capture our strengths and annotate our deficiencies. It also established a stronger relationship between both parties, which will only work in our favor down the road if we are called upon for a large mission overseas. The familiarity with both parties will be a key point to our success to instill completion of the mission ahead.”

“It’s a huge benefit to go to another base with a different mission set,” said Senior Master Sgt. Mark Benedetto, 103rd LRS POL superintendent. “We don’t see that scope of work here. We see our jobs, we do them and do them well, but when you can get to a large base like [Joint Base Hickam], you can see how your task affects the next agency and moves it forward. You do see that here on a smaller scale, but when you can see the larger scope of it, everything seems to come together. The flight line was three to four times the size of ours; you’re seeing and fueling C-17s, KC-135s, B-2s, F-22s, C-5s, and even a civilian 747, and being able to see

the different mission sets that involve those aircraft and seeing how what you’re doing affects the mission makes a difference. We also were able to fuel ground equipment, which we don’t do here, fill specialized aircraft we don’t have here, and receiving fuel through pipeline we don’t get here; just to see how that all comes together was just amazing.”

Staff Sgt. Ryan Keaveney, 103rd LRS unit training manager and unit deployment manager, agreed.

“Taking the whole unit gets you working with different people outside of your shop,” Keaveney said. “Getting outside of your shop and seeing what other sections of LRS do and seeing how it all comes together in the big picture provides a better understanding of our roles.”

One of the most important benefits to the Connecticut National Guard that came out of the joint training with the Hawaii units, however, was readiness.

“Overall readiness was a great advantage during our annual training,” said Sgt. Maj. Christopher Dumas,” 1109th TASMG Aviation Operations Chief. “The TASMG’s ground vehicle support element is in Hawaii, so we have to conduct maintenance ourselves or rely on the UTES to support. This is difficult because most of our unit is focused on aviation MOS tasks. In the future, this once a year AT with B Company will be critical to maintaining overall readiness.”

“Readiness was the biggest benefit,” Benedetto said. “Now I have several fully trained members that can deploy wherever they’re needed. All of that equipment they were able to train on is going to be downrange wherever they go. They’ve seen it and can pick it right up. They’re more than capable now.”



2018 Veteran's Holiday Drive

This year help continue to support three organizations:

- the Soldier On group, VA Hospital, Leeds, MA,
- the Veterans Home, Rocky Hill, CT
- the Soldiers Home, Holyoke, MA

Collecting general items to donate to both male and female Veterans, including;

- new winter clothes, outerwear and boots,
 - bed linen and comforter sets (twin size), robes and slippers.
 - Basic toiletries and entertainment items are also welcome.
- Past donations have included digital radio/alarm clocks,
- local pro/college team gear, books (reading or puzzle/ activity) and movies.

They fought for us; please help fight for them!
Thank you in advance for your support!

ACCEPTING NEW ITEMS ONLY
Collection Dates:
October 29 - December 15
CT Donation Locations

- Master Sgt. Kristina Owren, 860-292-2572 or 860-331-1220
103rd Airlift Wing, 100 Nicholson Road, East Granby, CT
*Drop offs must be pre-coordinated during business hours,
Monday - Friday. All individuals subject to facility security.*
- Hamilton Sundstrand, 1 Hamilton Rd, Windsor Locks, CT

Additional Information

- Master Sgt. Daniel Defranco, 413-240-4176,
dan.defranco@nefov.org
<https://nefov.org/>



OPERATION E.L.F. 2018

Operation ELF and Adopt a Family are well underway for the 17th year. ELF is currently accepting the donation of gift cards and new unwrapped toys at the following locations, through December 10, Monday - Friday, 8 a.m. - 4 p.m.

- * William A. O'Neill Armory,
360 Broad Street, Hartford, CT
- * Army Aviation Support Facility,
85-300 Light Lane, Windsor Locks, CT
- * Armed Forces Reserve Center,
90 Wooster Heights Road, Danbury, CT
- * Niantic Readiness Center,
38 Smith Street, Niantic, CT
- * New London Armory,
249 Bayonet Street, New London, CT
- * Bradley Air National Guard Base,
100 Nicholson Road, East Granby, CT

On Monday, December 10, 2018, the final day of the drop-off period, the William A. O'Neill Armory will host extended hours for drop-offs, staying open from 7:00 a.m. to 7:00 p.m.

- * Gift cards can also be mailed to the William A. O'Neill Armory, attention to the Connecticut National Guard Service Member and Family Support Center.
- * Monetary donations can be made through the Connecticut National Guard Foundation, Inc. Please mail donations to The Connecticut National Guard Foundation, Inc., 360 Broad Street, Hartford, CT 06105. Checks can be made out to CTNGFI.

- * The Adopt-A-Family Program matches individuals or businesses with an anonymous family in need. To adopt a military family, or to donate a service, please call the Connecticut National Guard Service Member & Family Support Center at 1-800-858-2677
- * Volunteer opportunities available on December 11-13, 15. Please call the CTNG SMFSC at 1-800-858-2677 to schedule.

FOR MORE INFORMATION

Operation E.L.F. Hotline - 1-800-858-2677
<https://ctngfi.org>
<https://ct.ng.mil/ELF/Pages/default.aspx>
facebook.com/connecticutoperationelf



Annual Western Connecticut Police K-9 Challenge

MAJ. JAMES MARRINAN
SECOND COMPANY
GOVERNOR'S HORSE GUARD

The Friends of the Second Company Governor's Horse Guard hosted the Western CT Police K-9 Challenge at its facility in Newtown, Conn., Oct. 6, 2018. The annual event had something for everyone including exotic cars, hayrides, pumpkin painting for the kids, a meet and greet with some of the 2GHG Cavalry horses, and of course food!

Participating Connecticut Police Departments were Newtown, Monroe, the Department of Corrections, Wallingford, East Haven, Stamford, and Portland.

The K-9 Challenge serves as a fundraiser for The Friends of Second Company Governor's Horse Guard and is hosted in connection with the Newtown Kennel Club and the Hometown Foundation, Inc. Donations raised will help support 2GHG which is one of the last cavalry units in the country.

The Fairfield County Police Pipes & Drum Bagpipers began the challenge with the playing of the National Anthem.

Police K-9s tackled the obstacle course, apprehended suspects, demonstrated their obedience skills, and competed for fastest dog bragging rights. Results Winners were based on cumulative points earned in the individual events of tactical obedience, obstacle course, simulations, suspect apprehension, and fastest dog.

The Officer Stephen Ketchum, "Top Dog," Award was given to State Police 1st Class Ed Anuszewski, with bloodhound Texas.

A Thank You for Your Dedication Award was given to Jon Nowinski for his emergency animal medical technician services.

Jane Dougherty, co-coordinator for CT Quilts of Valor, wrapped Newtown Officer Matt Hayes in a handmade quilt thanking him for his military service.



Members of Western Connecticut Police Department K-9 units showcase their training and skills during the Western CT Police K-9 Challenge at the Second Company Horse Guard Facility in Newton, Conn., Oct. 6. (Photo courtesy of 2GHG)



Maj. James Marrinan, Second Company Governor's Horse Guard, left, wraps Newtown Police Officer Matthew Hays in a quilt from Connecticut Quilts of Valor at Western CT Police K-9 Challenge at the Second Company Horse Guard Facility in Newton, Conn., Oct. 6. (Photo courtesy of 2GHG)

Join the Governor's Foot & Horse Guards



For more information:

1st Company Governor's Foot Guard
[Hartford](#)
(860) 508-1129
1GFG.CTMD@ct.gov

2nd Company Governor's Foot Guard
[Branford](#)
(860) 508-3356
2GFG.CTMD@ct.gov

1st Company Governor's Horse Guard
[Avon](#)
(860) 538-6386
1GHG.CTMD@ct.gov

2nd Company Governor's Horse Guard
[Newtown](#)
(860) 209-9371
2GHG.CTMD@ct.gov



Health & Fitness

2018 CTNG Golf League Wrap-Up

CHIEF WARRANT OFFICER 4 (RET.) JOHN GODBURN
CTNG GOLF LEAGUE

For the third consecutive year, the CTNG Golf League returned to the recently renovated and vastly improved Keney Park Golf Course in Hartford for the 2018 season. Adding to the overall golfing experience at Keney is the renovated club house and restaurant, offering a full lunch and dinner menu. The City of Hartford has much to be proud of in the restoration of Keney Park Golf Course.

