Connecticut JUARDIAN **OCTOBER 2018**

VOL. 19 NO. 10

HARTFORD, CONNECTICUT

CTNG Answers the Call in the Wake of Florence

MAJ. MIKE PETERSEN STATEPUBLICAFFAIRSOFFICER

WINDSOR LOCKS, Conn. - For nearly two weeks, members of the Connecticut Army National Guard's Aviation Battalion went to work outside state borders.

Not while deployed overseas, not while training at an armory or readiness center, but by putting their skills into action to help those affected by Hurricane Florence.

On Sept. 12, 11 Guardsmen boarded, piloted and crewed a CH-47 Chinook and UH-60 Black Hawk from Windsor Locks to a facility outside Knoxville, Tenn., where they would wait for Florence to make landfall and remain in a closer proximity to respond as needed.

Over the next ten days, the teams found themselves in North Carolina responding to some of the state's hardest hit areas. Its first mission? To transport two dozen first responders and nearly 5,000 pounds of equipment to various locations in most immediate need of support.

"Houses were flooded, roads were flooded. We thought roads were rivers, rivers were roads," Capt. Derik Dumond, a CH-47 pilot and member

of the response force, told local reporters upon the team's return to Connecticut, Sept. 23. "It was pretty apparent that a lot of people down there needed a lot of help."

Connecticut's aircraft served as the vehicle for numerous equipment and supply drops around the state, delivering cots, food, and other necessities to areas like Cape Fear, N.C. With thousands of civilians out of power and the heat

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

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Connecticut Launches Text-to-911 Capability

STATE OF CONNECTICUT PUBLIC RELEASE

The State of Connecticut has launched a new Textto-911 capability as part of the state's new Next Generation 9-1-1 Emergency Telecommunications System. Text-to-911 provides residents with the ability to send a text message to 9-1-1 from a handheld device in emergency situations when it is either unsafe or they are unable to place a voice call. The system, which is available statewide, is now in effect.

Officials are cautioning residents that voice calls to 9-1-1 remain the best and fastest way to contact emergency services whenever it is feasible to do so. Text-to-911 is only intended to be used when absolutely necessary or needed, which is why the new system's theme is: Call if you can, text if you can't.

To use Text-to-911, enter the numbers "911" in the "to" or "recipient" field on a mobile phone or other handheld device. Text a brief message that includes the location of the emergency and what services are needed (police, fire, ambulance). After that, answer questions and follow instructions from the 9-1-1 call center.

Please visit https://www.text911ct.org/ for more information about this new service. Attached, is a poster to display in your work areas.



TEXTIFAN

NEED 9-1-1? CALL IF YOU CAN. **TEXT IF YOU CAN'T.**

Text-to-911 is now available in Connecticut. If you need help, but can't safely speak on the phone or are unable to speak, use your mobile phone to send a text message to 9-1-1.

When to use it

Calling is the best and fastest way to reach 9-1-1. But you should text if:



You're deaf, hard of hearing, or have a speech disability.



You're in a situation where it's not safe to call 9-1-1 for help.



You're having a medical emergency and cannot speak on the phone.

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MAJ. MIKE PETERSEN STATE PUBLIC AFFAIRS OFFICER

McDonald joined the Connecticut Air National Guard in 1987, serving six years as a logistician before earning a commission through the Academy of Military Science in 1993 as an aircraft maintenance officer. Since then, he has served extensively throughout the Connecticut Air National Guard's Logistics, Maintenance and Communications communities.

National Guard forward."

me as a leader."



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McDonald Named Assistant Adjutant General Air Force Officer, 30-Year Veteran of Connecticut National Guard

HARTFORD, Conn. - Mai, Gen, Fran Evon, Adjutant General and Commander of the Connecticut National Guard, announced Brig. Gen. Gerald McDonald has been named the next Assistant Adjutant General of the Connecticut Military Department, Monday, Sept. 10.

"For three decades, Brig. Gen. McDonald has served his state and nation with honor," Evon said. "He brings a lot to the table in terms of experience, including key insight into how we will continue to advance our

McDonald was promoted to Brigadier General during a ceremony held at Bradley Air National Guard Base on Saturday, Sept. 8. In his speech to the crowd, he stressed what an honor it was to be selected for promotion.

"This is still somewhat surreal, and I am completely humbled by this promotion," McDonald said. "It is only fitting to spend this time thanking the people who are responsible for me standing on this stage today.

"I am blessed with having many incredible mentors throughout my career who have helped shape and mold

Previously, McDonald served as the Commander of the Connecticut Air National Guard's 103rd Maintenance Group and the Commander of the 103rd Logistics Group. Now, he will serve as the Assistant Adjutant General of the Connecticut Military Department's 4,700 Guardsmen Affairs)



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



State Militia.

McDonald's operational experience includes a tour of duty in Kuwait in support of Operation Southern air patrols in the nofly zones over Iraq established after the 1991 Gulf War. In 2003, he deployed again to southwest Asia for what became Operation Iraqi Freedom, responsible

and members of the for 150 maintenance personnel and all flight line activities for A-10 operations.

In his comments, McDonald addressed the Airmen of the 103rd Maintenance Group.

"Being your commander has been one of the greatest honors of my life, and being able to do it for 10 years made it even more special," McDonald said. "Together Watch, supporting we went through several challenges. There were tough times, but time and time again, you prove that you were tougher."

> McDonald also guaranteed he would give every Guardsman his all in his new position.

"I am indebted to many and I am a man who honors his debts," McDonald said. "I will honor this debt by giving 100% to this new role and by supporting Guardsmen to the best of my ability."

Left: Brig. Gen. Gerald McDonald is pinned by his sons, Jared, left, and Jacob, right, at a promotion ceremony at the Bradley Air National Guard Base, East Granby, Conn., Sept. 8. McDonald was officially named the new Assistant Adjutant General of the Connecticut Military Department on Sept. 10. (Photo by Tech. Sqt. Tamara Dabney, 103rd Airlift Wing Public Affairs)

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and humidity still on the rise, Connecticut Guardsmen also supported the delivery of air conditioning units to elder care facilities.

"It was one of the more rewarding experiences in my Connecticut Guard career," Dumond said of the mission.

Connecticut also supported missions that saw local residents and their four-legged family members airlifted out of North Carolina communities essentially cut off by the flood waters.

"We saved around 80 stranded civilians moving them to a new location so they were in a safe and better area," Sgt. Lindsay Errico, CH-47 Crew Chief, said. "That's why we are here, that's what we do, and we are happy to do it again."

The Guard's Black Hawk also supported search and rescue, utilizing its hoist abilities to retrieve stranded civilians. In a photo sent back by Sgt. 1st Class Stefanie Jennings, Flight Medic aboard the Black Hawk, the crew's personnel are seen hoisting a woman's pet dog from a severely flooded area. The woman and her other dog were also transported to safety.

The Connecticut National Guard has become no stranger to supporting relief efforts here in the United States. In 2017, over 100 Guardsmen took part in over 70 missions to help those in need after Hurricanes Harvey, Irma and Maria hit the continental United States and Puerto Rico in rapid succession.

"This is what we train for, and a major reason why many of us serve our state and nation," Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard, said. "To help our fellow American citizens when the need is greatest – whether it be on our nation's soil or halfway around the world.

"From the bottom of my heart, I thank you for your boundless motivation and tireless work ethic."

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Above: Sgt. Michael Justo, hoist operator aboard a CTNG Black Hawk supporting Hurricane Florence relief efforts, observes a home facing flooding in the wake of the storm's landfall. Below Left: The Connecticut National Guard's first mission in support of relief efforts was to deliver 24 firefighters and 5.000 pounds of their equipment via Chinook to various areas affected by Hurricane Florence. Below Right: An aerial view of one of the many North Carolina towns affected by heavy flooding in the wake of Hurricane Florence. Connecticut National Guard aviation assets spent nearly two weeks in the state's most heavily affected areas, providing passenger and equipment transport. (Photos provided by Sgt. 1st Class Stefanie Jennings, CTARNG)





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MAJ. MIKE PETERSEN STATE PUBLIC AFFAIRS OFFICER

National Guard leaders at all levels.

Beginning Friday, Sept. 21, prospective or new Company Commanders and First Sergeants attended the annual Pre-Command Course, at the Niantic Readiness Center. Over 30 senior lieutenants, junior captains, master sergeants and first sergeants attended to learn about the rigors of command.

at the company level."

National Guard.



Maj. Nate Dougall, Connecticut Training Center Headquarters Commander receives a celebratory high five from Chief Warrant Officer 2 Jackie Birge, Training Aids Devices Simulation Simulator Manager, after successfully destroying simulated targets with a Mk 19 grenade launcher, Sept. 22 at Camp Niantic. The CTC Unstabilized/ Individual Gunnery Trainer lane was open during the Connecticut Army National Guard Leadership Symposium, held Sept. 21 and Sept. 22. (Photo by Sgt. First Class and turn them into a team Benjamin Simon, JFHQ Public Affairs)

Leadership Conferences Promote Readiness, Awareness

NIANTIC, Conn. - For three days, Camp Niantic transformed into a hub of learning for Connecticut Army

"It was the best-attended Pre-Command Course to date," said Maj. Michael Jakubson, Training Officer for Guard Association the Joint Force Headquarters' Force Training Branch. "Company Commanders and First Sergeants are such a crucial part of this organization, and their attendance will help them better plan, resource and execute training highlighted how

Concurrent to the Pre-Command Course was the organization's second annual leadership symposium, hosted by Connecticut National Guard leadership – an event attended by over 200 officers, warrant officers and noncommissioned officers of the Connecticut Army

Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard, kicked off the symposium with opening comments focused on readiness, recruiting efforts and the important role the Connecticut National Guard plays in missions around the world. Evon emphasized that our Guardsmen are

also stressing the crucial role families and employers play in the success of the organization. He also reinforced that message by playing a recording of the speech Gen. Mark A. Milley. Chief of Staff of the Army, gave during the 2018 National of the United States conference in New Orleans, where Millev diversity is a major strength of the Armed Forces - servio

addressed the new Affairs)

Army Combat Fitness Test, set to be implemented in 2019 and the need for a force fit for today's battlefields. Evon then introduced Jim Calhoun, current University

of St. Joseph men's basketball coach and former



head coach of the threetime national champion University of Connecticut Huskies.

Calhoun reiterated his life-long motto, "win the day," to those in attendance, referring to achieving success on a daily basis through hard work and dedication.

"Jim Calhoun is a man who needs no introduction in Connecticut," Evon said. "This is a man who, for years, molded ultratalented 18-to-22 year olds and turned them into a team capable of achieving the highest honors in his sport.

