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1109th TASMG Deploys to Southwest Asia



Approximately 80 members of the 1109th Theater Aviation Sustainment Maintenance Group said goodbye to Connecticut National Guard leadership as they boarded a plane to Southwest Asia from the Bradley Air National Guard Base, East Granby, Conn., Aug., 9, 2018. The Guardsmen will provide theater-level, rotary-wing maintenance in support of Operations Spartan Shield, Inherent Resolve and Freedom Sentinel in Kuwait and Afghanistan. (Photo by Ms. Allison L. Joanis, State Public Affairs Office).

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Disasters Happen, Prepare Now

September is National Preparedness Month

FROM [www.FEMA.GOV](http://www.fema.gov)

National Preparedness Month, recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. This NPM will focus on planning, with an overarching theme: Disasters Happen. Prepare Now. Learn How.

Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

The devastating hurricanes and wildfires of 2017 reminded the nation of the importance of preparing for disasters. Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community.

Make A Plan

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

Step 1: Put together a plan by discussing these four

questions with your family, friends, or household to start your emergency plan.

- 1.How will I receive emergency alerts and warnings?
 - 2.What is my shelter plan?
 - 3.What is my evacuation route?
 - 4.What is my family/household communication plan?
- Step 2: Consider specific needs in your household.*

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

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



Step 3: Fill out a Family Emergency Plan

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

- Find additional resources at <https://www.ready.gov/september>.
- Download the FEMA App for disaster resources, weather alerts and safety tips.
- Download the local CTPrepares App for localized alerts.
- Sign up for preparedness text messages by texting PREPARE to 43362 (FEMA4).

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103rd CES, Team Rubicon Join Forces During PATRIOT North

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

The chaos of a natural disaster does not end immediately after a storm passes or the earth stops quaking; the discord continues into the relief phase as government and non-government organizations work together to rescue survivors and rebuild what has been destroyed.

As the frequency and magnitude of natural disasters has increased in recent years, members of the 103rd Civil Engineer Squadron, have become adept to providing rapid relief. The 103rd CES, stationed at Bradley Air National Guard Base, Conn., has mobilized in response to several natural disasters in the last 20 years, including the 7.0 magnitude earthquake that devastated Haiti in 2010. Most recently, members of the unit cleared hundreds of pounds of debris from roadways in southeast Connecticut after a string of tornados swept through the state in May.

If and when a natural disaster hits, the 103rd CES is prepared to respond. The same can be said about Team Rubicon, an international non-government organization that specializes in rapid emergency response. To date, 1,683 members of Team Rubicon have deployed in response to Hurricane Harvey, which hit the Texas Gulf Coast in 2017. The organization has committed to rebuilding 100 homes that were destroyed by Hurricane Harvey.

“It goes back to the old motto, ‘Always Ready, Always There,’” said Master Sgt. Daniel Reilly, 103rd Civil Engineer Squadron Superintendent. “In any time of need or natural disaster we can get there.”



Members of the 103rd Civil Engineer Squadron and Team Rubicon work together to set up a tent, Sunday, July 15, 2018, during the PATRIOT North 18 Exercise, at Volk Field Air National Guard Base, Wis. The tent was used as a dining facility during the exercise. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs)

The response capabilities of both the 103rd CES and Team Rubicon have been tested and proven on multiple occasions; the challenge of disaster relief is not born out of first responder’s ability to respond. Rather, according to Reilly, the challenge lies in the difficult task of getting government and non-government organizations to communicate effectively and efficiently while on disaster relief missions.

“The important lesson from all of the operations I’ve been on, whether it’s state activation for floods or tornados or deployments, is we never worry about getting the job done,” said Reilly. “The key factor is that Command and Control, how that communication goes up and down the chain.”

A typical response to a natural disaster involves dozens of agencies being mobilized to affected areas to provide relief. Each organization has its own leaders, rules, and unique processes, and yet, each organization must work cohesively to accomplish a disaster relief mission. It is for this reason that the 103rd CES and Team Rubicon took the rare opportunity to join forces during the PATRIOT North 18 disaster relief training exercise.

“Practicing, working with non-government organizations with the military, isn’t a thing that we get to exercise very often, but by doing that, it will allows us to see what

we can actually do together,” said Mike Watkins, Team Rubicon Deputy Director, Regional Operations - Midwest Territory.

During the exercise, the 103rd CES and Team Rubicon were faced with a series of disaster relief scenarios. Scenarios ranged from route clearing to roof repair to rescuing injured mannequins from collapsed buildings. Other agencies that participated in the exercise included The Miami-Dade Fire Rescue Department and the Salvation Army. Through practice, each organization was able to test the limits of their capabilities while developing

ways to work together more efficiently. “I think there is a myriad of benefits, but more important is the best practices and the collaboration,” said Reilly. “What it does is it makes our response times a lot more efficient and effective.”

When 103rd CES and Team Rubicon are called upon for a real-world disaster, they’ll be ready to ease the chaos together.

“When you hit a large scale disaster, we’re going to be in the same workspace,” said Watkins. So, if we build those blue-sky relationships when there aren’t any storms going on, it allows us to really get used to working with each other, so there’s trust and confidence when a storm actually hits.”



Master Sgt. Craig Moore (right) and Airman 1st Class Alex Deering (left) of the 106th and 103rd Civil Engineer Squadrons lift an injured mannequin out of a simulated disaster site during the PATRIOT North 18 Exercise, Monday, July 16, 2018 at Volk Field Air National Guard Base, Wis. PATRIOT North 18 is an annual joint training exercise that tests the interoperability of military and civilian agencies. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs)

MED DET NCO Provides Care in South Africa

Bypasses Tourist Trail for Road Less Traveled

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

In late May, Sgt. 1st Class Elizabeth Peeler completed paramedic training and her friends suggested she take a vacation upon finishing the intense course.

Peeler, the Operations NCO assigned to the Connecticut Army National Guard's Medical Detachment in Niantic, decided that taking some leave was a good idea. But instead of cozying up with a book and a cocktail on a beach, she decided she wanted to make a difference.

"Instead of being selfish, I wanted to experience culture and give back at the same time," Peeler, a 14-year member of the CTNG, said. "So I volunteered to spend 10 days in South Africa with International Medical Relief."

After signing up online and providing her credentials as an Emergency Medical Technician (her Paramedic credentials were still processing), Peeler was accepted into the program. On June 21, 2018, she found herself on a plane to Durban, South Africa, linking up with volunteers from all over the world.

"I went with people from all over the (United States)," Peeler said. "We met up with volunteers in London, Johannesburg and in Durban. Once we arrived, a van picked us up and took us to the mission's headquarters. It was like nothing I had ever seen before."



Sgt. 1st Class Elizabeth Peeler, Operations NCO assigned to the Connecticut Army National Guard Medical Detachment, poses for a photo with a child during one of the clinics she participated in outside Durban, South Africa, June 21-30, 2018. Peeler took leave and paid her own way to join International Medical Relief in providing the less fortunate with critical medical care. (Photo provided by Sgt. 1st Class Elizabeth Peeler)

Although Peeler's team would travel daily to various locations throughout the Durban area, the scenes she describes are grim. Run-down, dilapidated shanties with no running water or electricity paint a picture of the community's poorest citizens more worried about where their next meal will come from. Medical care, while clearly needed, was not something these people could afford.

As people walked for miles for a chance at the medical care the IMR team provided (sometimes barefoot, according to Peeler), Peeler could not believe how a little gesture like a free bar of soap or a free toothbrush meant the world to some of her patients. She said that even though she could not communicate with most of her patients, they spoke the same language through the love and thanks that radiated through.

"We did some basic medical care and provided medical education," Peeler said. "We went to nursing homes, orphanages, townships... and every single person got a toothbrush, small tube of toothpaste and a bar of soap. A lot of people didn't know how to brush their teeth or use a bar of soap, so we provided the basic education that we here in America take for granted, but would make a world of difference for some of our patients."

People waited in line for care first had vital signs taken before seeing a dentist or a doctor. Under the watchful eye of a licensed dentist, Peeler was actually able to pull teeth.

"I'm glad I got to do it, but it is something I'll never probably do again," Peeler said with a laugh. "Some countries don't have the same strict standard as you would see here in the U.S., so even though the dentist applied the anesthetic and performs the other necessary steps, I was able to help people in pain and have a new medical experience."

Peeler kept family and friends updated through daily Facebook entries that describe a Soldier and medical professional who saw more in 10 days than most of us will see in a lifetime.

"My heart is full today, but aches at the same time," Peeler's June 26 post reads. "Towards the end of the clinic today I had the privilege of doing some, 'home visits,' with a small group for the residents unable to come to the clinic due to being bed ridden. The treatments, care, services and medications that we



Sgt. 1st Class Elizabeth Peeler, Operations NCO assigned to the Connecticut Army National Guard Medical Detachment, interacts with a child during one of the clinics she participated in outside Durban, South Africa, June 21-30, 2018. Peeler took leave and paid her own way to join International Medical Relief in providing the less fortunate with critical medical care. (Photo provided by Sgt. 1st Class Elizabeth Peeler)

provide seem so simple and basic to us Americans. But it truly means so much to the people here."

Peeler stressed that it doesn't take a fancy medical degree or high-level credentialing to get involved. Many of the volunteers had no medical training, but came armed with a good attitude and a strong desire to help people in any way they could.

"A lot of volunteers helped with administrative duties and the basic medical education classes," she said. "They also spent a lot of time playing with children waiting in line to help pass the time and keep their spirits up."

These missions are self-funded though, and although Peeler hopes to make this a twice-a-year occurrence, she knows she'll have to save money, and her leave.

"We're required to pay for flights, lodging and for the supplies," she said. "I'd do it again in a heartbeat. I could've easily taken that money and spent it laying on Durban's beaches overlooking the Indian Ocean, but instead I was able to help make a difference just a few miles away – in the parts of town tourists never get to see."

The IMR team provided education that ranged from hygienic practices to HIV prevention – a disease that continues to run rampant throughout the continent. In 2016, over 7 million people in South Africa alone were living with HIV, according to Avert.

Peeler said the team also handed out a lot of antibiotics

Continued, see Peeler on page 8

Around The World Culinary Competition Builds Resiliency

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

BRADLEY AIR NATIONAL GUARD BASE – The competition began heating up in the base dining facility, July 25, as Airmen from units across the base grilled, baked, and fried meals from all over the globe hoping to win the "Around the World" culinary competition.

Family Programs, Resilience Grows Here, and the Human Resources Advisor partnered up to host a culinary competition for the 103rd Airlift Wing, encouraging squadrons to form teams and select a region or country they'd like to represent with their gourmet creations.

The idea for the "Around the World" culinary competition happened by chance.

"Justine Ginsberg, from Resilience Grows Here, and I were guest judges at the Junior Chef Boot Camp cook off a few months ago," said Kacey Timberlake, Airman and Family Readiness Program Manager. "While watching the kids cook, we starting brainstorming about how we could host a similar event with our full time population at the Wing. We talked about how food brings people together, how nearly everyone has a childhood memory about cooking for holidays, and how each nationality seems to have a particular comfort food. It was a long, winding, funny conversation that eventually turned into the basis for the event today."

Ten different teams participated in the event, cooking up cuisine from the countries of Italy, Germany, Mexico, the United States, Poland, Canada, and Ireland. After the food was cooked and arranged on decorated

team tables, teams wrote down and displayed which resilient traits they thought most important. The judges then began their evaluations to determine which team would come out the winner for one of the four prize categories; categories being most spirited team, best food, best decorations, and best resilient traits. The full time staff at the wing was also invited to stop by for lunch and try the different foods themselves.

One of the judges, 1st Lt. Jennifer

Kaprielian, an Equal Opportunity Officer with the 103rd Airlift Wing, appreciated the event for bringing people together.

"This event was great for building community. It brought people together that are scattered all across the base," Kaprielian said.

Staff Sgt. Leon Brown, currently a ceremonial honor guardsman assigned to the 103rd Force Support Squadron and one of the participants with U.S. Southern food, enjoyed the event as well.

"This event shows the base's diversity and I thought it was great that all the teams got together and chipped in to help each other out," Brown said. "I was glad I had the opportunity to represent southern food. I'm from South Carolina and soul food like fried chicken or sweet potato pie is something I feel can highlight someone's day because when you cook soul food, you're putting a part of yourself into that meal."

Ultimately, events like this are relevant for wing members as they promote diversity, team work, and bolsters resiliency.

"Events like this are important because the more



Members of Team Ireland from the 103rd Medical Group pose in front of their table during the Around the World culinary competition held July 25, 2018 at Bradley Air National Guard Base, East Granby, Conn. The Medical Group won the prize for best table decorations. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs)



Left: Master Sgt. David Torres (foreground), 103rd Force Support Squadron, assists Staff Sgt. Jason Kiely, 103rd Comptroller Flight, in the dining facility's kitchen as they prepare their chosen country's meals July 25, 2018, Bradley Air National Guard Base, East Granby, Conn. Torres and Kiely both participated in the Around the World culinary competition hosted by Family Support and Resilience Grows Here. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs)

exposure we have as helping agencies, the more people are inclined to come to us when they need assistance," said Timberlake. "These events also give us a chance to get Airmen out of 'work mode' and into 'people mode,' and that's how we build trust, show we are approachable, and talk about what we do in a more relaxed setting. Plus, it's nice to break up the work week a little bit by doing something different! These events also help with resilience in a few different ways.

