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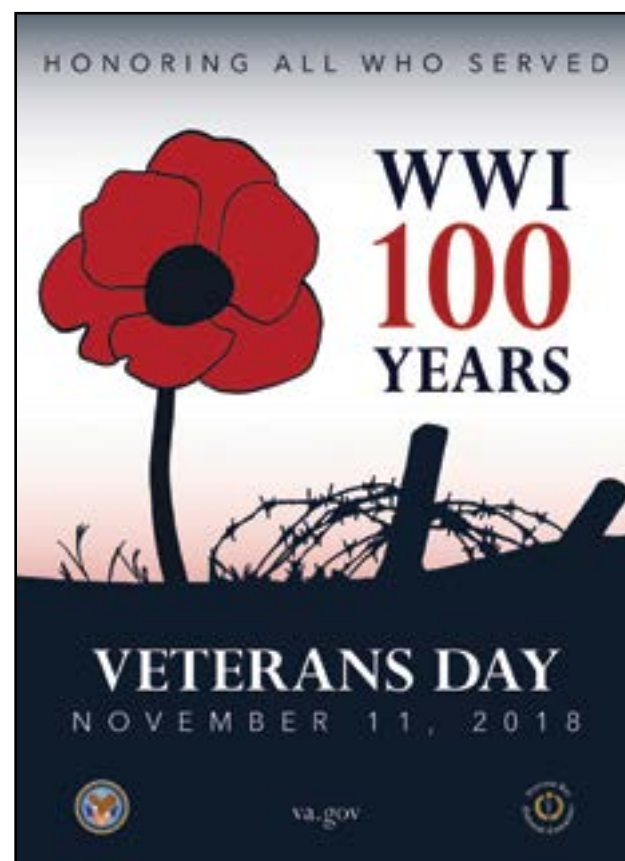
NOVEMBER 2018

CTANG Honors Sacrifice of Local Airman, Medal of Honor Recipient



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

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Thank You Veterans!

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If You See Something, Say Something

U.S. OF DEPARTMENT OF
HOMELAND SECURITY

There can be moments in our day that cause us to pause and ask, “Is this typical of my every day?” If it’s not, speak up. Don’t be afraid to say something if you see something that doesn’t seem right.

Whether you are on your way to work, walking in your neighborhood, or out and about in your community, remember: We all play a role in keeping our communities safe. Remember to stay vigilant and say something when you see signs of suspicious activity. Familiarize yourself with the signs of terrorism-related suspicious activity and when you notice something out of the ordinary, report who or what you saw, when you saw it, where it occurred and why it’s suspicious to local authorities (or 9-1-1, in case of an emergency).

With the help of the Nationwide Suspicious Activity Reporting (SAR) Initiative (NSI), the campaign has identified indicators of terrorism-related suspicious activity.



Connecticut National Guard Critical Information List

The Critical Information List describes a list of critical information that must be protected from adversaries. Release of any information considered critical information must first receive an OPSEC review and will be released by the proper authority.

The following information is considered critical and will be protected accordingly.

1. Personally Identifiable Information
2. Protected Information/Privacy Act
3. Mobilization/Deployment/Re-deployment Information
4. Details of Operations and/or Missions
5. Information Assurance: passwords, phone numbers, unit rosters
6. Training Schedules, training Calendars or details of major training events
7. Capabilities of organizational weapons, equipment and personnel; LOGSTAT/PERSTAT
8. Identification of unit/facility, Mission Essential Vulnerable Areas

For more information on Operation Security, please reference Army Regulation 530-1, Operations Security, or contact the State Operations Security Officer, Maj. Justin Anderson at justin.anderson4.mil@mail.mil.

CTANG Helps to Honor Local Hero

1ST. LT. JEN PIERCE
103RD AIRLIFT WING, PUBLIC AFFAIRS

On September 30, 2018, the 103rd Airlift Wing honored the sacrifice of recent Medal of Honor recipient Master Sgt. John Chapman during a commemoration event held by the town of Windsor Locks, Conn.

Chapman, an Air Force combat controller and life-long resident of Windsor Locks, Conn., received the award posthumously on August 22, 2018 for his actions during a mountaintop battle in Takur Ghar, Afghanistan on March 4, 2002. Chapman is the first special tactics Airman to receive the Medal of Honor, and is the first Airman to receive the nation’s highest award for valor since the Vietnam War.

When Windsor Locks’ First Selectman Christopher Kervick received confirmation that Chapman would be receiving the Medal of Honor, he knew the town needed to recognize this distinction in some way.

“Once word came down that [Chapman] was receiving the Medal of Honor, a few different groups reached out to me,” Kervick said. “The commander of the Windsor Locks American Legion contacted me and also reached out to the town’s (Veterans of Foreign Wars). We all held an organizational meeting and the event took off from there.

“Anyone who had any sort of official capacity in town really started to think this [event] is something that has to happen,” Kervick said. “To have someone from our town receive this award, it’s almost bigger than him to a certain point. The qualities that he demonstrated when he paid the ultimate sacrifice; ultimate selflessness. This type of



Procession participants walk through the streets during a memorial dedication and Medal of Honor commemoration for U.S. Air Force Master Sgt. John Chapman in Windsor Locks, Conn., Sept. 30. Chapman was raised in Windsor Locks. He was posthumously given the Medal of Honor along with the rank of master sergeant for his actions during the Battle of Takur Ghar, also known as Roberts Ridge, in Afghanistan in March 2002. (U.S. Air Force photo by Staff Sgt. Areca T. Bell)

the five-man jump team leapt from the rear of the plane and landed in a field behind the town hall. The commemoration then began with introductions and the United States Air Force Heritage of America Band began to play the National Anthem. At the anthem’s finale, a four-ship formation of 103rd Airlift Wing C-130Hs flew over the cheering crowd and completed a missing man aerial salute, a tribute in which the third plane separates from the main formation and leaves a vacant position.

This celebration of Chapman’s life and commemoration of his sacrifice will be well-remembered for years to come by the Connecticut Air National Guard.

“It’s a story that will be told and retold for generations, the ‘John Chapman story’ joins the ranks of other legends like John Levitow and Bud Day,” said Air Force Chief of Staff General David L. Goldfein during Chapman’s Hall of Heroes induction held at the Pentagon August 23, 2018. “This incredible warrior who inspires all of us to be better Airmen.”

A memorial for Chapman was unveiled in front of a large crowd with the 103rd Airlift Wing’s Honor Guard presenting the colors. The Honor Guard then led the procession from the memorial site to the main event area at the Windsor Locks Town Hall where the Medal of Honor commemoration event was held.

Before the start of the commemoration, a 103rd Airlift Wing C-130H Hercules loaded with a jump team from the 24th Special Tactics Squadron of the United States Air Force Special Operations Command began flying towards the site. Once the aircraft was over the site,



Airmen assigned to the 24th Special Operations Wing, U.S. Air Force, perform parachute drops during a memorial dedication and Medal of Honor commemoration in honor of Master Sgt. John A. Chapman in Windsor Locks, Connecticut, Sept. 30. (Photo by Technical Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs)



A memorial stone is displayed in front of Windsor Locks Memorial Hall in honor of Medal of Honor recipient, Master Sgt. John A. Chapman. The memorial stone was unveiled during a memorial dedication and Medal of Honor commemoration in Windsor Locks, Connecticut, Sept. 30. (Photo by Technical Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs)

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Connecticut Guardian

360 Broad Street, Hartford, CT 06105-3795
Phone: (860) 524-4858, DSN: 636-7857
FAX: (860) 524-4902
E-Mail: allison.l.joanis.civ@mail.mil

Captain-General
Gov. Dannel P. Malloy

The Adjutant General
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State Public Affairs Officer
Connecticut Guardian Managing Editor
Maj. Michael T. Petersen

Connecticut Guardian Editor
Ms. Allison L. Joanis

Contributors
103rd Airlift Wing Public Affairs
130th Public Affairs Det., CTARNG
1st Lt. Jennifer Pierce, 103rd AW PAO
First Company Governors Horse Guard
Second Company Governors Horse Guard
First Company Governors Foot Guard
Second Company Governors Foot Guard

Connecticut Soldier Continues Fight to Rebuild Puerto Rico One Year After Hurricane Maria

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

In late September of 2017, Puerto Rico experienced a storm like few others.

The aftermath of Hurricane Maria was a nightmare that some continue to live to this day. Communities completely cutoff by rising waters and storm damage. Communications networks and electricity grids kept many in the dark – both literally and figuratively – as they attempted to not just rebuild their lives, but survive day-to-day.

Staff Sergeant Kelvia Flores, Chaplain Assistant assigned to the Connecticut Army National Guard’s 143rd Regional Support Group, could not stand idly by.

Flores was born on a military base in Ceiba, Puerto Rico, and her parents still live in Caguas to this day. Leading up to the storm, her parents, like so many others, prepared for the worst, but hoped for the best.

“I thought we would be okay. I was holding out hope that Maria would deviate and wouldn’t be as strong by the time it got to Puerto Rico,” Flores said. “We’re islanders, so I had a lot of trust in my family to be able to handle hurricane conditions since we’ve been through so many.”

According to Flores, those on the island prepared diligently, but who could possibly expect Maria to hit as hard as it did?

Flores was born into a military family. Her father is a retired Guardsman, and according to Flores, one of the first to deploy after September 11, 2001. She also has two cousins forging military careers: one as an officer in the Puerto Rico National Guard, the other on Active Duty.

Military training hinges on proper preparation – a fact

not lost on Flores. But some storms are just too much.

“We’ve had these threats before, but I still called my family made sure everything was prepared, like food, generators, everything... just like everyone else had done,” Flores said. “It wasn’t that people negligently failed to prepare, or just ignored the warnings. Nobody expected for the storms to hit as hard as they did,” Flores said.

“People were prepared to be offline for a month or two. Never did anyone imagine a nearly year-long power outage.”

As the storm warnings intensified, Flores knew she had to get home.

“I was tracking (Maria) and when I realized a couple days before the storm how bad it was, I wanted to get on a flight to go home and be with my father,” Flores said.

When the storm made landfall on Sept. 20, 2017, Flores, like many Puerto Rican natives that moved to the U.S., lost contact with family. No phone calls, no e-mails, no updates to social media. Flores was worried, considering she speaks to her father every day. She said the two weeks of radio silence they endured felt like, “forever.”

The lowest point, according to Flores, came while watching the news. A camera crew did a live report from her father’s neighborhood and Flores immediately recognized the street. As the cameras rolled, first responders and good Samaritans alike could be seen helping residents escape – but Flores’ father was nowhere to be found.

Through the power of social media, however, Flores was able to confirm her father’s whereabouts and health. “We ended up having to go through Facebook,” Flores said. “A friend of my brother somehow drove over there and sent us a picture on October 4th after finding cell service.”

The timing could not have been better. Flores had already booked

a flight to San Juan that was rescheduled for Oct. 5, and making contact with family made arrangements to rendezvous at the airport much easier.

What was going to be difficult were getting the hundreds of pounds of donations she intended to bring with her thanks to a collection drive at the dance studio Flores owns.

“I put out on the internet that I would be heading to Puerto Rico and offered to take donations down,” Flores said. “People reached out to me and said they had not heard from family, so I took down information. I also heard from people who were in contact with their families, but without the medicine, food, or water they needed. One family gave me an entire suitcase to bring down to help family members with those needs.”