"We ask our squad eaders, and our platoon leaders, to do the very same – to take young men and women straight out of high school in many cases

nation's wars. We greatly thank him for sharing some truly inspirational insight with the men and women of the Connecticut National Guard."

Friday afternoon and Saturday morning were dedicated to eight one-hour breakout sessions with key staff at the state level, where attendees could pick and choose which topics they wanted to learn more about.

With hour-long blocks tailored to a specific topic, the format gave instructors the flexibility to take a deeper dive into their subject matter expertise.

The symposium was not without its camaraderie. Friday evening was marked by a barbecue at The Point, Camp Niantic's waterfront pavilion that brought attendees and Guard leadership together.

Saturday closed with a Town Hall where attendees asked questions of senior staff members and brigadelevel leadership. Topics discussed included officer promotion/progression, the purpose of the State Partnership Program and important factors involving logistics and supply at the unit level.

"The leadership seminars offered were important in not only providing vital information for leadership at all levels, but to build relationships, and put faces to the names behind an email," Evon said. "Too often, those of us who work full-time forget that we are working with leaders who are balancing a civilian career on top of their Guard commitments, and to be able to put those people in the same room to have quality, face-to-face discussions, is an important building block on taking the Guard to the next level."

Evon stressed that the goal for 2019's Symposium is capable of fighting our a truly joint effort, with Army and Air leaders attending.



members from all Connecticut Army National Guard leaders answered questions from CTARNG Leadership walks of life coming Symposium attendees, Sept. 22 at Camp Niantic. The 2018 Leadership Symposium together to support offered CTARNG senior noncommissioned offers and officers the chance to learn about something bigger than the capabilities of the Connecticut Army National Guard and the training available at the themselves. He also Connecticut Training Center. (Photo by Sgt. First Class Benjamin Simon, JFHQ Public

TASMG Soldiers Conduct Training for DART Mission

SGT. WILLIAM EVOLA 1109TH TASMG, CTARNG

A simulated, "hard landing," was the backdrop of a July 30, 2018, training mission conducted by Guardsmen of the 1109th Theater Aviation Sustainment Group during the unit's annual training this summer.

Troops assigned to the group's Alpha Company participated as a Downed Aircraft Recovery Team, or DART, which is a group that is tasked with being sent to an aircraft in need of assistance after experiencing a mechanical failure that results in an inability to continue flying. DART is one of the requirements the 1109th is mandated to conduct.

Shortly after 10:00 a.m. on the day of the exercise, the TASMG headquarters received a notional medical evacuation request from the ground team on location at Stones Ranch Military Reservation in East Lyme, Conn.

A UH-60L Black Hawk was dispatched from the Groton facility as a casualty evacuation helicopter, piloted by Maj. Jeff Wiesner and Chief Warrant Officer 2 Steven Pratt. As part of the scenario, Wiesner and Pratt's aircraft simulated the hard landing, which caused notional damage to the helicopter. Upon receipt of the situation report, the TASMG launched a second Black Hawk, piloted by Mai. Marvann Alves and Chief Warrant Officer 3 Luke Anderson carrying tools and half of the DART, along with a ground team led by Sgt. 1st Class Gregory Gravel.

"Routinely conducting DART training is important to maintain skills that could potentially save lives, return the aircraft back to the fight, or allow the aircraft to be evacuated for further maintenance." Wiesner, who serves full time as both a pilot and the Commander of Alpha Company, 1109th TASMG, said. "You never know when or where an aircraft will experience a malfunction. It may be in a combat zone or here at home while on a training flight. Communication, planning, training, and being ready when a DART situation arises alleviates wasted time and indecisiveness and could be the difference in safe recovery of the aircraft and the safety of that crew."

The ground and air sections of the team consisted of mechanics, engine repairers, hydraulic specialists, avionics technicians, and electricians. The tools and equipment list was composed of both every day items as well as gear specific to missions of this nature. Additionally, a maintenance shopset arrived at the site earlier in the morning by truck, with several soldiers acting in support roles.

Both teams arrived at the landing area and immediately began offloading tools and conducting maintenance. As part of the exercise, the tail wheel of the aircraft was removed using a 10ton jack to lift the aircraft off the ground.

The scenario was completed within 45 minutes, and was followed by a thorough inspection of other areas of the aircraft as per the Army manuals. Once the inspections were complete, and the aircraft was deemed airworthy once again, the training site was cleared and all Soldiers returned to the main facility in Groton.

This type of training is instrumental in the readiness of an aviation unit, and the soldiers of Alpha Company displayed high levels of competence in this exercise. As time goes on, the 1109th TASMG aims to create more of these tasks in progressively harder situations to keep its soldiers equipped for any situation they are the next mission, whether it be here at home or overseas.



Guardsmen assigned to the 1109th Theater Aviation Sustainment Maintenance Group, headquartered in Groton, Conn., unload tools to conduct a simulated Downed Aircraft Recovery Team, or DART, operation at Stones Ranch Military Reservation, July 30, 2018. A DART team specializes in responding to a military aircraft in need of immediate maintenance, sometimes in the most austere of environments. The TASMG is required to conduct this training periodically to keep skills up-to-date. (Photos provided by Sgt. William Evola and Staff Sgt. Nathan Grenier, 1109th TASMG, CTARNG)



Guardsmen assigned to the 1109th Theater Aviation Sustainment Maintenance Group, headquartered in Groton, Conn., use a 10-ton jack to remove the tail wheel from an aircraft that sustained simulated damages during a simulated Downed Aircraft Recovery Team. or DART. operation at Stones Ranch Military Reservation, July 30, 2018. A DART team specializes in responding to a military aircraft in need of immediate maintenance, sometimes in the most austere of environments. The TASMG is required to presented with. This preparedness will keep the unit focused on conduct this training periodically to keep skills up-to-date. (Photos provided by Sgt. William Evola and Staff Sqt. Nathan Grenier. 1109th TASMG. CTARNG)

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1st. Lt. Jen Pierce 103rd Airlift Wing, Public Affairs

any possible signs of attack.



Staff Sqt. Mark Labbadia (center) conducts mission planning with several Security Forces Airmen during the training exercise at Joint Base Cape Cod, Mass., Aug. 22.(U.S. Air National Guard photo by Master Sqt. Crystal Revnolds).

103rd Security Forces Experience Realistic Training at Joint Base Cape Cod

JOINT BASE CAPE COD. Mass. - The sound of tires crunching over packed dirt seemed deafening as explosive device the convoy of High Mobility Multipurpose Wheeled Vehicles, or HMMWVs, rolled slowly down the uneven road. Airmen inside the vehicles remained vigilant for

As they neared a curve in the road, a loud explosion suddenly resounded throughout the training area. primary purpose Security Forces Airmen from Air National Guard units was to complete across New England dismounted from the HMMWVs apre-deployment and took up defensive postures. The realism of this requirement, training event was not lost on any of the Airmen.

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

After several minutes of reaction to the explosion. instructors called everyone to gather and provided initial feedback. Having gleaned new perspective from the instructors, the Airmen mounted up again and continued

This convoy operation training with improvised simulations was a first for the 103rd Security Forces Airmen.

the training exerci

The training's however, this exercise went above and beyond typical security forces training.

"This is the first time we've been able to train convoy operations with IED



simulations," said Security Forces Airmen react to an IED explosion during convoy training at Joint Base Cape Master Sgt. Crystal Cod, Mass., Aug. 22. Airmen from the 103rd Security Forces Squadron p participated in a Reynolds, the week-long joint training exercise with the Army and other Air Guard units to enhance their

Unit Training pre-deployment training. (U.S. Air National Guard photo by 1st Lt. Jen Pierce)

Manager for the

103rd Security Forces Squadron.

"Training like this is going to get them ready. If they encounter anything overseas it will be second nature to them because they've already experienced t," Reynolds said.

Not only were the Airmen exposed to new types of training, several of them had the opportunity to train for the first time in a joint environment. In addition to the security forces units from other Air National Guard bases, a communications flight and the Army National Guard participated to enhance the realism of the exercise.

"The reason we like to train jointly is because a lot of these units deploy together," Reynolds said. "We brought a lot of new guys who haven't deployed yet, however, when they do get to deploy together, they'll already know each other. Training together like this also allows for networking and learning from other units different ways. They now have that different perspective and they can bring that back to our unit."

Tech. Sgt. James Hightower, Unit Training Manager for the 102nd Security Forces Squadron, Massachusetts Air National Guard, agreed.

"Generally speaking, a lot of people in our career field tend to be hands on practical learners," Hightower said. "We could accomplish this training multiple ways by using Power Point or (computer-based training), but

we find for our troops that an emphasis on the practical increases retention of information as opposed to just talking at them."

Hightower was the primary coordinator for this joint exercise, the coordination taking 11 months of planning. The result, he feels, is more than worth it.

"Any training that exceeds the Air Force standard ultimately better prepares Airmen and allows them to treat (readiness training center) as a refresher. When you're in a situation and it's new and stressful you tend to miss a lot of the fine points. This type of training will take some of that stress off of them being away being in combat training and they can actually focus, then the NCOs can start providing more leadership guidance."

Nearing the end of the exercise, the Airmen in training continued to maintain high enthusiasm for the training.

"This is my first type of training like this," said Airman 1st Class Carissa Gildea, 103rd Security Forces Squadron. "Being able to adapt to this new environment by itself is a learning experience. Anything the instructors have to pass on you, just take in like a sponge."

This is the second time the 103rd Security Forces Squadron has participated in the joint training exercise at Joint Base Cape Cod. They last trained on site in 2016, however, this was the first year they were able to experience IED simulation training.

Members of the 1-102nd visit France to Commemorate 100 Years Since the Regiment's Participation in World War I

COMMAND SGT. MAJ. ARTHUR FREDERICKS SENIOR ENLISTED LEADER, 85TH TROOP COMMAND

In late July, I joined some of the finest soldiers the 1-102 Infantry Regiment had to offer on a once-ina-lifetime journey to France to commemorate the Regiment's participation in World War I.

For myself, Lt. Col Frank Tantillo (current commander of the 1-102nd Infantry Regiment, Sgt. Luk Silk, Sgt. Alex Drake, and Spc. Benjamin Wilke, the gravity of the visit would not settle in until we began our travels through the villages, cities and vast farmlands enroute to the French military base in Sissonne.

As we passed through the ever-expanding farmland, we noticed cemeteries speckled throughout and monuments at the center of each village. The impact of this Great War was still felt and resonated in this rural countryside. The French buried head to head, sometimes 6-8 Soldiers to a plot.

The dark crosses representing the German soldiers who fell on these battlefields so long ago. The plots still cared for and respected.

The 102nd Infantry came into this War after mustering in New Haven in 1917. Rather than getting caught up in dictating the incredible history of this War, I will simply touch on some of the places we visited.