"First, it was a chance for Resilience Grows Here to take part in an event for a full time staff. They generally have a presence on drill weekends and at Yellow Ribbons, so it was nice to have them here today. It also gave me, as the Airman and Family Readiness Program Manager, a chance to interact with a lot of people I don't normally see. For the Airmen who only think of me when they're having difficulties or challenges, it served as reminder that I'm here to help build comradery and community as well. Jen Gonzalez-Smith, the HRA, was able to use today as a chance to talk about diversity and inclusion, and how each of us can build resilience by being proud of who we are and where we've come from."

"For those that participated, they showed resilience in how they worked together as a team to plan their menus and prepare the food," said Timberlake. "They had to communicate and rely on one another - both important aspects of resiliency building."

"I hope the 100 or so who attended today had a chance to take some time with their fellow Airmen to talk about something other than work, to maybe catch up with people they hadn't seen in a while, and know that the team from Resilience Grows Here, Jen Gonzalez-Smith, and I all appreciate the work they put in to keep this base running full time."

Enhancing Partnerships, Perspectives Thru MREP

MAJ. JEFF BACHE
S-4, 1-169 REGIMENT (RTI)

Did you know that each year Guardsmen from around the country have an opportunity to participate in a military exchange program that partners with reserve forces from Denmark, Estonia, Germany, and the United Kingdom?

I recently had the privilege and opportunity to participate in the program, traveling to Denmark for 12 days to train with the Danish Home Guard and participate in their Sommerkursus (Summer Courses) held at the Hjemmevaernsskolen training center. The training center housed at Camp Nymindegab, is located along the picturesque coast of western Denmark, and within a mile from the North Sea.

The Danish Home Guard (Hjemmeværnet, abbreviated HJV) is a voluntary, and unpaid, defense force 46,000 members strong, having Army, Navy, and Air Force components. Over the years the Home Guard has become a more operational and professional force, aligning to active components, sometimes mobilizing and deploying, while other time responding to domestic incidents like storms and flooding.

My exchange had two key components: training and cultural immersion. From a training perspective, the Sommerkursus is a weeklong offering of individual training courses that Home Guard members register to take. Approximately 500 Danish and 70 Americans participated in this year's Sommerkursus.

Courses offered included Marksmanship, Physical Fitness, Dog Handling, and National Security to name a few. During the day, participants attend whatever individual class they are registered for, and in the evenings

the school offers various activities. Activities included distances races of various lengths (5, 10, and 20K) and a paintball competition. Other nights included watching the Danish national team in the World Cup, and camaraderie in a giant beer tent.

I participated in the Leadership 1 course, which was offered in English. Leadership 1 focuses on group dynamics, understanding how to better communicate and see problems from different perspectives. It was the perfect class for an exchange, as there was a lot of time for discussion, understanding, and problem solving. The course material was great and heavily utilized some of the Adult Learning Methodologies that our Army and the 169th Regiment (Regional Training Institute) is moving towards.

We had 20 American and 10 Danish Soldiers in our class, taught by American, Estonian, and Danish instructors. The variety provided a great opportunity for cultural immersion both within and outside the classroom.



American Soldiers socialize with Danish Soldiers and their families while participating in the Military Reserve Exchange Program with the Danish Home Guard at the Hjemmevaernsskolen Training Center, Camp Nymindegab, in western Denmark, July, 2018. Maj. Jeff Bache, rear center, the S-4 for the 169th Regiment (Regional Training Institute), Connecticut Army National Guard, partook in the exchange for 12 days, attending military training courses and learning about Danish culture and history. (Photo courtesy of Maj. Jeff Bache, 169th Regt. (RTI), CTARNG)

for family members to actively participate to include the fiancé of one Danish service member.

Various activities were offered for family members throughout the week, along with field trips and camping trips for children.

From the start, the exchange provided an opportunity to learn about the history of the region, from World War II all the way back to the time of the Vikings. Camp Nymindegab itself was built by the Germans in 1943 as part of the Atlantic Wall defenses. Machine gun bunkers still litter the camp and the nearby coast, and provide a reminder of a darker time in Danish history, when it was an occupied nation. Not far from the camp was the living history museum of Bork Vikingehavn, a recreation of a Viking village.

During the 12 days there were also plenty of opportunities to get away from the camp and experience the various parts of Denmark and the local region. This included a day at the beach and swimming in the North Sea (similar to the national seashore at Cape Cod), eating at local restaurants, sampling the fantastic coffee available all over Europe, and a group trip to Aarhus, the second largest city in Denmark, located on the opposite side of the Jutland Peninsula from the camp.

Overall my experience in Denmark was fantastic. I encourage anyone eligible to apply to the MREP program and take advantage of this tremendous opportunity the National Guard has to offer.

MREP has a target population of Officers (O1-O4), Warrant Officers (CW1-CW3), and NCOs (E5-E7). The program is usually announced in January by the G-3. Reach out to your unit training representatives to find out more and submit applications. You can see more pictures from the Home Guard and the Sommerkursus by searching Facebook for Hjemmevaernsskolen.



A group of American and Danish Soldiers attend a leadership course at Sommerkursus (Summer Courses) held at the Hjemmevaernsskolen Training Center in western Denmark in July of 2018. American Soldiers are able to attend training in Denmark, Estonia, Germany and the United Kingdom as part of the Military Reserve Exchange Program. This summer, Maj. Jeff Bache assigned to the 169th Regiment (RTI), participated in the MREP in Denmark for 12 days. During that time he attended courses with Danish Soldiers and learned about Danish culture and history. (Photo courtesy of Maj. Jeff Bache, 169th Regt. (RTI), CTARNG)

103rd Airman Receives Excellence in Contract Administration Award

SENIOR AIRMAN SADIE HEWES
103RD AIRLIFT WING, PUBLIC AFFAIRS

BRADLEY AIR NATIONAL GUARD BASE, EAST GRANBY, CONN. – As a whole, Bradley Air National Guard Base has come a long way in the past decade. After the conversion from A-10's to C-130 Hercules', the Wing was in need of a makeover.

"I joined in 2011," said Staff Sgt. Luis Juro, Contracting Officer Representative, 103rd Civil Engineer Squadron, "the base was way different than what you see right now. Someone who had known it back then wouldn't recognize it here today."

As a matter of fact, Juro has been an important player in the recent transformation of the wing. On July 12, 2018, he was awarded an Excellence in Contract Administration award during a ceremony at Fort Belvoir, Virginia. Juro was one of only ten people honored on a national level by the Office of the Director of Acquisitions and Head of Contracting for the National Guard Bureau at the ceremony.

Juro received the award for his work on the small air terminal that is currently under construction at the 103rd Airlift Wing. He was a key player in the Wing being awarded the contract to allow this construction.

"Staff Sgt. Juro has been, and continues to be, a key member of the CES full time staff handling every aspect of COR duties," said Lt. Col. Henry Chmielinski, 103rd CES Commander. "He is a loyal and hardworking engineer assistant who always goes the extra mile to support the CES and the wing flying missions."

"There is a lot of pride in it, it was a lot of hard work," said Juro. "This new building is going to alleviate the trouble our people have right now moving from building to building to get their jobs done."

Functional areas included in the new building are projected to be a new training and pallet build-up area, office and storage spaces, lockers and latrines, a personnel holding area and a

deployment processing area.

"With this new building, the unit will be able to train on cargo handling functions, which are fundamental to C-130 operations," Juro explained. "Without the proper training, pallets and cargo may be damaged during operations and could damage the aircraft interior."

Juro believes that the new small air terminal is vital in sustaining mission-readiness, as it will support the wing's ability to realize and maintain mission operational status for future deployments.

Despite all of his hard work, Juro insisted that he had a lot of help in being awarded the contract for the new building.

"People don't see all of the others who support the contracting office and my work," Juro said, "That's what makes it great, that we work as a team. I'd like to thank my leadership, they expedite processes and without their support, nothing would be happening here."

The small air terminal is slated to

be complete in

January 2019.

Juro's next project will be the design and construction of the new Vehicle Maintenance Squadron composite facility, which will be the fifth Connecticut Air National Guard military construction project to be awarded in six years, according to Chmielinski.

As the base continues to develop and evolve, Bradley's Airmen will be more equipped and mission-ready than ever.



Staff Sgt. Luis Juro, 103rd Civil Engineer Squadron Contracting Officer Representative, poses in front of the Prime Beef mural August 4, 2018, in the Civil Engineer Squadron on Bradley Air National Guard Base in East Granby, Conn. Juro was recently awarded an Excellence in Contract Administration for his work on the new Small Air Terminal that is under construction at the 103rd Airlift Wing. (Photo by Senior Airman Sadie Hewes, 103rd Airlift Wing Public Affairs)



The new Small Air Terminal is under construction on the flight line of Bradley Air National Guard Base in East Granby, Conn. In this new building, the unit will be able to train on cargo handling functions, which are fundamental to C-130 operations. (Photo by Senior Airman Sadie Hewes, 103rd Airlift Wing Public Affairs)

Memorandum from James Mattis, Secretary of Defense

Editor’s Note: The following is a memorandum from Secretary of Defense, James Mattis regarding Discipline and Lethality, dated August 13, 2018.

As we aggressively execute our National Defense Strategy and make our force more lethal, I remind you that enhanced lethality demands more than increasing the size of our formations and obtaining newer, more advanced equipment -it also requires having a more disciplined force.

General Washington once commanded an outmanned and outgunned group of patriots that defeated Great Britain, then the strongest military in the world. He observed: “Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak, and esteem to all.”

Today, we are the most powerful military in the world and find ourselves in a competition among great powers. Our National Defense Strategy requires us to expand the competitive space to challenge those competitors. We must have better individual and unit discipline than our enemies.

It is incumbent on our leaders to ensure that American Forces are always the most disciplined on the battlefield, whatever the domain might be. The discipline of today includes vigilant operational security, protection of electronic equipment, and responsible social media activity. We must demonstrate respect for all Service members, build trust, and remove the cancer of sexual misconduct from our ranks. All Service members learn to fight well by doing the little things perfectly, otherwise they cannot possibly get the big things right when all goes wrong.

Enforcing standards is a critical component of making

our force more lethal. Our leaders must uphold proven standards. They should know the difference between a mistake and a lack of discipline. If a subordinate makes a mistake, leaders should learn to coach them better. But we must not tolerate or ignore lapses in discipline, for our enemies will benefit if we do not correct and appropriately punish substandard conduct. Time, inconvenience, or administrative burdens are no excuse for allowing substandard conduct to persist.

The military justice system is a powerful tool that preserves good order and discipline while protecting the civil rights of Service members. It is a commander’s duty to use it. Military leaders must not interfere with individual cases, but fairness to the accused does not prevent military officers from appropriately condemning and eradicating malignant behavior from our ranks. Leaders must be willing to choose the harder right over the easier wrong. Administrative actions should not be the default method to address illicit conduct simply because it is less burdensome than the military justice system. Leaders cannot be so risk-averse that they lose their focus on forging disciplined troops ready to ferociously and ethically defeat our enemies on the battlefield.

We have no God-given right to victory. Discipline is a competitive-edge we must seek and maintain each day if we are to keep America safe from its enemies. As General Washington learned first-hand, discipline will make us

stronger and more lethal. Therefore, let nothing prevent us from becoming the most disciplined force this world has ever known



Secretary of Defense, James Mattis

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to help treat infections, scabies, and other things you see with bad or nonexistent hygiene practices.

Her final Facebook post regarding South Africa describes a woman with an outlook on life that changed drastically in less than two weeks. She talks about learning the importance of kindness, withholding judgment, and that, “no matter how bad the day, it could always be a lot worse.”

“We take a lot for granted here in the States, and we are so lucky to have access to something as simple as clean, cold drinking water,” Peeler said. “These people walked for miles and were so grateful to just have a chance to have a rotten tooth pulled, or to have a toothbrush for the first time in years. My absolute worst day will be better than the best day that most people on this planet have, and that puts a lot of things in perspective.”



Sgt. 1st Class Elizbaeth Peeler (far right, holding a child), poses with volunteers of International Medical Relief and local civilians during her 10-day mission to South Africa. Peeler, a certified EMT and Paramedic, called the event a life-changing opportunity and hopes to make it a bi-annual endeavor. (Photo provided by Sgt. 1st Class Elizabeth Peeler)

Beating the Heat and the Enemy

**SGT. SABRINA DiBENEDETTO
1109TH TASMG UPAR**

EAST LYME, Conn. – As the 1109th Theater Aviation Sustainment Maintenance Group prepared for its deployment (see page 14), 80 Connecticut Guardsmen embarked on a crucial and critical mission, June 29, 2018.

The goal: to test their reactions to different real life situations they may face overseas, further preparing them for their upcoming deployment.

In the days leading up to their exercise, the soon-to-be-deployed Guardsmen refreshed all of the necessary skills required to complete the mission successfully. A knowledgeable cadre of instructors graciously gave their time and effort to instill the skills of squad and individual movement techniques, how to effectively react under fire (indirect, direct), operations at a forward operating base, Improvised Explosive Device detecting and reporting formats, Chemical, Biological, Radiological and Nuclear training, and critical Combat Life Saver training were just a few of the skills retrained to set conditions for success.