The league this year consisted of eight two-man teams, competing each week in a round-robin match play format against the other teams. Points were awarded each week for individual winners as well as for the winning team. Play began on April 26th and ran a few weeks longer than planned, due to several rain-outs during the summer, ending on September 27th. Points and league standings were maintained throughout the season, with the winners being declared and recognized at the league’s, “end-of-season,” outing, Oct. 5. Prizes were awarded to the top four teams.

The competition between teams this year was tight almost from the start of the season, with no clear winning team decided until almost the very end of the season. While the eventual winning team of Dan Morgan and Joe Seigny moved into first place with just a few weeks left to play, there were still four other teams in position

to take over the top spot, if they faltered.

The team standings for the 2018 season ended as follows:

Team	Points
Dan Morgan/Joe Seigny	30
Mike Falk/Tom Bordner	28.5
Doug Paley/Jim MacDonald	26
Chris Hawkins/Donald Chiverton.....	25
Steve London/Kris Dzielwowski	25
John Godburn/Rich Lecuyer	22.5
Ralph Hedenberg/Mike Sipples	22
Joe Chamberlain/George Brown	10.5

Some other statistics worth mentioning are:
Season Points Leader: Joe Seigny with 15.75 points
Season Low Gross Scoring Average: Tie between Ralph Hedenberg and Mike Sipples, with an average score of 43.50

Season Low Net Scoring Average: Ralph Hedenberg with an average score of 34.40
Low Round of the Season (Gross Score): Tom Bordner with a score of 36

Low Round of the Season (Net Score): Tie between Dan Morgan and Tom Bordner, each with a score of 25
Most Eagles in a Round: Tom Bordner with 1
Most Birdies in a Round: Tie between Tom Bordner and Chris Hawkins with 2 each

As mentioned earlier, the league held its end-of-season outing on at Topstone Golf Club in South Windsor. It began with 18-holes of golf, using a two-person scramble format, followed by lunch. The winning team for this day was Mike Falk and Tom Bordner. Prizes were awarded to the top three teams as well as for the long drive and closest-to-the-pin contests.

The league has been invited back to Keney Park for the 2019 season, and is actively seeking weekly members as well as substitutes. This year the league had 16weekly members, but the Head Professional at Keney Park as told me that there is room for the league to grow to 20weekly members next year. For anyone who wants to be a member of the 2019 league, either as a weekly member or sub, please contact me at any of the following: email – cjgodburn@gmail.com; home: 860-489-0736; or my cell: 860-491-6063. In March or April of 2019, I will send out registration forms to all of those that respond, as well as this year’s members. So please get the word out.

On a personal note, I would like to thank all of this year’s members for an enjoyable season. I enjoyed managing the league and it was a pleasure to do so. But more importantly, I especially enjoyed seeing all of you each week – some of whom I had not seen for several years. I look forward to the start of the 2019 season and once again, enjoying everyone’s company.

Calling all Army, Air Guardsmen Fitness Trainers Wanted



The new CTNG Fitness Improvement Program is looking for interested and motivated fitness instructors to start in January 2019.

The program is designed to provide individual exercise, nutrition and mental agility education and resources for all participants in order to assist in a holistic lifestyle change for CTNG Service Member. By leading healthier lifestyles we can improve overall unit readiness. Individuals with an active knowledge or background in fitness, nutrition or mental wellness is preferred. Interested personnel who desire to be involved in this program long term should plan on attending Master Fitness School.

Candidates should contact CPT Ryan Michalak at ryan.a.michalak.mil@mail.mil.

Health & Fitness

Dynamic Warm-Up Vs. Static Stretching *Know the Difference, Know the Benefits*

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

It’s that time of year again: the holiday season is upon us. Feasts will be had and fitness will be the most wanted resolution afterwards. I know in the past I have hit upon proper warm up and cool down before and after a workout. This month I’m going to talk about dynamic warm ups and static stretching. There always seems to be some confusion between the two and when each is most beneficial. I hope to shed a little more light on this subject.

A dynamic warm up is the use of movement to warm up muscles without placing a heavy workload or stress upon the muscles. This will warm the muscles up and get blood flowing to prepare the muscles and joints for a heavier workload. The preparation drill in Army PRT is a prime example of a dynamic warm-up. This drill gets a ton of criticism from so many that it doesn’t provide a good workout. Well, it isn’t meant to give a good workout. The sole purpose is to act as the dynamic warm up to help prevent injury by preparing the body for the heavier workout that will be done after it.

The recovery drill in Army PRT uses static stretching to bring the body back to rest after the main workout portion of a PRT routine. At this time the muscles are warm, they have gone through multiple eccentric and concentric motions and they are fully pliable. A static stretch will help to return the muscle to its resting length and keep its full range of motion intact.

While many argue that static stretching is just as good before a workout, numerous studies have proven this to not be the case. Static stretches placed upon a cold muscle can actually create a greater chance of injury as the muscle is not ready to be lengthened beyond its current state. A greater stress can occur upon ligaments and tendons also when the muscle is not properly warmed up and pliable.

One great experiment to see what happens when stretching a cold muscle is to place a rubber band in the freezer overnight. When taking it out in the morning, stretch it to its maximum capacity and see what happens. Even if not snapping it will fight the ability to stretch to its maximum. If that were a muscle and it was fighting the stretch the likelihood of injury is certainly increased. And while the injury may not occur during the stretching, it may occur during the heavier workload that is placed upon the muscle during the main portion of the workout session.

Most individuals who are greatly into running do a mixture of static and dynamic before a competitive run. Next time you are at a run of a good distance look around



Soldiers demonstrate dynamic movement as part of their physical fitness routine. The squatting motion helps stretch both the muscles in the legs and the lower abs. Exercises like this one help to increase the body’s temperature and heart rate, the pliability of joints and muscles and the responsiveness of nerves and muscles. (Photo by Spc. Zane Craig, 103rd Sustainment Command)

and see what others do for warm up routines. Many will be doing leg swings, butt kickers, high knees, and going for a light short distance run before the race starts. This is all necessary to properly prepare the muscles for the heavy workload of the main run. And come the end of the run those that did a good warm up and prepared the muscles will most likely seem much more comfortable than those who did not.

The reason for knowing this information and doing your own due diligence in gaining a solid fundamental knowledge is to enhance our readiness. Changes to the Army APFT are upon us. These changes are the result of very lengthy studies and I look forward to seeing what comes about after the new implementations take effect. In a short amount of time we will know if things are changing for the better, if they are not then that is when we make changes through constructive criticism. If we are constantly battling injuries and temporary profiles we are unable to meet mission needs and carry forward with great lethality in the same way we could

without the high injury rates. If we are to improve upon our current state of fitness, we must learn and teach to standard, what works and shows consistent progress in the injury levels of soldiers. Even a 10 percent decrease in injury rates would play a huge role in readiness. Until next month stay motivated, stay fit, and stay hydrated.

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 expressed in this column are his. Always do research and consult your doctor before undergoing any physical fitness regimen. Request a topic, or ask Staff Sgt. Holden a direct question by emailing him at silas.k.holden.mil@mail.mil.