The airline was permitting those flying to bring down two suitcases and a carry on free of charge, but they showed overwhelming support for Flores’ personal



Staff Sgt. Kelvia Flores, Chaplain Assistant with the 143rd Regional Support Group, helps with clean up efforts following the destruction Hurricane Maria caused in Puerto Rico in September of 2017. Flores traveled to Puerto Rico only weeks after the storm’s landfall with hundreds of pounds of donated supplies, ready to help the citizens of the island to recover. (Photo provided by Staff Sgt. Kelvia Flores, CTARNG)



Staff Sgt. Kelvia Flores, Chaplain Assistant with the 143rd Regional Support Group, prepares for drill weekend Sunday services in Middletown, Conn. (Photo by Sgt. Taina Cabrera, 143rd RSG)

mission. They waived the fees and allowed Flores to bring five, 100-pound suitcases, plus a piece of carry on luggage, in addition to her brother’s three bags.

The rising amount of items donated needed to be prioritized. Flores tried to put herself in the shoes of those in Puerto Rico: What do they need the most? She decided to bring essentials like flashlights, batteries, and even a collection of important medical items that her sister (a nurse at Massachusetts General Hospital) had rounded up thanks to the hospital staff.

As Flores touched down, the devastation she witnessed firsthand was like nothing she had ever seen. It was even worse than the detailed news reports let on.

Undeterred, Flores and her brother made their way around the island, helping anyone they could. Whether it was helping to cover a destroyed roof with a tarp or stopping to let someone use her newly-purchased satellite phone to call someone in the continental United States and let them know they were still alive, Flores knew that her first trip should be a short one.

“We wanted to get in and get out because the problem you have with a lot of the people wanting to help is that they have no exit strategy,” Flores said. “If you stay longer than a couple days, you now are someone who needs to be taken care of, and that is not what we came to do. Our plan was to assess the island and get out.”

Noting how bare supermarkets around the island had become, she identified canned food as a need that should be prioritized for her second trip, which she made in November 2017. Flores plans on making an annual trip every November, to annually recognize the loss of her mother, who she lost on Thanksgiving night last year.

“Our focus is to bring hope to the Puerto Rican people in a month where the focus should be gratitude despite losses,” Flores said.

Her dance studio and the community really took to Flores’ hard work and dedication to not only helping her family, but anyone on the island that would take a helping hand. Her studio was never short of donations, and Flores even worked with her father to help a local post office receive and deliver supplies at a cost of \$20 per box.

“The spirit of the Puerto Rican people remains,” Flores said. “They looked scared and hurt, but never wavered from that determination that they were going to get through this.”

When asked what she wants people to know about Puerto Rico a year after Hurricane Maria, she reminds us that people are still suffering and still in need, even though the relief efforts are no longer dominating the headlines.

“The efforts for restoring Puerto Rico must continue to be ongoing,” Flores said. “People are still rebuilding a year later because they lost everything. There’s still a huge need for basic donations. Wherever you are, if you have the opportunity to donate, please do.”

The nine-year Veteran of the Connecticut National Guard vows to continue the fight, no matter how long it takes.



Damage caused by Hurricane Maria left many residents homeless. Flores plans to make annual trips to the island to support relief efforts. (Photo provided by Staff Sgt. Kelvia Flores, CTARNG)



Staff Sgt. Kelvia Flores wanted to help in any way she could when she first made her way to Puerto Rico after Hurricane Maria. Along with basic supplies and medicine, Flores brought cards and notes of encouragement (seen in the bottom right photo) sent to her by children from the Willimantic, Conn. school system. (Photo provided by Staff Sgt. Kelvia Flores, CTARNG)

Nomads in Atropia

2/104th Takes on NTC

Spc. CODY FERREIRA
2/104TH AVIATION BATTALION

Although a dreary day of rain pushed the departure of the 2/104th Nomads back one day behind schedule, morale was still high and those heading west were optimistic for the journey that lay ahead of them.

In late July, 2018, four of Connecticut's Ch-47 Chinook helicopters took off, fully loaded with everything the 29 soldiers needed to be self-sufficient during its rotation to the National Training Center at Fort Irwin, Calif. The Nomads were going to NTC as part of Task Force Pirate, a group supporting a Stryker brigade leading the defense of, "Atropia," a fictional country created to serve as our setting for the training that lay ahead.

The task force was comprised of UH-60 Blackhawks, AH-64 Apaches, and CH-47s. The soldiers going on this trip included pilots, flight crew, and maintenance personnel. Across the U.S. we went, spending evenings in Illinois, Texas, and Nevada before finally arriving at Bicycle Lake.

As we flew to Bicycle Lake, one thing became very clear: We were not in Connecticut anymore. The first of many treats from the desert became apparent. Sand, dust, rocks, and clay powder all in a cloud larger than most would image welcomed each helicopter as they landed providing a zero visibility environment.

It didn't matter though, a little sand and 100 degree heat were not about to dampen the mood as gear was unloaded and the Nomads headed off to the start the adventure at NTC.

After a brief stint of in-processing, we received mandatory briefings informing us of the dangers of NTC; some of which included scorpions, rattle snakes, spiders, vehicle roll overs, and heat exhaustion.

After four days of preparation the day was upon us: It was time to save Atropia, but not without hitting our first speed bump. It quickly became evident that our tents would not arrive until our second day in the field.

The lack of accommodations did not deter, and the men and women playing the role of our opposition force (or OPFOR), did a good job keeping us busy.

At NTC, tear gas is often used to simulate the use of deadly chemicals during war. Once our area of operations was hit with a "gas attack," everyone rushed to put on the assigned protective equipment and wait for the all clear.

The gas attack served as an ice breaker for the remainder of the time spent in the training area.

Every day was a mix of incoming fire, gas attacks, and ambushes, all while conducting air assault operations, casualty evacuation operations, and downed aircraft recovery missions.

As part of the training, the operating base moved to a new location every 72 hours, and helicopters were required to move all equipment. Every move to a new location meant personnel were

needed to break down tents and gear and put them right back up at the new location. The soldiers of 2/104th not only honed their job skills and combat skills, but also became highly qualified tent masters in between being attacked and operating in blackout conditions.

By the end of the rotation in NTC soldiers started to welcome the thought of returning home knowing that they had helped liberate Atropia and learned fantastic lessons in a harsh environment operating as an expeditionary force.

It is a mission none of its participants will soon forget.



A Connecticut Army National Guard CH-47 Chinook helicopter conducts a sling load mission during annual training at the National Training Center, in Fort Irwin, Calif., August 2018. (Photo by Spc. Cody Ferreira, 2/104th Aviation Battalion, Connecticut Army National Guard)



B Co. 2/104th Soldiers pass the time inside a CH-47 Chinook while under the threat of a simulated gas attack during their annual training at the National Training Center, in Fort Irwin, Calif., August 2018. (Photo by Spc. Cody Ferreira, 2/104th Aviation Battalion, Connecticut Army National Guard)

Congressional Delegation Staffers Tour CTNG Facilities

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

In an effort to provide detailed insight into the Connecticut National Guard's people, facilities and challenges, Maj. Gen. Fran Evon, the Adjutant General and Commander of the Connecticut National Guard, hosted a day-long tour for six staff members representing a number of Connecticut's elected officials, Sept. 20, 2018.

The group included staff members representing Senator Chris Murphy, Congressmen Joe Courtney and Jim Himes, Congresswoman Rosa DeLauro and Lieutenant Governor Nancy Wyman – all elected officials who play important roles in the future of the Connecticut Military Department and the Connecticut National Guard.

The day began at the Windsor Locks Readiness Center, where Evon presented an overview of the Connecticut Military Department's three components: Connecticut Army National Guard, Connecticut Air National Guard and the four State Militia units of the Governor's Guard.

Evon was followed by Mr. Ben Neumon, Construction and Facilities Maintenance Officer for the Connecticut Army National Guard, who provided facility-related information to help attendees understand the current state of Connecticut's armories, readiness centers and training areas, as well as a peek into future projects to help Guardsmen stay at the ready.

Neumon was able to highlight three of the more recent construction projects completed by the CTNG, as the group toured the Windsor Locks Readiness Center before hopping on a bus to get a look at Camp Hartell's Combined Surface Maintenance Shop and brand-new Civil Support Team Ready Building – both of which opened in the last two years.

"Connecticut National Guard leadership has committed itself to providing our Guardsmen with every advantage when it comes to training and facilities, and very little of our progress would have been possible without the help of the Congressional delegates these staff members represented," Neumon said. "We want to show them where their trust and faith in the Guard goes when

tax dollars are invested in our infrastructure."

The group then headed to East Granby, where they sat down with Col. Roy Walton, 103rd Airlift Wing Vice Commander, who gave a more pointed briefing on the history, successes and future of the Connecticut Air National Guard. The group then moved to the flight line for the highlight of the day: a UH-60 Black Hawk flight to Camp Niantic.

Once they touched down on the Parade Field, attendees were escorted to the 169 Regiment (Regional Training Institute's) Conference Room to learn more about Connecticut National Guard operations and the state's three major training installations: Camp Niantic, Stones Ranch Military Reservation and East Haven Rifle Range.

Attendees then headed outside, where several Connecticut Guardsmen representing a number of different military occupation specialties and capabilities were on hand to show off equipment and explain the inner-workings of their jobs.

"It is important that we show off the real reason behind everything we do – the Guardsman," said Capt. Erich Heinonen, Connecticut Army National Guard Judge Advocate and Legislative Liaison for the CTNG. "Any time we invite a group to tour our facilities, we always make sure the true subject matter experts that make this organization a success are given the chance to tell their story."

The group headed to the 1109th Theater Aviation Sustainment Maintenance Group's facility in Groton, where they learned about the inner-workings of one of only four TASMGS in the nation.



Staff members representing Connecticut's elected officials join members of the Connecticut National Guard for a photo in front of a Connecticut Air National Guard C-130H at the Bradley Air National Guard Base, East Granby, Conn., Sept. 20. The staffers were given a familiarization tour of CTNG facilities as well as a flight on a CTARNG UH-60 Black Hawk helicopter. (Photo by Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs).

"You always want to highlight the parts of our organization that are unique to Connecticut," Heinonen said. "The TASMGS is only one of four in the nation, and they are responsible for covering rotary-wing maintenance for 14 different states. When you think about it, the TASMGS's production is vital considering how versatile Army aviation assets are when supporting missions both here and abroad."

Once finished, the group flew back to Windsor Locks and parted ways. For the Guard, the tour was a success.

"Anytime decision makers are willing to put aside a full day and dedicate it to learning about your organization's people, facilities and mission, you want it to be worth their while," Neumon said. "I hope they walked away with a little perspective about the important role the Connecticut National Guard plays both here at home, and around the world."

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CTARNG Names New State Retention NCO *Meet Sgt. 1st Class Jason Bloom*

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

For a traditional Guardsman, balancing both a civilian and military career can be difficult.

It can be equally difficult to decipher the numerous benefits (and, in some cases, their many changes) that come along with Guard membership.

That’s where Sgt. 1st Class Jason Bloom is here to help.

After two years as the Retention NCO for 85th Troop Command, he has assumed the challenge of becoming the State Retention NCO.

“My focus is keeping Soldiers in boots,” Bloom said. “I’m here to help connect Soldiers that are nearing the end of their current contract with the information, benefits and incentives of continued membership that they may not be aware of.”

Retention NCOs reside at every level of command. Each unit is expected to assign a motivated, knowledgeable NCO to the duty in order to help counsel Soldiers making the difficult decision to stay in or end their time in the service. Battalion Retention NCOs help consolidate issues amongst their subordinate units, just as Brigade Retention NCOs do. Bloom oversees it all, and sees himself as a problem solver facilitating retention.

“I help communicate options for potential transfers, change in career path, new opportunities,” Bloom said. “It is my goal to ensure every Connecticut Army

Guardsman is aware of the options available within the organization,” Bloom said. “There are opportunities for growth...whether it be additional schools or an additional career path.”

Looking to change your military occupational specialty, but your ASVAB score isn’t high enough? Bloom can help connect Soldiers with the State Education Officer to seek study strategies that may help improve those scores.