Our first stop: The Marne River, where Americans took part in the second Battle of the Marne, July 15-18, 1918. The point where we stood was occupied by the Germans with the flank of the U.S. forces just across the river. The historians, with their battlefield maps in tow, did an outstanding job presenting so we could relive the American soldiers' experience.

We then stopped at the Montsec American Monument, an epic monument as great any on the national monument park in Washington D.C., recognizing the soldiers lost in the Saint Mihiel Offensive, Sept. 12-16, 1918, which was the first operation in WWI carried out by a complete the divisions represented in the battle lined the ceilings American Army under the independent control of the with light streaming in through the stained glass windows American Commander in Chief.

Over 550,000 Americans and 110,000 French participated in this battle. The location in which we were standing was occupied by the Germans which provided clear lines of observation of the entire American front. Of great significance, about three miles to our rear, was the village of Seicheprey, a major site of 1-102nd history.

Our soldiers had the honor of participating in several commemoration ceremonies, concluding with the 26th Infantry Division ceremony at the Aisne-Marne American Cemetery, where 2,289 American Soldiers lost their lives in the summer of 1918 in the Battle for was impacted as most able bodied men went off to fight. Belleau Wood.

Just outside the Aisne-Marne cemetery was the 26th Infantry Division Chapel. Marching from the cemetery to the chapel, we learned the significance of what we undertook. The chapel was devastated during the Battle for Belleau Wood and, as the story is told, soldiers from the 26th Infantry Division deferred a day's pay



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

to reconstruct it. The chapel walls were lined with the names of the soldiers from the 102nd Infantry and others that lost their lives in this battle. The flags from depicting the states wherein soldiers came.

Myself and Lt. Col Tantillo had the honor of participating in a tree planting ceremony at the base of the stirring Rainbow Division Monument. We placed American soil at the base of the tree prior to joining generations of French villagers on a 10-mile historical trek. Along this trek we had the chance to speak with several villagers who shared their lineage and the impact this Great War had on families and their country.

It had been three years of German occupation in most of these villages prior to American liberation. Every family This brought the monuments in every village into greater context as they essentially lost a generation of their men fighting in this war. They are steadfast in their effort to never forget what happened and what sacrifices were made by the Americans.

We traveled to the Village of Seicheprey after a long day on a battlefield tour. In the center of the village was

a chapel with a bronze plaque thanking the American Forces for liberating them on April 20, 1918. On the grounds of the chapel were two distinct memorials, one commemorating the battle and the other a fountain commemorating the soldiers from the 102nd who fought so bravely here. Soldiers from C Company, 1-102nd Infantry, occupied this village and defended it valiantly under the first siege from German Stormtroopers and Prussian Guards.

Essentially the Germans sent their best to test the new Americans on the battlefield. The soldiers fought hand to hand, with bayonets, meat cleavers and whatever means they could to survive. They would be forever honored by the French for their bravery and fortitude in this battle. We spoke with a young French villager named Timothy who ventured out to meet us. He spoke little English but was open and courteous, representing the sentiment of the village.

There is so much more I can, and want to cover, but will close by saying this: It was a tremendous honor to participate in this commemoration, and to represent our country, military, state, and the 1-102nd Infantry, as well as my family who has served honorably in the 102nd for three generations.

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SPC. ADAM PARENT U.S. ARMY CENTRAL

on their family's history of service.

made me want to serve."

the years.

He began his career as an antenna installations and maintenance technician which entailed building



U.S. Army Capt. Joshua Paille, middle, commander of Headquarters and Headquarters Detachment 1109th Theater Aviation Sustainment Maintenance Group, Connecticut Army National guard, attached to Task Force 22, leads his father, U.S. Air Force Chief Master Sqt. Andre Paille, a project manager with the 214th Engineering Installation Squadron, Louisiana Air National Guard, attached to U.S. Air Force Central, left, and his former college classmate, U.S. Army Capt. Joseph Booth, commander of the 220th Public Affairs Detachment, attached to U.S. Army Central, on a tour of the airfield where he works at Camp Arifjan, Kuwait, Sept. 1, 2018. (U.S. Army photo by Spc. Adam Parent, U.S. Army Central)

A Father and Son Reflect on Their Service

CAMPARIFJAN, Kuwait - One of the greatest assets available to the U.S. Army are families with a strong legacy of service in the military. U.S. Army Capt. Joshua Paille, commander of Headquarters and Headquarters Detachment 1109th Theater Aviation Sustainment Maintenance Group, attached to Task Force 22, is a Soldier from a long line of service in his family.

Members of Paille's family have served in different branches of the military in World War II, the Vietnam War, and now both Paille and his father, U.S. Air Force Chief Master Sgt. Andre Paille, a project manager with the Louisiana Air National Guard's 214th Engineering Installation Squadron, attached to U.S. Air Force Central, serve the military today. Joshua and Andre Paille recently had a unique opportunity to see each other while they are both deployed in the Middle East, and they reflected

"My dad was in the Navy, so when I was young I wanted to be in the Navy," Andre Paille said. "And my granddaddy, although he couldn't serve because he had a medical issue, he contributed a lot to the war effort in World War II. And I think him, more than anything,

Andre Paille has spent most of his 32-year career in the military with the 214th EIS, serving on three significant mobilizations and multiple shorter missions throughout



U.S. Air Force Chief Master Sgt. Andre Paille, right, a project manager with the 214th Engineering Installation Squadron, Louisiana Air National Guard, attached to U.S. Air Force Central, and his son U.S. Army Capt. Joshua Paille, commander of Headquarters and Headquarters Detachment 1109th Theater Aviation Sustainment Maintenance Group, Connecticut Army National Guard, attached to Task Force 22, had an opportunity to spend a day together at the airfield where Joshua Paille works at Camp Arifjan, Kuwait, Sept. 1, 2018. One of the greatest assets available to the Army are Soldiers and their families who continue a rich tradition of military service. (U.S. Army photo by Spc. Adam Parent, U.S. Army Central)



antenna towers, digging trenches for cables and installing communications equipment wherever the Air Force needed it, said Andre Paille. He is now in charge of a team of Airmen who install that equipment for U.S. forces throughout the Middle East.

Just as Andre Paille was inspired by the service of his father and his grandfather's hard work, Joshua Paille wanted to follow in his father's footsteps of military service too. After he graduated high school he was accepted into Norwich University and joined the Army, where he eventually found his way into aviation, said Joshua Paille.

Joshua Paille has been in the Army for 11 years now and plans to continue serving for a long career like his father.

"It's exciting and fulfilling," Andre Paille said. "It's good to know that he wants to continue, I'm grateful that he can serve."

Both Andre and Joshua Paille recently deployed to the Middle East, and their separate missions allowed them to cross paths in Camp Arifian on Andre Paille's birthday weekend. They spent a day together touring the airfield where Joshua Paille works and appreciate the circumstances which allowed them to be together for a short time while they were so far from their families.

"Fate just brought us together," said Joshua Paille. "Probably one of his last deployments and the beginning of many for me."

NGB Chief Advises of Extended Military OneSource Benefit

GEN. JOSEPH L. LENGYEL CHIEF, NATIONAL GUARD BUREAU

Fellow Guardsmen

I wanted to make you all aware of the Extended Military OneSource Benefit for Veterans and Families from the Under Secretary of Defense for Personnel and Readiness.

"For many who serve, military life provides a sense of purpose, community, and identity. During the transition to civilian life, Service members and their families face new milestones and life changes. As a military family establishes a new foundation, the realities of finding a new job, adjusting to a new cultural climate, and changes in military pay and benefits can be challenging.

To make this transition easier, Executive Order 13822 expressed the President's intent to expand support provided to transitioning veterans. Consistent with this intent, the Department of Veterans Affairs and the Department of Defense have agreed to extend Military OneSource services to veterans for up to one full year after separation or retirement from military service. This benefit provides the full continuum of support needed by veterans and their families to help facilitate their transition.

Military OneSource is both a 24/7 call center and a website that provides information, answers, and support at no cost to the user. Confidential support services include specialty consultations on topics ranging from financial counseling and tax filing assistance, to special needs support and relocation resources. Spouse education and career opportunities support a successful transition by helping spouses achieve their goals at any stage of military life. Private, non-medical counseling helps Service members, veterans, and families through relationship challenges, job stress, parent-child communication, and other situations and stressors of daily life.

The extension of Military OneSource services reinforces the Department's role in assisting Service members, veterans, and families during the transition process. I strongly encourage you to refer active duty, reserve, National Guard members, veterans, and families to Military OneSource, available on-line at www. militaryonesource.mil and at 1-800-342-9647."

Sincerely, Joseph L. Lengyel General, USAF Chief, National Guard Bureau



Gen. Joseph Lengyel, Chief, National Guard Bureau

The Connecticut National Guard Foundation **Announces Scholarship Recipients for 2018-19**

COURTESY OF CHIEF WARRANT OFFICER 4 (Ret.) JOHN GODBURN, PRESEIDENT, CTNGFI

The Connecticut National Guard Foundation, Inc is pleased to announce it has awarded scholarships to the following recipients for the 2018-2019 academic year.

COTA, Bailee: Bailee is the daughter of Chief Master Sgt. James Traficante, 103d Air Wing, CTANG. She lives in Simsbury and is a 2018 graduate of Simsbury High School. She is entering her freshman year at Penn State University, majoring in Architecture.

HOLLAND, Agatha: Agatha is the daughter of Capt. Douglas Holland, 1109th TASM-G, CTARNG. She lives in Milford and is a 2018 graduate of Joseph A. Foran High School, Milford, CT. She plans to further her education by attending the University of Arizona, as a freshman, majoring in Astrophysics.

KNICKERBOCKER, Bethany: Bethany is the daughter of Jeffrey Knickerbocker, 103d Air Wing, CTANG. She lives in Wallingford. This fall she will be entering her second year at Emerson College, Boston, MA, majoring in Creative Writing.

MASUNAGA, Evan-Yutaka: Evan is a member of the 103d Air Wing, CTANG. He is a United States Air Force veteran and has attended the University of Missouri and the University of California, San Francisco.

THE CONNECTICUT NATIONAL GUARD FOUNDATION, INC IS PLEASED TO ANNOUNCE THE LAUNCH OF THEIR NEW WEBSITE HTTP//CTNGFI.ORG "Supporting our Soldiers, Airmen and Families in need, in the form of grants and scholarships to members of the Connecticut National Guard,

including Connecticut National Guard Retirees; members of the organized militia, and authorized Reserve Component Family Readiness Groups, "

He is currently enrolled at Yale University, New Haven CT, School of Management and Public Health.