AROUND OUR GUARD

A Glimpse at Connecticut Guardsmen and Events



Above - Connecticut Army National Guard Soldiers assigned to 85th Troop Command and its subordinate units conduct a color guard prior to the University of Connecticut's Women's Basketball game against Vanguard at Gampel Pavilion in Storrs, Conn., Nov. 4, 2018. The Huskies won the preseason matchup, 96-30. (Photo provided by 85th Troop Command)

Left - Members assigned to two deployed Connecticut Army National Guard units (the Headquarters, Headquarters Company, 192 Engineer Battalion, and the 1109th Theater Aviation Support Maintenance Group) crossed paths under the Connecticut flag while serving overseas in Southwest Asia. It has been a long-standing tradition for the Governor or Lt. Governor to present a deploying unit with a state flag to fly over their location overseas. (Photo courtesy of HHC, 192nd Engineer Battalion, Connecticut Army National Guard)



Sgt. Timothy 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. 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)



U.S. Army Col. (Ret.) Steve Leonard, author of the popular Doctine Man! Blog, served as keynote speaker at the 2018 Officers Dining In at the Aqua Turf Club in Plantsville, Conn., Nov. 1. Leonard told stories of mentors he had during his time in uniform and the importance of family. (Photo by Maj. Mike Petersen, State Public Affairs Officer)



Yetzael Clement, right, a native of Bristol, Conn. speaks with U.S. Air National Guard Master Sgt. Stephanie Hughes, paralegal with the 103rd Airlift Wing, Bradley Air National Guard base, East Granby, Conn. Nov. 3, 2018. Clement was attending the Retention Career Day at Bradley National Guard base and exploring his career options before swearing in (U.S. Air National Guard Photo by Airman 1st Class Chanhda Ly).



Left - Lt. Col. Frank Tantillo, left, 1st Battalion, 102nd Infantry Regiment Commander, and Sgt. Maj. Ricky Washington, right, 1-102nd Operations Sergeant Major present Spc. Benjamin Wilke with a plaque in honor of his achievement as the 1-102nd Soldier of the Year at the 25th annual 102nd Infantry Regiment Association Muster at the Officer and Enlisted Club of Connecticut, Hartford, Conn., Oct. 25. (Photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs, Connecticut Army National Guard)

The Connecticut Guardian

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Connecticut

GUARDIAN

VOL. 47 NO. 4

QUARTERLY CONNECTICUT

SEPTEMBER 2018

1109th TASMG Deploys to Southwest Asia



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103rd Participates in Airmen of the Year

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Training Units in Africa

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103rd Training at 2018

Page 5

In full color!



103RD

COMMUNICATION INFORMATION SYSTEMS OFFICER

AIR BATTLE MANAGER

ACS

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MAJ. SHAWN BRETON AT (203) 795-2968

COMMUNICATION INFORMATION SYSTEMS:

LT. COL. GUY MARINO AT (203) 795-2951



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Enlisted Update



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Greetings, Team! It is hard to believe that we have the holidays right on top of us! I am looking forward to getting out to see your Soldiers, Airmen, and Family members during the December drills. It is my goal to get to as many as I can.

It seems like all anyone is talking about is the new Army Combat Fitness Test and how hard it is going to be to train for it. I wanted to provide you with some thoughts and some information that may assist you and your Soldiers.

Most of the questions I get revolve around equipment, facilities and the challenges our Soldiers and units face in preparing for and execution the new test. I would ask that, for now, we don't worry so much about those things. We need to get our Soldiers the info on what they can do now to pass the current test and what we can do to prepare for the new test.

We will be starting a fitness improvement program for our Soldiers in late January. The initial target population will be Soldiers that have requested a waiver to extend without meeting APFT and/or height/weight standards. Expect the training circular out shortly.

As to how to train for the ACFT, there are two great documents out there. The first is from the Army Center for Lessons Learned #18-37 that describes the ACFT, the conduct of the test, and most importantly, a recommended strategy to modify your current training program. See section 3, page 29. It crosswalks the six events of the ACFT to the corresponding exercises and drills in FM 7-22 that can be used to help train for success not only on the ACFT, but your overall level of fitness.

The second document is the ACFT Training Guide that was published with FRAGO 1 to HQDA EXORD 219-1. A key part of this document are some sample training programs that tell you exactly what to do to improve. See pages 35-41 for a great sample program.

I have distributed both the documents listed above to your Command Sergeants Major. If you have not seen them, please ask.

I don't think a perceived lack of resources prevents us from preparing now for the ACFT. Many of our facilities have pretty robust fitness centers that are available to our Soldiers. Each and every Soldier and Airmen in the Connecticut National Guard has access to our fitness facilities, regardless of your unit of assignment. Please contact your unit for the point of contact at the facility you would like to use to make arrangements for scheduling and other requirements.

Although I am asking that we not lean too far forward on the ACFT, that is not to say there will not be challenges. Our Soldiers will need to change their training routines and there will be a time impact to our testing and training schedules. At the end of the day, your Soldiers will embrace the new test. I ask that we allow the process to work while keeping an eye on the challenges.

The holiday season is a time for reflection. Thanksgiving,

a day that we stop and think about the things we are thankful for, is now in our rear view mirror, but I am thankful to be surrounded by some of the best Soldiers and Airmen that our Nation has to offer. I am thankful for the family members that enable us to do what we do. I am thankful for the employers that support our Soldiers and Airmen so they can protect our State and Country. I am thankful for the opportunity to serve and to be a part of something greater than myself.

The holidays are a happy and joyous time for many people. We spend time with family and friends and celebrate our good fortune. I encourage everyone to take the time that they can to enjoy the season. I also ask that you keep a special eye out for your Soldiers and Airmen. While this is a great time of year for many, it can also be very difficult for many people. Take the extra moment to reach out to your people and just say hello. You never know when a simple phone call, e-mail, or text message can make all the difference in someone's life.

This time of year is also, unfortunately, prime time for bad decision making when it comes to the use of alcohol. There are more celebrations, office parties, etc. The best way to avoid putting yourself in a bad situation is to have a plan. If you plan on drinking, plan on not driving! If you find yourself in a bad place and need help, MAKE THE CALL. I would much rather come and get you than the alternative. Just as importantly, plan to watch out for the person to your left and right. If you see someone that has had too much to drink, TAKE ACTION. You may very likely save a life.

As you move through the holiday season, I would ask that you keep in mind our Connecticut Soldiers and Airmen that are currently deployed and will not spend the holidays at home with family. They are taking care of our business so we may sleep well at night. Please reach out to a family member you know and say thank you, or offer to help out.

My family and I wish you the very happiest of holidays and a happy and healthy New Year.

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

Army Strong, but always Go Guard!
CSM Carragher

Command Sgt. Maj. Carragher is on Facebook!

Command Sgt. Maj. Carragher regularly updates his page with posts about U.S. Army and National Guard standards. He also shares visits with Connecticut Guard units and daily motivation and inspiration messages.

Follow him @CTCommandSgtMaj
<https://www.facebook.com/CTCommandSgtMaj/>

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ing equipment available
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CONNECTICUT NATIONAL GUARD

lisa.a.chipman.mil@mail.mil
203-410-0828

MINIMUM REQUIREMENTS:

AGE- Between 18 and not more than 46 on the date of initial appointment
CITIZENSHIP- Must be a U.S. citizen by birth or naturalization
MENTAL APTITUDE- 110 GT score or higher on ASVAB
SECURITY CLEARANCE- Must be able to obtain a secret security clearance
PHYSICAL- Must meet height and weight standards outlined in AR- 600-9
LEADERSHIP- Must possess outstanding leadership traits
PAY GRADE- Minimum required for most specialties is SGT (E-5)

Inside OCS

Candidates Work Together Outside of OCS to Improve Performance

**OFFICER CANDIDATE
JEREMY LEWIS
OCS CLASS 64, 1-169
REGT (RTI)**

Officer Candidates participating in the Connecticut Army National Guard Officer Candidate School program had the opportunity to meet physical and academic challenges during their October drill. OCS Class 64 began with student-led Operations Order during which they were mentored by cadre on how to plan for their weekend's events. With each passing drill, the candidates become better able to assume greater ownership over their own training.

Candidates received classroom instruction on Civil Military Operations and the Fundamentals of Joint Operation and Army Special Operations Forces. Understanding the capabilities of different organizations gave an appreciation on how each could contribute to the mission. Leveraging the strength of different units is especially important when both the Army and Air National Guard work with Civilian authorities to respond to natural disasters. Together, they stand ready to meet the needs of Connecticut.

Candidates visited the Stones Ranch Military Reservation to conduct a nine-mile ruck march. The ruck march, also known as a loaded march, is a fundamental skill of building up the ability to march over long distances while carrying a combat load. Every candidate successfully completed the ruck march at SRMR. Like any skill, Soldiers can train to ruck better. I credit my off-duty training for dramatically lowering my average mile time.