“We are thrilled to have Sgt. 1st Class Bloom join the team as the new State Retention NCO,” said Lt. Col. Alan Gilman, Commander of the 6th Recruiting and Retention Battalion, Connecticut Army National Guard. “He’s an experienced, knowledgeable NCO dedicated to ensuring each Connecticut Army Guardsman knows the benefits and entitlements of continued Guard membership.”

Retention NCOs begin to get involved with a Soldier a year before his or her contract expires. Bloom recommends that Soldiers on the fence communicate their needs and goals in those initial conversations with the unit-level Retention NCO.

“The earlier that (a Soldier’s) leadership and I understand what these Soldiers want to do they more time we have to advise and help facilitate an available option,” Bloom said. “Soldiers waiting until the last minute to communicate their goals may find that positions are unavailable. If they bring it up in those first initial sessions with a Unit Retention NCO, there’s



a chance to discuss it with leadership and determine what requirements the Soldier needs to meet in order to make it happen.

“The sooner I get that information, the soon I can action it,” he said.

For those interested in becoming Retention NCO, Bloom recommends bringing it up through the chain of command.

“We’re always looking for people with a passion and love for the organization....People with a real understanding of the benefits and options out there that can advise a Soldier with his or her best interests in mind.”

What is Human Trafficking?

CAPT. CHRISTINE JELTEMA
JFHQ- SARC
CTARNG

Sure you’ve seen the recent news about individuals being arrested for human trafficking, but what exactly is human trafficking?

There are different types of human trafficking. From sex trafficking to bonded labor, trafficking in persons is a serious issue.

The Trafficking Victims Protection Act was created in 2000 to provide prevention through awareness, protection through T-Visas (which allow immigrant related victims’ protection and services) and prosecution making human trafficking a federal crime.

TVPA defines sex trafficking as, “recruitment, harboring, transportation, provision, or obtaining of a person for the purpose of a commercial sex act.... Commercial sex act means any sex act on account of which anything of value is given to or received.”

The main component of this definition is trafficker utilizes force, fraud or coercion (violence, threats and lies) to induce the victim for the purposes of sex or labor. What does this mean to the state of Connecticut?

According to Tammy Sneed, Human Anti-trafficking Response Team Lead with the Department of Children and Families, DCF has received 846 referrals of children 18 years and younger that are victims of sex trafficking from 2008 to 2017. These young victims have been

confirmed as victims by themselves saying they are victims or through an investigation with law enforcement confirming they are victims.

According to Sneed, the majority of the 2017 victims in Connecticut ranged ages 13-18. The breakdown is ages 15-16 had the most at 84 victims, followed by 13-14 at 43 and lastly ages 17-18 at 37 victims, which accounts for over 75% of their victims.

So where are these children being exploited?

According to Sneed, 141 of the 2017 victims in CT were exploited within their parent/guardian homes. These children are being exploited many ways, but majority is through social media and the internet.

How do the traffickers scout for individuals?

Traffickers pry on vulnerable individuals. These potential targets may have a learning disability, cognitive disabilities or individuals that have lowered self-esteem.

When it comes to sex trafficking, these individuals will do anything it takes to be part of a family/relationship. A 13-year old doesn’t wake up in the morning and say they are going to sell themselves in order to buy a new pair of shoes, to get a new cell phone, to get food on their plates.

The traffickers will “groom” these individuals. How do they do groom?

Strip clubs can be dubbed as the, “boot camp,” for individuals being trafficked. Many of you may think these girls are trying to, “pay for school.” Realistically, these young girls may be advertising themselves for sex.

How about the girls that you see at a bachelor party with a, “bodyguard,” in tow? Think back for a minute and realize who that tip money in ending up with at the end of the night.

What about pornography?

Gail Dines, Professor Emerita of Sociology and Women’s Studies at Wheelock College in Boston, stated, “these magazines, with their soft-core, soft-focus pictures of naked women, taught boys and men that women existed to be looked at, objectified, used, and put away until the next time.

“Their future supply of porn was dependent on what they or their friends could pilfer from their father’s stash or from the local convenience store because going to a porn shop was out of the question, given their age. The sexism of these images was bad enough, but compared to what adolescents or adults have unlimited access to today, the porn of yesterday seems almost quaint... Mainstream pornography today looks nothing like the scrubbed, sanitized world of Playboy.”

Again, pornography is a breeding ground for sex trafficking, girls are drugged to perform sex acts. We shut the movies off, but their lives go on to further be damaged.

If you, or someone you know, was or is being trafficked, call the National Sex Trafficking Resource Center Hotline at (888) 373-7888

Legal

Election Season: Political Activities by Members of the Armed Forces

SPC. DANIELLE FAIPLER
PARALEGAL SPECIALIST

The campaign season is in full swing with the mid-term elections underway.

With such a charged political climate and abundance of qualified candidates, it is difficult to not get involved, especially through social media. However, in the digital age, voters and candidates alike should ensure they conduct themselves with professionalism and tolerance.

The internet and social media makes information widely accessible, and members of the armed forces should ensure their involvement in political activities does not interfere with their duties as service members or violate Department of Defense policy.



Members of the armed forces are encouraged to engage and participate in the political process, including voting, making campaign donations, signing petitions, and encouraging others to perform their civic duties.

However, members should be mindful that their participation in partisan political activities is conducted while they are not on duty, while they are not in uniforms, and ensure their activity cannot be inferred as an official sponsorship by the armed forces.

These guidelines come from DoD Directive 1344.10, Political Activity by Members of the Armed Forces, 19 Feb. 08, available through the Army Publishing Directorate web site, defines partisan political activity as any activity supporting or relating to candidates, issues, national and state political parties, or ancillary organizations and clubs.

DoD Directive 1344.10 applies to members on Active Duty, which includes full-time National Guard Soldiers and Airmen, and several provisions also apply to traditional members of the reserve component, including the National Guard.

Service members are permitted to register and vote,

express personal political opinions with caution, encourage others to participate, sign a petition as a private citizen for a specific legislative action, and write a letter to the editor of a publication. This cannot be part of an organized letter-writing campaign and cannot solicit votes. The author must also include a disclaimer.

Service members are also permitted to donate money to a political organization, party or committee, but cannot give to or receive funding from another Active Duty member. While on active duty, members may also display a bumper sticker on their personal motor vehicle.

Traditional drilling members of the Connecticut National Guard are permitted to participate in partisan political activities in their personal capacity, but should make great efforts to avoid any appearance of endorsement by the DoD and generally refrain from referring to their official position or title in such activities.

If you have any questions concerning participation in political activities as it relates to your membership in the Connecticut National Guard please contact the Office of the Staff Judge Advocate at (860) 493-2770.

Be The Force Behind The Fight

The CTNG Sexual Harassment / Assault Response Prevention & Sexual Assault Prevention & Response teams are seeking to expand their core of Victim Advocates in the Connecticut Army and Air National Guard.

What is the role of a victim advocate?

In the event a sexual assault occurs, a victim advocate will be assigned to the victim. The victim advocate will provide continuous victim support throughout the process, provide referrals to the victim, serve as a liaison between victim and service providers, support through initial/ongoing investigation, support through court proceedings, and provide annual trainings to the unit about the program.

How to become a victim advocate:

Please send an email request to the JFHQ SARC Maj. Katherine Maines at katherine.a.maines.mil@mail.mil or the JFHQ Victim Advocate Capt. Ashley Cuprak- ashley.a.cuprak.mil@mail.mil.
A packet will be sent and upon approval from NGB, you will be required to attend the 80 hour Army SHARP course or 40 hour Air SAPR course. Once completed you will be given credentials. Overall process can take up to one year.

Did you know?

In 2016 14,900 U.S. military members both men and women experienced sexual assault. Of those 14,900 assaults: 57 percent were service member ON service member, 20 percent were unidentified subject on service member victim, 19 percent were service member on non-service member victim, and 4 percent were non-service member on service member victim.

For more information, contact
Maj. Katherine Maines at katherine.a.maines.mil@mail.mil or
Capt. Ashley Cuprak at ashley.a.cuprak.mil@mail.mil



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/>

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



In full color!



Health & Fitness

Strike a Balance in Your Training Routine

Exercise All Muscle Groups to Avoid Injury, Prepare for New ACFT

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

In a new article that came out from the U.S. Army Physical Readiness Division, Maj. Gen. Malcolm Frost, Commanding General, Center for Initial Military Training, discusses the need for a holistic approach to Army fitness.

“In the Army we like to train our beach bodies,” Maj. Gen Frost said at the Association of the U.S. Army annual meeting in Washington D.C. For example, chest and arms is a favorite for Soldiers. “What we do not train is the posterior muscle groups or our core, and that’s why so many soldiers have shoulder injuries, have knee injuries, have lower back and hip injuries...because we have not trained our bodies for the life of a soldier.”

So what does Maj. Gen Frost mean by these statements, and how does it apply to the changing culture we are about to undergo in our Army? In no way am I a certified doctor, but through certifications with NSCA and the Master Fitness Trainer Course, I have gained a much greater knowledge of the musculoskeletal system and its functions.

The body has two chains of muscles, the anterior chain, and the posterior chain. The anterior chain is the front of the body, while the posterior chain makes up the back of the body. Certain major muscle groups are part of both the anterior and posterior chain which can create imbalance when not trained equally. One of the greatest fitness professionals of all time, Arnold Schwarzenegger always stressed the, “push/pull,” rule. For every push movement you do there must be a pull movement to equal out the muscle building balance.

So how can a weak posterior chain and core lead to the injuries mentioned above? One of the most common pain complaints in the military is back pain, so we will cover that first. With upper back pain a common missed root cause is tight pectoral muscles. When working out and building the big chest we all seek the shoulders anteriorly rotate due to a pull from the pectorals. What does this pulling cause? Upper back pain. Often the pain can be alleviated by releasing the pectoral muscles and correcting the anterior rotation. This is just a simple little example of pain caused by something completely opposite to what is thought to be the cause.

Core strength is by far the most important as every function of the human body operates around the core. When thinking of a strong core most envision eight-pack washboard abdominals like those on the cover of every fitness magazine. The truth is that many individuals without defined abs have a strong core due to their line of work. One major culprit of weak core muscles is our modern day desk jobs and high use of technology. When

sitting at a desk for the majority of a workday the hip flexors shorten and our abdominals become under-utilized. This weakness is often the cause of hip pain and can sometimes cause imbalance in the knees and shoulders. It is important to understand that the body is a road map of muscles, and pain can often travel all over the map simply because one muscle is out of balance.

The point I hope to get across in this article is that more often than not the muscular system’s role in pain is overlooked. If we as tactical athletes fail to train our core and posterior chain of muscles we will continue to see numerous temporary profiles for pain and injury. If on the other hand we follow the Army’s new holistic approach to fitness and strength we can greatly reduce the number of sidelining occurrences. This undertaking will take leaders at every level getting involved to implement a solid and streamlined program. All the research and program design has been done, now it is our turn as soldiers and mentors to bring the Army to a level of physical readiness that promotes mobility and lethality like we’ve never seen before.

As read in many articles up to this point, the new Army Combat Fitness Test is going to test the entire body and its ability to endure the rigors of being a soldier. It calls upon the core and posterior chain far more than the current test. The Army Physical Fitness Test is truly a test of anterior chain muscles. I suspect that units who have not been utilizing the PRT system to train holistically will see the greatest struggle with the new test. The four core lifts will also play a pivotal role in overall ability on the new test. Bench press, deadlift, overhead press, and squat are all vital parts of any training program for the forward looking culture change of fitness in the Army.