The Guardsmen also learned how to utilize various methods of communication over the radio in order to calmly and efficiently make requests (like for potential medical evacuation) and provide reports (like the situation reports, or SITREPs, at the request of leadership). Members of the 1109th also underwent combatives training to further hone their skills and build confidence in abilities.

“They took each obstacle with discipline and patience,” said Staff Sgt. Daniel Morabito, a deploying member of the 1109th. “So on the day of execution, the TASM force was ready.”

To add to the realism, the Guardsmen were inserted into Stones Ranch Military Reservation via Connecticut Army National Guard Blackhawk helicopter. Further adding to training were the rising temperatures, as Connecticut’s summer has been plagued with high humidity and little reprieve the potential for overheating.

“Nothing deterred their focus and determination to achieve a complete victory,” Morabito said.



Spc. Brent Harmon, a Guardsman assigned to the 1109th Theater Aviation Sustainment Maintenance Group, emerges from the smoke after conducting pre-deployment training at Stones Ranch Military Reservation in East Lyme, June 29. (Photo by Sgt. Sabrina DiBenedetto, 1109th TASMG UPAR)

Becoming a U.S. Citizen Through Military Service

**SPC. KAWSERA SABOOR
PARALEGAL SPECIALIST**

Having the right to vote, the right to sponsor loved ones from abroad to live in the United States, the ability to apply for state and federal jobs and qualify for security clearances are all incredible benefits to have. All of these rights and privileges are dependent on one important thing: United States citizenship.

Unfortunately, the cost to becoming a United States citizen can present a financial hurdle for some individuals. The filing fee for citizenship usually costs \$640, and for people under 75 years of age there is another \$85 fee for biometric data. In addition to the cost, there may also be a of 3-5 year waiting period before one can apply for citizenship.

However, you may be eligible to apply for citizenship under special provisions of the Immigration and Nationality Act free of charge if you’re a service member. You may also be able to skip other naturalization requirements that would otherwise apply (case-dependent, of course). The special provisions for military service members are found in sections 328 and 329 of the INA.

Section 328 of the INA applies to service members who have served honorably in the U.S. Armed Forces for at least one year during a period of peacetime, including service in the reserve components. To establish eligibility under INA 328, you must:

- Have served honorably, during a period of peacetime, in the U.S. armed forces for a period or periods totaling one year;
- Be a lawful permanent resident at the time of the examination on your application for naturalization;
- Meet certain residence and physical presence requirements;

- Demonstrate the ability to read, write and speak English;
- Demonstrate knowledge of U.S. history and government;
- Demonstrate good moral character for at least five years prior to filing the N-400 until the time of naturalization; and
- Demonstrate an attachment to the principles of the U.S. Constitution.

Section 329 of the INA applies to all current military service members or veterans who served honorably in an active-duty status or in the Selected Reserve of the Ready Reserve during any of the designated periods of armed conflict listed below:

- Sept. 1, 1939 – Dec. 31, 1946
- June 25, 1950 – July 1, 1955
- Feb. 28, 1961 – Oct. 15, 1978
- Aug. 2, 1990 – April 11, 1991
- Sept. 11, 2001 – present Reserve of the Ready Reserve,

for any amount of time during a designated period of hostility and, if separated from the U.S. armed forces, have been separated honorably.

•You have been lawfully admitted as a permanent resident at any time after enlistment or induction, or have been physically present in the United States or certain territories at the time of enlistment or induction (regardless of whether the applicant was admitted as a permanent resident).

- Be able to read, write, and speak basic English
- Demonstrate good moral character
- Demonstrate a knowledge and understanding of U.S. history and government
- Demonstrate a loyalty to the principles of the U.S. Constitution
- Demonstrate continuous residence and physical

presence in the United States unless you have filed an application while still in the service or within six months of separation. In the latter case, you are not required to meet these residence and physical presence requirements.

•There is no minimum age requirement for an applicant under this section

To apply for Naturalization through the military service you must first complete the most current Form N-400, Application for Naturalization, making sure you have properly completed and signed your application. You can refer to Form N-400 instructions for further details. You must have two passport-style photos and collect the necessary documents to demonstrate your eligibility for naturalization. You must include Form N-426, Request for Certification of Military or Naval Service (The military must certify this form prior to sending it to USCIS. If you are separated from the military, you may submit an uncertified Form N-426 with your DD Form 214).

Once the packet is complete, mail it to the proper address in accordance with the “Where to File” section for the Form N-400. If you are naturalizing at your Basic Training Site please follow the instructions of the USCIS office serving the site and your chain of command.

To make it easier, the Office of the Staff Judge Advocate has streamlined the application process by assisting the Soldier with all paperwork and scheduling an appointment for fingerprints.

Becoming a United States’ Citizen is a very big step for many Guardsmen. For any questions or assistance with the application process, please contact Staff Sgt. Christopher Clark at the Office of the Staff Judge Advocate at (860) 493-2770.

AROUND OUR GUARD

A Glimpse at Connecticut Guardsmen and Events



A CH-47 Chinook helicopter piloted and crewed by members of the Connecticut Army National Guard's 2/104th Aviation flies over the Grand Canyon en route to a rotation at the National Training Center, Fort Irwin, California. Thirty members of the unit traveling in four Chinooks took part in the nearly month-long training event during their Annual Training. (Photo by Spc. Cody Ferreira, Connecticut Army National Guard)



Maj. Gen. Fran Evon, second from left, Adjutant General and Commander of the Connecticut National Guard, was joined by other members of senior leadership at an Employer Support of the Guard and Reserve Statement of Support signing ceremony at Sikorsky Headquarters in Stratford, Conn. Sikorsky signed the Statement of Support in an effort to maintain employer support for those in the Guard and Reserve. According to the ESGR website, supportive employers are critical to maintaining the strength and readiness of National Guard and Reserve units (Photo provided by Maj. Christopher Strong, Connecticut Army National Guard)



Brig. Gen. Kevin McManaman (left) with Brig. Gen. Frank Detorie, Assistant Adjutant General – Air, Connecticut National Guard, while holding his Certificate of Retirement during McManaman's retirement ceremony in Hartford, Aug. 3, 2018. Friends, family and colleagues gathered to celebrate McManaman's nearly 30 years of service to the United States Air Force and Connecticut Air National Guard (Photo by Spc. Meaghan Nasta, Connecticut National Guard Public Affairs)



Warrant Officer Brennan Moulthroppe (left) poses for a photo with Chief Warrant Officer 5 Daniel Bade, State Command Chief Warrant Officer, CTNG, during Moulthroppe's graduation from his Warrant Officer Basic Course at Fort Jackson, South Carolina, July 27, 2018. Bade served as the keynote speaker, providing career and personal advice to the graduates of the nine week course. (Photo provided by Warrant Officer Brennan Moulthroppe, Connecticut Army National Guard)

A Force To Be Reckoned With

1-102nd Infantry Tackles High Tempo Training at Fort Drum

2ND LT. ANTHONY CROCE, CHARLIE COMPANY
1-102ND INFANTRY REGIMENT, CTARNG

FORT DRUM, New York – Motivation was at an all-time high as Charlie Company arrived at Fort Drum's massive, wooded training areas Annual Training 2018.

We stepped off the bus and were greeted by high wind speeds and heavy rainfall, but the Soldiers were eager to begin three weeks of high tempo training.

This annual training period was dedicated to strengthening our skills in five tasks: Platoon Defense, Movement to Contact, Attack, a Live Fire Exercise and, lastly, the culminating event, a Battalion Defense.

After a couple days of in-processing and gear assembly, we moved right into a nonstop schedule of platoon training lanes. The speed with which the company moved was impressively high, permitting more practice on each lane. Each iteration helped to fine tune our tactical skills and standard operating procedures.

As we worked through our lanes, it became very clear that the opposing force we found ourselves up against were not going to make this any easy fight. During the final four hours of our platoon defense lane, we were attacked from three directions by a near-peer force of 23 personnel equipped with armored personal carriers, chemical agent indirect fire and light to medium machine guns. Although unexpected, we used our fighting positions, terrain and 60mm mortar fire to defeat the enemy and maintain control of our objective.

Over the next week, we encountered a mixture of different terrains, but the same high intensity from the enemy, which all lead up to the final battalion defense lane. It was quite a sight to see the entire battalion set up in a linear defensive position across roughly half-mile of terrain. With assistance from the Engineers, we were able to build much better fighting positions this time around, to include alternate, supplementary and even a subsequent trench line as our final fallback position.

During the final enemy assault, Charlie Company sustained heavy casualties (notional, of course), but was ultimately able to hold our position until battalion reinforcements reached us to finish the fight and reestablish security.

Overall, Annual Training 2018 was a great learning experience. Fort Drum's opposing force proved to be a worthy adversary, and the reviews that followed each engagement were very constructive, which helped us make positive improvements each iteration and develop new standard operating procedures.

I could not be more proud of the motivation and intensity Charlie Company displayed throughout the duration of our training. Next year, the battalion heads to Fort Polk, La. For its first rotation at the Joint Readiness Training Center in five years. We look forward to making continuous improvements to make sure the enemy we face in Louisiana doesn't know what hit them.



Soldiers assigned to Charlie Company, 1-102nd Infantry Regiment, hurry to load on a CH-47 Chinook helicopter for transport to a live fire range during the battalion's Annual Training in June 2018. The Chinooks were piloted and crewed by members of the Connecticut National Guard's 1-169 General Support Aviation Battalion, who also conducted Annual Training at Fort Drum. (Photo submitted by 1st Lt. Patrick Szczesiul)



Charlie Company, 1-102nd Infantry Regiment, poses for a company photo during the unit's annual training at Fort Drum, N.Y., June 2018. The 1-102nd Infantry Regiment conducted platoon, company and battalion-wide exercises during the three-week training period in anticipation of the battalion's 2019 rotation at Fort Polk, Louisiana's Joint Readiness Training Center. (Photo submitted by 1st Lt. Patrick Szczesiul)

Health & Fitness

Army Introduces New Physical Fitness Test

STAFF SGT. SILAS HOLDEN
1109TH TASMG
MASTER FITNESS TRAINER

So it is official: the Army has approved a new physical fitness test with the intent of changing the physical readiness culture Army wide.

With this news comes rumors, complaints, and joy from every corner of the military. The Army Combat Fitness Test aims to promote a better prepared Army for the challenges of the future. As a Master Fitness Trainer, I have no doubt that the new test will create a more able force, my worry is that the majority will once again always focus on minimum standards.

While many soldiers are already saying that the proposed standards are lower and easier to achieve, I feel that many are going to realize at test time that the new test requires far more preparation than the APFT. And once completing the events in the timeframe and order set forth they will find themselves gassing out before completing all events. The new test will certainly have more emphasis on a cardio/strength balance. As with all major changes the initiation of the test will create some growing pains. But I do believe overall the transition will benefit the Army in the long run from a standpoint of injury reduction and physical readiness.

The PRT system is designed to help soldiers train for the new test as it promotes balance between strength, endurance, and mobility. Where the new test could challenge individuals is within this training balance. The body has 3 energy systems, those 3 are: ATP, Glycogen, and Oxidative. Although the APFT calls for all 3 systems to be utilized, the new test is going to require a greater balance between the 3. So as we set forth to take on this new test I challenge everyone to train to standard and focus on the maximums, not the minimums. It is important to remember that when focusing on minimums, if you have a bad day there is no room for error. When focusing on maximums, even when making an error you have a high probability of passing.

Staff Sgt. Holden is a certified Master Fitness Trainer and a certified National Strength and Conditioning Association; Tactical Strength and Conditioning- Facilitator. 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.



Pfc. Alex Colliver, foreground, pulls a 90-pound sled 50 meters that simulates the strength needed in pulling a battle buddy out of harm's way during a pilot for the Army Combat Fitness Test, a six-event assessment designed to reduce injuries and replace the current Army Physical Fitness Test. (U.S. Army photo by Sean Kimmons)

	Current test	New test
Name:	Army Physical Fitness Test	Army Combat Fitness Test
Number of events:	3	6
Events:	Pushups, situps, 2-mile run	Strength deadlift; standing power throw; hand-release pushup; sprint, drag, carry; leg tuck; 2-mile run
Standards:	Based on gender and age	Will be age and gender neutral, likely to be based on job and/or unit
Rest time between events:	10-20 minutes	2 minutes between first five events and 5 minutes before 2-mile run
Maximum time to complete test:	2 hours	50 minutes
Maximum score:	300 (each event is worth 100 points)	To be determined
Minimum score to pass:	180 (60 on each test)	To be determined

A look at the Army's new and old PT tests. The chart to the left is a basic comparison of the Army's current Army Physical Fitness Test, which has been used for nearly four decades, and the new Army Combat Fitness Test, which will be implemented in October of 2020. (Information provided by the U.S. Army)

Connecticut National Guard to Host Inaugural Leadership Symposium

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

During the weekend of September 21-23, 2018, Camp Niantic will play host to all levels of Connecticut National Guard leadership as two events driven towards improving communication and understanding of the chain of command are set to take place.

The annual Pre-Command Course will orient new or prospective Company Commanders and First Sergeants towards the resources, practices and tools available to them as they assume a unit-level leadership role for the first time.

Concurrently, Guard leadership will host its inaugural Leadership Symposium, providing information similar to what will be taught in the Pre-Command Course, but geared towards a wider range of rank.