OCS Class 64 is now preparing for their next drill when they'll conduct a 12-mile ruck march in addition to academic tests. The Officer Candidates are committed to helping each other complete OCS. With weekly meetings and study sessions, they hope to continue their track record for success.

Become an Officer in the Connecticut Army National Guard

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

*For information and requirements, contact your chain of command or
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 DAW state lead tracker SOP
**photos are representations only, actual items are subject to availability and funding.
***Must be eligible to receive RAM 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

Resilience:
"Skill of the Month"

Edition #49: December 2018
R2PM: alexander.m.long5.mil@mail.mil
(860) 524-4926

HANDLING THE SITUATION

What type of situations do I handle well, and not well?

Use the **Activating Events** activity below to rate yourself on how effectively you handle different types of situations. *Be Honest!*

The **ATC Model** can help you look back and discover your thoughts and consequences (emotions/reactions) to situations of your past. – Think: were your thoughts helpful, or harmful to you in the situation?

Activating Event
The trigger: a challenge, adversity, or positive event

Thoughts
Your interpretations of the Activating Event; what you say to yourself in the heat of the moment

Consequences: ER
E: Emotions
R: Reactions

What is the skill?

Activating Event, Thoughts & Consequences, or "ATC" is a skill in which you identify your *Heat-of-the-Moment Thoughts* about an *Activating Event* and the *Consequences* of those *Thoughts* so you can have greater control over your emotions and reactions

B.L.U.F.

- ATC helps to build Self-awareness
- It's about what *works* for you: evaluate whether or not your thoughts are *helping* you or *harming* you when dealing with situations, or Activating Events.
- Self-awareness about patterns in our thinking is foundational to resilience.*

Takeaways

Dealing With Stress During the Holidays

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

Don't let the stress of the holiday season prevent you from enjoying family, friends, and festivities! Here are some tips to keep you sane!

Take time for yourself. Spending time with family and friends can be fun, but it also can be mental taxing. Running errands, shopping, cooking, may be fun stress relieving activities on their own, but all pushed together may cause added stress. Make sure to give yourself time unwind and relax!

Don't be afraid to say no! During the holiday season people often go out of their way to help others, take on additional responsibilities and tasks in the holiday spirit and find themselves giving away their time to help others. While the holiday is a great time to give of one's self it is important not to spread yourself too thin and cause unneeded stress. It's ok to say no!

Suicide Intervention Officer Spotlight

Maj. Corey Holmes, 6th RRB, CTARNG

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

Maj. Corey Holmes holds three MOS and is currently the XO for the 6th Recruiting and Retention Battalion, Connecticut Army National Guard. In addition to being ASIST and ACE-SI trained, Holmes has professional experience in suicide prevention and crisis intervention through his work with the Wheeler Clinic and CREC. In his free time he enjoys hiking, boating, and cooking. MAJ Holmes knows how important it is to have a

support system for himself for times of stress and cites his SGM as person he would turn to for support.

“Life, like exercise, is difficult, but you must push through it before you can find tangible results. Challenges will come and go, our reaction to these stressors defines us as leaders. Find an advocate you trust and an exercise you enjoy and combine the two. Talk our your problems while you burn those calories!”

- Maj. Holmes

CONNECTICUT GUARDIAN

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R3SP - Resilience, Risk Reduction & Suicide Prevention

Remain Responsible While Celebrating

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

With the holidays upon us and family and friends preparing for festive gatherings it is important that Soldiers continue to exercise caution and responsible decision making when it comes to indulging in libations. In military and civilian culture drinking alcohol is a socially ritualistic practice. Many religions also condone the use of alcohol in religious practice. During the holiday season when there is often an increase in social gatherings and religious observance it is important for Soldiers to remember to drink responsibly and that there are serious consequences for unsafe alcohol consumption. Soldiers who are of legal age and choose to drink at festivities

are encouraged to limit themselves to three standard drinks spread out over the course of at least three hours. Those indulging in alcohol should also have a designated driver, a taxi service available, or a plan to remain overnight where they to avoid ramifications from drinking and driving. Members of the Connecticut National Guard are encouraged to look out for each other and report unsafe alcohol consumption. The ASAP Program is available to all Soldiers who have or suspect they have an issue with drinking or drugs and can offer services to help keep you and your loved ones safe from the negative effects of alcohol this holiday season.

Standard Drink Measurements

Drink Type	Volume	Alcohol Content
Regular beer	12 fl oz	about 5% alcohol
Table wine	5 fl oz	about 12% alcohol
80-proof distilled spirits	1.5 fl oz	40% alcohol

NHTSA Reminds, "Drive Sober or Get Pulled Over" December is National Impaired Driving Prevention Month

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

The National Highway Traffic Safety Administration (NHTSA), within the U.S. Department of Transportation, with the White House's Office of National Drug Control Policy (ONDCP), and the U.S. Department of Health and Human Service's Substance Abuse and Mental Health Services Administration remind you to celebrate safely this holiday season. We stand with all those who have known the tragic consequences of drugged or drunk driving, and we rededicate ourselves to preventing it this December and throughout the year.

In 2012, President Barack Obama designated December as National Impaired Driving Prevention Month and invites families, educators, health care providers, and community leaders to promote responsible decision-making and encourage young people to live free of drugs and alcohol.

Impaired driving includes distracted driving, drugged driving, and drunk driving.

Why do we recognize National Impaired Driving Prevention Month?

In an average year, 30 million Americans drive drunk, and 10 million Americans drive impaired by illicit drugs.

A 2010 survey by the Substance Abuse and Mental Health Services Administration (SAMHSA) revealed that 13.2 percent of all people aged 16 or older drove under the influence of alcohol and 4.3 percent drove under the influence of illicit drugs during the past year.1

Furthermore, rates of impaired driving differed dramatically by age.¹

- While 11.8 percent of people aged 26 and older drove drunk, 19.5 percent of people aged 16 to 25 drove drunk.

- And, 2.8 percent of the older group drove drugged, while 11.4 percent of younger drivers did so.¹

December seems particularly suited to this observation because traffic fatalities that involve impaired drivers increase significantly during the Christmas and New Year's holiday periods.²

- On average, 25 people were killed in alcohol-impaired driving crashes per day during December 2010.

- Young adults are among those at greatest risk for driving impaired. During December 2010, drivers 21 to 34 years old were alcohol impaired and involved in fatal crashes at a higher percentage than any other age group.

All 50 States and the District of Columbia enforce the minimum legal drinking age of 21 years. NHTSA asks minors to avoid alcohol, and encourages parents and other caregivers to make a new or renewed commitment to never cater a party to underage drinking. If someone you know is drinking, do not let that person get behind the wheel. If you see an impaired driver on the road, contact law enforcement. Your actions may save

DON'T WRECK THE HOLIDAYS.

OVER A FIVE-YEAR PERIOD, ALMOST 4,000 PEOPLE DIED IN DRUNK DRIVING CRASHES DURING DECEMBER.

someone's life, and inaction could cost a life. Families play an essential part in stopping impaired driving. By talking about the risks and setting clear expectations, parents and other caregivers can help their children stay safe, sober, and focused on the road.