What truly must become a more dominant part of this new approach to better support readiness is self-care. Working out and training are only one component of holistic fitness. Physical therapy, massage therapy, chiropractic, and other wellness modalities will all play



Chief Warrant Officer 2 James Sanders, Headquarters Company, 155th Armored Brigade Combat Team, conducts a dead lift during a pilot program for the Army Combat Fitness Test at Fort Bliss, Texas, April 17, 2018. The ACFT consists of six events that not only measure combat readiness but also train Soldiers to that standard while reducing injuries. (U.S. Army National Guard photos by Sgt. Brittany Johnson.)

a vital role. We must start to question the days of being handed Ibuprofen and muscle relaxers along with a temporary profile as being the cure. In many cases it is the old fashioned thinking of immobility healing us that has helped create our lack of mobile physical readiness. Always remember that every soldier is a tactical athlete first and foremost. Until next month stay motivated, stay hydrated, and stay fit!

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.



Connecticut Militia



Governor’s Horse and Foot Guards Remain Busy After AT

CAPT. PAUL MAZZARA
SECOND COMPANY GOVERNOR’S HORSE GUARD

NEWTOWN, Conn. - On September 30, 2018, the Second Company Governor’s Horse Guard host the four organized state militia units for promotions, a memorial service and the annual battalion review.

Prior to the memorial service Maj. Gen. Francis Evon, Commander of the Organized Militia, presided over the promotions of Laura E. Barkowski and Marion Lynott to First and Second Lieutenant, respectively. Gordon J. Johnson was also promoted to the honorary rank of Lieutenant Colonel, and will serve on the Governor’s Military Staff.

Memorial Service

A moving and memorable memorial service was held in honor of ten Second Company Governor’s Horse members who were killed in the First World War when the unit was redesigned as Company D, 102nd Machine Gun Battalion, 26th Infantry Division. The reviewing party included Evon, Brig. Gen. (Ret.) Dennis Savage, Col. Russell Bonaccorso, and Maj. Thomas Saadi, all ten horses of the Second Horse were presented as riderless horses with the customary rearward facing riding boots and spurs.

The roll was called and a drum roll sounded for Capt. John Allan Paton, Lt. Charles L. Rogers, Cpl. Arthur O. Parmalee, Pfc. Arthur G. Kapitzke, Pfc. William J. Kennedy, Pvt. Jeston I. McAviney, Pvt. Daniel F. Callahan, Pvt. Richard F. Butler, Pvt. William N. Meickle Jr., and Pvt. Harry Rosenkind. Taps followed the roll call, played by a bugler of the Second Company Governor’s Foot Guard.

Battalion Review

Following the memorial service, the annual Organized State Militia Battalion Review was held. Second Company Governor’s Horse Guard commandant Maj. James R. Marrinan served as the host commander and the commander of the troops. As customary with the review, state awards were received by various members of the militia. Along with numerous Connecticut Long Service Medals being awarded, soldier of the year awards were presented to Sgt. Laura Barkowski of the Second Company Governor’s Horse Guard, Sgt. Natasha Handschumacher of the First Company Governor’s Foot Guard, Cpl. Mark Otterson of the Second Company Governor’s Foot Guard and Cpl. Victoria Haskins of the First Company Governor’s Horse Guards.



Maj. James R. Marrinan, Commandant, Second Company, Governor’s Horse Guard, leads the State Militia to the annual Battalion Review at the 2GHG facility in Newtown, Conn., Sept. 30. (Photo courtesy of Capt. Paul Mazzara, Second Company Governor’s Horse Guard).



*Above: Maj. Gen. Fran Evon, front left, Commander of the Organized Militia and Maj. James Marrinan, back left, Commandant, Second Company Governor’s Horse Guard, promote 1st Lt. Laura Barkowski and 2nd Lt. Marion Lynott during the annual State Militia Battalion Review at the 2GHG facility in Newtown, Conn., Sept. 30. (Photo courtesy of Capt. Paul Mazzara, 2GHG).
Left: Lt. Col. Steven DeFriesse salutes after placing a wreath in memory of the eight million horses killed in World War I, during a memorial service at the 2GHG facility in Newtown, Conn., Sept. 30. The service also honored the 10 members of 2GHG who were also killed in the Great War. (Photo courtesy of Capt. Paul Mazzara, 2GHG).*

1GFG Celebrates Rochambeau Day



Maj. Mark Boudreau, Commandant, First Company, Governor’s Foot Guard, leads members of the 1GFG, along with a representative from the Connecticut Military Department and the Republic of France down Main Street in Hartford, Conn., in celebration of the 247th anniversary of Rochambeau Day, Sept. 22. Rochambeau Day commemorates the founding of the 1GFG in 1771 as well as the meeting between Gen. George Washington and French Gen. Comte de Rochambeau that took place at the Connecticut Old State House in Hartford in 1780. During that historic meeting, historic plans were laid out to defeat British Gen. Charles Cornwallis at Yorktown, to end the Revolutionary War. (Photo by Capt. Kevin Cormack, 1GFG).



Maj. Mark Boudreau, center, Commandant, First Company, Governor’s Foot Guard, Brig. Gen. (CT-Ret.) Daniel McHale, right, State Military Dept., Col. Stanislas de Mangienville, representing the Republic of France, and members of the First Company Governor’s Foot Guard lay a wreath at a Foot Guard monument in Downtown Hartford, Conn., Sept. 22. (Photo by Capt. Kevin Cormack, 1GFG).

MAJ. MARK BOUDREAU
FIRST COMPANY GOVERNOR’S FOOT GUARD

HARTFORD, Conn. –The First Company Governor’s Foot Guard celebrated the 247th anniversary of its annual Rochambeau Day, Sept. 22, 2018.

Led by Maj. Mark Boudreau, Rochambeau Day recognizes the founding of the command in 1771 and provides current members of the command an opportunity to remember and honor members who have passed on during the previous year.

The day is known as Rochambeau Day because we also commemorate the meeting between Gen. George Washington and French Gen. Comte de Rochambeau that took place at the Old State House in 1780. At that time, members of the Governor’s Guard, as the 1GFG was then known, escorted Washington and Rochambeau to this historic meeting, where the plans were laid that led to the defeat of British Gen. Charles Cornwallis at Yorktown. We take this day to remember the historic importance of that meeting to the United States, France and the Foot Guard.

Joining in the day’s activities to support the 1GFG were members of the Second Company Governor’s Foot Guard and the First and Second Company Governor’s Horse Guards. Brig. Gen. (CT-Ret) Daniel McHale, representing the Connecticut Military

Department, also participated in the day’s activities.

Because of the historic significance of the original meeting to both the United States and France, the Foot Guard invites France to send a representative to the celebration. We were honored to be joined this year by Col. Stanislas de Mangienville representing the Republic of France. Both of these honored guests participated in all of the Rochambeau Day activities.

The remembrance consisted of a parade in Hartford to the Old State House where a wreath was laid at the Rochambeau Monument that represents the location where Washington and Rochambeau met. Both the United States and France were honored by the Foot Guard band playing the national anthems of both countries and both nations’ flags were carried by the Color Guard.

The assembled units then marched to the Center Congregational Church on Main Street for the unit necrology and our memorial church service officiated by Rev. Rochelle Stackhouse. Her message of unity truly captured what this day means to the members of the Foot Guard. After the conclusion of the church service the officers assembled in the Ancient Burying Grounds behind the church with the remainder of the units’ members in formation on the street. Another wreath was placed at the Foot Guard boulder and Taps was sounded. At the conclusion of these church activities, the parade returned to its starting point for dismissal of the units.

118th Airlift Squadron Builds Readiness Resume, Tests Skills in International Search and Rescue Exercise

1ST. LT. JEN PIERCE
103RD AIRLIFT WING, PUBLIC AFFAIRS

The mission seemed simple enough: Fly over the ocean in a predetermined grid and find a bright orange life raft.

Shortly after the 103rd Airlift Wing C-130H took off from Lajes Field, Azores, Portugal, loadmasters assigned to the 118th Airlift Squadron began to scan the ocean from the rear of the aircraft. Finally, after several passes, a life raft was located. However, finding the raft was only half the battle.

Keeping the life raft in sight while factoring in where the life raft was drifting and the sun glare off the water proved to be more difficult than expected. While attempting to keep the raft in sight, the aircraft commander began relaying information to the Rescue Coordination Center at Lajes Field, which in turn provided the coordinates of the raft to the Portuguese Navy ship patrolling the ocean. The C-130H continued to circle the raft until the ship had eyes on the raft. Mission complete.

The 118th Airlift Squadron recently participated in an international Advance Search and Rescue Exercise in the Azores, Portugal, September 17-20, 2018. The Portuguese Air Force, Portuguese Navy, and Canadian Air Force, along with the Connecticut Air National Guard, were all involved in this exercise. Though the 103rd's flying mission does not typically extend to search and rescue, the squadron's ability to exercise this capability may one day require the unit to fulfill a search and rescue mission.

"The C-130 aircraft that we fly are not typically tasked for civil search and rescue or personnel recovery, but we have the capability," said Capt. Scott Duguay, 118th



Master Sgt. Jason Wynkoop, Airman 1st Class Thomas Norton, and Staff Sgt. Andrei Libert, 103rd Airlift Wing, keep scan the ocean for the life raft during the Advanced Search and Rescue Exercise in the Azores, Portugal, Sept. 19. The crew members aboard the 103rd Airlift Wing's C-130H aircraft were essential for locating any life rafts or personnel off the coast of the Azores, Portugal. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs, CTANG)

Airlift Squadron pilot and aircraft commander during the exercise. "That's pretty much based on the unique characteristics of the C-130, including that it is long

range, it has multiple crew members that can look out for life rafts or people, and we have multiple radios so we can work as a communications suite and have the



Portuguese Naval patrol vessel, "NRP Tejo," responds to the coordinates of the life raft spotted by the 118th Airlift Squadron's aircrew during the Advanced Search and Rescue Exercise in the Azores, Portugal, Sept. 19. The coordinates of the life raft were relayed to the Lajes Field Rescue Coordination Center which in turn provided these coordinates to the Portuguese Navy. The aircrew stayed on scene in the C-130H and assisted directing the patrol vessel in until the Portuguese Navy had eyes on the raft. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs, CTANG)



A loadmaster in the rear of the C-130H tasked for the ASAREX points towards the life raft the aircrew was able to locate during a search and rescue exercise in the Azores, Portugal, Sept. 19. This photo illustrates how difficult it is to see the life raft despite its bright orange color against the ocean. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs, CTANG)

option of being the on-scene commander, which we were."

The aircrew on a C-130H typically consists of a pilot, co-pilot, flight engineer, navigator, and loadmasters. Though the aircrew didn't have prior search and rescue experience, they were able to successfully complete the mission.

"Even though we weren't as familiar with this type of mission, it was pretty straight forward," said Duguay. "We went out there and were able to execute and find a life raft. We applied the tactics and procedures that are spelled out for us on how to operate in a search and rescue environment, and we were able to do it with no issues."

Even though this type of exercise was a first for the aircrew on board the C-130, the Connecticut Air National Guard was tasked to take lead in the search and rescue portion of the exercise.

"We were tasked to be the on-scene commander for the search and rescue portion of the exercise," said Duguay. "As the on-scene commander, some of the responsibilities are getting on scene and coordinating



Tech. Sgt. Mitchell Smardz (left) and Master Sgt. Jason Wynkoop (right), loadmasters in the 118th Airlift Squadron, 103rd Airlift Wing, scan the water during the Advanced Search and Rescue Exercise in the Azores, Portugal, Sept. 20. During the exercise, Smardz's and Wynkoop's responsibilities included scanning the ocean for life rafts or personnel in the water off the Azores' coastline. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs, CTANG)

the arrivals of other aircraft to that scene. If the other aircraft's crews spot something, they funnel information to us that includes the location of where they have the sighting, and we forward that on to the RCC at Lajes Field. The RCC then reaches out to any ships in the area so they can guide them to where the sighting was so we

can confirm that we identified what we are looking for."

Overall, the exercise was a great experience that provided unprecedented training opportunities for the members of aircrew.