"Everything the staff at the State Headquarters does is focused towards ensuring success in the field," said Sgt. Maj. Michael Collins, Senior Enlisted Leader of the G-3, which is responsible for the Planning, Training and Operations for the CTARNG. "It is important for the staff to remember who they are working for – the Guardsman training to ensure they are ready when the call comes."

The symposium is the brain child of Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard. As Assistant Adjutant General, Evon conducted a half-day training event at Nett Hall in September 2017, and chose to expand it to further educate CTNG leaders on the resources available

to support commanders and planners in the field.

Evon and his staff will kick off the event on Friday, Sept. 21, followed by additional comments led by members of his senior staff. The rest of the morning is reserved for updates from the Directors of Personnel, Training/Operations and Logistics, followed by afternoon breakout sessions, where leaders can choose which disciplines they wish to learn more about.

"No two battalions in this organization are the same, just as no two leaders are the same," Collins said. "Some are stronger in personnel, others logistics, and others in training management."

With hour-long blocks tailored to a specific topic, Collins said the format permits instructors the flexibility to take a deeper dive into their subject matter expertise, versus rushing through something just to ensure it is covered.

"Designing the breakouts this way means that instructors know they're providing information to invested, interested parties," Collins said. "If a Commander is attending a breakout specifically designed to address the management of a unit retention program, it's because he has vested interest in that specific topic."

Important topics offered include Purchasing & Contracting (presented by the CTNG's United States Property and Fiscal Office), Officer and Enlisted Promotions (the G-1), Ethics and other Legal Considerations (the State Judge Advocate), and Classified and Unclassified Systems (the G-6).

"It is important that every element of the staff is given the chance to present what they think is important to the men and women of the Connecticut National Guard," Maj. Michael Jakubson, Action Officer and member of the Symposium's extensive planning committee said. "I think the feedback we will get from this event is going to be great in terms of continuing the dialogue between staff and commanders."


That dialogue and feedback could come as early as the first evening of the event, as Evon and his senior staff will host an open discussion with unit leaders before retiring for the evening.

Saturday will kick off with four more hours of breakout workshops, with the Connecticut Training Center staff providing blocks of instruction on the various training simulators available to commanders looking to enhance training.


The afternoon will wrap up with another Question and Answer period, this time focused on time with the senior staff to further delve into their subject matter expertise.

"For a leader looking to better themselves, their unit, and inevitably, that individual soldier reporting for training every month, this is a can't-miss event," Jakubson said.

For more information on how to enroll in the 2018 Leadership Symposium, review CTNG Circular 350-17-58, or contact your Training or Operations NCO for more details.



Federal Tuition Assistance (FTA) Policy Changes



*****EFFECTIVE: 5 AUGUST 2018*****

- 1. One-year wait after AIT/BOLC is rescinded
- 2. Ten-year service requirement to use FTA towards a master's degree is rescinded
- 3. Must complete ALC, CCC, or WOAC to use FTA towards a master's degree*

What Changed?

- The new FTA policy eliminates the one-year wait after AIT/BOLC and the ten-year service requirement to use FTA for a master's degree.
- Soldiers must complete Advanced Leaders Course (ALC), Captain Career Course (CCC), or Warrant Officer Advanced Course (WOAC) to use FTA for a master's degree (*if you used FTA towards your undergraduate degree).

IMPORTANT! These changes become effective on 5 August 2018!

What are Tiers?

Tier 1:

Soldiers establish Tier 1 FTA eligibility as follows:

- Have not attained a bachelor's degree and wish to pursue an undergraduate academic certificate, associate's or bachelor's degree or
- Have attained a bachelor's degree and wish to pursue a graduate academic certificate or
- Have attained a bachelor's degree without the use of FTA and wish to pursue a master's degree.
- Must complete Advanced Individual Training, Warrant Officer Basic Course, or Basic Officer Leaders Course.

Tier 2:

Soldiers establish Tier 2 FTA eligibility as follows:

- Have attained a bachelor's degree with the use of FTA and wish to pursue a master's degree
- Must complete Advanced Leaders Course, Captain Career Course, Warrant Officer Advanced Course or equivalent.

Note: Soldiers must still meet all other eligibility requirements to qualify for FTA, see your ESQ/ESS for details.

TASMG Deploys 80 Members to Southwest Asia

Ms. Allison L. Joanis
CTNG Public Affairs Office

Connecticut said goodbye to 80 members of the 1109th Theater Aviation Sustainment Maintenance Group during a formal send-off ceremony at the William A. O'Neill Armory in Hartford, Connecticut, July 26, and at the Bradley Air National Guard Base in East Granby, Aug. 9.

Based in Groton and commanded by Col. Raymond Chicoski, the group will be responsible for providing theater-level, rotary-wing maintenance in support of Operations Spartan Shield, Inherent Resolve and Freedom Sentinel in Kuwait and Afghanistan.

At the unit's send-off ceremony in Hartford, Soldiers and Families heard remarks from Guard and State officials including Lt. Gov. Nancy Wyman and Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard.

"The service and sacrifice of these brave men and women represent the very best of Connecticut and the country," Lt. Gov. Wyman said. "I know I am joined by the entire state in thanking the members of the 1109th and their families for the incredible sacrifices they make every day to keep our country safe and strong. On behalf of a grateful nation, we wish you a safe and speedy deployment, and eagerly await your return home."

Following the ceremony, Soldiers returned to home and work to complete mobilization training to validated for the deployment.

Traditionally, National Guard units are required to conduct a training period on a mobilization station (often on an Active Duty Army installation) prior to deployment. The 1109th's deployment marks the first time a Connecticut Army National Guard unit conducted all of its training in-state prior to deployment.

"These Soldiers broke the mold in how they trained for a deployment," Maj. Gen. Evon said. "By being able to do all of their pre-deployment training right here in Connecticut, Soldiers maximized the time at home with family and friends. We wish the deploying members of the 1109th the best of luck and we pray for their safe return."

The 1109th TASMG is one of only four of its kind in the nation. They are responsible for providing technical and mechanical support to the rotary-wing assets of 14 states.

The unit last deployed in 2015, with 65 Guardsmen conducting a similar mission also requiring a split of forces between Afghanistan and Kuwait.

The TASMG's deployment brings the total tally of Connecticut National Guardsmen deployed in support of operations overseas to nearly 200.

Editor's Note: Please see pages 9 and 11 for stories about the mobilization training the TASMG conducted in Connecticut prior to their departure.

To keep up with the overseas mission as well as the rear mission of the 1109th TASMG, please follow them on Facebook at <https://www.facebook.com/1109thTASMG>.



Lt. Gov. Nancy Wyman (center), Maj. Gen. Fran Evon (center right) and State Command Sgt. Maj. John Carragher (far right) present the Connecticut flag to Col. Raymond Chicoski (far left), Commander of the 1109th Theater Aviation Sustainment Maintenance Group and Command Sgt. Maj. Paul Garofolo, senior enlisted member of the 1109th TASMG at the unit's formal send-off ceremony at the William A. O'Neill Armory in Hartford, Conn., July 26. (Photo by Spc. Meaghan Nasta, State Public Affairs Office)



Maj. Gen. Fran Evon (left) and Connecticut National Guard leadership see off 80 members assigned to the 1109th Theater Aviation Sustainment Maintenance Group prior to deployment from the Bradley Air National Guard Base in East Granby, Conn., Aug. 9, 2018. (Photo by Ms. Allison Joanis, Connecticut National Guard Public Affairs)

Future Army Medics put to the Test During 68W MOS-T Course 'War Days'

Spc. Meaghan Nasta
State Public Affairs Office

EAST LYME, Conn. – Walking uphill, in the humid August air, carrying 20-25 pounds of gear through Stone's Ranch Military Reservation was only half the battle for the 22 Soldiers partaking in the 68W Healthcare Specialist Transition Course's, "War Days."

Three groups of no more than eight Soldiers each rotated through different roles, serving as medics, team leaders and security, as they walked in a staggered formation to different training lanes. The goal of each scenario was to utilize the skills learned in the past two months in Tactical Combat Casualty Care, as well as skills learned through basic warrior tasks.

Time management, communication and teamwork were paramount if groups wanted to successfully eliminate enemy threats, provide care, and evacuate patients utilizing the standard nine-line medical evacuation report. Instructors were assigned to each training lane to provide support and direction as part of the course, which was conducted by the 169th Regiment (Regional Training Institute).

Phase I started in June with a 20-day, accelerated EMT course that prepared attendees for the National Registry Emergency Medical Technician certification exam. Both the practical and computer part of the certification is administered onsite at Camp Niantic. If a soldier has an existing NR EMT certification, they can bypass Phase I.

Phases II and III expand on the basic life support



Two students enrolled in the Healthcare Specialist Transition Course assist a role player with a simulated injury during the course's, "War Days," at Stones Ranch Military Reservation in East Lyme, Aug. 7. War Days simulate high-stress environments to test aspiring medics on their skills when the pressure is on. (Photo by Spc. Meaghan Nasta, State Public Affairs Office)



Students enrolled in the Healthcare Specialist Transition Course prepare to move a role player with a simulated injury under the watchful eye of cadre during the course's, "War Days," at Stones Ranch Military Reservation in East Lyme, Aug. 7. War Days simulates high-stress environments to test aspiring medics on their skills when the pressure is on. (Photo by Spc. Meaghan Nasta, State Public Affairs Office)

certification and provides students with combat skills and medication training including administering an IV. The 10-day field exercises and War Days take place at Stone's Ranch Military Reservation to create scenarios for the future medics to practice and perfect administering care in high stress conditions. Some of the work conducted in the field included: operating in a Forward Operating Base, training involving Military Operations in Urban Terrain, combat medical training lanes, a High Mobility Multipurpose Wheeled Vehicle Egress Assistance Trainer, an IED visualization training lane, and a landing zone for medical evacuation training. A Combat Casualty Assessment is the final exam for the soldiers and graduation was Tuesday, August 14th.

Eight states are represented in

this iteration, ranging from Georgia to Alaska. For those interested in attending, future students are advised to study anatomy prior to Phase I due to the fast pace in the academic portion of the course.

The 169th RTI is one of six accredited military schools in the U.S. that conducts the 68W Health Care Specialist Transition Course. To achieve accreditation, a Quality Assurance team from the United States Army Training and Doctrine Command visits a school over the course of a year to award the school a certification. The 169th RTI has maintained no deficiencies and has been awarded the highest accreditation of "Institute of Excellence" twice since 2013. Along with the 68W MOS – T, the 169th RTI also hosts Warrant Officer Candidate School Phase I, Officer Candidate School Phases I and II, and 31B Military Occupational Specialty – Transition.

In the past, classes were small, but the amount of military schools accredited by TRADOC has decreased from ten to six in just the last few years. As a result, it is expected that class sizes will be 20-25 students in the future, according to RTI cadre. Soldiers from units nationwide can talk to their chain of command to learn how to sign up for future courses, as long as they currently hold an MOS and receive command endorsement.

Camp Niantic

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

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

Post MWR Facilities

Post Exchange Open Tuesday - Saturday
Kayaks, canoes, sailfish and other sport-
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MINIMUM REQUIREMENTS:

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

Enlisted Update

Winding Down Training Year 2018



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Welcome to September! As we wind down Training Year 2018 and start 2019, I hope you had the opportunity to get some time off and spend it with family and friends.

In July, we had the opportunity to say thank you to Maj. Gen. Thad Martin on his retirement. The Change of Command and retirement ceremonies were both fitting testament to a lifetime of service.

The Change of Command also brought us our new Adjutant General, Maj. Gen. Fran Evon. Congratulations, Sir! Maj. Gen. Evon is no stranger to the organization, having previously served as the Assistant Adjutant General, the Deputy Chief of Staff (Personnel) (Army), and the 85th Troop Command Commander. We look forward to Maj. Gen. Evon's leadership as the Connecticut National Guard continues looking forward.

Strength management continues to challenge us. We are about 30 days from the end of the fiscal year and we are well below our recruiting mission. As I have said here numerous times before, individual personal readiness is the key to our success. Readiness includes our ability to recruit motivated, talented young people to serve in our ranks. I would ask you to do everything you can to help our recruiting and retention NCOs enlist the next generation of Soldiers into the organization.

The second part of strength management is

retention. As leaders, each of us has a direct role to play in retention. The biggest single influence we have is to make sure that we are conducting tough, realistic, well planned training. Keep our Soldiers informed and make sure that every Soldier understands the mission and the requirements of each and every minute we are asking them to serve. Getting Soldiers to school and keeping them busy and productive during training keeps Soldiers in boots. Soldiers that are waiting around for training to start because we did not plan effectively or are just waiting for final formation with nothing to do will leave our organization.

We all need to double down on our efforts in strength management. The requirement is not just for the remainder of the fiscal year, but into next year and beyond. Recruiting + Retention + Training = Readiness.

One of the initiatives we are working on is a physical fitness improvement program. The first group will focus on those Soldiers that want to stay with us but have not met the standards for fitness. The purpose of the program is to educate the Soldier on proper nutrition and the development of an effective fitness program that enables them to meet the standard. We are in the initial planning phase but expect the program to expand as we move forward.