¹ Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (December 9, 2010). The NSDUH Report: State Estimates of Drunk and Drugged Driving. Rockville, MD. Accessible at: <http://oas.samhsa.gov/2k10/205/DruggedDriving.cfm>

² National Highway Traffic Safety Administration. (2007). 2012 Holiday Crackdown Fact Sheet: Drive Sober or Get Pulled Over. Available at: <http://www.trafficsafetymarketing.gov/CAMPAIGNS/Drunk+Driving/Drive+Sober+or+Get+Pulled+Over/National+Crackdown/Campaign+Materials>

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 - @CTCommandSgtMaj

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

HHC, 169th Aviation Battalion

Facebook - @HHC169AVN

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

“How to Eat To Live”

Nutrition Advice Ahead of its Time

Sgt. 1st Class Benjamin Simon
JFHQ Public Affairs, CTARNG

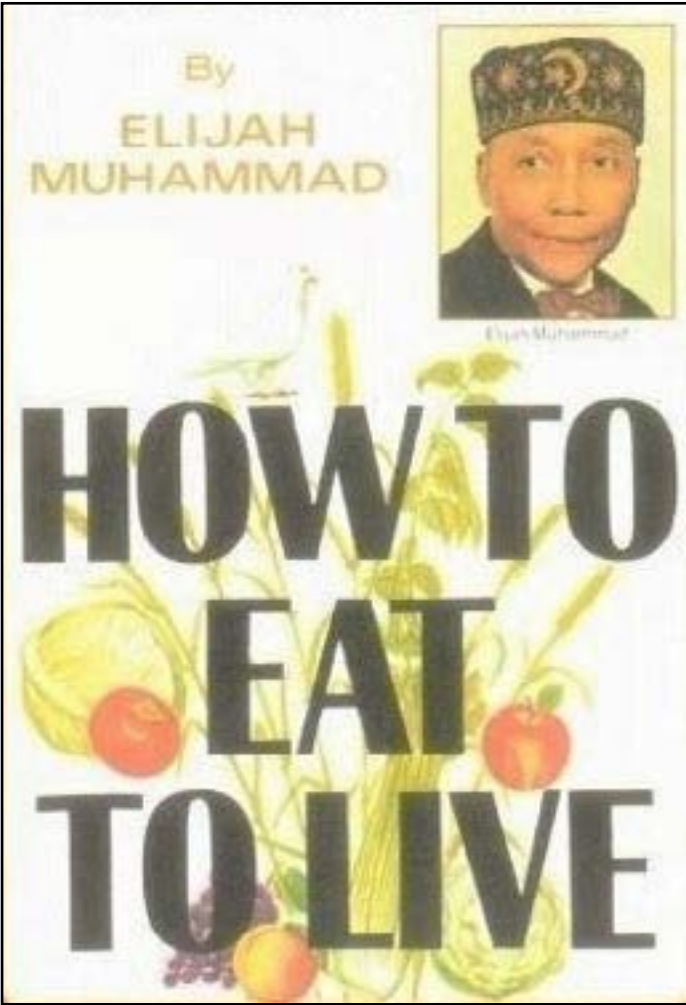
Weight loss phenomenon books, and pamphlets have been published for more than a century and there is no shortage of diet literature in the world. Currently, there are peanut butter only diets, cabbage soup diets, raw food diets and countless others that vary in their levels of reasonableness and ease of sustainability. In 1967, the leader of the African American Nation of Islam, Elijah Muhammad, published a diet book titled, “How to Eat to Live.” This book’s popularity transcended its original intended audience and would eventually sell millions of copies worldwide.

The publishing of this book in 1967 was not arbitrary. The passage of the Civil Rights Act of 1964 had diversified the food choices available in grocery stores and restaurants to people of color in the United States. In addition to accessibility, according to Muhammad, food choices were becoming intertwined with cultural identities despite the health risks associated with many popular items. In, “How to Eat to Live,” Muhammad makes clear that despite accessibility, convenience and cultural popularity, dieters should wean themselves from unhealthy foods and eventually avoid them altogether.

Muhammad was an advocate of fasting. If, “How to Eat to Live” could be reduced to two pages in length, page one would concern fasting, and page two would be about eating very little. Recently, intermittent fasting has gained popularity among doctors and diet enthusiasts, but it was Muhammad who was one of the first to venerate its health benefits to a wide and diverse audience of voracious American readers in the 1960s.

Muhammad, who was also an ardent vegetarian, does not propose, in his book, that his readers give up eating meat spontaneously, or begin to impulsively starve. Instead, he suggests that new dieters begin their journeys gradually. For fasting, he proposes to his readers that they start simply by skipping one meal a day. Regarding meat, Muhammad suggests that dieters only eat meat that is fresh and sourced locally before moving to stricter criteria.

Muhammad’s dietary suggestions are much less extreme in 2018 than they would have appeared to readers in 1967. His proclaiming that the food choices



of Americans were more attune to popularity than health benefits is no longer paradigm shifting. Of course, in 1967, meatballs in grape jelly was one of the more popular menu items. The McDonalds Big Mac was also introduced to the world that year.

“How to Eat to Live,” is still in print today. Although its popularity has waned in a grape jelly sea of dieting books, it is a refreshing read, and Muhammad’s insistence that new dieters begin their journeys incrementally and with moderation may have been ahead of its time.

Editor’s Note: The thoughts expressed in this column and in the book, “How to Eat to Live,” are based on the writer’s research and opinion. Always do your own research and consult your doctor before undergoing any new diet regimen. Request a book to be reviewed , or ask Staff Sgt. Simon a direct question by emailing him at basimon1234@gmail.com.

Military History

Connecticut’s Starr Manufacturing

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

From 1789 until 1830, the leading sword maker in America was Connecticut’s Nathan Starr of Middletown.

The Starr Manufacturing Company was started in Hartford around 1787. Starr was a skilled blacksmith who had served in the Continental Army as a Major repairing weapons. After the war, his factory made scythes and other farm implements. All that changed when the new nation began equipping its fledgling army and navy. Nathan Starr provided cavalry swords and scabbards for the War department, making him the nation’s first sword manufacturer.

In the late 1790s, three Connecticut men – Nathan Starr, Eli Whitney and Simeon North – were asked by the government to supply the army with guns due to the potential of war with France over the XYZ Affair. Starr’s 1808 government contract called on him to produce the regulation Navy cutlass for \$2.50 and a pike for 75¢ to be delivered in four months time.

His company then entered into a contract with the U.S. Government on March 14, 1812. This order for Horseman’s sabers was as follows:

“....Nathan Starr shall and will manufacture, and deliver....five thousand horseman’s swords, which shall be good, effective, and fit for military service.....to the pattern sword made by Rose.” The original contract cost was \$6 per saber. The first 1,000 included leather scabbards and the balance of another 4,000, were of



Cup guard of the 1808 Pattern Nathan Starr Cutlass – USS Constitution Museum. (Photo www.connecticuthistory.org)



The old Starr Manufacturing Company on Starr Mill Pond in Middletown, Conn. The Russell Manufacturing Company bought the property in 1865, then erected a second building immediately to the west of the original plant. Today, several small businesses operate out of these buildings, including a cabinetmaker, garment shop and a yoga studio. (Photo www.connecticutmills.org)

the, “Improved,” version to include iron scabbards. Nathan Starr continued to do work for the Navy. In 1816 his company produced 1,000 cutlasses, at \$3.00 each. These had shorter, heavier blades than the 1808 model but were otherwise the same. Starr’s last Navy contract was completed in 1826 for 2,000 cutlasses,

again at \$3.00 each. During this period some 70,000 arms of varied kinds were made here, as well as a number of commemorative swords for national heroes, such as Andrew Jackson and Commodore Isaac Hull of Derby, Connecticut. Hull was the commanding officer of the USS Constitution during the War of 1812.

Starr’s company also made the cadet sabers that the young men used at the American Literary, Scientific & Military Academy in Middletown. This school moved to Northfield, Vermont in 1831 and is now Norwich University.

Starr Mill Pond is off Beverly Heights Road, about half mile south of Route 66. The Russell Manufacturing Company bought the property and in 1865 they erected a second building immediately to the west of the original plant. Today, several small businesses operate out of these buildings, including a cabinetmaker, garment shop and a yoga studio.



1808 Pattern Nathan Starr Cutlass – USS Constitution Museum. (Photo www.connecticuthistory.org)

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.