"This exercise gave us exposure to search and rescue, what we may encounter when we do it, the pacing, the type of folks we might have to coordinate with such as civil agencies, other military and international agencies," said Duguay. "Sometimes the airspace that's dictated based on all of these RCCs may flow into different areas such as New York airspace versus Canadian airspace. Sometimes you have to work with them so this is a great opportunity to see how we work together and figure out this kind of stuff on an international level. It's always good for the crew to get this type of exposure. I also feel confident if a real world search and rescue mission came down we could execute."

Staff Sgt. Andrei Libert, 118th Airlift Squadron loadmaster agreed that this training experience was valuable.

"I think the most beneficial thing is the experience of actually doing [the search and rescue exercise]," Libert said. "I've never done this before. It also helps keep your eyes fresh, although we don't do search and rescue as a loadmaster, we use our eyes a lot to look out for other things besides life rafts. Whether it be threats or something else. Being able to actively scan and know how to scan is important, but the experience itself was most beneficial, knowing that this is what the AC (aircraft commander) is doing, this is how the plane is going to fly so you know where and when to look based on positioning."

"The best part of this exercise is that we can bring back what we learned and share it with the rest of the squadron," said Duguay. "Now we'll have a better knowledge base on search and rescue procedures."



Capt. Scott Duguay, pilot assigned to the 118th Airlift Squadron, maneuvers the C-130H aircraft during the ASAREX in the Azores, Portugal, Sept. 20. Duguay was the aircraft commander and took lead in the ASAREX, communicating directly with the Lajes Field Rescue Coordination Center. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs, CTANG)

The 103rd Speed Mentoring Program

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

Do you know how speed dating works? Speed dating is a matchmaking event during which people meet, or, “date,” several new potential partners, spending very short periods of time with each potential partner, in hopes of finding the perfect match. A similar affair was held for members of the 103rd Airlift Wing at Bradley Air National Guard Base, except airmen were not trying to find romantic partners; they were searching for the perfect mentor.

Traditional mentoring programs attempt to match mentors with mentees based on information about common goals and interests that is gathered before they meet. Sometimes, upon meeting a mentor, the mentee finds that he or she is not a good match. Like speed dating, speed mentoring gives participants several options, increasing the likelihood that they will find a suitable match. The purpose of the 103rd Speed Mentoring program is to facilitate long-term mentoring relationships between junior enlisted Airmen and unit leaders.

“It’s good for the unit, because everybody needs mentorship,” said Senior Master Sgt. Jennifer Gonzalez-Smith, Mentorship Program Coordinator and 103rd Human Resource Advisor. “I feel like we haven’t really been successful in the past with some of the

other mentorship programs that we’ve had, so why not try something new?”

During the two-hour event, junior enlisted Airmen met with up to a dozen potential mentors for four minutes each. At the end of the event, Airmen indicated on note cards which mentors they wanted to be matched with. The note cards were then given to the event coordinator, who will notify the new mentors.

Airmen are expected to utilize their chain of command for any career-related issues and concerns that they may have; an Airman’s immediate supervisor is the first individual in his or her chain of command, and therefore is typically the first person an Airman will look to for guidance. In other words, an Airman’s immediate supervisor is also expected to act as a mentor. However, Airmen may also benefit from the guidance of leaders outside of their chain of command. The speed mentoring program promotes professional relationships among members of different units who may not normally have the opportunity to meet.

“It’s a way for you to find a mentor that may not necessarily be your supervisor or be in your chain of command, but also has awesome knowledge and a great wealth of experience,” said Gonzalez-Smith.

Master Sgt. Joshua Marks, mentor and 103rd Maintenance Squadron Non-Commissioned Officer In-Charge, agreed.



Master Sgt. Amy Robison of the 103rd Airlift Wing speaks with a mentee during the Speed Mentoring Event, Sept. 9 at Bradley Air National Guard Base, East Granby, Conn. The purpose of the Speed Mentoring program is to facilitate long-term mentoring relationships between junior enlisted Airmen and unit leaders. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Public Affairs, CTANG)



Chief Master Sgt. John Gasiorek (center), State Command Chief, Connecticut Air National Guard, speaks with Senior Airmen Steven Tucker (left) and Senior Airman Sadie Hewes (right) Sept. 9, at Bradley Air National Guard Base, East Granby, Conn. Photo by Tech. Sgt. Tamara R. Dabney, 103rd Public Affairs, CTANG)



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Enlisted Update

What’s Your Three-to-Six Year Plan?



COMMAND CHIEF MASTER SGT.
JOHN M. GASIOREK

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again...”

- Theodore Roosevelt, 26th President of the United States.

If this quote sounds recently familiar, it probably means you were an engaged attendee at the 2018 SNCO-CPO Dining-In held at the Aqua Turf Club in Southington, Conn., Oct. 4, 2018.

Command Sgt. Maj. John Carragher and I would like to thank all of those who attended, including our guest speaker, Command Chief Master Sgt. Thomas Stiles, 5th Medical Group, 5th Bomb Wing, Minot Air Force Base, North Dakota for the inspiring words he delivered to the CTNG’s senior enlisted leaders.

I would also like to thank all Connecticut National Guard personnel who assisted in the preparation, set-up, and clean up after this phenomenal event.

In other recent news, on Sept. 24, Maj. Gen. Fran Evon afforded me the distinct honor of presiding over my final six year re-enlistment as a member of our armed forces. As a drill status guardsman, that leaves me 228 more days to mentor and groom future enlisted leaders and to build a bench of highly motivated, educated professional future senior enlisted leaders.

Although I have never been a commander, I have to believe one of a commander’s biggest fears is to have a single point of failure within any senior enlisted role. I know it feels good as a senior enlisted leader to be counted on by a commander as the go-to Airman or Soldier, but we shouldn’t be the only ones a commander goes to when they need something done right the first time nor should we be the only one who can unlock the door in a time in need. Knowledge is power and there is strength in numbers. This method affords the armed forces to not only be a viable unpredictable military adversary it affords each and every one of us the ability to contribute to the execution of the mission at nearly every level. Some people refer to this concept as having visibility on the big picture or how my mission at the squadron level fits in to the state mission and then into our Air Force mission.

Some people have referred to this as strategic vision. If you don’t know the mission of our National Guard, if you don’t know your commander’s intent on how they plan on executing the mission and if you are not grooming your replacement today then we have a lot of work to do. This will be another goal of mine to ensure we are not promoting single points of failure.

The 103 Airlift Wing Junior Enlisted Advisory Council is a phenomenal organization which at one point was mentored by the 103 AW First Sergeant’s Council. At its peak, they organized Yankee Warrior Day, blood drives, and social events targeting our E-6 and below junior enlisted Airman and many other ambitious events. During their meetings, they were resolving issues at their level, which ultimately put less strain on the mission and resources because they were not pulled out of the training environment to pursue pay issues, career correspondence course issues, or personal issues. They established their own internal network. They were a self-sustaining council, which afforded them real leadership opportunities at the E-6 level and below. With the aforementioned in mind and if this is such a great organization, then rhetorically speaking, why during the September 103 AW JEAC monthly meeting was there exactly two individuals at the meeting? Although I am sure there could have been other mission critical tasking’s or contributing factors for the extremely low attendance I just wish we could still find ways to support and encourage these junior enlisted leadership opportunities. I know senior command staff could dictate a specific participation level and or force attendance. I just would prefer senior enlisted non-commissioned officers seeing the value in the JEAC program and advocate for their junior enlisted attendance. This will be another goal to find out why it appears we don’t see the value in these types of opportunities.

During the September UTA, Senior Master Sgt. Jennifer Gonzalez-Smith, 103 AW Human Resource Advisor, organized a highly successful speed mentoring event. This was a success for many reasons but a contributing factor was because I saw the same familiar senior non-commissioned officers who took time out



Command Chief Master Sgt. John M. Gasiorek, right, State Command Chief Master Sergeant, Connecticut Air National Guard, is re-enlisted into the CTANG for six years by Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard, at the William A. O'Neill Armory, Sept. 24. Gasiorek has served in the U.S. Air Force and the Connecticut Air National Guard for a combined total of 27 years. (Photo by Allison L. Joanis, State Public Affairs Office)

of their busy schedules to mentor. There were also commanders who released their people to participate in the mentoring event because they too see the value in mentorship. As a mentor I was asked by nearly every mentee a commonly themed question. Without telling you the question, I will give you the same answer I told them in no specific order. Focus on the nametape attached to your uniform above your heart and not the nametape over your uniform right breast pocket. Be willing to get outside of your comfort zone to the point where you feel sick to your stomach because you not only do not know exactly what you are doing but you will do everything in your power to master. Knowledge is power. Be comfortable being uncomfortable. Do not accept the bare minimum as an acceptable standard. You do not need stripes on your sleeves or sternum to lead. Serving others is far more rewarding than doing something self-serving. Take advantage of every professional military education course you can apply to take. Take care of yourself and your family so you can take care of others. Join and be an active member in the JEAC. If you are stagnated in your current position cross train into another, better yet if you have the qualifications become a First Sergeant. I know what I have to do for the next three to six years, do you?

I would like to again thank you all for what you do each and every day. Your senior leadership, my family and I are extremely impressed! We are grateful. Be and Stay Safe!

Camp Niantic

*An Affordable
Waterfront Getaway*



Reserve Rooms at the RTI or Building 32
Single, Full and Queen Bed Options
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Who's Eligible?

All CTNG Soldiers, Airmen & dependents
Active Duty Military & dependents
DOD employees
Retired Military
State Militia members
State Military Department employees

Post MWR Facilities

Post Exchange Open Tuesday - Saturday
Kayaks, canoes, sailfish and other sport-
ing equipment available
Waterfront picnic areas
Volleyball court
Beach access
Fitness centers

Local Attractions

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Dining Options
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WARRANT OFFICER

The Technical and Tactical Expert



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

Connecticut's Future Officers Look Back at the Past

OFFICER CANDIDATE JUSTUS SPENCER
OCS CLASS 64, 1-169 REGT (RTI)



CAMP NIANTIC, Conn. — In September 2018, Connecticut Officer Candidate School Class 64 held their second drill of Phase II.

This drill primarily focused on classroom instruction and covered various topics. Officer candidates received a course in financial readiness to better prepare themselves, as well as instruct

them how they can help point future Soldiers in the right direction when managing their own money.

Although important, financial readiness was not the primary focus of September's drill. The major topic was a class on United States' military history.

This class occupied the majority of our training time and covered, beginning with the earliest colonial militias through the modern day. Understanding American

military history is fundamental to an officer's education and is one of the six classes a candidate must pass before commissioning.

Candidates covered each major war and interwar period, with a special focus on the principles of war. The principles of war are the guiding strategies by which the U.S. conducts a war. Tactics such as surprise, offense, maneuver and restraint guide and inform American tactical engagements. At the end of the course, the officer candidates took a test on the material, with the entire class passing the test.

We are proud to inherit Connecticut's legacy of supporting the United States. During the Revolutionary War, Connecticut was, "The Provision State," known for supplying items like beef, salt, flour and gunpowder to George Washington. The OCS class appreciates the responsibility of defending the Constitution of the United States against all enemies and supporting the wellbeing of our state.

Each drill weekend, Officer Candidates have the opportunity to participate in the Physical Readiness Training, or PRT. The candidate identified to serve in the role of Platoon Sergeant during the drill weekend is responsible for leading the PRT.

Officer Candidates focus on how to improve their Army

Physical Fitness Test scores, an Officer Candidate School graduation requirement, and focus on upcoming events such as the nine-mile road march or the five-mile run. Conducting PRT every morning while on drill prepares each individual Officer Candidate to be physically ready for duty and/or combat assignments.

Our October drill will be comprised of the nine-mile road march at Stones Ranch Military Reservation. Officer candidates have been training and will continue to prepare for the timed ruck until the end of the month.