MERRILL, Tabatha: Tabatha is the spouse of Spc. Kevin Merrill, 85th Troop Command, CTARNG. She holds a Certified Nursing Assistant license and has worked in a variety of medical positions. She currently works in a primary care office as a Medical Assistant. She enters her second year at Stone Academy and is an "A" student pursuing her Nursing degree.

MITTON, Jennifer: 2nd Lt. Mitton is a member of

the 118th Medical Battalion, CTARNG. She is a 2017 graduate of the University of Connecticut with a degree in Sociology. She is currently attending Bridgewater State University, Bridgewater, MA working to complete her Master's Degree in Social Work.

EVON, Eric: Eric is this year's recipient of the SGT Felix M. Del Greco, Jr Memorial Scholarship. He is the son of Maj. Gen. Fran and Laura Evon of Newington. Eric is entering his junior year at Fordham University's Gabelli School of Business, majoring in Finance.

CONNECTICUT GUARDIAN

Staff Sgt. Silas Holden 1109th TASMG, Master Fitness Trainer

season for this summer.

While it is simple to think that staying in the air conditioning and drinking water are all you need to remember to stay cool, there is much more to it than that. Heat, especially when our bodies are not used to it, is extremely dangerous for an unaccustomed person. Whether you work outside, are a competitive athlete, or just enjoy the outdoors there are some simple measures you can take to gradually acclimate yourself to a hotter climate.

of a heat injury.



As Temperatures Change, Modify Your Fitness Routine to Avoid Injury

Greetings from the hot, sandy, windy conditions of Kuwait. I think this month it will be completely appropriate to cover the topic of hot climate acclimatization. Even Connecticut and New England had a hot and humid

The first and most important step is to slowly build up your tolerance to the heat. Do not expect to be acclimated for at least two to four weeks. Jumping into

Start with easy, slow paced recreational activities to

start out in the morning and allow your body to get used to the change in temperature from morning to later hours of the day. Go for a good walk, throw a football for a while, or do a little landscaping and yard care. Don't try and overdo it at first, because you can become a casualty to the heat before you know it.

Up your water intake and mentally prepare yourself for the routine you will have to follow to become acclimated. It takes constant vigilance on your part and others around you to be sure you are hydrating enough for the new climate. With the extra water intake, you must also be sure you are eating properly to keep your sodium levels up. If you simply drink water and don't eat properly you will flush your body of all electrolytes and go into hyponatremia, a condition that is the result of flushing out your sodium from over hydration.

To maintain an acclimated state you must get outside and embrace the heat at least every other day, otherwise regular activities after just a week can lead to the onset you will begin to lapse in the ability to withstand it. and the intensity at which you exercise outside. This will stay fit, stay motivated, and stay hydrated!

slowly build up your acceptance of the heat. It is good to help you get used to the heat without being completely drained afterwards.

Wear lightweight, light-colored clothing and stick to short sleeved shirts with shorts. Lightweight active wear with moisture wicking is also a good choice to combat the energy zapping effects of being outside in extreme heat. The key is to allow your skin to breathe by wearing lightweight garments that are not too tight. Remember that perspiration is the body's natural cooling system so it is important to be sure you hydrate enough to sweat. If you stop sweating you need to take it as a warning signal to find shade and rehydrate.

While these are only a few of the simple ways to keep from becoming a heat casualty, there is far more information out there on the topic. It is our job to ensure that each of our Soldiers and leaders know the signs and symptoms of heat injuries. It is also our job to make sure each of us is hydrating and staving healthy to combat the heat. This is yet another part of overall Soldier readiness which will keep us in the fight and not have us falling Slowly build up the amount of time you spend outdoors out to be taken away by the medics. Until next month,

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.





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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"Abote are representations only, actual items are subject to availability and funding. "Must be aligible to receive AMM or ARCOM. One award per person given at the and of the facal year based on n

Legal Go Paralegal, Gain **Skills for Your Future**

SPC. DANIELLE FAIPLER PARALEGAL SPECIALIST

Paralegal specialists in the Army National Guard are essential for supporting a unit's paralegals should possess. legal readiness and utilize skills readily transferrable to civilian occupations.

These skills include computer-assisted legal research, drafting military and legal correspondence such as memorandums and letters, and supporting the unit commander with administrative duties. Paralegal specialists become proficient in the Uniform Code of Military Justice and processing administrative actions directed by unit commanders.

In order to serve as a paralegal (military occupational specialty: 27D) in the Army National Guard, one must first successfully complete basic combat training, a 10week period to learn basic Soldier skills such as marching, marksmanship, Army heritage and physical fitness training. After completing basic training, paralegals must then attend Advanced Individual Training. a 10-week course at the Judge Advocate General's Paralegal Specialist Training Center at Fort Lee, Va.

The course trains students in legal and administrative procedures, such as courtmartials, preparing legal correspondence and drafting transcriptions. Students also build upon the Soldier skills they learned in basic training and have the opportunity to participate in a promotion board to be recognized by their company and battalion. After completion of AIT, Army paralegal further training and development.

Course offerings include court reporter school, where Soldiers can train to serve as court reporters, learn how to use cuttingedge transcription software, redictation with open-mic and closed-mask methods, and speed dictation proficiency and records of trial.

There are also courses that train paralegals in aspects of military justice, administrative and civil law, contract and fiscal law, operational law, legal assistance and claims. Instruction provides enrolled Soldiers with a more specific focus on legal operations, such as the legal framework for practice, techniques, and procedures of Judge Advocates and attorneys.

Paralegal specialists can also take a two-week warrior course, which further reinforces the foundational Soldier skills

Soldiers who become paralegal specialists also have the opportunity to complete a paralegal degree program for civilian employment. The online course is offered through the University of Great Falls, is approved by the American Bar Association, and Soldiers may be eligible to receive tuition assistance through GoArmvEd.

The training and certification opportunities discussed above allow military paralegals to take their skills into the civilian occupational setting, where they can assist civilian lawyers. These skills can also be applied as a court reporter, court clerk and legal assistant.

According to the U.S. Department of Labor, the need for paralegals and legal assistants is expect to increase 15 percent from 2016 to 2026, a quicker rate than other fields. In Connecticut, the need for paralegals is projected to increase 13.1 percent, just under the national projection. Civilian paralegals typically fact check

cases, conduct research on laws, regulations and legal articles, and organize and maintain documents and evidence.

Successful paralegals are able to use new technology and computer software to complete their jobs efficiently and accurately.

In both the civilian and military spheres, paralegals should have fair communication and interpersonal skills. They should also specialists are eligible for a wide variety of be proficient in time management and have strong organizational skills as they may be required to work on multiple cases at once. They should also have strong attention to detail and ethics and integrity as they may have to handle personal information.

> Paralegals in the Connecticut National Guard receive all of the benefits afforded to enlisted Connecticut National Guard Soldiers, including a tuition waiver for state colleges and universities, pay for annual training or deployment, insurance. retirement and the possibility of enlistment bonuses. If you or anyone you know is interested in becoming an Army National Guard paralegal, please contact the Office of the Staff Judge Advocate at (860) 493-2770.

CONNECTICUT GUARDIAN



Ashley Cuprak, Victim Advocate Coordinator for the Connecticut National Guard, presents in honor of Women's Equality Day at the 1109th Theater Aviation Sustainment Maintenance Group facility in Groton, Conn., Aug. 31. Her presentation highlighted the history of the women's equality movement as well as current and future goals and initiatives that encourage gender equality in the workplace. (Photo by Spc. Meaghan Nasta, State Public Affairs Office)



Mai. Gen. Fran Evon. Adjutant General of the Connecticut National The 103rd Airlift Wing hosted a graduation ceremony for 90 members who received associate Guard, presents the winners of the National Guard Association of degrees from the Community College of the Air Force at the Bradley Air National Guard Base, Sept. Connecticut Golf Tournament with their trophy at Hawk's Landing 9. This was the first CCAF graduation ceremony held at the 103rd Airlift Wing since 2016. (Photo by Country Club, Southington, Conn., August 31. (Photo courtesy of Staff Tech. Sqt. Tamara Dabney, 103rd Airlift Wing Public Affairs). Sat. Leon Brown, 103rd Airlift Wina)

A Glimpse at Connecticut Guardsmen and Events

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. Sqt. Tamara Dabney, 103rd Airlift Wing Public Affairs).





192nd Engineer Battalion HHC Deploys to Afghanistan

Ms. Allison L. Joanis State Public Affairs Office

Members of the Connecticut National Guard and state leadership joined families and friends to say goodbye to 40 members of the 192nd Engineer Battalion's Headquarters and Headquarters Company during a formal send off ceremony at the William A. O'Neill Armory, Hartford Connecticut, Sept. 17 and then at a tearful departure at the Windsor Locks Readiness Center, Windsor Locks, Connecticut, Sept. 19.

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

"Route clearance includes clearing roads or any kind of supply routes of anything that could put either American Soldiers or other service members in harm's way," Jaworski told reporters at the unit's departure.

While elements of the 192nd have not deployed since 2012 when the 248th Engineer Company mobilized to Bahrain to conduct security forces and base defense missions, members have been activated for several storm response missions. Most recently, elements of the 192nd Engineers supported route clearing efforts in the wake of powerful winds that damaged communities in southern Connecticut in May. Engineer teams worked tirelessly to remove downed trees and debris from inaccessible roads, paving the way for utility companies to help restore and wiping away tears were far from the minds power to thousands of affected households.

"Make no mistake, these men and women are experienced, tested leaders who are experts in their field



The 40 deploying members of Headquarters and Headquarters Company, 192nd Engineer Battalion, salute during the playing of the National Anthem at their send off ceremony at the William A. O'Neill Armory, Sept. 17. (Photo by Allison L. Joanis, State Public Affairs Office)

and many of them have deployed previously," said Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard. "Time and time again, your Connecticut Engineers have provided relief efforts right here at home in the wake of weather events affecting roads and power, and they have exceeded my expectations each and every time.'

At both the send off ceremony and the departure, family members waving flags in patriotic support of Connecticut National Guard leadership who acknowledge that supportive families play an integral role in the success of CTNG Soldiers and their missions.

"I thank you for your dedication, support and service as partners in our 'profession of arm,'" said Evon to families during his send off ceremony remarks.

"It's much more difficult for the families than it is for the Soldiers," said 1st Lt. Ray Ayala, Battalion Communications Officer, HHC, 192nd Engineer Battalion to reporters at the unit's departure. "We are focused on what we have to do, and the families are the ones who have to return home without us."

The 192nd Soldiers left Connecticut for further training in Texas and then will continue on to their mission in Afghanistan.