CTARNG Training Circulars

Course	Course #	Action Officer	Start Date	End Date
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffrey T. Colvin	29-Nov-18	29-Nov-18
Technical Transportation of Hazardous Material (HAZMAT) 80 Hour Course	350-17-48	Sgt. Maj. Jeffrey T. Colvin	3-Dec-18	14-Dec-18
ASK CARE ESCORT- SUICIDE INTERVENTION (ACE-SI)	350-17-29	Ms. Jennifer Visone	4-Dec-18	4-Dec-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Ms. Jennifer A. Visone	5-Dec-18	6-Dec-18
Domestic Operations Assessment and Awareness Tools (DAART)	350-17-59	Master Sgt. Karl Rhyndhart / Maj. Pam Lebejko	7-Dec-18	7-Dec-18
Basic Life Support Instructor (BLS-I)	350-17-46	Sgt. 1 st Class Megan Authier	5-Jan-19	6-Jan-19
Basic Life Support (BLS) Refresher for 68W Personnel	350-17-10	Sgt. 1 st Class Megan Authier	6-Jan-19	6-Jan-19
68W Sustainment Course	350-17-06	Sgt. 1 st Class Megan Authier	7-Jan-19	13-Jan-19
Unit Finance Course	350-17-34	Mr. Fabian S. Bennett	15-Jan-19	17-Jan-19
G-3 Fulltime Manning Training Course	350-17-56	Sgt. Maj. Michael D. Collins	21-Jan-19	25-Jan-19
Engagement Skills Trainer II (EST II)	350-17-22	Capt. James Locke	26-Jan-19	27-Jan-19
Unit Public Affairs Representative Training Course	350-17-09	Ms. Allison Joanis Maj. Mike Petersen	26-Jan-19	26-Jan-19
Field Maintenance Workshop	350-17-61	Master Sgt. William Gallucci	30-Jan-19	31-Jan-19
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	Ms. Jennifer 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
Threat Tactics MTT	350-17-52	Maj. Justin Anderson	25-Feb-19	1-Mar-19
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffrey T. Colvin	28-Feb-19	28-Feb-19

All Training Circulars can be located on GKO at G3 > Training Circulars > Training (TR) > TY19 or in DTMS.

Contact Your Chain of Command for More Information

Highlighted Courses:

G3 Fulltime Manning Training Course: The one-week course provides interactive training on Budgeting, AFCOS, DTS, USR, FMS Web, Training Management, DTMS, ATRRS, AFAMS, Ammo Management, ATPF and RFMSS. The classes are geared towards inexperienced personnel, but also available for refresher training. This course is open to all AGR, ADOS and Technicians. 21-25 January 2019; 20 Seat Max for this class; See your unit training NCO for current availability

Engagement Skills Trainer II Training Course: This training opportunity provides training for Soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II. These individuals may have ADOS opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating and taking responsibility of the system to provide training their own units. This course is a (3) three day course. Attendees must attend all three days of instruction to be considered certified on the EST II. 25-27 January 2019; 12 Seat Max for this class; See your unit training NCO for current availability.

Field Maintenance Workshop: The focus will be on Maintenance Roles, Responsibilities, G-Army Operations and Unit Readiness improvement. This will include, Dispatch, Scheduled and Un-Scheduled Maintenance planning and operations, Readiness reports and CMDP. The target audience is the BN XO, Company XO, MTR SGT, maintenance Control Officer/NCO, Unit Clerks, BMO's, Unit Supply SGT's and Training NCO's. 30-31 January & 06-07 February 2019; 30 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 conservative of fellow Soldiers and only schedule an appointment once your uniform is 100% to standard
- Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

- 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 existing variations or omissions. 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?

From Lab → Human Resources Command → DAPMIS

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

What to Wear for a DA Photo

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

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

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.

CONNECTICUT NATIONAL GUARD

Army & Air Technician,
Army & Air AGR positions available.
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,
Maj. William Warner, AGR Tour Branch Manager,
(860) 613-7608, william.s.warner1.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

Call today to schedule your training!
203-568-1741

Retiree Voice

Paying DFAS Directly For Your Survivor Benefit Plan

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

If you are currently paying your Survivor Benefit Plan or the Reserve Component Survivor Benefit Plan monthly premium by mailing a check each month to the Defense Finance and Accounting Service, there has been a recent change. In August 2018 DFAS transitioned the process for sending monthly premium bills, with the help of the U.S. Department of Treasury.

The Centralized Receivables Service of the Department of Treasury has begun billing and receiving SBP/RCSBP recurring monthly premium payments on behalf of DFAS. If you receive your monthly invoice from CRS, you can continue to pay by check or money order, or use one of CRS’s other payment options:

- Submit an online payment with checking or savings account information or by credit card through Pay.gov.
- Submit an online payment through your financial institutions bill pay service.
- Pay by phone with a checking or savings account or credit card.

It is important to note, that this change to the Centralized Receivables Service, only affects the monthly billing and payments process. DFAS continues to manage all other aspects of your SBP/RCSBP account.

What Happens to my Spouse SBP if I Divorce? The short answer is that Survivor Benefit Plan elections are made by category. So, when you divorce, you no longer have a spouse SBP beneficiary and no longer have to pay the spouse SBP costs. If you want to suspend your spouse SBP coverage and costs, you must submit a DD

Form 2656 (SBP Election Change Certificate) to DFAS, along with a copy of the divorce decree. The spouse SBP coverage will be suspended and your spouse SBP costs will stop retroactive to the date of the divorce.

But you may decide that you want to voluntarily provide SBP to your former spouse, based on a court order or written agreement. To make this election you must submit a DD Form 2656-1 (SBP Election Statement for Former Spouse Coverage) to DFAS within one year from the date of the divorce. If no action is taken within the one-year period, the SBP election reverts to Suspended Spouse Coverage and you cannot change the election to Former Spouse.

The former spouse can also submit a request to DFAS for something called a Deemed Former Spouse Election. This can be done if the former spouse is awarded SBP by either court order or a written agreement. Making a Deemed SBP Election ensures the former spouse that Former Spouse SBP will be awarded if the Retired Soldier fails to change the election to Former Spouse. This is done by submitting a DD Form 2656-10 (Survivor Benefit Plan/Reserve Component SBP Request for Deemed Election) to DFAS. This must be done within one year of the first court order or written agreement that awarded the former spouse SBP.

It should be noted that time frames changing or deeming former spouse SBP are established by federal law. State courts cannot compel that SBP be changed if the Retired Soldier and the former spouse fail to take action or make notifications within the required timeframes.

Social Security Cost-of-Living Adjustment (COLA)

for 2019. By law, federal benefits increase when the cost-of-living rises, as measured by the Department of Labor’s Consumer Price Index for Urban Wage Earners and Clerical Workers .

The CPI-W rises when prices for things the average consumer purchases increase. That means that when prices for goods and services we purchase become more expensive (on average) the COLA increases monthly benefits to help us keep up with the changing cost of living.

As a result, Social Security and Supplemental Security Income benefits for more than 67 million Americans will increase by 2.8 percent in 2019.

The 2.8 percent cost-of-living adjustment will begin with benefits payable to Social Security beneficiaries beginning in January 2019. Increased payments to SSI beneficiaries will begin on December 31, 2018. Some people may qualify for both Social Security and SSI benefits.

Also affected by the COLA increases are the earning limits for people who are working as well as collecting Social Security benefits. For people younger than “full” retirement age (age 66 for people born in 1943 through 1954) the earnings limit will increase to \$17,640. Any earnings over this amount, \$1 is deducted from benefits for each \$2 earned.

The earnings limit for people turning age 66 in 2019 will increase to \$46,920. Any earnings over this amount, \$1 is deducted for each \$3 earned, until the worker turns age 66.

And for people who are, “full,” retirement age or older for the entire year, there is no earnings limit.

CONNECTICUT
NATIONAL GUARD
PROMOTIONS

ARMY

To Private 2

Smikle, Andrew J.

To Private
First Class

Copela, John P.
Pagan, Jquan A.
Sewpersaud, Michael E.
Trigo, Keri L.

To Specialist

Gondek, Aimee M.
Oliverospipkin, Nicholas

To Sergeant

Andino, Beatriz
Cruzgregory, Christian
Fish, Joshua W.
Flynn, Geoffrey R.
Hall, Devin M.
Harmon, Brent P.
Hunte, Jason I.
Linevitch, Thomas W.
Roberts, Javon J.
Royster, Colin A.

To Staff Sergeant

Boyle, Christopher R.
Jones, Rachael
Mmeekin, William N.

To Sergeant
First Class

Deveau, Michelle R.
Spera, Angelo V.

To Master
Sergeant

Mines, Christian A.

AIR

To Airman

Roch, Raynaldo J.