On the topic of physical fitness, I expect that most of you have seen the announcement of the new Army Combat Fitness Test. The ACFT will replace the current APFT and is a six-event test intended to test the individual Soldier's physical readiness to perform common Soldier Tasks. Field testing of the ACFT starts in training year 2019, with a total of 60 battalions across the Army participating. Of the 60 chosen, 10 are Army National Guard units.

Although not yet published, initial standards, training strategies, and testing procedures are expected soon. I don't want everyone to get crazy over this. As the field testing progresses and the training strategy is refined, a deliberate roll out across the Army will be conducted. The feedback I have received on the standards is that a Soldier currently doing well on the APFT will need to

modify his/her training program for the new test. The well-conditioned Soldier, however, should not have to go to extraordinary lengths to meet the standard. It will be more difficult to achieve the maximum score.

Regardless of the test used to measure physical fitness, at the end of the day it is about the individual getting out and doing PT. If you put the military requirement to the side for a moment, if you lead an active healthy lifestyle including a vigorous physical fitness program you will live longer! You will feel better! I realize that it is difficult to fit into you day. I submit to you that it is worth it.

Over the last several months we have mobilized and deployed several units. Co. C, 3rd Battalion, 126th Aviation and a detachment of the 1109th Theater Aviation Sustainment Maintenance Group joined the 143rd Combat Sustainment Support Battalion as units deployed overseas. We look forward to the return of the CSSB soon, and wish the other two units safe, speedy deployments.

We have several units preparing to deploy and we will be working hard to support the Families of our Soldiers while they are overseas.

It is that time of year again for the National Conferences of our professional organizations, EANGUS and NGAUS. On the EANGUS side, we will be in Charlestown, WV this year. We are lucky to be able to send two Soldiers and two Airmen to the conference for professional development training. Look for a feature from them in a future edition to let you know about their experience.

I want to thank each and every one of you for a great training year. I think we got out to see most of our units during the annual training cycle. It is obvious that a lot of preparation and training went into your conduct of collective training. Keep up the good work! Now is no time to take your foot off the gas.

It is hard to believe this is right (time flies!) but I'll talk to you in November.

Army Strong, but always Go Guard!
CSM Carragher



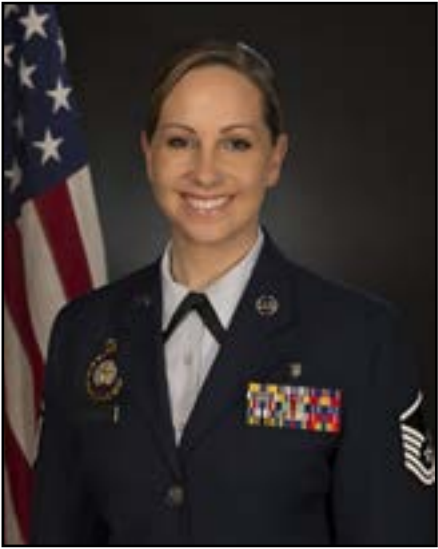
Command Sgt. Maj. Carragher is on Facebook!

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

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

Tuition Waiver vs. Tuition Assistance

MASTER SGT. ELIZABETH TOTTH
RETENTION OFFICE MANAGER
CONNECTICUT AIR NATIONAL GUARD



What is the difference? I get this question a lot. Let me go over both and hopefully this will clear up any questions you have on these.

Tuition Waiver:

Connecticut Program for Guardsman in the Air National Guard that provides 100 percent tuition to all state schools. State schools include UCONN, Central, Eastern, Southern, Western and all community colleges. To use this benefit, fill out the Connecticut Tuition waiver form, sign it and give it to supervisor. They will give to your Commander to sign to verify that you have been a satisfactory participant in the unit.

Your CSS will send to Tech Sgt. Jennifer Starrett in JFHQ, who will provide a certificate to the Veterans Affairs office at your school. You will get a bill like every-one else however it will get stamped waived. You can find a copy of this form in the reten-tion office or on our SharePoint page: <https://eissp.ang.af.mil/org/103AW/Pages/default.aspx>.

Tuition Assistance:

Program for all AGR or active duty members only. This program covers up to \$4,500 of classes per year. The cap per semester hour is \$250. Tuition Assistance must be applied for at the Air Force Virtual Education Center, via the Air Force Portal. Once there, click on “Start a funding Request” on the right and follow the prompts. TA must be applied for every single term. It covers tuition only; no fees or books. College courses utilizing Military TA must be applicable to a degree. TA will be denied to Airman with Unfavorable Information Files, failed Physical Fitness test, or a referral Enlisted Performance Report. The point of contact for this is Rachael Cossingham; she can walk you through the process or help you change your degree plan. Comm: 781-225-5944 DSN: 845-5944 Email: rachael.cossingham.1@us.af.mil

Contact Master Sgt. Totth via email at elizabeth.j.totth.mil@mail.mil or via phone at (860) 292-2574



PREREQUISITES:

- LESS THAN 5 YEARS PRIOR MILITARY COMMISSIONED SERVICE PRIOR TO UCT START DATE
- BE UNDER THE AGE OF 30 AS OF THE UCT START DATE
- POSSESSION OF A BACHELOR'S DEGREE FROM AN ACCREDITED UNIVERSITY OR COLLEGE
- ACHIEVEMENT OF QUALIFYING SCORES ON THE AFQT
- PASS A USAF FLYING CLASS III PHYSICAL
- NO UCMJ ACTIONS, DUI/DWI OR A HISTORY OF DRUG ABUSE/SUBSTANCE ABUSE

BE A NAVIGATOR
IN THE CONNECTICUT AIR NATIONAL GUARD

INTERESTED?

CONTACT MAJ MARK BOYER
MARK.R.BOYER2.MIL@MAIL.MIL
DSN 220-2779
COMM (860) 292-2779
CELL (910) 584-5454





103RD
AIR BATTLE MANAGER

COMMUNICATION INFORMATION SYSTEMS OFFICER

ACS

ARE YOU INTERESTED
IN BECOMING A
COMMUNICATION INFORMATION SYSTEMS OFFICER
OR
AIR BATTLE MANAGER ?

CONTACT

-AIR BATTLE MANAGEMENT:
MAJ. SHAWN BRETON AT (203) 795-2969

-COMMUNICATION INFORMATION SYSTEMS:
LT. COL. GUY MARINO AT (203) 795-2951



CONNECTICUT AIR NATIONAL GUARD

Follow the 103rd Airlift Wing on Social Media

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<http://www.facebook/103AW>

 **@bradleyangb**

Inside OCS

The Beginning

The Road Ahead for OCS Class 64

OFFICER CANDIDATE ISABELLE MOTLEY
OCS CLASS 64, 1-169 REGT (RTI)

In August, Connecticut Officer Candidate School Class 64 will conduct their first Phase II drill.

The program's Phase Zero was primarily comprised of land navigation and learning the basics of Officer Candidate School culture and expectations of future leaders. In July we conducted OCS Phase I alongside other officer candidates from the region. The crucial events were land navigation, a timed six-mile ruck march, and several academic exams.

At the start of Phase I, the first few days comprised of in-processing and the initial welcome day, which involved rigorous physical training. Within the frenzy of this training environment, we focused on the Army's leadership attributes and competencies. OCs gathered from across the country, each possessing varied levels of experience and skills. Regardless of their time in service, each OC was held to the same high standard and expected to execute their given task.

We spent a week at Stones Ranch Military Reservation to conduct night into day land navigation, and various warrior tasks and battle drills. In order to pass the individual event, OCs had to find four of the five points assigned.

The test started in the dark, at 3:30 a.m., ending five hours later. At first, stumbling alone through the night was eerie, but after several days of practice, and top notch training from instructors, nearly all of the candidates were able to pass.

No time spent at Stones Ranch was wasted. In between

running practice rounds on the land navigation course, we learned fundamentals of setting up Objective Rally Points, the principles of patrolling, and other basic functions of an infantry squad. We were each assigned a given weapon system, and required to instruct a class within the Army Standard. This helped us gain confidence and develop competence in warrior tasks and drills.

Platoon Training Officers/NCOs and instructors shared wisdom from their own careers and personal experiences to emphasize the weight of responsibility expected from leadership.

Daily student leadership rotations gave everyone the opportunity to test their strengths and discover their weaknesses. Adhering to the Troop Leading Procedures, developing SOPs, and maintaining accountability were of utmost importance. The scarce free time available was spent organizing wall lockers, studying for exams, and focusing on other priorities of work. From eating meals, to sitting in the classroom, and lights out procedures, every action had to be precisely calculated and performed perfectly.



Officer candidates prepare for day land navigation during Phase I of Officer Candidate School at Stones Ranch Military Reservation, East Lyme, Conn., July 11, 2018. More than 120 officer candidates from 13 states attended Phase One in Connecticut during two weeks in July. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

Phase 1 ended with a three-mile formation run on Perimeter Road, followed by dashing into the water with instructors and cadre. Despite the blisters, lack of sleep, and infamous swamps, the OCs finished Phase 1 stronger and smarter. Connecticut was proudly able to complete training with each OC that our state started with. Phase 1 was truly only the beginning as the

Connecticut OCs continue their teamwork to help each other prepare for their first Phase II drill. Collaboration was a key component of Phase I, and will be a necessity going forward with our small OCS class. A long road lies ahead for OCS Class 64 with challenges in the classroom, the field, and navigating the difficulties of time management with civilian careers and family.



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

1-169th Regiment (RTI) OCS & WOCS Open House & Information Brief

October 27, 2018

10:00 a.m. - RTI, Camp Niantic

Staff and Cadre will be on hand to answer questions and to support administrative requirements.


RSVP through your chain of command and to:

Maj. Eric Roy
eric.s.roy.mil@mail.mil

Chief Warrant Officer 3
Michael Mottolo
michael.v.motollo.mil@mail.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention

ACTIVE
RESPONDING
CONSTRUCTIVE



Resilience: "Skill of the Month"

State Resilience Coordinator
SGM James Sypher
james.a.sypher.mil

Just The Facts

What is ACR or "Active Constructive Responding?"

Active Constructive Responding (ACR) is a communication method in which the responder conveys **authentic interest** and helps the person to relive the positive experience.

There are **four ways people tend to respond** when others share good news or a positive experience, or describe a success.

Only **Active Constructive Responding** is shown to lead to stronger, longer-lasting relationships.

	Constructive	Destructive
Active	Authentic Interest Elaborates the experience	Squashing the event Negative focus
Passive	Distracted, understated support Conversation fizzles out	Ignoring the event Changing the conversation to another topic

Key Principles

ACR conveys authentic interest, and the responder helps the sharer think more deeply about the positive experience.

Benefits of ACR: ACR leads to stronger relationships, belonging, well-being, and life satisfaction for both parties.

Connection is a primary target of ACR.



September is Suicide Prevention Month

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

Middletown Armed Forces Reserve Center. Both days will begin at 8:00 a.m. sharp and expected to wrap up no later than 4:00 p.m.

R3SP will also be presenting best practices to future commanders and first sergeants at the Pre-Command course to give our emerging leadership the knowledge and skills to help their Soldiers identify supports and increase their resiliency skills.

Although we give it a special highlight in September, R3SP encourages Soldiers to BE THERE for each other and engage when you see warning signs year round.

For more information on Suicide Prevention Month visit the American Foundation for Suicide Prevention website at www.afsp.org. For information on ASIST and other R3SP training opportunities contact R3SP at 860-524-4962 or meagan.e.macgregor.ctr@mail.mil.

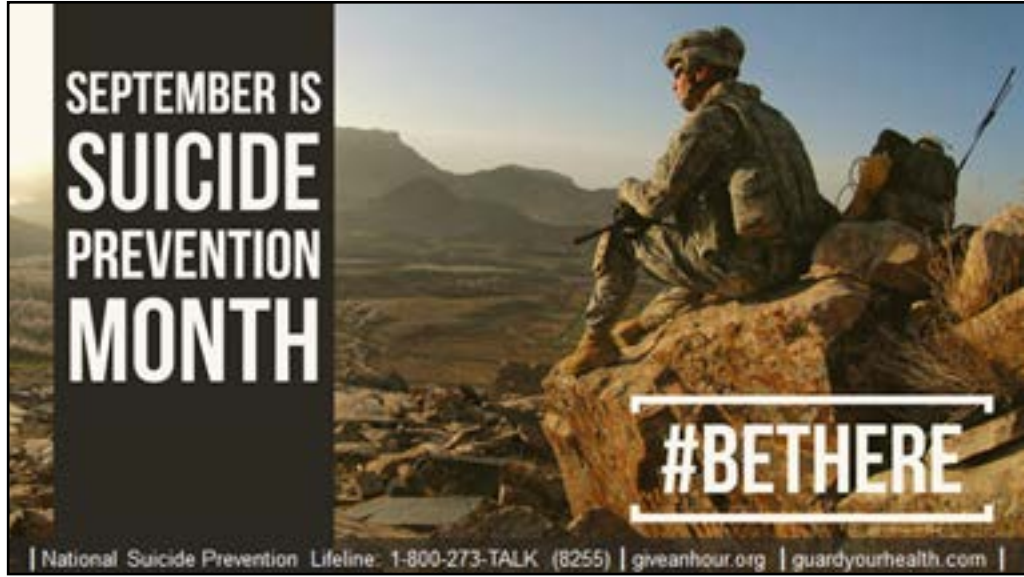
The course is scheduled for September 12-13, 2018 at the

Resilience Resources:

Outward Bound
www.outwardbound.org/veterans

Service Member and Family Support Center
1-800-858-2677

Military OneSource
www.militaryonesource.mil



R3SP - Resilience, Risk Reduction & Suicide Prevention

Recognizing Soldiers in Recovery

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

The Substance Abuse and Mental Health Services Administration recognizes Recovery Month annually in September.