Chief Warrant Officer 2 Steven Davis, assigned to Headquarters and Headquarters Company, 192nd Engineer Battalion, says goodbye to his family as he leaves for deployment from the Windsor Locks Readiness Center, Windsor Locks, Conn., Sept. 19. Approximately 40 unit members left for further training in Texas before their deployment to Afghanistan where they will supervise subordinate units specializing in route clearance. (Photo by Allison L. Joanis, State Public Affairs Office)



Maj. Gen. Fran Evon, right, Adjutant General of the Connecticut National Guard shakes hands with 1st Lt. Ray Ayala, left, Battalion Communications Officer, HHC, 192nd Engineer Battalion, along with the rest of the 40 members of the 192nd as they departed the Windsor Locks Readiness Center, Windsor Locks, Conn., Sept. 19. The Soldiers then traveled to Texas for further training before deploying to Afghanistan. (Photo by Allison L. Joanis, State Public Affairs Office)

CONNECTICUT GUARDIAN

MAJ. MIKE PETERSEN STATE PUBLIC AFFAIRS OFFICER

WINDSOR LOCKS, Conn. - As Americans celebrated Veterans Day on Nov. 11, 2017, 70 members of the 143rd Combat Sustainment Support Battalion spent a final day with their families before embarking on a deployment to Poland in support of Operation Atlantic Resolve. Many of the same loved ones who said goodbye on that sunny Sunday in November returned to the Windsor Locks Readiness Center on Friday, Sept. 21, 2018 to welcome home their Guardsmen after returning from their 10-month journey.

The CSSB's deployment, its fourth in 17 years, was unique to its other overseas missions. The unit provided logistical support throughout Eastern Europe and was responsible for subordinate units totaling over 800 Service Members. That responsibility did not just include other National Guard units, but Active Duty and Army Reserve units as well.

them home."

over 20,000 participants.

"The returning members of the 143rd CSSB should hold their heads high after the incredible job they did overseas, leaving their mark and giving the next unit big boots to fill," Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard said. "We could not be prouder of how they represented both Connecticut and the United States during their deployment.

support system that you provide."

Welcome Home to the 143rd CSSB

"Deployment for these soldiers means many months away from their homes, their jobs, and most importantly, their families," said Governor Dannel P. Malloy, who was present for the return home and shook the hands of each Guardsman as they deplaned. "Both them and their families sacrifice so much for our nation, and we must show these brave men and women how appreciative

The CSSB's mission oversaw logistical support to units and allied partners in over a dozen different nations. Their subordinate units executed over 150 convoys totaling nearly a half-a-million miles.

The unit also saw deployments within the deployment, as elements of the unit's headquarters deployed to support major exercises in Germany and Latvia - working for, with and alongside more than a dozen allied and partner nations totaling

"I also want to personally acknowledge and thank the families of these brave men and women for their hard work and sacrifice. Having a loved one gone for nearly a year is a strain, and our Guardsmen could not succeed without the strong

Previously, the CSSB deployed to Bosnia in 2001, to Iraq in 2006 and Kuwait in 2013.



Master Sqt. Nicole MacKay, Operations Sergeant, 143rd Combat Sustainment Support Battalion, received a warm welcome home from her family on the flight line of the Army Aviation Support Facility, Windsor Locks, Conn., Sept. we are for their service. They represent the very 21. The 143rd CSSB returned home after a 10-month deployment to Poland where they provided logistical support best of our country, and we are proud to welcome throughout Eastern Europe in support of Operation Atlantic Resolve. (Photo by Allison L. Joanis, State Public Affairs Office)



Capt. Daniel O'Reilly 143rd Combat Sustainment Support Battalion, received a warm welcome home from his family on the flight line of the Army Aviation Support Facility. Windsor Locks. Conn., Sept. 21 The 143rd CSSB returned home after a 10-month deployment to Poland where they provided logistical support throughout Eastern Europe in support of **Operation Atlantic** Resolve. (Photo by Allison L. Joanis, State Public Affairs Office)

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CONNECTICUT GUARDIAN

Special Edition: Enlisted Update from EANGUS

SGT. TIMOTHY HORAN, D CO., 1-169TH AVIATION BATTALION Spc. William A. Corcoran, C Co., 572 Brigade ENGINEER BATTALION STAFF SGT. EDWARD J. CLARK JR., 103RD AIR CONTROL Squadron Senior Airman Kevin A. Bedoya, 103rd Maintenance

Editor's Note: Each year, Connecticut National Guard leadership attends the annual Enlisted Association of the National Guard of the United States conference. This year's edition, held in Charleston, West Virginia, Aug. 12-15, saw four junior leaders provided the opportunity to attend and hear from the Guard's senior leadership. Those four Soldiers and Airmen provided us a first-hand account of their attendance:

During the conference, we attended educational professional development seminars. These seminars provided the unique opportunity to meet with some of the most senior leadership within the guard. The conference was designed to discuss the strategic agenda of the Guard and included topics like: the new Army Combat Fitness Test, recruiting and retention, senior mentorships, Distributed Learning System, and an overview of new and future legislation, policies and benefits.

EANGUS was formally organized in 1972. The association represents the enlisted voice of actively serving Guardsmen, as well as retired Guardsmen and



the families of Guardsmen.

EANGUS bridges the gap with state legislators and is determined to keep an open dialogue to continuously improve important benefits like those involving education, healthcare, tax breaks and bonuses (among others).

If you ever have doubts about what EANGUS brings to the table, consider the following: Have you ever had to count the number of times you went to the Post/Base Exchange because you could only go ten times a year? You can thank professional organizations like EAGNUS for pushing to permit Guardsmen the ability to shop on an unlimited basis. Have you ever used a college tuition waiver to better vourself through education, or transferred said benefit to a spouse/dependent? You can thank professional organizations like EAGNUS. And these are only a few benefits that we can enjoy in large part due to the voice EANGUS has from memberships such as our own.

At one point or another in our enlisted military careers. I bet the majority of us have looked at a policy and asked if there was a better way, or if there was a benefit Guardsmen could prosper if available. The obstacles of forever changing polices or obtaining better benefits become fewer and easier to overcome when EANGUS has better representation than it currently does. There are approximately 435,000 currently-serving National Guardsmen, but only about 38,000 are members of EANGUS, which is a point of emphasis for the by visiting www.ngact.org.

organization as they struggle to have their voice heard. The more support we garner from service members like ourselves, the more EANGUS can accomplish on our behalf, with a stronger voice in Washington, D.C.

Between the four Connecticut Guardsman that attended, all of us circled to one common theme we wanted to bring back to our state, as quoted by Command Sgt. Maj. John F. Sampa, Command Sergeant Major if the Army National Guard: "If you believe there are things that should be changed for the better within our organization as a whole, join EANGUS to ensure you have a voice to be heard... Soldiers not only lead and train, they recruit and sustain.'

As Airmen and Soldiers in the National Guard we all serve for the same purpose and mission. Whether it be at the end of the day or week when we reflect on what we have accomplished for our peers, company, platoon, even self, we achieved all this with unit cohesion. As one unit working together for a brighter tomorrow and to be candid we all know there is no instant gratification. In order to reach that tomorrow it involves hard work and effort and this is what EANGUS stands for and what EANGUS will continue to stand for.

Those interested in learning more about the National Guard Association of Connecticut, EANGUS and other professional military organizations can do so

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CTARNG Recruiters Connect with JROTC, ROTC Instructors

Ms. Allison L. Joanis State Public Affairs Office

CAMP NIANTIC, Conn. - The Connecticut National Guard has a lot to offer potential Soldiers and Airmen and recruiters work tirelessly to make education, training and life experience benefits known the 18 to 24-year-olds who may be interested in joining.

This time, however, the Connecticut Army National Guard Recruiting and Retention Battalion chose to highlight not only the benefits, but more so, the capabilities and the facilities that the CTNG has available to the influencers of that target market and their instructors.

The CTARNG RRB hosted its first ever Junior Recruit Officer Training Corps and Recruit Officer Training Corp Training Symposium at Camp Niantic's Nett Hall, Aug.22.

"Today is all about education, collaboration and exposure to programs," said Lt. Col. Alan Gilman, Commander, 6th Recruiting and Retention Battalion, CTARNG, during his welcome remarks. "We all have common interests and objectives to provide mentorship. training and development to young men and women to make them the best they can be."

More than 10 JROTC and ROTC instructors from offers. nine local high schools and state universities attended the conference. The day included briefings and tours highlighting the Connecticut National Guard's capabilities, facilities and resources for local instructors to utilize in order to enhance their program curriculums.

"It's a great way for us to show off our resources," said Capt. Andrew Bartlett, Recruiting Company Commander, CTARNG. "As instructors in the [JROTC and ROTC] programs change, we need to continue to build upon these relationships and to present ourselves and our facilities as an asset to their programs."

In addition to touring facilities at both Camp Niantic and Stones Ranch Military Reservation in nearby East Lyme, Conn., the symposium presented the opportunity



for instructors to talk with their counterparts about future potential events and how they can come together to utilize some of what the Connecticut National Guard

"There are a lot of good ideas here," said Lt. Col. Christopher Morris, Professor of Military Science state. and U.S. Army ROTC Instructor at the University of Connecticut. "It's great to have the opportunity to get face-to-face with elements of the ROTC, JROTC programs and the National Guard because there are a we can support [JROTC and ROTC] programs." lot of facilities that we can use in conjunction with our programs in order to help train our cadets better."

Following the facility tour, instructors and CTARNG recruiters collaborated during a working lunch. Presentations were made by representatives of the U.S. Army and Air Force ROTC programs at Yale University and the University of Connecticut, as well as the Connecticut Army National Guard recruiters

Warrant Officer Nick Arsenault, Training Technician for the Connecticut Training Center, Connecticut National Guard, speaks to a group of ROTC and ROTC instructors about the capabilities of the -ire Arms Training Simulator at Camp Niantic. Conn.. Aug. 22. JROTC and ROTC instructors visited Camp Niantic and Stones Ranch Military Reservation, East Lyme, Conn., for the CTARNG RRB JROTC. ROTC Training Symposium. Photo by Allison L. Joanis, State Public Affairs Office)

who educated instructors about additional program information, local resources and available scholarships.

The CTARNG RRB plans to host the JROTC, ROTC Symposium each year in order to continue to build upon the relationships with fellow military educators in the

"We are one team, one fight," said Gilman. "It is important that we continue this conversation and identify opportunities for future engagements and more ways that

"This was a great day and I'd love to see more instructors attend this course," said U.S. Marine Corps Master Sgt. Joseph Meehan, JROTC Instructor at Bethel High School, Bethel, Connecticut. "At the end of the day, it's about the students and it's up to us as educators to learn about resources available to benefit them, and a lot of those resources are right here in our own backyard."