To Senior Airman

Katt, Kayla M.

To Staff Sergeant

Boots, William B., Jr.

To Technical
Sergeant

Bessette, Brad M.
Arnold, Michael J.
Murkowicz, Kyle D.

Congratulations to all!

Promotions as of November 1, 2018

Calendar

December
December 2-10
Hanukkah
December 7
Pearl Harbor Remembrance Day
December 11
January Guardian Deadline
December 13
National Guard Birthday
December 25
Christmas Day
December 31
New Years Eve

January
January 1
New Year’s Day
January 8
February Guardian Deadline
January 21
Martin Luther King Jr. Day
January 26
CTNG PAO UPAR Course

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

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>

RE-ENLISTMENT BONUSES UP TO \$20,000!

*PROGRAM SUBJECT TO CHANGE

CONNECTICUT
NATIONAL
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NOW OFFERING A \$20,000 BONUS FOR
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CONTACT YOUR LOCAL RRNCO/UNIT RETENTION NCO
TODAY FOR MORE INFORMATION ON ELIGIBILITY

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Connecticut Family GUARDIAN

VOL. 19 NO. 11

HARTFORD, CONNECTICUT

NOVEMBER 2018

Operation E.L.F., Adopt-A-Family in Full Swing

Last Day to Donate: Dec. 10

Ms. ALLISON L. JOANIS
STATE PUBLIC AFFAIRS OFFICE

The Connecticut National Guard and Lt. Governor Nancy Wyman kicked off the Operation Embracing Lonely Families and Adopt-A-Family programs in anticipation of the 2018 holiday season.

Operation E.L.F. aims to ease the hardships and financial stresses that Connecticut military families face due to deployments during the holidays and throughout the year. The program achieves this through donations of gift cards, toys and services from local businesses and community members each year. The culminating event of E.L.F. is its annual holiday party where eligible participants partake in festive activities and receive donated gifts.

Adopt-A-Family aids military members and families who are suffering extreme financial hardships. Individuals or organizations may "adopt" a family in order to help provide assistance based on the needs and demographics of the family, whose identity remains anonymous.

In 2018, more than 500 Connecticut National Guard family members, including about 150 school aged children will benefit from the Operation E.L.F. program.

In order to be eligible, a family must be in the deployment cycle which includes the deployment of the service member as well as the six months pre and post deployment.

Each year, Operation E.L.F. calls for the donation of gift cards and new unwrapped toys and gifts for children of all ages.

How to Donate

- Donations can be dropped off though December 10 at one of six locations between the hours of 8:00 a.m. and 4:00 p.m.:
 - * William A. O'Neill Armory, 360 Broad Street, Hartford, CT
 - * Army Aviation Support Facility, Bradley

International Airport, 85-300 Light Lane (Off Route 75), Windsor Locks, CT

- * Armed Forces Reserve Center, 90 Wooster Heights Road, Danbury, CT
- * Niantic Readiness Center, 38 Smith Street, Niantic, CT
- * New London Armory, 249 Bayonet Street, New London, CT
- * Bradley Air National Guard Base, 100 Nicholson Road, East Granby, CT
- On Monday, December 10, 2018, the final day of the drop-off period, the William A. O'Neill Armory will host extended hours for drop-offs, staying open from 7:00 a.m. to 7:00 p.m.
- Gift cards can be mailed to the William A. O'Neill Armory, attention to the Connecticut National Guard Service Member and Family Support Center.
- Monetary donations can be made through the Connecticut National Guard Foundation, Inc. Please mail donations to The Connecticut National Guard Foundation, Inc., 360 Broad Street, Hartford, CT 06105.

The Connecticut National Guard Foundation is a non-profit, 501(c)(3) organization that was established in April of 2003 for the purpose of providing emergency financial assistance for Connecticut National Guard members and their families. All donations are fully tax-deductible.

For more information about Operation E.L.F. and Adopt-A-Family, or the Connecticut National Guard



The drill shed turned festive at the Conn. National Guard's annual Operation E.L.F. (Embracing Lonely Families) party, held at the Hartford Armory, Dec. 16, 2017. Operation E.L.F. helps the state's military families ease hardship and address the financial stresses of deployment throughout the year. The 2018 Operation E.L.F. Holiday party will be held in Hartford on Dec. 15. (Photo by Staff Sgt. Richard Wrigley)

Foundation, please visit <https://ct.ng.mil/ELF/> or <https://ctngfi.org>.

Those interested in adopting a family, please call the CTNG Service Member & Family Support Center at 1-800-858-2677.

The CTNG SMFSC also accepts volunteers to wrap donated gifts and to staff the Operation E.L.F. Holiday Party. Volunteer opportunities are available during various hours on December 11, 12, 13 and 15. If you are interested in volunteering, please contact the CTNG SMFSC at 1-800-858-2677.

For more information

Operation E.L.F. Hotline
1-800-858-2677

facebook.com/connecticutoperationelf
<https://ctngfi.org>



CATHERINE GALASSO-VIGORITO

Live A Positive Life

Sitting on my bookshelf in my office is the book: “As a Man Thinketh.” It was first published in 1902 by Englishman, James Allen who moved to a small cottage with his family to pursue a simple, peaceful life of quiet contemplation and writing.

I reached for the book. Then, I sat comfortably on our gray living room sofa. And with the fragrance of firewood coming from our newly lit fire in the fireplace, I started to reread the short volume. A glint of starlight shone from a nearby window that evening, as I read page by page.

James Allen’s basic message in the book is that: “You are what you think.” Thoughts can actually change conditions. For our life can be what we make it by our own thoughts, words, and deeds. What you think determines what you feel and what you do in life.

The Bible says it best, “As he (a person) thinks in his heart, so is he.” (Proverbs 23:7).

What are you focused on today? Are the thoughts that you’re having right now likely to help you achieve your goals, fulfill your God-given purpose, and allow you to live a peaceful and joy-filled life? Do you habitually look for the best results? If not, what better thoughts could you think instead? Even in difficulties, is there a more helpful way to think about your situation?

I’ve heard the saying, “Think positive, because thoughts are like a steering wheel that moves our life in the right direction.” A positive thinker doesn’t refuse to recognize challenges. Rather, he or she chooses not to dwell on them. Stop negative self-talk. God has amazing things in store for you. Thus, don’t let resourceful thoughts or emotions limit what God can do for your future.

Therefore, if you have a thought that is not aligned with your hopes and dreams, choose to think again. Replace negative thoughts with more balanced thoughts. For oftentimes, inaccurate thoughts may keep you stuck, worried, frustrated, or even plunge you into the depths

of despair. Last week, I got a new cell phone. After that, I went to a department store and picked up a pink phone case and placed the case on my phone so the new phone wouldn’t get damaged. When I got home, the phone wouldn’t work. There was no cell signal in the house, and I couldn’t make or receive phone calls or texts.

The next morning, I went back to the phone store. The technical administrator made a few upgrades to the phone and said, “Now, the phone should work.” I thanked him and left.

Well, the problem persisted. The next evening, I returned to the phone store. Once more, the technical administrator adjusted a few settings. He reset the memory card and updated the operating systems. Next, he handed me back the phone and muttered, “You should be all set.” Cautiously optimistic, I thanked him and left.

A few days later, I was still having problems with the cell reception and signal. So after almost a week of major cell phone issues, I went back to the store. I planned to exchange the phone for another, as it was clearly malfunctioning. The store manager tried to adjust a few other settings. Shaking his head, he spoke, “There is nothing wrong with this phone... But it could simply be the pink metal phone case that is shielding the phone’s antenna.”

Stunned, I took my time forming the words. “How could that be?” I questioned, with absolute amazement. The entire week, I was focused on the malfunction of the phone, convincing myself that the phone was defective. The manager gently removed the phone case; and to the amazement of everyone, the phone started working perfectly.

When we jump to conclusions or make assumptions about a situation or what others may be thinking, we can stress ourselves out sometimes needlessly. I never even thought that the metal case could be blocking the signal. Yet, one little adjustment fixed the entire problem.