This is a time to highlight the programs, services, and resources available to support those with addiction and dependence issues as well as celebrate the recovery process.

The Army recognizes the pervasive issue of substance use and seeks to educate Soldier of the dangers of misuse of drugs, alcohol, and prescription medication.

In Connecticut, the R3SP ASAP team


works with leadership to promote self-referral for substance issues so that Soldiers can seek treatment with limited impact on their professional standing. Facing issues of substance use can be daunting but the organization is dedicated to rehabilitating and retaining Soldiers that are willing to seek treatment and implement appropriate coping skills to deal with life's stressors.

In the month of September, R3SP ASAP recognizes all the Soldiers that have done battle with their own issues and sought help. Support and resources are available. Take the first step and self-refer and this time next month you too could be celebrating your recovery.



Lost Connections

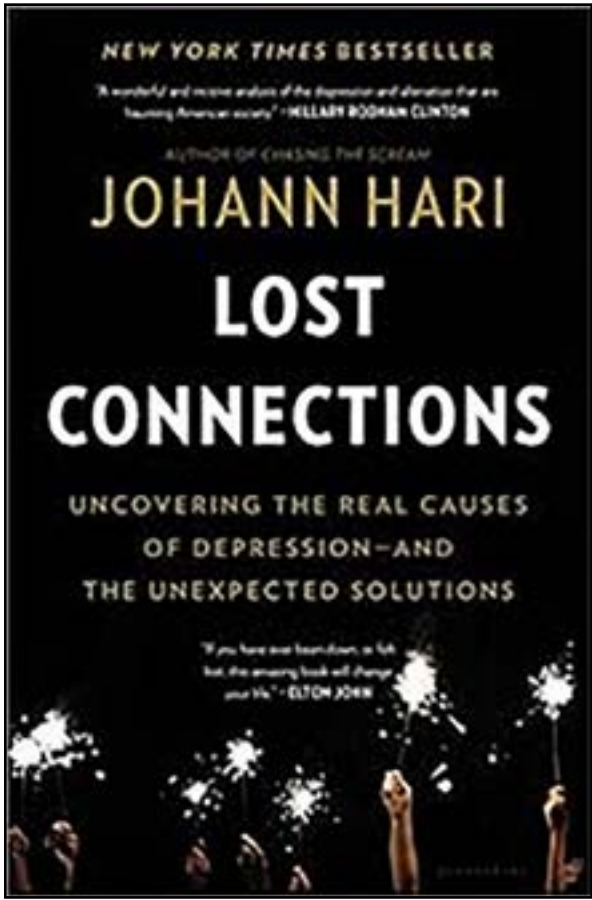
LINDA MCEWAN
DIRECTOR OF PSYCHOLOGICAL HEALTH
CONNECTICUT AIR NATIONAL GUARD



I have recently read a great book by an author that I had not heard of before, Johan Hari's, "Connections: Uncovering the Real Causes of Depression—and the Unexpected Solutions." The book has such great ideas all listed in one place, so I decided to write my article this month as a book report!

As part of the writing, I did an internet search on the author, only to find out that he has critics as well as supporters. I've placed a lot of bookmarks on my computer and hesitated to write this particular article, but in the end, I decided there was enough good information in the book to proceed. So, I will write about the book with the caveat that there may be some controversial content and I do not endorse any of the opinions voiced by the author.

This book is a meaningful offering by Mr. Hari, which lays out several societal and cultural factors that contribute to depression and anxiety in our lives. This could leave us feeling powerless over how we feel and not knowing what to do. There is much that can be done, both on a personal and social level. The book deals mostly with researchers looking into how various types of societies have dealt with Depression and Anxiety conditions. It contains numerous case studies and very moving stories.



The basic premise is that these conditions are brought about by the diminishment of things that we, as humans, are in need of to feel safe, grounded and secure, and that as our society changes, we become at greater risk of isolation and despair. Mr. Hari lays out several factors that contribute to increases of depression and anxiety in populations by speaking to experts, people who have gone through depression and anxiety, as well and being open about his own experience.

Some of the factors he cites are as follows:

1. Disconnection from meaningful work
2. Disconnection from other people
3. Disconnection from meaningful values
4. Disconnection from childhood traumas
5. Disconnection from status and respect
6. Disconnection from nature
7. Disconnection from a hopeful and secure future

Just from this list, we can see how modern life and culture are significant. We are frequently isolated from things that matter the most. Similar to the concept of Resilience, we all have an opportunity as adults to be honest with ourselves, understand our own issues, and utilize all possible resources to restore our own lost connections.

Mr. Hari also discusses seven re-connections as potential remedies. Among these are reconnection to other people, involvement in personally meaningful activity, meaningful work and meaningful personal values, and restoring our faith in the future. There is also a good section on addressing childhood traumas and another on how to not judge one-self but to share in other's joy and accomplishments.

On balance, I do recommend the book for its heartfelt

content. The bottom line is not to lose track of ourselves in our busy, disconnected lifestyles.

As your Connecticut Air National Guard Director of Psychological Health, I welcome all of you to discuss any personal issue with me and I will work to support you to the best of my ability. I can be reached via my office 860-292-2561, or by email at: linda.u.mcewen.civ@mail.mil.

Were You Exposed To Burn Pits While Deployed?

HANS PETERSEN
U.S. DEPARTMENT OF VETERANS AFFAIRS

Did you serve in Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn, Djibouti, Africa, Operations Desert Shield or Desert Storm or the Southeast Asia theater of operations after August 1990?

Do you think you may have been exposed to burn pits and other airborne hazards?

Some Veterans have reported respiratory symptoms and health conditions that may be related to exposure to burn pits. The long-term health effects of exposure to burn pits and other airborne hazards are not fully understood. In an effort to better understand these health effects, VA has launched the Airborne Hazards and Open Burn Pit Registry for Veterans and service embers.

“While nearly 61,000 Veterans and service members have joined the Burn Pit Registry since its launch nearly two years ago, this is only a small fraction of the estimated 3 million individuals who may be eligible to join this registry,” said Dr. Stephen Hunt, National Director of VA’s Post-Deployment Integrated Care Initiative. “I encourage as many eligible individuals as possible to sign up for the Burn Pit Registry.”

Since the early 1980s, Dr. Hunt has conducted registry exams for the Agent Orange, Former POW, Gulf War, Ionizing Radiation, and the Airborne Hazards and the Open Burn Pit Registries. According to Dr. Hunt, the Burn Pit Registry will help Veterans in a number of ways.

The Registry gives participants an opportunity to document any concerns they may have about deployment-related exposures and provides an opportunity to obtain a free health evaluation by a VA or DoD provider. The evaluation can identify and document any problems potentially related to the exposures and ensure ongoing follow up for any existing health conditions or any additional conditions that could emerge down the road.

One challenge when addressing environmental

exposures is that we don’t always know what the long-term health effects of those exposures may be or when those health concerns might arise. Some exposures don’t lead to any long-term problems. Others, however, may have long-term or downstream health effects that aren’t identifiable early on. Through the registry, if health conditions related to exposures do emerge months or years later, we will be able to identify them more quickly and to make sure that Veterans get the health care that they need in a timely manner.

A common misunderstanding about the registry is that participation is required to obtain disability compensation benefits. This is not true. The burn pit registry and all other VA registries are unrelated to the disability compensation rating process. While a Registry note in your medical record summarizing your exposure concerns and related medical treatment may serve as evidence to support a claim, it is not a necessary document or step in the claims process.

The registry is open to anyone who served in:

- Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn
- Djibouti, Africa on or after Sept. 11, 2001
- Operations Desert Shield or Desert Storm
- Southwest Asia theater of operations on or after Aug. 2, 1990

“Ultimately, our goal in VA is to have 22 million healthy Veterans using VA services and resources as needed to ensure that they enjoy the most meaningful, satisfying, and productive lives possible,” said Hunt.

“The Burn Pit Registry is a nice way for Veterans to get their foot in the door at the VA and to explore the services, benefits and resources available to them through VA health care.”

The Burn Pit Registry is one more reflection of how far VA has come. It is a measure of how much progress we’ve made in taking care of individuals with deployment-related exposure concerns, and in taking care of Veterans in general.

Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn Djibouti, Africa on or after Sept. 11, 2001 Operations Desert Shield or Desert Storm Southeast Asia theater of operations on or after Aug. 2, 1990.

Interested Veterans and service members can learn more about the registry by visiting the VA’s YouTube video (<https://www.youtube.com/watch?v=37i6MDt6PII&feature=youtu.be>) or by learning more about how to sign up at <https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/#page/home>.



Military History Major General John Sedgwick

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

John Sedgwick was born in Cornwall Hollow, in northwest Connecticut in 1813. He graduated from the United States Military Academy at West Point, New York in 1837, placing twenty-fourth in a class of fifty (his class included seven future Civil War Confederate generals, including Braxton Bragg, Jubal Early and John C. Pemberton, and ten future Union generals including Israel Vogdes, William H. French, and Joseph Hooker).

After graduating from West Point, he served in the Seminole War, the Mexican War, and at various posts in the West. He became a brigadier general at the beginning of the Civil War and led a division at Antietam, where he was wounded three times. Returning to duty 90 days later, Sedgwick was placed in command of the Sixth Corps, which he led at the Battles of Chancellorsville and Gettysburg. At the time, he was the Army’s second highest ranking officer after Gen. George Meade.

At the May 1863 Battle of Chancellorsville, he was in command of the Army of the Potomac’s left flank, and directed the capture of the town of Fredericksburg, Virginia and the successful storming of Marye’s Heights.

At the battle of Spotsylvania Courthouse, on May 9, 1864, he was personally directing artillery placements and forming his line. When his men warned him to take cover, Sedgwick responded by joking, “They couldn’t hit an elephant at that distance.”

Just then, he was struck by a sharpshooter’s bullet and was killed instantly. When Gen. Ulysses S. Grant heard the news, he could hardly believe it.

“Is he really dead?” he asked, later remarking that Sedgwick’s death was, “greater than the loss of a whole division of troops.”

Major General John Sedgwick was the highest ranking Union officer killed in action. His remains were laid to rest in the small cemetery in the town of Cornwall Hollow. Several monuments were erected to honor him after the war – one just south of Gettysburg on Sedgwick Avenue in the Gettysburg National Military Park, one marking where he fell in the Spotsylvania



National Battlefield at the corner of Brock Road and Grant Drive, one at 410 Connecticut State Road 43 and the corner of Hautboy Hill Road in Cornwall Hollow, Connecticut across the street from where he is buried, and one at “The Plain,” the parade field at the United States Military Academy at West Point. Academy legend has it that a cadet who spins the spurs on boots of the statue at midnight while wearing full parade dress gray over white uniform under arms will have good luck on his or her final exams.

His death at Spotsylvania was witnessed by Civil War Medal of Honor recipient Julian A. Scott who later in life became an accomplished artist. Scott would create the acclaimed painting, “The Death of General Sedgwick,” in 1887, which today is on display at the Drake House Museum in Plainfield, New Jersey.

A great resource for more information on the Civil War is the Central Connecticut State University History Department website at <http://web.ccsu.edu/civilwar/>.

Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th grade Social Studies in Stamford, Connecticut. Email him at rmcody@snet.net.

Be The Force Behind The Fight

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

What is the role of a victim advocate?

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

How to become a victim advocate:

Please send an email request to the JFHQ SARC Maj. Katherine Maines at katherine.a.maines.mil@mail.mil or the JFHQ Victim Advocate Capt. Ashley Cuprak- ashley.a.cuprak.mil@mail.mil.

A packet will be sent and upon approval from NGB, you will be required to attend the 80 hour Army SHARP course or 40 hour Air SAPR course. Once completed you will be given credentials. Overall process can take up to one year.