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 #48: October 2018
R3SP PM: alexander.m.long5.mil@mail.mil
(860) 524-4926

KEEPING THE JOURNAL

How do I use a journal to "Hunt the Good Stuff?"

Use the Hunt the Good Stuff Journal on the next page (see below) to record 3 good things each day...

Write a reflection (at least one sentence) about one or more of the following topics:

- Why this good thing happened
- What this good thing means to you
- What you can do tomorrow to enable more of this good thing
- What ways you or others contributed to this good thing

What is the skill?

"Hunt the Good Stuff" is a skill in which you notice everyday positive experiences or discover something positive through a set-back or problem. "Reflect" on the positive experiences to think more about and savor the experience.

B.L.U.F.

- Hunt the Good Stuff helps to build Optimism.
- Hunt the Good Stuff builds positive emotion, such as gratitude.

Key Principles

- Counteract the Negativity Bias: You can counteract the Negativity Bias—the tendency to pay more attention to bad events than positive events—by recording three good things on a regular basis.
- Optimism: Optimism is a primary target of Hunt the Good Stuff.

Establish a Self-Care Routine to Alleviate Holiday Stressors

MEAGAN MACGREGOR
SUICIDE PREVENTION
PROGRAM MANAGER

As the holiday season approaches, many of us may be filled with cheer and anticipation of family gatherings, travel, and excitement of the approaching festivities while others are wary of the added stress and demands that sometimes come with this season.

Whether it's coping with additional stressors, like during the holiday season, or getting through the day-to-day shuffle, self-care is an important tool to increase coping and limit the negative effects stress can have.

Self-care is, in essence, consciously setting aside time to take care of yourself. Taking time to unwind and recharge is good for your physical and mental health. Self-care should be unique to you, what works to help you de-stress may not be the same for everyone else so it's important to identify what activities help you

to find calm and refocus.

If you've never done self-care before, take a moment to think about the positive, healthy things you like to do. For some people self-care is taking a nap, while others enjoy reading a book, cooking a meal, or spending time outdoors. Self-care doesn't have to be expensive, or cost any money at all, and it should never be stressful! Don't wait for stress to build up, start practicing self-care on a regular basis. Start hunting the good stuff today!

Suicide Intervention Officer Spotlight
Lt. Col. Santo Pizzo, 3/169th RTI

MEAGAN MACGREGOR
SUICIDE PREVENTION
PROGRAM MANAGER

Lt. Col. Pizzo has been with the Connecticut Army National Guard for 29 years. Pizzo is the M-Day Commander of 3rd Battalion, 169th Regiment (Regional Training Institute) as well the full-time Anti-Terrorism Officer for the Connecticut National Guard. Pizzo has extensive experience, in and out of CTNG, working in suicide prevention, specifically crisis intervention in the law enforcement

arena. In his free time, he enjoys reading, traveling, fishing, hockey, and spending time with family. Pizzo knows the importance of having personal support when you dedicate time to helping others. During times of stress he has friends, family members, and clergy that we could turn to. He also knows that his leadership and professionals, both civilian and military, within the CTARNG would be there to help him. "Always remember that you are loved, cherished, and respected, and you have a support system available to you at all times." -Lt. Col. Pizzo

CONNECTICUT GUARDIAN

NOVEMBER 2018 PAGE 21

R3SP - Resilience, Risk Reduction & Suicide Prevention

CTARNG R3SP Welcomes New Program Manager

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

In September, R3SP bid a fond farewell to Program Manager Sgt. Maj. Jim Sypher, who retired from the Connecticut Army National Guard after 25 years of service. Sypher's tenure included the creation of one of the nation's leading Resilience programs. In recent years, Sypher moved from the position of State Resilience Coordinator to taking on the role of R3SP Program Manager which included overseeing the State's Suicide Prevention, Substance Abuse Prevention, and drug testing programs, in addition to his renowned Resilience program. Under his leadership, these programs flourished and

became top programs in the nation in their own right, adeptly serving the Soldiers of the Connecticut Army National Guard. Sypher's impact will be felt for years to come as the programs he was instrumental in developing continue the work of comprehensive Soldier fitness. R3SP is happy to announce that Capt. Alex Long will assume the position as R3SP Program Manager and State Resilience Coordinator roles following Sypher's retirement. Long comes to R3SP with a long history of involvement in their work. He became a Master Resilience Trainer in 2013 and trained the Resilience Trainer Assistant course under Sypher in previous years. In 2016, Long earned his ASIST and ACE-SI Trainer certification for Suicide

Prevention and is a lead Suicide Intervention Trainer for the Connecticut Army National Guard. In 2018, Long attended the Drug Testing Certification course and was appointed alternate DTC for the state taking on the responsibility of training Unit Prevention Leader courses with Sgt. Victor Martinez, State Drug Testing Coordinator. During this time he also fulfilled the role of Prevention Coordinator for Suicide Prevention and Substance Abuse as a contractor. Long does all of this in addition to his duties as the Company Commander of Echo Company, 1-169 General Support Aviation Battalion. His dedication to maintaining the mission readiness of the force and proactive approach to comprehensive wellness is a wonderful addition to the R3SP team.

See the Signs: Looking Out for Your Wingmen and Battle Buddies

LINDA MCEWAN
DIRECTOR OF PSYCHOLOGICAL HEALTH
CONNECTICUT AIR NATIONAL GUARD

With Suicide Awareness month in September and Depression Awareness month in October, I felt a review of warning signs and steps to care would be a relevant topic for my article this month. As you know, suicide prevention will be offered as part of the Green Dot Program. All of you will be receiving this training shortly. A person at risk of suicide may exhibit several signs or symptoms, even if they do not explicitly state they wish to die or commit suicide. Similarly, a person dealing with depression may not be willing to explicitly talk about their feelings. As Airmen and Soldiers, we are asked to be wingmen or battle buddies for each other, so it's good to know when we are witnessing warning signs of both depression and suicide. If any of you have felt or dealt with depression yourselves or with a loved one, you know that part of this illness can be withdrawing from contact with others. A person may also voice feelings of hopelessness, helplessness, being a burden, being in unbearable pain,

feeling trapped, or having no purpose. It can be such an important and healing factor if we can find a way to reach out. Ask the person how they are feeling and offer support and compassion. It's also very valuable to let the person know that we value them and do not judge them. If a person talks specifically about killing themselves, that is when we implement our Ask, Care, Escort practice. Don't panic and do not leave the person alone. Get help by contacting me, Mental Health Providers on any other base and your supervisor. If you feel it is necessary, call 911. I also would like to take a moment to address the topic of stigma. To have the capacity for compassion as a wingman or battle buddy, it is important to explore your own thoughts and feelings about mental illnesses and the people who suffer from them. A person who is facing depression, PTSD, anxiety or any other psychological difficulty is not weak. They have done nothing to bring this illness upon themselves and are not to be blamed for their feelings. If you are not asked for advice do not offer it. If you have a personal story of hope, offer that, but without advice. You may have found your answers, but you have not found everyone else's. There is never one cause or one solution for everyone who suffers, and each one must take the time to understand the factors and remedies that will suit them best. Encourage professional help-seeking and offer resources. The only thing we can offer our peers is care and compassion. As your DPH I am specifically here to help anyone connected with the base, Military, Civilian, and Family members, navigate through any form of mental health issue. I would be happy to speak with you to discuss these issues. I can be reached at 860-292-2516 or 860-519-8125 (Please always leave a voicemail) or by email at linda.u.mcewen.civ@mail.mil.

KNOW YOUR RESOURCES!

In an emergency, always call 911

CTARNG Suicide Prevention & Alcohol and Drug Prevention Program
860-524-4962

CTANG Director of Psychological Health
860-292-2516

Military Crisis Line
800-273-8255

Behavioral Health Careline
855-800-0120

National Guard Peer Support Line
844-357-7337

National Helpline for Substance Abuse Prevention
800-662-4357

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

HNC 169th Aviation Battalion

Facebook - @HNC169AVN

1-169th Regiment (RTI)

Facebook - @169REG

1109th TASMG

Facebook - @1109thTASMG

Joint Force Headquarters

Facebook - @CTJFHQ

CTATNG Recruit Sustainment Program

Facebook - @ConnecticutGuardRSP

CTNG Service Member and Family Support

Facebook - @CTNGFamilies

CT Employee Support of Guard and Reserve

Facebook - @CTESGR

Twitter - @CT_ESGR

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

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

Off the Bookshelf

with Sgt. 1st Class Simon

Lost in the Funhouse

Exploring Maryland Military History, Culture
in a Collection of Post Modern Short Stories

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

British forces bombed Fort William McHenry for 25 hours, Sept. 13-14, 1814, while attempting to enter and attack Baltimore Harbor. The British attack was unsuccessful, but memorable due to a local lawyer’s presence. In his famous poem, Francis Scott Key detailed the lighting by explosion of the oversized American Flag that flew uninhibited from the fort during the assault.

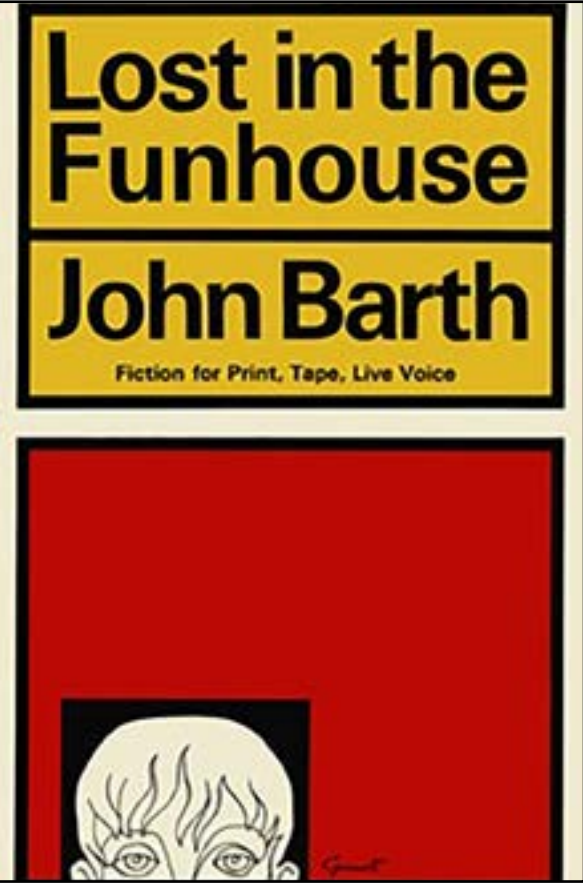
In addition to its being the birthplace of, “The Star-Spangled Banner,” the state of Maryland has an extremely lush history. The Chesapeake Bay was originally named for the Chesepian Native American tribe. English explorer, John Smith mapped the bay in 1607, and Maryland (first called Mary-Land) was founded in 1632 as a home for England’s persecuted Catholic population.

The state’s military history is expansive. In addition to being home to numerous military installations, the U.S. Naval Academy was founded in 1845 in Annapolis, Maryland, and one of the bloodiest battles in U.S. history, the Battle of Antietam took place in 1862 in the town of Sharpsburg.

It’s impossible to read author John Barth’s interconnected collection of short stories, “Lost in the Funhouse,” (published in 1968) without recognizing his references to his home state’s extensive military history. Beneath his layers of metacognitive stream of consciousness narration and absurdist mini-stories lies layers of military influenced nostalgic references. Similar themes would later be popularized by authors like Steven King, and on television in shows like “The Wonder Years.”

It is possible to read, “Lost in the Funhouse,” while only focusing on the postmodernist disconnected narrator’s voice. Barth’s central narrator, in the book, is a boy named Ambrose. In the short story, also titled, “Lost in the Funhouse,” Ambrose has a seminal and lifechanging experience in an actual amusement park funhouse on the famous boardwalk in Ocean City, Maryland in the company military service members during World War II.