Maybe, like my phone, what you might think is a big problem is actually not a major dilemma at all, and it can be easily remedied. If you change the way you look at things, the things you look at change. I know a remarkable 80-year-old businessman. This businessman

is happy and strong in his spirit. He runs a successful enterprise and helps in his community. The businessman goes to the gym a few days a week, he plays golf on the weekends, and he attends sporting events and travels with his loving family.

He told me that last week he went to the doctor for an annual checkup. The doctor referred to the businessman as, ‘Mr. Reynolds.’ But the businessman quickly told the doctor, “Please, my name is Joe.... Mr. Reynolds sounds like I am old... and I am not old!”

Once, I asked him what his secret for a full, productive, long life. A rich smile spread over his face and he declared casually, “I have a positive attitude, and I give no space in my mind to the negative.”

“It isn’t what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it.” Dale Carnegie.


Seeking the positive is a deliberate process and a matter of choice. Hence, empty out the negative, so God can fill your days with good things. You are in one of the best times of your life. God is getting ready to “repay you two blessings for each of your past troubles.” (Zechariah 9:12). So change your perspective. Enjoy the blessings before you. Reflect on gratitude and what brings you joy. Praise God all through the day, centering your attention on everything that’s good, right and positive. Surround yourself with those who are passionate, encouraging and supportive, because the wrong people and environments can negatively impact your health and potential. Replace old habits with new, more empowering ones, scheduling time for what is important to you.

Start looking for joy, and you will find it. See the beauty in every moment. Simplify. Pray. Make it a habit to expect a pleasant surprise each day. Take care of your health and exercise daily. Go outside; take a long walk in the fresh air and sunshine. And find ways to help others. Giving is a joy producer.

Dear readers, greater joys and blessings are going to come into your life. The window to your future is open. Think great thoughts. For God has a destination of victory ahead of you.

Live a positive life. The best is yet to be.

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



CONNECTICUT NATIONAL GUARD HELPLINE

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

Nine Tips for Savvy Holiday Spending

MILITARY ONESOURCE

Holidays mean spending, but you’ve got the discipline to keep it reined in this season. Celebrating with your family doesn’t have to lead to debt, and here’s how to make it a great holiday and maintain financial control.

Control your cash

Check out these ways to tame the holiday frenzy:

- *Make (and stick to) a budget.* Money can fly out of your wallet fast for gifts, special meals, decorations and travel. Plan ahead of time how much you’re going to spend on each category, and then stay in that range.
- *Take inventory.* Don’t rush out to buy wrapping paper before checking to see if there’s a forgotten stash of a dozen rolls shoved into the back of a closet. The same is true for presents you may have hidden too well last year.
- *Shop secondhand for decorations.* Thrift stores and garage sales usually have loads of holiday decorations as people upgrade, downsize or realize their decorations somehow multiplied when they weren’t looking.
- *Consider budget-friendly alternative gifts.* Homemade gifts are a great option if you’re crafty or a whiz in the kitchen, or even if you aren’t either of those, but can follow online directions. Coupons for your “services,” like babysitting, can also make good presents.

- *Make your own holiday cards.* You can save money (and trees) by using e-cards to send greetings to your loved ones instead of traditional cards. Many websites offer free or inexpensive e-cards, some with options to add videos or slideshows.
- *Plan holiday meals early.* Knowing what you’re going to cook well in advance lets you shop the sales for the non-perishable items you’ll need. It also helps spread the higher food costs over a couple of paychecks instead of just one.
- *Use your smart phone while shopping.* Many retailers can send coupons right to your phone when you walk into their stores, which is handy (if not a little creepy). You can also use your phone to compare prices to make sure you’re getting the best deal.
- *Consider traveling on the holiday itself.* You could score a much cheaper airline ticket by flying on the holiday instead of in the days before. Plus, arriving on the big day conveniently gets you out of a lot of meal-prep duty.
- *Search hotel rates and fares online.* Take advantage of websites that compare fares and hotels so you get the best deal. Many will also alert you to price drops. Another bonus: Those



online reviews can help you avoid a vacation you remember for all the wrong reasons. Be sure to check out special travel options for service members on lodging and flights.

There are a lot of ways to save money at the holidays. Check out other budget-friendly tips from Military OneSource, or take advantage of free financial counseling available in person, by phone or by video chat. Visit <https://www.militaryonesource.mil/confidential-help/interactive-tools-services/financial-counseling/financial-counseling-services-for-a-secure-future>.



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



<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>	<h2 style="text-align: center;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="text-align: center;">Family Assistance Center Locations</h3>  <p style="text-align: center;">Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p style="text-align: center;">Our Programs Include:</p> <table border="0" style="width: 100%;"> <tr> <td>Budget Counseling</td> <td>Community Support Options</td> <td>Financial Assistance and Relief</td> </tr> <tr> <td>Family Communication</td> <td>Counseling Referrals</td> <td>Morale, Welfare and Recreation (MWR)</td> </tr> <tr> <td>Legal and Pay Information</td> <td>Outreach</td> <td>Family Readiness Groups (FRG)</td> </tr> <tr> <td>TRICARE Assistance</td> <td>Volunteer Opportunities</td> <td>DEERS & ID Card Assistance</td> </tr> </table> <p style="text-align: center;">Support is available 24/7 by calling (800) 858-2677</p> <p style="text-align: center;">*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</p>	Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance	<p>New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri.</p> <p>103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (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												
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Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday</i>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyenne.baber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Andrea Lathrop	andrea.e.lathrop.ctr@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.m.odonnell.ctr@mail.mil	(860) 493-2797 (desk)/(860) 883-6949 (cell)
Family Assistance Center Specialist	Jason Perry	jason.j.perry.ctr@mail.mil	(860) 524-4969
Family Readiness Support Assistant	Linda Robison	linda.l.robison.ctr@mail.mil	(860) 524-4963 (desk)/(860) 889-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4926 (desk)/(860) 881-4677 (cell)
Family Readiness Support Assistant	Kelly Strba	kelly.a.strba.ctr@mail.mil	(860) 548-3283
ABRG Yellow Ribbon Program Coordinator	SPC Margo SPC Matt Yetka	shannon.a.mango.mil@mail.mil matt.yetka.mil@mail.mil	(860) 493-2796 (desk)
Lead Child & Youth Program Coordinator	Michelle McCarty	melanie.m.mccarty.ctr@mail.mil	(860) 548-3254 (desk)/(860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.j.oshaughnessy.ctr@mail.mil	(860) 548-3258 (desk)/(860) 394-8748 (cell)
Military OneSource Consultant	Diana Dash	diana.dash@militaryonesource.com	(860) 493-2722 (desk)
Personal Financial Consultant	Reggie Harwell	pfcr.ct.mil@zaiders.com	(203) 233-8790 (cell)
State Support Chaplain	CHL (MAJ) David Nutt	david.e.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 Brittell	sean.e.brittell.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	Dean Cornelio	dcornelio@afsc.com	(860) 524-4894 (desk)
Citizen Soldier For Life Career Readiness Counselor - New London	Michelle Johnson	melanie.johnson@afsc.com	(860) 858-2677 (desk)
Citizen Soldier For Life Career Readiness Counselor - Middletown	Julissa Perez	juperez@afsc.com	(860) 613-7868 (desk)
<i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday</i>			
Family Assistance Center Specialist	Sean Carey	sean.e.carey.ctr@mail.mil	(860) 292-4602 (desk)/(860) 883-2704 (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	Timothy Heaney	timothy.j.heaney.ctr@mail.mil	(860) 772-1422 (desk)/(860) 221-5540 (cell)
Personal Financial Consultant	Ernie Lacore	pfcr.ct.mil@zaiders.com	(860) 287-7882 (cell)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i>			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.b.timberlake.civ@mail.mil	(860) 292-2730 (desk)/(860) 462-0379 (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	Jennifer Gonzalez-Smith	jennifer.m.gonzalezsmith.ctr@mail.mil	(860) 292-2772 (desk)/(860) 201-5107 (cell)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (860) 739-1637 - Open Monday - Friday</i>			
Family Assistance Center Specialist	Jay Bennett	jay.a.bennett.ctr@mail.mil	(860) 739-1637