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

Get social with the CONNECTICUT NATIONAL GUARD

Official Pages - Managed by the CTNG PAO

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<http://facebook.com/ConnecticutNationalGuard>

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<http://twitter.com/CTNationalGuard>

INSTAGRAM
[@CTNationalGuard](#)
<https://www.instagram.com/CTNationalGuard>

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

Official Unit/ Leadership Pages

Maj. Gen. Fran Even
Facebook - [@CTNGTAG](#)
Twitter - [@CTNGTAG](#)

State Command Sgt. Maj. John Carragher
Facebook - [@CTCommandSgtMaj](#)

CTARNG Recruiting Battalion
Facebook - [@CTArmyGuard](#)
Instagram - [@CTArmyGuard](#)

CTANG Recruiting Team
Facebook - [@CTAirGuard](#)

103rd Airlift Wing
Facebook - [@103AW](#)

102nd Army Band
Facebook - [@102dArmyband](#)
Facebook (Rock Band) - [@RinChord102B](#)
Instagram - [@102d_army_band](#)
Twitter - [@102dArmyband](#)

HHC, 169th Aviation Battalion
Facebook - [@HHC169AVN](#)

1-169th Regiment (INT)
Facebook - [@169REG](#)

1109th TASMG
Facebook - [@1109thTASMG](#)

Joint Force Headquarters
Facebook - [@CTJFHQ](#)

CTATNG Recruit Sustainment Program
Facebook - [@ConnecticutGuardRSP](#)

CTNG Service Member and Family Support
Facebook - [@CTNGFamilies](#)

CT Employee Support of Guard and Reserve
Facebook - [@CTESGR](#)
Twitter - [@CT_ESGR](#)

Don't see your unit's page here? Make sure it is registered with the CTNG PAO. Want to start a public page for your unit? Call the CTNG PAO for information. 860-524-4857

Course	Course #	Action Officer	Start Date	End Date
Combat Life Saver Course (40 Hour)	350-17-60	Sgt. 1 st Class Stefanie Jennings	10-Sep-18	14-Sep-18
Annual Government Purchase Card (GPC) Refresher Course	350-17-39	Sgt. Kyle Stafford	11-Sep-18	11-Sep-18
Combat Life Saver Course (Recertification)	350-17-60	Sgt. 1 st Class Stefanie Jennings	12-Sep-18	14-Sep-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	12-Sep-18	13-Sep-18
Army National Guard Annual Substance Abuse Prevention Training Course for AGR & FTSP	350-17-04	Dennis Tomczak	13-Sep-18	13-Sep-18
Annual Government Purchase Card (GPC) Refresher Course	350-17-39	Sgt. Kyle Stafford	19-Sep-18	19-Sep-18
Company Level Pre-Command and First Sergeant's Course	350-17-24	Maj. Michael Jakubson	21-Sep-18	23-Sep-18
CTARNG Leadership Symposium	350-17-56	Maj. Michael Jakubson	21-Sep-18	22-Sep-18
Annual Government Purchase Card (GPC) Refresher Course	350-17-39	Sgt. Kyle Stafford	27-Sep-18	27-Sep-18
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 2 Jackie Birge	19-Oct-18	21-Oct-18
Domestic Operations Assessment and Awareness Tools (DAART)	350-17-59	JOC Staff	19-Oct-18	19-Oct-18
High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	Warrant Officer 2 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 Ahearn	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 2 Jackie Birge	9-Nov-18	10-Nov-18
Casualty Notification/Assistance Officer Training (CNO/CAO)	350-17-05	Sgt. 1 st 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

All Training Circulars can be located on GKO at G3 > Training Circulars > Training (TR) > TY18 or in DTMS.

Contact Your Chain of Command for More Information

Highlighted Courses:

- **CTARNG Leadership Symposium:** The intent of the symposium is to provide information on topics that assist unit leaders in their day to day functions. It will be an interactive forum conducted in a two-day period and contain a mix of general sessions, and then area specific breakouts. Attendees will be able to select which breakouts sessions apply the most to their unit. 21-22 September 2018. No max, See your unit training NCO for enrollment.
- **Company Level Pre-Command and First Sergeant's Course:** The objective of the Pre-Command and First Sergeant's Course is to provide current and future Company Commanders and First Sergeants with basic information to successfully perform company/detachment command. This course is required for selection of future Company Commanders and for First Sergeants currently with less than one year of time in current position or E-8s projected for future assignment to a First Sergeant position. 21-23 September 2018. 25 Soldiers max, See your unit training NCO for current availability.
- **Engagement Skills Trainer II (EST II) Training Course:** This training opportunity provides training for Soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II. These individuals may have ADOS opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating and taking responsibility of the system to provide training their own units. This course is a (3) three day course. Attendees must attend all three days of instruction to be considered certified on the EST II. 19-21 October 2019; 12 max for this class; See your unit training NCO for current availability.

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

THE DA PHOTO PROCESS

Do You Need A DA Photo?

1. Must be SSG or above. And at least one of the following:
• No photo on file
• Current photo over 5 years old
• Promoted since last photo
• Received ARCOM or higher

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

3. PREPARE YOUR UNIFORM
Ensure your uniform is up to AR 670-1 standards before scheduling an appointment.
• Uniform preparation is an individual responsibility.
• Last minute cancellations due to incomplete uniforms waste available slots. Be conservative of follow. Soldiers and only schedule an appointment once your uniform is 100% to standard.
• Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment.

4. SCHEDULE AN APPOINTMENT IN VIOS
www.vios.army.mil
• Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details.
• Only available time slots are shown. If your first choice is unavailable, choose another time.

5. SHOW UP AT SCHEDULED TIME
MG Maurice Rose
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322
• Be on time and fully dressed at the scheduled time.
• Locker rooms available on the first floor if you wish to carry your uniform on a hanger.

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

How Does your photo get to your ERB/ORB?
Once approved in DAPMS, your photo will automatically be routed to your ERB/ORB.

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

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

CONNECTICUT NATIONAL GUARD

Leads to Enlistments Awards Program

Effective 01 Oct 17 - 30 Sept 18

1st Lead to Enlistment
Shaker Bottle & T-Shirt**

2nd Lead to Enlistment
Tactical Backpack**

3rd Lead to Enlistment
Fleece Jacket or Hoodie**

4th Lead to Enlistment*
AAM & Gerber Multi-Tool**

5th Lead to Enlistment*
ARCOM, Tactical Flashlight & "Honorary RRNCO" plaque**

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO

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

2018 NGA CT

Upcoming Events

For more information visit: <https://ngact.org/>

2018 NGA CT Board Meeting Dates:
October 17, November 14, December 19

All NGA CT Board Meetings are held in Hartford and begin at 5:30 p.m., unless otherwise noted

CONNECTICUT NATIONAL GUARD

FULL TIME EMPLOYMENT OPPORTUNITIES

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

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

FOR MORE INFORMATION, CONTACT,
Maj. William Warner, AGR Tour Branch Manager,
(860) 613-7608, william.s.warner1.mil@mail.mil
Sgt. 1st Class Laura Hernandez, Senior HR Sergeant,
(860) 613-7617, laura.hernandez3.mil@mail.mil

CTARNG Funeral Honors Team

Now Accepting New Members

HONOR GUARD

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

Maintaining and Replacing Military Records

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

Sometimes, even with the most preparedness, important documents are lost. Other times, documents are inadvertently not saved.

In the United States we consider vital record documents to consist of birth, death, marriage, and divorce certificates. Vital records are key to your being able to function; to establish identity and prove eligibility.

For example, a birth certificate is possibly your most important vital record. It establishes your identity and citizenship for birth. An original copy of a birth certificate is needed, as proof of age, to register for school. A birth certificate is needed to get a driver's license, a passport, marriage license and to join the Armed Forces.

Replacing a birth, death, marriage or divorce certificate is done by contacting the vital records office of the state in which the event occurred. States procedures vary on how to obtain copies, needed documentation and fees.

Military records are often overlooked as a vital record. As a retired member of the military, military records are the most important documents for receiving benefits. The important advice that has always been given is to save everything. But for how long? Some records should be kept if they are valid, and others should be kept forever.

The following military documents are the ones that should be kept forever. Contracts including enlistment contracts, re-enlistments, extensions, bonuses, promotion certificates and commissioning letters if applicable. Medical records should be kept not only for a comprehensive health record, but in case of possible proof of a military related illness or injury.

All veterans, gray area or fully retired with pay, need to keep on hand their proof of military service or separation papers. Those retirees who served on Active duty should keep a copy of their DD Form 214, as well NGB Forms 22 and 22A (Army and Air National Guard). Retirees who served in the Reserves should have DD Form 256.

Other documents include, Pay and Benefits Statements (LES and mid-month pay), Annual Points Statement,

retirement paperwork, 20 Year letter, copies of awards and decorations, and certificates of eligibility for GI Bill and VA loans. It is also important to keep are all orders which can include AT, TDYs, deployments, activations and mobilizations for Guard/Reserves. In short, one should keep anything which might be needed to prove the service person is intitled to certain pay and benefits.

What happens if military records are lost or for some reason not saved? If an individual served before 1973, these is a possibility that their records may have been destroyed in the National Archives fire. Otherwise, there are two places to obtain military documents.

To get copies of military records, missing documents and/or ones needed, contact the National Archives. The military branch in which the service member served keeps your records for five to ten years after separation from the military. The records are sent to the National Archives where they are permanently maintained. The National Archives can provide an individual with a DD Form 214/Separation Documents, service personnel records found in the Official Military Personnel File, Replacement Medals, and/or Medical Records. An individual can request copies directly from the National Archives usually without fees.



Request your Military Documents online at <https://www.archives.gov/veterans/military-service-records>. Former members of the Connecticut National Guard can also visit the Connecticut Military Department page, <http://www.ct.gov/mil/cwp/view.asp?a=1342&q=429406&milNav=1> or call 860-548-3239.

Requests may be made online, by mail, or by fax, which ever is easiest. Go to the National Archives website, Veterans Service Records. Detailed instructions are provided for either using the online service eVetrecs or completing form SF 180, which can then be mailed or faxed to the address and number listed. There are also instructions for getting needed records in case of a natural disaster. Be aware that normal requests can take over six months to fulfill.

The Veterans Administration can provide copies of VA medical records, Certificate of Eligibility for VA loans, GI Bill letter of eligibility, and more. Signing up for a free VA eBenefits account id the easiest way to get copies.

In summary, one's military records are vital to securing your retiree benefits. Though it is possible to get replacements for most records, it is much easier to have saved them.

CONNECTICUT NATIONAL GUARD PROMOTIONS ARMY

To Private Maldonadomedero, Cristian	Cardinal, Joshua T. Venegas, Jose A. Jr. Cameron, Andrew D. Santiago, Richard Jr. Mepherson, Shaquella D. Fredericks, Jordan L. Fajardoferrel, Felipe D. Pardo, Isaia L. Jean, Karrie Minor, Quandeshia L. Arguetadiaz, Marlon Y. Dossantos, James E. Bensonhunter, Kalyb C. Coleman, Andrew P. Garcia, Nathan X. Burgosreyes, Carlos A. Syman, Mikaila A. Barabas, Joshua T.	Noiseux, Riley D. Barton, Keeanu R. Petersdorff, Nicholas R. Finnegan, Liam M. Sutton, Anandah M. Zaklukiewicz, Gregory J. Marshall, Cody M. Febus, Zachariah N. Aquino, Jashua N. Nembhard, Cadeem C. Suri, Divyansh Arroyovalencia, Tania K. Alvelo, Miguel A. Myska, Daniel J. Riveralaracunte, Javier Rockett, Daniel A. Tristao, Marlon M. Adorno, Jose V.	Hock, Kristina L. Micena, Kyle A. Hobbs, Shawn P. Zamzes, Meredith W. Norwood, Blair A. Peltz, Christopher M. Roundtree, John A., Jr. To Staff Sergeant Kreder, John G. Mason, Christian M. Danao, Joseph D., III Mahoney, Samantha L. Tseizer, Shannon L.
To Private First Class Toure, Fatou K. Moore, Terrance W., Jr. Kareem, Meer S. Gomez, Christian Geuser, David P. Satchell, Kino H. Staplins, Kyle J. Rodriguez, Fabian J. Gendreau, Thomas C. Lovallo, Daniel J. Kolodziej, Ryan R., Jr.	To Specialist Smith, Donte K. Thomas, Douglas N. Piotrowski, Katrina H. Amore, Dustin J.	To Sergeant Valdez, Walter A. Renfro, Tyler J. Wenzel, Justin M. Prokharchyk, Alexey	
To Airman First Class Tariq, Mohammad U.	To Senior Airman Roach, Adam J. Irish, Devon W. Fowler, Jake A. Miller, Jonathan J.	To Staff Sergeant Meyers, Bryce C. Lucero, Daisy D. Sumeersarnauth, Deonarine Glazer, Michael S. Carlson, Tyler A. Meach, Savy M., Jr.	To Technical Sergeant Savino, Domenic, III Platt, Dylan M. Miller, Tanzia J. Wilson, Travis G.

Congratulations to all!

Promotions as of August 1, 2018

Calendar

September

September 3

Labor Day

September 10

Rosh Hashana

September 11

Patriot Day

October Guardian Deadline

September 15

POW/MIA Recognition Day

September 18

Air Force Birthday

September 19

Yom Kippur

September 24

Gold Star Mothers & Families Day

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

RE-ENLISTMENT

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NATIONAL

GUARD

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RE-ENLISTING/EXTENDING FOR 6 YEARS!

CONTACT YOUR LOCAL RRNCO/UNIT RETENTION NCO

TODAY FOR MORE INFORMATION ON ELIGIBILITY

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\$20,000 BONUS EFFECTIVE 01 JUNE 18 TO 30 SEPT 18

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Hartford, CT
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Connecticut Family GUARDIAN

VOL. 19 NO. 9 HARTFORD, CONNECTICUT SEPTEMBER 2018

Connecticut SMFSC, Operation Homefront Celebrate Back To School with Military Kids

Spc. Meaghan Nasta
State Public Affairs Office



HARTFORD, Conn. – Connecticut service members and their families gathered at the William A. O’Neill Armory in Hartford, Connecticut to participate in the 2018 Operation Homefront Back to School Bash, hosted by the Connecticut National

Guard’s Service Member and Family Support Center, Aug. 8.

Once checked in, children from military families were handed a syllabus and a sign off sheet. Their assignment? Go to five of the informational booths on the drill shed floor and learn about various programs with their families.