Additional stories in the book detail the absurd journeys of anthropomorphic spermatozoa and star-crossed conjoined-twin lovers, but all point back to the boardwalk at Ocean City and the strange contrast it evokes. Barth’s writing in this collection epitomizes



postmodern American literature’s contrasting tone: the excitement and lushness of youth overshadowed by war’s sadness.

More than 4,000 service members from Maryland and more than 3,000 from Washington D.C. died during World War II. Barth’s writing is littered with allusions to their lost spirits and their lusts for pretty girls on Ocean City’s boardwalk. Barth’s nostalgic main character, Ambrose, may in fact be named for American literary icon, and Civil War veteran, Ambrose Bierce, whose own writing was littered with the lost souls of homesick Antietam veterans.

It is possible to read Barth’s “Lost in the Funhouse,” without Francis Scott Key and John Smith in mind. In addition, the Chesepian Native Americans do not have to be part of a reader’s frame of reference. “Lost in the Funhouse,” however, is a homage to military blood spilled in Barth’s home state and abroad, and an acknowledgement of the absurdity and creative energy that accompanies Maryland’s vast historical mystique.

Military History

Connecticut and “The War to End All Wars”

Brig. Gen. (CT-RET.)
Robert Cody
Historical Columnist

The world is face to face with the greatest crisis in modern history. Marching in company with the heroes past let us, in this untoward hour of world agony, face unflinchingly the menacing tide of events. Such has been the steadfast spirit of the sons of Connecticut in every hour of peril. Marching in company with the heroic past let us, in this untoward hour of world agony, face unflinchingly the menacing tide of events.”

-Governor Marcus H. Holcomb, in an address before the State Legislature in 1917 as seen in Connecticut Fights - The Story of the 102nd Regiment, by Captain David W. Strickland.

This month marks the 100th anniversary of the armistice that ended, “The War to End All Wars.”

Cities and towns across the state marked the centennial of this conflict with many commemorative events. Connecticut owes its enormous World War I archives to George Godard, the state librarian during World War I. He had a desire for future generations to understand what the people of Connecticut did during the war.

“If only our forefathers had saved the records of the Civil War, imagine what we’d know,” Godard said.

On March 9, 1917, the General Assembly authorized the governor to appoint a Military Emergency Board to organize the Home Guard -- the first state to do so. By June, 10,000 men were enrolled, organized, armed and



Members of the 102nd Infantry Regiment march along Trinity Street in Hartford, Conn. during their welcome home celebration April 30, 1919. (Photo from the Connecticut State Library Digital Collection).

equipped. It was considered the most efficient Home Guard of any state. Even the Connecticut Naval Militia

was mobilized. They were sent to protect the Boston Navy Yard. Strickland describes the events leading up to the armistice. From the regiment’s position about two kilometers east of Beaumont, he wrote, “The infantry was to attack at 9:30, after an unusually intense bombardment and rolling barrage. All was in readiness on the morning of the 11th. About 9:00 orders were received that the attack would not be made and that,

at 11:00 all firing would cease from Belgium to the Swiss Border. The artillery continued its heavy firing until the 11th hour when a great calm fell on the whole area. Men were to exhausted and too weary to display much exuberation. During the evening of the 11th, all the available pyrotechnics were expended by both our men and the enemy.”

The 102nd Regiment lost 476 soldiers killed in action and another 1,765 wounded. Ninety-five soldiers were awarded the Distinguished Service Cross for gallantry. In just 24 months, about 9,000 men passed through the regiment. The regiment was demobilized at Camp Devens on April 29, 1919.

On the home front, Connecticut produced 54 percent of all the small arms ammunition used by U.S. forces during the war. Other industries included rubber, silk, rifles and pistols. Women and girls joined the, “canning corps,” pledging to preserve and can thousands of quarts of fruits and vegetables.

As we have for a century, every American will pause on Armistice Day to remember the sacrifices our men and women in uniform have made for this country and the world.

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.



Local Hartford residents gather along Main Street and Pearl Street in Hartford, Conn. to celebrate the end of World War I, Nov. 11, 1918. (Photo from the Connecticut State Library Digital Collection).

Course	Course #	Action Officer	Start Date	End Date
CTARNG Training Circulars				
Unstabilized Gunnery Trainer-Individual(UGT-I)	350-17-33	Warrant Officer 2 Jaquelin Birge	10-Nov-18	11-Nov-18
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	Mrs. Jennifer Visone	4-Dec-18	4-Dec-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Mrs. Jennifer A. Visone	5-Dec-18	6-Dec-18
Domestic Operations Assessment and Awareness Tools (DAAAT)	350-17-59	Master Sgt. Karl Rhyhnhart / 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 r	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	Warrant Officer 2 Jaquelin Birge	25-Jan-19	27-Jan-19
Unit Public Affairs Representative Training Course	350-17-09	Maj. Mike Petersen/ Ms. Allison Joanis	26-Jan-19	26-Jan-19
ASK CARE ESCORT- SUICIDE INTERVENTION (ACE-SI)	350-17-29	Mrs. Jennifer Visone	6-Feb-19	6-Feb-19
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Mrs. Jennifer A. Visone	7-Feb-19	8-Feb-19
Unit Movement Workshop	350-17-55	Master Sgt. Thomas Ahearn	10-Feb-19	10-Feb-19
Casualty Notification/Assistance Officer Training (CNO/CAO)	350-17-05	Sgt. 1 st Class Michael J. Cardozo	19-Feb-19	20-Feb-19
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffrey T. Colvin	28-Feb-19	28-Feb-19

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:

Technical Transportation of Hazardous Material (HAZMAT) 80 Hour Course: To provide CTARNG personnel the ability to certify HAZMAT for shipping. Target audience is the following personnel; USPFO-TRANS, G4-TRANS, S4s at all levels, unit personnel who's certification has recently lapsed, unit personnel currently certified needing recertification within the next 9 months and unit personnel from units without HAZMAT certifiers identified to attend. Priority of seating will be given to those units identified as Focused Readiness Units (FRU) 03-14 December 2018; 20 Seat Max for this class; See your unit training NCO for current availability.

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, ATFP 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 (EST II) Training Course: This training opportunity provides training for Soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II. 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.

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

THE DA PHOTO PROCESS

Do You Need A DA Photo?

1

Must be SSG or above. And at least one of the following:

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

REVIEW YOUR ERB/ORB

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

PREPARE YOUR UNIFORM

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

3

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

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

4

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

SHOW UP AT SCHEDULED TIME

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

5

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

IMAGE MANIPULATION

DA photos WILL NOT be digitally altered. DO NOT ASK

- Per AR 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?

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

What to Wear for a DA Photo

- Must Wear Unit Crests (Enlisted)
- NO Infantry cords or blue discs
- NO Green leadership tabs
- Wear RDI if affixed
- 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.ARMY1.ARMY.MIL/DA/FORM

Disasters Don't Plan Ahead, You Can

WWW.READY.GOV

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?

Step 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of

children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting other
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children.

Step 3: Fill out a Family Emergency Plan

Download and fill out a family emergency plan or use them as a guide to create your own. (<https://www.fema.gov/media-library/assets/documents/133447>)

Step 4: Practice your plan with your family/household

CONNECTICUT NATIONAL GUARD

FULL TIME EMPLOYMENT OPPORTUNITIES

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

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When a Soldier dies in a preventable accident, it has a detrimental effect on the morale and welfare of the unit. That Soldier's absence, however, extends far beyond the Army because often they also leave behind a heartbroken family. Moments and colleagues. Remember... **IT'S YOUR LIFE, BUT OUR LOSS.**

<https://safety.army.mil>

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HONOR GUARD

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Get Your Vaccinations

SGT. 1ST CLASS (RET.) STEPHANIE CYR
RETIREE AFFAIRS COLUMNIST

Editor's Note: This article is printed for informational purposes only. Always consult qualified medical professionals, like your physician, to ensure you have all necessary information.

Vaccinations, along with good health habits, are the best defense against several possibly fatal illnesses. Each year the Center for Disease Control issue a list of recommended vaccinations based on age and health. Of the eleven vaccinations, seven are recommended for anyone fifty years of age or older. This article focuses on the four recommended for almost all adults.

The flu shot vaccination is given annually and is formulated twice each year as the virus mutates. The vaccine is 40-60 percent effective. Individuals who contract the flu usually have a milder case than if they had not been vaccinated. Flu symptoms, unlike the common cold, come on quite suddenly. Symptoms typically include a fever of 102 or greater, coughing, sore throat, runny or stuffy nose, fatigue, body aches, headaches, loss of smell, nausea, vomiting, and diarrhea. Serious complications from the flu include bacterial pneumonia, ear and sinus infections, dehydration, muscle inflammation, and heart problems such as heart attacks, myocarditis and pericarditis.

Anyone who has ever had the chickenpox can develop shingles. It is estimated that there are 1 million cases of shingles in the United States each year, and that one in three adults will have shingles in their life time. It is caused by the same virus as chickenpox, varicella zoster, and can lie dormant in the body for many years. It is a painful infection of an individual nerve and the skin which is supplied by the nerve. Most common in adults over sixty, the virus can reappear in people of all ages. Age determines which of the two types of vaccine a person will need. The vaccine is only given once and is ninety percent effective.

Pneumococcal vaccine, commonly known as pneumonia vaccine, prevents pneumococcal disease caused by Streptococcus pneumoniae bacteria. Pneumococcus is the most common cause of bloodstream infections, pneumonia, meningitis, and ear infections in young children. There are two types of vaccine. One dose of PCV13, and at least one dose of PPSV23 are considered effective depending on age and health.

TDAP vaccinates against three potentially life-threatening bacterial diseases. They are tetanus, diphtheria, and pertussis more commonly known as whooping cough. Tetanus, often called lock jaw, enters the body through a wound or cut. Affecting the brain and nervous system, it causes extremely painful muscle spasms. Jaw spasms can make it impossible to open one's mouth. The mortality rate is one out of five infected with tetanus. Diphtheria is very contagious and makes it very difficult to breathe.

In serious cases it can cause heart and nerve damage. Pertussis (whooping cough) is a very contagious respiratory infection that may lead to severe breathing problems, especially in infants. Starting like a cold, it progresses into intense uncontrollable coughing spells. Td is a ten-year booster for Tetanus and Diphtheria but doesn't protect against pertussis. Any adult nineteen and older, especially health care workers, parents, grandparents or anyone who are around infants under one year, should receive this vaccination.

MMR (Measles, Mumps, Rubella), HPV (Human papillomavirus), Chickenpox, Hepatitis A and B, and Hib (Hemophilus Influenza type b), and Meningococcal are other vaccines which be discussed with one's primary physician. A person's health history and general health



Visit the Center for Disease Control and Prevention website for more information about vaccinations for you and your family members. <https://www.cdc.gov/vaccines/vpd/vaccines-age.html>.

are determining factors on which inoculations should be given.

Most health insurances including Tricare for Life cover most or all these vaccinations when received through an approved health care provider. It is important that individuals take the easy precaution of vaccinations to protect themselves and others from contracting these preventable but potentially dangerous illnesses.

The CDC has very good resources on vaccinations and prevention of illness. Individuals should consult with their primary health provider about vaccinations as a part of their health profile.

For more information about recommended vaccines based on your age, visit <https://www.cdc.gov/vaccines/vpd/vaccines-age.html>.

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>

Calendar

November

November 4

Daylight Savings Ends

November 6

December Guardian Deadline

November 10

Marine Corps Birthday

November 11

Veterans Day

November 22

Thanksgiving Day

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

CONNECTICUT NATIONAL GUARD PROMOTIONS ARMY

To Private

Surprenant, Jared O.