OFFICER CANDIDATE NATHAN MOODY OCS CLASS 64, 1-169 REGT (RTI) The candidates also received classroom instruction Lieutenant, All new Second Lieutenants also received on understanding operational terms and graphics. OC's their first salute by an enlisted service member, past or established their foundation of knowledge through in-CAMP NIANTIC, Conn. – The Connecticut officer present. By tradition, the new officer hands the recipient candidates of Class 64 returned to Camp Niantic to begin depth instruction from cadre staff as well as practical of his first salute a silver dollar representing his new Phase II of Officer Candidate School, Aug. 24. hands-on exercises. Operational terms and graphics earned rank and title. Class 64 launched straight into an introductory express certain elements of the operation picture that are At the conclusion of the ceremony the Officer classroom course on writing Operation Orders. used when planning company and platoon level tactical Candidates of Class 64 received their branch briefing. OPORDS are the basis for all army orders and follow a operations. This language is critical to understanding the providing a better understanding of the responsibilities very specific format. An OPORD can be broken down size, type, capabilities, and maneuvers of elements that and opportunities of the branches within the National are operating within the area of operations. Guard. Each Officer Candidate has the opportunity to into five main paragraphs: situation, mission, execution, support, and command & signal. These paragraphs On Aug. 25th, the graduating Officer Candidate Class select their top three branch choices. provide subordinates the essential information required 63 made time to visit the new Officer Candidate Class 64. Not every branch is available in the State of Connecticut Class 64 gained insights into the upcoming challenges and some have limited opportunities, requiring an to conduct a mission

The format of the OPORD ensures no details of the order are forgotten, and allows subordinates to quickly find and analyze information needed. The five paragraph OPORD is designed to give the Five W's of the plan: Who, What, When, Where, and Why. Officer Candidates are expected to quickly produce and brief an OPORD accurately in a field environment when they advance to Phase III in July 2019.



Inside OCS Class 64 Begins Phase II With the Basics

they will need to overcome to be successful at the Officer Candidate School. With Class 64 present in the audience, all remaining candidates of Class 63 took the Oath of Office and swore in as Second Lieutenants into the Connecticut Army National Guard.

All newly commissioned Second Lieutenants had their shoulder boards pinned by their family and friends, which for the first time shows the rank of Second

additional physical or oral board in order be considered. Cadre will do their best at matching each Officer candidate with one of their top three choices, however, each Officer Candidate understands that it is all about the need of the Connecticut National Guard.

August drill concluded with candidates receiving instruction and reading material for the next training period.

The Graduates of Officer Candidate Class 63

Left: Members of Officer Candidate School Class 63 stand at attention at the start of their graduation ceremony at the 169th Regional Training Institute, Camp Niantic, Conn., Aug. 25. The 15 graduates completed the OCS course with the 1st Battalion, 169th Regiment (RTI) over the past year and all candidates accepted their commission to rank of Second Lieutenant.

Right: A newly pinned Second Lt. Joshua Pasay, the honor graduate for Officer Candidate Class 63, spoke at the class' graduation ceremony at the 169th Regional Training Institute, Camp Niantic, Conn., Aug. 25. Pasay maintained the highest overall physical fitness, leadership and test scores throughout the year-long course. During his speech he spoke to the camaraderie of his class and said that their teamwork was essential through the learning process and ultimately got them through to the finish. (Photos by Spc. Meaghan Nasta, State Public Affairs Office)

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RED RIBBON

WEEK*

OCT. 23-31

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R3SP - Resilience, Risk Reduction & Suicide Prevention



Suicide Intervention Officer Spotlight

Staff Sgt. Ronald Pitcher, A Co., 1-102nd Infantry

MEAGAN MACGREGOR SUICIDE PREVENTION PROGRAM MANAGER

Staff Sgt. Pitcher, 15-year Veteran of the Connecticut Pitcher values the relationships he has with his friends, National Guardsmen serves his nation as an Infantryman. He is currently assigned as the Training NCO for Alpha Company, 1-102nd Infantry Regiment in Danbury, Conn.

A year ago he completed the ASIST and ACE-SI Being in the Guard is a great asset, not only Soldiers courses to become certified as an SIO for his unit. In his but also Civilians that know more than just military free time, Pitcher enjoys anything Marvel, specifically resources. I've gotten to know people that know different Captain America, participating in charity runs and events, trades and can always find someone for any issue. Just spending time at the range, and rooting for the Boston ask and you issue, problem, life can be changed." -Staff Red Sox.

As a resource for Soldiers, it's important that SIOs have their own support system to help them process some of the issues they help Soldiers work through. Staff Sgt. family, and his unit. He feels safe and comfortable turning to these people during times of stress.

"If you are struggling, reach out. Never go it alone. Sgt. Ronald Pitcher





2018 Connecticut Military Department Officers' Dining-In



All current and former Army & Air National Guard Officers, CSM, CMSgt & Militia Officers Please join us for an evening of camaraderie as we honor the 49th Annual Officers' Dining-In

Hosted by the 103d Operations Group & the Connecticut Air National Guard

Location: Aqua Turf Club, Southington, CT

Date: November 1st, 2018

Time: 1900-2200

Cocktail Hour: 1800

Uniform: Air Force Mess Dress, Army Service Uniform, Army Dress Blues, Army Dress Greens, Retirees may wear a uniform or appropriate civilian attire

Highlights

Keynote Speaker: Steve "Doctrine Man" Leonard

- Assistant Chief of Staff / Chief of Operations (G-3/5/7)
- Creator of "Doctrine Man"
- Senior Advisor and Chief, Professional Military Education **Traditional Punch Bowl Ceremony**

Meal Options

Prime Rib, Chicken Katherine, Baked Scrod, or Vegetable Lasagna **Cost: \$60**

Points of Contact

1st Lt Zachary Smith, Email: zachary.r.smith116.mil@mail.mil

2nd Lt Jeffrey McDonald, Email: jeffrey.g.mcdonald4.mil@mail.mil

Please return NLT October 15, 2018

Send Replies to: 103d AW/LRS, 100 Nicholson Rd, East Granby, CT 06026, Attn: 2d Lt Jeffrey McDonald, Building 2 Payment can be made via Cash or Check (Please make checks payable to "Cash")

Rank/Name:					
Organization/Unit:					
Mailing Address:					
Meal Choice (Circle One):	Prime Rib	Chicken Katherine	Baked Scrod	Vegetable Lasagna	

PAGE 22 OCTOBER 2018

CONNECTICUT GUARDIAN





COL. (RET.) RICHARD YOUNG, M.D. GUEST HISTORICAL COLUMNIST

"Let the generations know that women in uniform also guaranteed their freedom" -Mary Walker, M.D.

then reinstated.

with the degree, Doctor of Medicine.

With the outbreak of hostilities in 1861. Dr. Walker petitioned the Army for a commission. Army medical staff rejected her as a, "quack." At the first major battle of the Civil War, Bull Run, Dr. Walker served as an unpaid field surgeon. As wounded soldiers streamed into the Nation's capitol, Dr. Walker served as a physician at the Patent Office Hospital. Still unpaid a year later, she cared for wounded Soldiers at the Union defeat at Fredericksburg.

carried two pistols.

dressed in a modified male Union officers uniform. She Dr. Walker also treated civilians, "pulling teeth" and delivering babies. In 1864, while serving near the front lines at Richmond VA, Dr. Walker was captured by the Union lines for 17 Confederate physicians.

Confederates. Months later, in a prisoner exchange, Dr. Walker and 24 other Union physicians were returned to her, "distinguished gallantry, self-sacrifice, patriotism, In 1865, Dr. Walker was awarded the Medical of apparent discrimination because of her sex." Honor at the recommendation of Major Generals ¹Congressional Medal of Honor Society. www.cmohs.org William Tecumseh Sherman and George Thomas. Her



WANT TO BE A PILOT

THE IIBTH AIRLIFT SQUADRON/IO3RD AIRLIFT WING IS ACCEPTING APPLICATIONS FOR UNDERGRADUATE PILOT TRAINING (UPT)

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4CHEVENENT OF SURJEYING SCORES IN THE AFTICT PASS & USAF FLYING CLUSS | PHYSICAL 40 UCMU ACTIONS, DUI ONI OR & HISTORY OF DRUG SUBSTRACE ABUSE WPPLICATIONS DUE BY SEPTEMBER 27, 201

FOR MORE INFORMATION CONTACT CAPT SCOTT DUGUAY AT SCOTT.B.DUGUAY.MIL@MAIL.MIL





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Military History Mary Walker's Medal of Honor Awarded, Rescinded, Reinstated

Dr. Mary Edwards Walker's Medal of Honor is unique in several ways. First, Dr. Walker is the only female recipient and female Surgeon awarded the Medal of Honor¹. Second, Dr. Walker's Medal of Honor was subsequently rescinded, and

Mary Walker was born in 1832 in Oswego. New York to parents who were forward thinking. They advocated for the abolishment of slavery. In addition, the Walkers believed girls should be educated as well as boys. Mary's father, a self-taught, "physician," encouraged his daughter to apply to Syracuse Medical School, one of the few institutions educating women at the time. In 1855, she was the second American woman to graduate

In 1863, Dr. Walker treated Union soldiers at Chickamauga, one of the bloodiest confrontations of the war. When the Regimental Surgeon of the Ohio 52nd Infantry died, she was commissioned as, "Contract Acting Assistant Surgeon (civilian)," with the rank of Lieutenant." Unable to move freely in traditional



Dr. Mary Walker wearing her Medal of Honor (Photo Credit: U.S. Army)

citation stated: "valuable service to the government" devoting "herself with much patriotic zeal to the sick and wounded soldiers, both in the field and in hospitals, to the detriment of her own health," and enduring "hardships as a prisoner of war"

At war's end, Dr. Walker received a pension but the payment was half of what male physicians were granted. In 1917, Congress revised the standards for the Medal women's dress (corsets and hoop skirts), Dr. Walker of Honor to include only those who were in, "actual combat with the enemy." Federal marshals arrived at Dr. Walker's home to take back her Medal. Dr. Walker refused to surrender it, brandishing a 12-gauge shotgun. Dr. Walker wore her medal every day until her death in 1919. On June 10, 1977. Dr. Walker's Medal of Honor was reinstated by President Jimmy Carter because of dedication and unflinching loyalty to her country despite

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

> **CTARNG Recruiting Battalion** Facebook - @CTArmyGuard Intagram - @CTArmyGuard

CTANG Recruiting Team Facebook - @CTAirGuard

103rd Airlift Wing Facebook - @103AW

102nd Army Band Facebook - @102dArmyband Facebook (Rock Band) - @RipChord1020 Instagram - @102d army band Twitter - @102dArmyband