To Private 2

Audette, Nicholas S.
Beckford, Olivia M.
Branson, Andrew T.
Cooke, Connor R.
Dio, Emma L.
Espino, Ryan X.
Farrell, Christopher T.
Graham, Ajali E.
Hampton, Ethan L.
Herrerasvasquez, Juan N.
Holley, Hunter J.
Lim, Kenneth K.
Lumpkin, Keeara D.
Maher, Malakai J.
Thoma, James J., Jr.
Velez, Kevin T.
Weinsteiger, Andrew B.
Zbroszczyk, Mateusz K.
Zerbe, Aaron J.

To Private

First Class

Addison, Robert F.
Alvaradodejesus, Yashira
Antoine, Ashley
Aviles, Ironeida E.

Chambers, Kevan R.
Chilingarashvili, D.
Doyle, Liam T.
Frankel, Aaron J.
Gravelle, Sylvia J.
Jankowski, Michal
Joseph, Allen
Molina, Zorina N.
Moody, Zachary T.
Norvang, Peter N.
Perriolat, Cameron T.
Rodriguez, Yariana
Xu, Xiaochen

To Specialist

Alicea, Ishtua
Bailey, Jhanelle S.
Carrion, Marc D.
Cornish, Anthony W.
Edge, Eric S., II
Elliott, Aquim R.
Franco, Torres C.
Gullakson, Colby S.
Hood, Nicholas M.
Lopez, Reyes E.
Martin, Shamar B.
Molina, Jordan L.
Perodeau, Jonathan D.
Reilly, Andrew J.

Semczysyn, Victor G.
Symon, Lauren C.
Taylor, Mark E.
Todorov, Valentin
Walker, Morrell L., IV

To Sergeant

Abbott, Ralph W., I
Benites, Donovan M.
Chase, Gideon F.
Clark, Douglas C.
Conniff, Joshua C.
Cruz, Jeremy A.
Garcia, Nicaurys
Henry, Charles U.
Hourigan, Connor P.
Martinez, Michael A.
Messier, Jacob T.
Riendeau, Xavier J.
Suto, Ross J.
White, Robert A. III

To Staff Sergeant

Curry, Ryan P.
Fontan, Justin M.
Landry, Chad T.
Pongnon, Marc H.
Rios, Isaiah

To Sergeant

First Class

Simon, Benjamin A.
Spezzano, Scott W.

To Master

Sergeant

Conklin, Mary C.

To Sergeant Major

Lewis, Corey A.

To Warrant

Officer

Gallagher, Gregory S.
Halbach, Jason H.
Yanker, Emily A.

To 2nd Lieutenant

Peck, Dalton M.

To Major

Lock, Evan R.
Raphael, Nicholas M.

To Colonel

Beatman, Anthony F.

AIR

To Airman

Robles, Arielle V.
Chiren, Ritanna A.

To Airman

First Class

Murray, Megan E.

To Senior Airman

Gildea, Carissa E.
Tynan, Christian N.
Chicoski, Connar R.
Lowery, Elden K.
Hernandez, Jason A.
Lincoln, Ross A.
Hatch, Wayne E.
Shopey, William T.

To Staff Sergeant

Perez, Alejandro
Aldrich, Alecia M.
Delgado, Anitress M.
Moss, Hunter A.
Duclos, Kenneth L., Jr.
Heide, Nicholas H.
Taggart, Nicholas J.

To Technical

Sergeant

Leone, Daniel A.
Solano, Diego A.
Zimmerman, Dylan A.

To Master

Sergeant

Roy, Jessica L.
Morneau, Joel M.

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Connecticut Family GUARDIAN

VOL. 19 NO. 11

HARTFORD, CONNECTICUT

NOVEMBER 2018

Operation E.L.F, Adopt-A-Family Kicks off for the Seventeenth Year

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

Thank God For Every Blessing He Has Given

It was mid-afternoon and a great ray of light broke forth through the cloud-ridden sky. I was driving back home from a business trip on a busy highway near New York City. Up ahead, I saw a sign. It read that I was approaching a toll booth. Minutes later, I drove through the toll booth. As I did, I recalled a story I had once read somewhere written by Dr. Charles Garfield.

One morning, Dr. Garfield was going out to lunch in San Francisco. He was in his car and he was drawing near a toll booth. As he drove closer to it, he heard loud music. Confused, the doctor looked around at the cars and trucks next to him in line waiting to pass the toll booth. But they all had their windows closed, so the music wasn't coming from them.

As the doctor drove toward the toll booth to pay, he saw within it a young toll collector was playing music and was dancing.

Stunned, as he stopped his car to pay, the doctor couldn't help but ask the young man what he was doing. With a pleasant grin on his face, the toll collector answered enthusiastically, "I'm having a party!" And he continued twirling and dancing.

The doctor nodded. He paid the toll and went on his way.

Meanwhile, a few weeks passed, and the doctor continued to think about that young toll collector. So he drove back on that same roadway and to that exact same toll booth. Once again, there was loud music within, and the young man was twirling and dancing.

For a second time, the doctor exhaled; and as he paid the toll he questioned, "What are you doing?" Remembering the doctor, the toll collector happily replied, "I'm still dancing" and "I'm having the same party."

The toll collector was not sitting in the toll booth alone dissatisfied, depressed or overwhelmed. He wasn't

restless or unsettled. Nor was he continually worried about any mistakes of the past, replaying them over and over in his mind. Rather, as the toll collector was fulfilling his responsibilities, he was joyful, passionate about life and...dancing.

He developed a perspective that took a sometimes mundane job and he added fun, purpose and meaning. In a brief conversation with the doctor, the toll collector stated with a relaxed smile, "I don't understand why anybody would think my job is boring. I have a corner office, glass on all sides. I can see the Golden Gate, San Francisco, the Berkeley hills; half the Western world vacations here...and I just stroll in every day and practice dancing."

What a revelation! A smile drifted on the doctor's face and into his soul. And he knew he had just been handed one of those rare life-changing moments.

This story illustrates that you and I have a choice in what we do and how we view life.

What thoughts are playing over and over in your mind? How are you choosing to live this moment?

From this day forward, have a fresh, new mental attitude. Unclutter your mind from negative thoughts of worry, fears or despair. God created you to be free. Decide today to: "Let all negativity go."

Keep in mind that 'where you are going' is more important than 'where you've been.' Therefore, don't be weighed down by the past. Hopelessness can crowd out the good things in your life. So discontinue hurting yourself or putting yourself down because of conditions that happened long-ago that were out of your control. You have too much ability, talent and strengths to waste any more of your precious time on toxic individuals or adverse situations. Stop holding onto bitterness or regrets. Give God the hurts and pains, and then the two-ton weight that has been on your shoulders will be lifted. Close the door to what happened in the past and look for that new open window in your future. Then daily, thank God for every blessing He has given. Appreciation works miracles and can adjust your thinking.

"Though the fig tree does not blossom and there is

no fruit on the vine, though the olive crops have failed and the fields have produced no food, though there are no sheep in the pen and no cattle in the stalls, yet will I rejoice in the Lord, I will be joyful in the God of my salvation." (Habakkuk 3:17-18).

Condition your mind to look for the good. Don't let anything steal your joy. God will take the undeserved and unfair situations that have occurred, and ultimately, turn them around for your good: * When you're tempted to get upset or worried, remind yourself, "The Lord will fight for you, and you shall hold your peace." (Exodus 14:14).

- If life throws you a curve ball, don't give up, persist forward and say, "Though a righteous man falls seven times, he rises again." (Proverbs 24:16).

- In challenging times; set your mind on God's promises and respond by declaring, "It is God who arms me with strength and makes my way perfect." (Psalm 18:32).

- In weakness; think about strength and tell yourself, "Be strong in the Lord and in His mighty power." (Ephesians 6:10).

Recently, there was a news report on television about a Pittsburg father. Although the father works three jobs, he just couldn't afford the dress that his daughter picked out and had her heart set on to wear to her 8th grade school formal.


The daughter did not get discouraged. She waited on and trusted her father to provide for her what she needed. So after working some extra shifts at his job, little by little the father saved up the money. Next, he went to the store and purchased the dream dress. After that, he surprised his daughter with it.

With eyes full of tears and gratitude, the daughter said she will never forget how her father made the impossible happen. And God, your Father is going to make the impossible happen for you.

God is a miracle-worker. Hence, never stop believing, because miracles happen every day. And your miracle could happen today.

So make up your mind to live your life joyful ... and dance!

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

Opportunities Available; Become A STARBASE Mentor

MELISSA VANEK
DIRECTOR, STARBASE CONNECTICUT

Interested in working with young people to help them learn the basics of research, design, and problem solving?

STARBASE Connecticut has opportunities for you. The current opportunity involves mentoring 6th-8th grade students as they design their way through the FIRST LEGO League season. Topics that students are working on include: professionalism and cooperative behaviors, research on social isolation, project design, public presentation, basic LEGO programming, problem solving, etc.

No expertise in computers or programming needed. The team meets Mondays, Tuesdays, Thursdays, and Fridays from 3:30pm to 4:15pm at Jumo Academy Honors SMART (339 Blue Hills Ave., Hartford, CT). The opportunity is flexible and can match your schedule. There are always opportunities to mentor as clubs rotate throughout the year. It is a great way to make a difference in the life of a child.

The Department of Defense program, STARBASE is an education program for elementary students, primarily fifth graders. The goal is to motivate them to explore Science, Technology, Engineering and Math (STEM) as they continue their education. The academies serve students that are historically under-represented in STEM. Students who live in inner cities or rural locations, those who are socioeconomically disadvantaged, low in academic performance or have a disability are in the target group. The program encourages students to set goals and achieve them.

To get involved with helping the future leaders of our world, contact Melissa Vanek, Director of STARBASE Connecticut at (860) 292-4678 or mvanek@starbase-ct.com.



A member of the 103rd Airlift Wing assists two students with a science experiment at STARBASE Connecticut. STARBASE is a Department of Defense program that encourages elementary school students to explore Science, Technology, Engineering and Math as they continue their education. (Photo courtesy of STARBASE Connecticut).



- Photo Area
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- Agas 2 & below are free!

November 17, 2018
Southington Armory
5 pm to 8 pm
(Dinner begins at 5:30)

Family Ticket (up to 4 Members) \$22
Family Ticket (up to 6 Members) \$27
Individual tickets \$7

Questions please call: 1-800-858-2677

Registration: <https://sm-child-dinner-2018.eventbrite.com> Password: SMCD18

Dress Code: Semi-formal , dress uniforms encouraged but not required.



<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												
Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)												
Legal and Pay Information	Outreach	Family Readiness Groups (FRG)												
TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance												

Service Member & Family Support Center Staff Directory

William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday			
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 matthew.t.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	pfccr.ct.agg@zaiders.com	(203) 233-8798 (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)
Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday			
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)
Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 - Open Monday-Friday			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
New London Armory: 249 Bayonet Street, New London, CT 06320 - Open Monday-Friday			
Family Assistance Center Specialist	Timothy Heaney	timothy.j.heaney.ctr@mail.mil	(860) 772-1422 (desk)/(860) 221-5548 (cell)
Personal Financial Consultant	Ernie Lacore	pfccr.ct.agg@zaiders.com	(860) 287-7882 (cell)
103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.b.timberlake.civ@mail.mil	(860) 292-2730 (desk)/(860) 462-6379 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.a.middlebrook.ctr@mail.mil	(860) 292-2595 (desk)/(860) 883-2704 (cell)
Yellow Ribbon Support Specialist	Jennifer Gonzalez-Smith	jennifer.m.gonzalezsmith.ctr@mail.mil	(860) 292-2772 (desk)/(860) 201-5107 (cell)
Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (860) 739-1637 - Open Monday - Friday			
Family Assistance Center Specialist	Jay Bennett	jay.a.bennett.ctr@mail.mil	(860) 739-1637