> HHC, 169th Aviation Battalion Facebook - @HHC169AVN

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

1109th TASMG Facebook - @1109thTASMG

Jeint 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

CTARNG Training Circulars

Course	Course #	Action Officer	Start Date	End Date
Unit Finance Course	350-17-34	Mr. Fabian S. Bennett	16-Oct-18	18-Oct-18
Engagement Skills Trainer II (EST II)	350-17-22	Warrant Officer 1 Jackie Birge	19-Oct-18	21-Oct-18
Domestic Operations Assessment and Awareness Tools (DAART)	350-17-59	Master Sgt. Karl Rhynhart and Maj. Pam Lebejko	19-Oct-18	19-Oct-18
High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	Warrant Officer 1 Jackie Birge	27-Oct-18	27-Oct-18
Intelligence Section Working Group	350-17-28	Maj. Justin Anderson	4-Nov-18	4-Nov-18
Unit Movement Workshop	350-17-55	Master Sgt. Thomas Aheam	4-Nov-18	4-Nov-18
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Victor Martinez	8-Nov-18	9-Nov-18
Unstabilized Gunnery Trainer-Individual(UGT-I)	350-17-33	Warrant Officer 1 Birge	9-Nov-18	10-Nov-18
Casualty Notification/Assistance Officer Training (CNO/CAO)	350-17-05	Sgt. 1st Class Michael Cardozo	13-Nov-18	15-Nov-18
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffrey Colvin	29-Nov-18	29-Nov-18
Technical Transportation of Hazardous Material (HAZMAT) 80 Hour Course	350-17-48	Sgt. Maj. Jeffrey 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 (DAART)	350-17-59	Master Sgt. Karl Rhynhart and Maj. Pam Lebeiko	7-Dec-18	7-Dec-18
Basic Life Support Instructor (BLS-I)	350-17-46	Sgt. 1st Class Megan Authier	5-Jan-19	6-Jan-19
Basic Life Support (BLS) Refresher for 68W Personnel	350-17-10	Sgt. 1 ^{er} Class Megan Authier	6-Jan-19	6-Jan-19
68W Sustainment Course	350-17-06	Sgt. 1 st Class Megan Authier	7-Jan-19	13-Jan-19

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:

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. 19-21 October 2019; 12 Seat Max for this class; See your unit training NCO for current availability.

• Unstabilized Gunnery Trainer-Individual(UGT-I): This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the UGT-I. 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 is a (2) day course. Attendees must attend both days of instruction to be considered certified on the UGT-I system. 09-10 November 2019. 10 Soldiers Max, See your unit training NCO for current availability.

 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 2019: 20 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

CONNECTICUT GUARDIAN



No headgear worn for DA photo For some secondaries, west: www.asserp1.asser.as.fosteserp

CONNECTICUT GUARDIAN



CATHERINE GALASSO-VIGORITO

radiated from him.

I listened with awe as he described the story. "Each morning, when the businessman arrived at his office, he would take off his suit jacket and he'd place the jacket on the back of his office chair. Then, the businessman would stand behind his chair for five minutes or so, looking at his jacket."

I was silent on the other end of the phone, as my friend continued, "As time went on, many of the businessman's co-workers speculated as to why he had this daily ritual." Hesitantly, I envisioned the businessman being deep in thought, staring at his jacket. So, I commented, curious, "I'm wondering the same thing." "Meanwhile," my friend uttered his voice stronger,

talk to him about it."

Galasso, 2017





This is Your Time to Be Free

Last week. I was talking on the phone to a friend of mine and he told me about a business conference in New York City that he had recently attended. At the conference, my friend said there was a speaker who gave the audience a powerful story offering an important life lesson.

"Catherine," my friend said, "The anecdote was about a wise businessman." He told that the businessman was a good man. He was a leader in the organization and in his community. People came to him for advice. For the businessman was faithful, kind and giving. And he helped others in times of their greatest need. Confident and secure, there was a calm and peacefulness that

Balancing the phone between my shoulder and my chin,

"one of his long-time co-workers got up the nerve to

My friend explained how the co-worker saw the businessman outside his office. His mind began to race.

and he asked if he could speak to him for a few moments. The businessman was welcoming, as he guided him to his spacious office and replied, "Of course." While inside, privately, the coworker seized the opportunity and quickly questioned, "Why do you remove your jacket, put it on the back of your chair, and then stand over it like vou're praving."

He leaned toward his co-worker as if he was telling him a secret. "This daily ritual has helped me tremendously," the businessman declared. With the same compassion in his voice that he offered to everyone, the businessman spoke, "My jacket represents my worries, fears, and any issues I am dealing with in my life."

His words strung together beautifully, as he carried on, "Each day is a gift that God has given to us. By removing my jacket, in my mind's eye, I imagine that my fears, worries and challenging situations are on the jacket."

Listening to his every word, the co-worker was intrigued. "After I take off the jacket. I spend a few minutes detaching myself from all of those negative fearful perspective. things. It helps me to turn off any anxious thoughts and regain control of my mind. I 'let go' of certain circumstances, so I can go about my day being free," the businessman sincerely said.

A peace came over me as I thanked my friend for sharing this narrative with me.

Likewise, is there something you need to detach vourself from? What thoughts do you play over and over in your mind?

Are you being held back today? At a Safari Park there was a baby elephant that had a chain placed around one of its back legs. Next, the chain was wrapped around a large tree to confine and restrain the baby elephant until it was old enough to be able to fend for itself.

But when the chain was finally removed from the elephant's leg, the elephant still didn't venture out beyond the length of the chain that once held him back.

The elephant was conditioned to believe that he could not break away. He accepted that his limited environment was all there was for him.

Life's changes could be overwhelming you. Perhaps, you're bound by anxiety, regrets or mistakes of the past. Maybe you just can't seem to get ahead. Or, life took vou down a dark path. And vou might be burdened down with bitterness, hurts and sorrows, afraid of what's next in your future.

Yet, whatever is restricting you; you've struggled long enough. You have been weighed down for too long. This is your time to be free.

It's been said to, "Let go and let God," Do vour part and release the anger. Forgive those who hurt you. And stop beating yourself up for past mistakes. Your life is not over. God has a special calling on your life. You are full of purpose and value. Hence, don't condemn yourself. All is going to be alright. So stay calm, and look at your circumstances from a more balanced, less

God is involved in every area of your life. He is going to take away your sorrow and replace it with joy. God is going to make up for all the wrongs that were done to you. For there is nothing too broken or too far gone that God cannot renew and restore.

Recently, I read in a devotional book how the Oriental shepherd always walks in advance of their sheep. Be encouraged. God walks ahead of you. All of your todays and tomorrows have to pass God before they can get to you. So have no fear; God is there.

"The Lord himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged." (Deuteronomy 31:8).

Therefore, continue believing, praying, and persisting, for God is getting you prepared for something amazing.

From this day forward, receive God's best. Your day of freedom is here!

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

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

Current Legislation Updates, Changes You Need to Know

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

Update on the VA Mission Act and GI Bill Changes

In my August 2018 Retiree article, I wrote about the historic legislation passed by U.S. Congress and signed into law on June 6, 2018.

The legislation is called the VA Mission Act and is designed to streamline the VA health care system, which could reduce wait times for veterans and could allow more veterans to seek their own physicians, outside of the VA health care system.

As of this September 2018, Congress has put a halt on funding this health care reform bill. The U.S. House of Representatives and Senate conference committees were scheduled to meet in July of 2018 to work on a fiscal year 2019 spending package for the VA, Department of Energy, and the legislative branch, in order to work out differences between their bills. The outcome of that meeting revealed that some members of Congress have their service four more years to transfer their Post 9/11 concerns how they will pay for the \$1.6 billion bridge funding needed to keep the Veterans Choice Program operating for another year, and are holding up any votes on the larger funding package.

The \$1.6 billion is only a part of the larger VA Mission

Act, which has a total budget of around \$52 billion. The VA Mission Act does provide some partial funding for the Veterans Choice Program to keep it running through May 2019, but no agreement has been reached on how to fund it for the remainder of FY 2019 and beyond.

Changes to the Post 9/11 GI Bill

On July 12, 2018 the Department of Defense announced a new policy that makes a major change to the transferability of the Post 9/11 GI Bill.

The change now caps the transfer window at 16 years of service. This means that Soldiers must do the transfer paperwork before they hit 16 years. If they don't, they will not be able to transfer this benefit to a spouse or child. All Soldiers have until July 12, 2019 before this rule starts. Prior to this announcement, there were no restrictions on when a Soldier could transfer this educational benefit to a spouse or child. Soldiers had to have served at least six years and agreed to extend GI Bill benefit.

If you are a Service member already at 16 years of service who wants to transfer this benefit, you still can, but you just must do so before July 12, 2019. For those members with more than 16 years of service who already Armory in Hartford.

made the transfer, the new policy does not take away an already transferred benefit. This could be potentially important to those Service members who have already made the transfer to a spouse or child and plan to retire, at say 20 years – they are safe.

In the Department of Defense release announcing this change, they stated that a Service member can still make later adjustments such as percentage amounts between dependents, or between spouse and children, but only after they have transferred the benefit. Additionally, Service members can still transfer the benefit back to themselves if their family situation changes.

Just in the past few weeks, Defense Secretary Mattis signed another policy letter exempting wounded warrior Purple Heart recipients from this transferability change. This means that wounded warriors with Purple Hearts can still transfer their benefits, regardless of their years of total service or ability to complete more obligatory service. All other laws, policies, and changes announced in July remain in effect.

For more information on education benefits, contact vour chain of command or the Connecticut National Guard Education Office at the William A. O'Neill





Bouchard, Brandon M. Cody, Nicholas R. Gallagher, Joshua W. Gonzalez, Brittnie I. Lowney, Anver J. Maccione, Michael S., Jr. Mahoney, Brandi J. Morris, Damian J. Penner, Natalie R. Pulford, Brandon T. Quinteroespinosa, Caleb Riverarodriguez, Jorge R. Stoner, Quintin J.

Wood, Aaron J. **To Private**

First Class

Ackerknecht, Zachary J. Camacho, Jonathan S. Cvr. Rickev T. ox, David A., Jr. Barcia, Alejandro bsonmarquardt, Gregory igola, Giovanni M. onzalez, Fernando A. Grigos, Jeffrev D., Jr. aman. Palacios J. Herold, Gregory M. Lima. Moroni V. Medina, Aaron M.

To Airman Mortensen, Bailev R. Antuna, Melanie L.

To Airman First Class

Azeredo, Melyssa V.

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

Mendoza, Alejandro M. Mercado, Anais I. Reynolds, Dominick J. Samuel, Adrian R. Sanchez, Felix M. Sevfried, Marc M. Tanner, Carissa J. Tavarez, Genesis M. Warburtonbaker, Akin B. Weinsteiger, Charles B. Wheeler, Christian A.

To Specialist Angileri, Connor D.

Delgado, Joshua K. Dias, Felipe D. Dinglasan, Paolo J. Fedoryszak, Andrzej P. Goslin, Paul M. Hood, Tyler T. Jackson, Brandon L. Jimenezbaptiste, Luis M. Kidder, Hollynoelle F. Leary, Tyshawn T. Lerman, Andrew C. Lopez, Rosario W. Mallico, Charles D., Jr. Marcelo, Alexis G. Mccarthy, James P. Merced, Javier, Jr. Moore, Patrick J.

To Senior Airman

Blazas, Brendan N.

Stone, Frederick J., II

Hernandez, Jason A.

Laughlin, Michael J.

Hamilton, Rodger R.

Buonanducci, Katelyn

Escobar, Eileen

Nye, Jared D.

Santos, Dennis Sorenson, Christopher

To Sergeant

Bass, Jesse A. Bibisi, Blake T. Blakeslee, Robert V. Charres, Jessica A. Civitarese, Andrew P. David, Samantha A. Digioia, Jeremy M. Gosselin, Michael C. Gulioso, Marisa N. Lallman, Matthew B. Logan, Tameron A. Martinez, Destiny L. Nihoul, Nicholas H. Smith, Jennifer L. Spruielle, Janicia M. Troiano, Carlo S.

To Staff Sergeant

Diller, Natalie E. Donlin, Nickie L. Fuenzalida, Rodrigo H. Hayes, Brian P. Herreravega, Jaime Jaca, Shepell O. Karatkivcz, Justin A. Melendez, Isai J. Ruppar, Timothy M.

ATR

Keaveney, Samuel C. Torres, Troy R., Jr.

To Staff Sergeant

Cooper, Keaton S.

To Technical Sergeant Carrero, Alexis E.

Turgeon, Robert J. Buckley, Thomas E.

Promotions as of September 1, 2018

To Sergeant First Class

Baez, Angel G.

To 1st Lieutenant

Buscher, Brett W.

To Captain Lukas, Lee T.

Black, Kevin T.

Bardwell, Leon W., III

Geller, Matitvahu B.

Rothman, Melissa G.

Calendar

October **October 8**

Columbus Day October 9 *November Guardian Deadline* October 13 Navy Birthday October 26 National Day of the Deployed **October 31** Halloween

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 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

Barrera, Reinaldo Critchley, Pagiel I. Miranda, Katie E. Royce, Daniel J.

To 2nd Lieutenant

Bzdick, Jason S. Cabezas, Jaime F. Cubilla, Robert J., III Dietrich, Damon A. Fenton, Michael J. Flashman, Zachary S Gruner, Colin M. Herrera, Freddy P. Jeppesen, Kyle C. Joseph, Jason Murdock, Matthew C Pasay, Joshua T. Rich, Timothy D. Surowitz, Samuel D.

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significant change.

"This is not business as usual," Maj. Gen. Francis Evon said during remarks he made to those in attendance. Annual Training 2018 was set to focus on mission readiness, as well as community service and the history and traditions the Governor's Guards have become known for.

the U.S. Army.

Pistol marksmanship classes were provided by Connecticut Army National Guardsmen Sgt. 1st Class



S Connecticut Militia **JUARDIAN OCTOBER 2018**

CONNECTICUT GUARDIAN

SPECIAL EDITION

Honoring the Past, Looking to the Future State Militia Units Focus on Mission Readiness During AT

SUBMITTED BY RUSSELL J. BONACCORSO JR. MILITARY ADMINISTRATIVE & PROGRAMS OFFICER CONNECTICUT MILITARY DEPARTMENT

NIANTIC, Conn. – The four units of the Governor's Foot & Horse Guard conducted their Annual Training during the first full week of August and marked a Master Sgt. Michael (Ret.)

Once the units arrived at Camp Niantic, members of the units received training on the newly acquired Sig Sauer P320 9mm pistol. This weapon system is the civilian equivalent of the M17 that will be issued to all units of

Jonathan Cuebas and Sgt. 1st Class James Grimes, who were joined by recent CTNG retirees, Chief Warrant Officer 4 (Ret.) Peter Conklin and Katz.

The following day, the units travelled to the East Haven Rifle Range to try their hand at the Pistol Combat Qualification Course. Cpl. Lawrence Botting of the 1st Foot Guard achieved the top score of the day, knocking down all 30 targets, with Maj. Mark Boudreau, Commandant of the 1st Foot Guard, scoring highest among the senior leaders. By the end of the day,



Members of the Governor's Guards fire muskets during annual training at Camp Niantic, Conn. The musket is an important item on the Foot Guard's inventory, tracing back to the origins of the organization. (Photo courtesv of the Connecticut Military Department)

73 members Members of the Governor's Guards qualify with the new Sig Sauer P320 9mm h a d t h e pistol during annual training at the East Haven Rifle Range, East Haven, Conn. opportunity The day prior, militia members were provided pistol marksmanship classes by to conduct members of the Connecticut Army National Guard. By the end of training, more the course – than 70 members of the Governor's Guards completed the course. (Photo courtesy some for the of the Connecticut Military Department)

first time in their lives. Many others hadn't fired a weapon in over a decade.

The members of the Governor's Guards were especially excited for a Hawk helicopter.

"I never flew in a helicopter before in my life, little did I know I would be sitting on the side seat with the door open. The feel and the flow of endorphins racing throughout my nervous system during the entire flight," said 1st Lt. Jeff Clark of the 2nd Foot Guard.

The units also conducted unit specific training, such as proper loading and firing of the Musket - an important item in the Foot Guard's inventory that

traces back to the origins of the organization. The 1st Horse Guard took advantage of the warm weather to familiarize their horses with the Niantic River and the 2nd Horse Guard conducted their annual mounted Drill familiarization flight in a UH-60 Black & Ceremony competition – won by the squad of Sgt. Jo Ann Taylor.

> "In totality, this Annual Training was nothing like my previous 16 Annual Trainings," Clark said. "This one was a game changer. As militia men and women we have always taken great pride in our past, our history, and our traditions. Now we can take even more pride in building our collective skills, trainings, and experiences for the future."

> In addition to training, the units also continued their year round mission of service to the community. The bands of the 1st and 2nd Company Governor's Foot

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Guard combined arms to conduct their annual concert.

The bands performed a variety of selections and styles including military, show and popular music. Each bandmaster, Chief Warrant Officer 4 David Carlson, 1GFG, and Chief Warrant Officer 4 Lisa Demunda, 2GFG, took the baton to lead the ensemble for different selections.

Those in attendance also had the honor to hear the bands led by Lt. Col. (Ret.) Jari Villanueva, formerly of the U.S. Air Force Band in Washington D.C. and bandmaster of the Maryland Defense Force Band. He is one of the foremost authorities on military bugle calls. Villanueva led the musicians in the performance of selections that he arranged.

Meanwhile, the 2nd Horse Guard conducted its annual performance at Camp Harkness in Waterford, use by citizens with disabilities, has

been hosting the unit for nearly 40 years. The visit and work and commitment to excellence shown by each of camaraderie, while being taught skills that will benefit performance at the camp is one of the highlights and most the four militia units. anticipated events that the 2nd Horse participates in. The "This year's annual training was very rewarding with the Connecticut Military Department. The training's



state park dedicated for the exclusive First Squad, Second Company, Governor's Horse Guard, prepares to mount as part of their annual mounted Drill & Ceremony competition. (Photo courtesy of the Connecticut Military Department)

horse, Chester, a crowd favorite, made the day an extra and enlightening and will go down as a very special special event as he met and greeted camp participants. one for us," said Private 1st Class Nathan Kyder of increasing our specific skill sets to be utilized where we Those attending annual training raved about the hard the 2nd Foot Guard. "We bonded more than ever in may be needed."

our unit in the future to help serve to our community focused on familiarization to our overall service, while



Left: Members of First Company, Governor's Horse Guard took advantage of the warm weather and familiarized their horses with the Niantic River on the shore of Camp Niantic, Conn., during their annual training in August 2018. (Photo courtesy of the Connecticut Military Department)

Right: Chester, a Second Company Governor's Horse, visits with an attendee of Camp Harkness at Harkness Memorial State Park, Waterford, Conn. Camp Harkness is a state park designated for use by individuals with a disability, accompanied by their families and friends. Members of 2GHG as well as the Second Company Governor's Foot Guard Band participate in community outreach events there each year. (Photo courtesy of the Connecticut Military Department)







Above: Members of the First Company Governor's Foot Guard receive familiarization training, followed by a flight on a Connecticut Army National Guard UH-60 Black Hawk helicopter during their annual training in August 2018. (Photo courtesy of the Connecticut Military Department)

Left: Members of the Governor's Guards fly over Camp Niantic, Conn., on a Connecticut Army National Guard UH-60 Black Hawk helicopter during their annual training in August, 2018. Prior to the flight, militia members were provided familiarization training on the capabilities of the aircraft. (Photo courtesy of the Connecticut Military Department)



Above: Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard and Commissioner of the Connecticut Military Department, promotes Robert Devany, from the Second Company Governor's Foot Guard to the rank of Major during the Governor's Guard annual training at Camp Niantic, Conn., in August 2018. Devany has served in the 2GFG since 1984. (Photo courtesy of the Connecticut Military Department)









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Continue To Serve *The Governor's Guards Have Positions Available*

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The four units of the Governor's Guards trace their lineage to before the birth of the nation. Present day members are connected to the days of the American Revolution through the conduct of military ceremonies, an understanding of history and military tradition. Both Foot Guard units continue to conduct drill and ceremony with Colonial-era muskets while the Horse Guard units pride themselves in their ability to execute mounted military drill and ceremony maneuvers.

Prospective members need not have any formal military training or horsemanship skills. They only need to have a desire to learn and have an appreciation to be connected to something greater than themselves.

The Governor's Guards are at the forefront of military ceremony and tradition, representing the citizens of Connecticut at dozens of parades throughout the year. They have participated in Presidential and Gubernatorial inaugurations, centennial, bicentennial and other important national anniversaries.

Today's Foot and Horse Guard members are also ready and available to The Adjutant General to perform other important and essential tasks as members of the Armed Forces of the state. They are not just for ceremonial purposes, but can provide a vital resource of manpower in assisting with emergency response, whether it be hurricanes, snow storms or other catastrophes in order to save lives, ease human suffering and protecting property.

The Governor's Guards are a tremendous opportunity to serve the state for those who may have missed the opportunity to serve in the Armed Forces or for those who wish to continue to serve.

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