The Red Cross, Connecticut 4-H Military Clubs, Child and Youth Program, Care 4 Kids and CTNG Service Member and Family Program were some of the presenters, who explained the services they provide before signing off on a child’s sheet.

Once their assignment was done, the children lined up to pick out a brand new back pack and then filled it with school supplies. Volunteers handed out crayons, pencils, notebooks and other supplies that will come in handy as kids head back to the classrooms this fall. As an added bonus, children were free to select a brand new Halloween costume to celebrate the end of October in style.

This is the event’s tenth year. Operation Homefront is a national nonprofit organization with three goals in mind for military families: relief, resiliency, and recurring family support programs. Supplies purchased by Dollar Tree customers during a few days in August are donated to the charity and picked up from stores to be given to verified events throughout the nation. Families can go online to Operation Homefront’s website and register for a free backpack filled with supplies.



Military families filled backpacks with school supplies at the Operation Homefront Back to School Bash at the William A. O’Neill Armory, Hartford, Conn., Aug. 8. During the event hosted by the Connecticut National Guard Service Member and Family Support Center, families rotated through informational booths before filling backpacks with donated school supplies. This is the tenth year that Operation Homefront has hosted the Back School event, last year alone, they distributed more than 41,000 backpacks to military kids nationwide. Visit <https://www.operationhomefront.org/> to learn more about the service they provide military families. (Photos by Spc. Meaghan Nasta, State Public Affairs Office)



CATHERINE GALASSO-VIGORITO

Be Fruitful in Spite of Your Circumstances

There was once an ancient legend that I heard somewhere that carries with it an important life message. One morning, a king walked into his massive garden to find most all of the trees, flowers and plants had withered and were dying. Looking over the devastation, the king was stunned to tears.

So, the king scurried over to the oak tree and asked, “What is the problem great oak tree?” With little strength, the weakening oak replied, “I am tired of life.” The oak tree felt as though it was utterly worthless. “I’m not as tall and lovely as the pine tree, so I don’t want to live anymore.”

There was a pause in the conversation. But before the king could answer, the declining pine tree who overheard their conversation declared, “Wait, I am troubled too since I can’t bear delicious fruit like the pear tree.” The pine tree believed it was insignificant and of no value.

Becoming weaker by the day, the wilting pear tree started to find fault about its so-called flaws and weaknesses. The pear tree was going to throw its life away, because it did not think it had the lovely fragrance of the lilac. Defeated, it felt inferior, and the pear tree had no enthusiasm for life.

Have you ever felt that way?

Plant after plant, tree after tree was sad, destitute and complaining. And so it went throughout the entire garden.

However, near the edge of the garden grew a little violet. As the king approached it, he noticed the violet was light, bright, and full of joy.

“Little flower,” said the king, “I’m happy to see there is at least one joyful, little flower in my garden in the midst of all of this unhappiness and discouragement.”

There was complete silence for a moment. Then, the

little violet responded, “I am small and perhaps, I’m not noticed by many. In spite of that, I realized that if you planted me here, you must have had a great purpose.”

Smiling, the king was overjoyed. He couldn’t believe what he had heard. “So, my king,” the violet whispered, “I’m determined to be the best flower I can be.”

The king was greatly pleased.

You could be in a situation right now that has caused you to devalue yourself. Maybe for years, you have felt ignored or underappreciated. Now, are you judging yourself as unworthy?

Yet, you belong to God. He loves you with an everlasting love, (Jeremiah 31:3) and thinks, ‘You are special... just the way you are.’

Be fruitful in spite of your circumstances. You are God’s first choice. Thus, be set free from guilt and condemnation. Don’t compare yourself with others. In the entire world, there has never been another person like you. Created in ‘God’s own image’ (Genesis 1:27), you are rare, precious, and ‘fearfully and wonderfully made.’ (Psalm 139:14). Hence, never underrate your great worth. Or count yourself out. For, you’re ‘God’s masterpiece,’ (Ephesians 2:10) ‘His treasured possession.’ (Deuteronomy 14:2).

I have thought of this legend often, especially when watching with tearful eyes those who are struggling, burdened down and withering away with sorrow and distress. But God’s word is telling you today to “Fear not, I am with you.” (Isaiah 41:10).

Your current situation is not your final destination. Remember, God’s plan for you is a plan for victory. And He does not want you live defeated. Put your faith and trust in God. No matter what has happened in the past or despite any shortcomings that you may think you have, God values and approves you. And He has put within your heart all that you need to lead a joyful, meaningful and successful life.

In the Bible, it tells how God chose David, a faithful shepherd boy to become the leader of His people. God

could have chosen someone more important, more educated, or with a better background. David was the most unlikely choice. But, God looks at the heart.

The Israelites were unskilled warriors and couldn’t take down the walls of Jericho on their own. Nevertheless, God could as He has everything under His sovereign control.

God was with Gideon when God promised that he would save Israel, although Gideon felt weak and unqualified. Despite lack or limitations, God had a great purpose for Gideon, and He has an exceptional purpose for you, too. And what God wants to do in your life is beyond what you can imagine.

Like the butterfly that fights to break free from the cocoon, there may be struggles before the outpour of blessings. So persevere and give God all your worries, fears and disappointments. Then, be determined to be the best that you can be for Him. You have so much to offer, with a wealth of experiences to positively influence others in extraordinary ways. For something amazing is in store for you, and soon you’ll see it unfold. God works in mysterious ways, and He is strategically arranging the logistics. He is moving people in a position so they can help you. And right now, God is coordinating circumstances to bless your future.

You have come a long way. However, you have further yet to go. So wake up each morning and say to yourself, “I’m blessed,” “I am strong,” “My time of success is coming,” “I’m going to do great things,” and “My future is bright.” See yourself through God’s eyes. Be proud of yourself. Have confidence in the incredible, talented, and giving person that God created.

You are on the threshold of something incredible. Success is right within your grasp. New opportunities, new friendships and new joys should present themselves to you shortly. And the outcome will be far better than you could ever think.

Your future is full of possibilities. Day by day, enjoy the life God has given to you.

Military OneSource

Study Confirms Military Family Counseling Works

MILITARY ONESOURCE

Beat stress. Improve your life. You have proven and easy ways at your fingertips to improve well-being and master your MiLife:

- Military OneSource Non-medical Counseling
- Military and Family Life Counseling

A recent study confirms these free services work to reduce stress, bolster relationships and help you to improve your performance at work and home. Nine of 10 service members and eligible family members who sought these services reported they were satisfied with them and would use non-medical counseling again, according to an independent study conducted by the RAND Corporation.

Proven effective for members of the military community

Non-medical counseling options can provide renewed resiliency and strength. Participants reported positive results after using counseling services – especially when it came to:

- Reducing stress and anxiety
- Increasing resilience at work
- Improving the ways they handle problems in their personal lives

Improvements were lasting, generally maintained three months after receiving counseling.

Strength in numbers: Non-medical counseling seen as valuable

Large numbers of the military community look to non-medical counseling services to improve workplace and personal performance. In fiscal year 2015, across all service branches, Military and Family Life Counseling staff helped military-affiliated individuals through 4.5 million visits and Military OneSource counselors provide more than 170,000 non-medical counseling sessions annually.

The most common reasons service members and family members sought non-medical counseling included:

- Family or relationship problems
- Stress, anxiety or emotional issues
- Help with conflict resolution or anger management

A unique understanding of military life

We get you. Non-medical counselors are people who have extensive training in military services, and many have served or lived in military families. As part of the Department of Defense, Military and Family Life Counseling and Military OneSource counselors can help you connect the dots to different programs and services. The study by the RAND Corporation showed:

- Nearly eight of 10 participants agreed that their counselor understood military culture.
- More than 75 percent of individuals reported that their counselor addressed their cultural, language or religious concerns.
- About 90 percent of participants agreed that their counselor provided the services they needed to address their non-medical problems and related concerns.

Military OneSource Live Chat: Get a Quick Response From Anywhere

MILITARY ONESOURCE

Technology is on your side when it comes to getting the information you need. Instead of spending hours online researching articles, check out the live chat feature on the Military OneSource website. You type in your question and receive a quick response with the information you need. Live chat makes the existing Military OneSource services even easier to access.

Easy access

Service and family members can begin live chats on Military OneSource from their computers or on the go from their smart phones or tablet devices. Military OneSource live chat conveniently provides military families with information when and how they want it. Quick and personalized information is available 24/7/365 from a trained Military OneSource consultant.

If your office or house is too noisy for calls, or you don’t feel like speaking with anyone after a full day, live chat is a convenient way for you to discover all that Military OneSource offers.

How does online live chat work?

- Scroll to the top of any Military OneSource page.
- Find the comment bubble icon on top right, and click

on it, click Continue.

- Type in your question — it’s as simple as that.

Our live chat works just like you’d expect it to. Both you and your Military OneSource consultant can see when the other one is typing, so you will know when the consultant is sending info your way.

Depending on the nature of your question and what services you request or require, the consultant will help in one of the following ways:

- Provide you with the information you requested
- Invite you to call the Military OneSource toll-free number at 800-342-9647 for additional services such as specialty consultations
- Refer you to other appropriate services with a warm hand-off to the other provider.

Live chat topics

Live chat provides you with personalized information and resources beyond what you find on the Military OneSource website. A Military OneSource consultant can suggest the best resources for you on topics including:

- Parenting, adoption and family
- Single life, marriage or relationships
- Child care programs and respite care

Easy access to services

An overwhelming majority of participants said they appreciated the fast, reliable and flexible access to counselors in both programs. They were able to get in touch with a counselor quickly. Appointments were easy to make and accommodated their schedules.

•More than 90 percent of individuals reported that they were satisfied with the speed of being connected to counseling staff.

•Over 90 percent felt that it was easy to make appointments that fit their schedules.

Confidential and tailored support

Many service members and spouses are concerned that reporting a problem or seeking help will affect their military career. According to study participants, confidentiality was critical and a big reason they turned to Military OneSource and Military and Family Life Counseling services. Another reason was the individualized support provided.

•Most individuals reported that they experienced less stress in their work and personal lives after initiating non-medical counseling.

•More than 70 percent of participants experienced a reduction in the frequency of feeling stressed or anxious.

•About 71 percent reported long-term reductions in difficulty coping with day-to-day demands in the three months after receiving counseling.

- Children or adults with special needs
- Caregivers and wounded warriors
- Language interpretation and document translation
- Deployment, relocation and transitions
- Morale, Welfare and Recreation
- Commissaries and exchanges
- Disaster preparedness.


Live chat also gets you quick answers to questions regarding confidential help including the following:

- Specialty consultations (adoption, education, adult disability care, elder care, health and wellness coaching, peer-to-peer, special needs and wounded warrior)
- Non-medical counseling (improving relationships at home and work, stress management, adjustment difficulties, parenting, marriage problems, or grief and loss)

•Interactive tools and services (document translation, financial counseling, free tax service, language interpretation, and Spouse Education and Career Opportunities counseling).

Grab your smart phone or tablet device and let a Military OneSource consultant assist you. Live chat us today. <https://livechat.militaryonesourceconnect.org/chat/>

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 cgv1@anewyouworldwide.com. Visit her website at www.anewyouworldwide.com. © Catherine Galasso, 2017



CONNECTICUT NATIONAL GUARD HELPLINE

In an effort to support the needs of our service members and their families, the Connecticut National Guard has a 24-hour HELPLINE.

Your call will be answered by a behavioral health professional. You will receive information and referrals to community resources to support you and your family.

HELPLINE - 1-855-800-0120

<p>William A. O'Neill Armory 360 Broad St. RM 112 Hartford, CT 06105</p> <p>Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795</p> <p>Child and Youth Program (860) 548-3254</p> <p>Yellow Ribbon Reintegration Program (860) 493-2796</p> <p>Military OneSource (800) 342-9647 (860) 502-5416</p> <p>Survivor Outreach Services (860) 548-3258</p> <p>Open Mon.-Fri.</p>	<h2 style="text-align: center;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="text-align: center;">Family Assistance Center Locations</h3>  <p style="text-align: center;">Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p style="text-align: center;">Our Programs Include:</p> <table border="0" style="width: 100%;"> <tr> <td>Budget Counseling</td> <td>Community Support Options</td> <td>Financial Assistance and Relief</td> </tr> <tr> <td>Family Communication</td> <td>Counseling Referrals</td> <td>Morale, Welfare and Recreation (MWR)</td> </tr> <tr> <td>Legal and Pay Information</td> <td>Outreach</td> <td>Family Readiness Groups (FRG)</td> </tr> <tr> <td>TRICARE Assistance</td> <td>Volunteer Opportunities</td> <td>DEERS & ID Card Assistance</td> </tr> </table> <p style="text-align: center;">Support is available 24/7 by calling (800) 858-2677</p> <p style="text-align: center;">*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</p>	Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance	<p>New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri.</p> <p>103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (860) 292-2730 Open Tues.-Fri.</p> <p>103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment*</p> <p>Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (860) 739-1637 Open Mon-Fri</p> <p>Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri.</p> <p>Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.</p>
Budget Counseling	Community Support Options	Financial Assistance and Relief												
Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)												
Legal and Pay Information	Outreach	Family Readiness Groups (FRG)												
TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance												

Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday</i>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyenne.baber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Andrea Lathrop	andrea.s.lathrop.ctr@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.m.odonnell.ctr@mail.mil	(860) 493-2797 (desk)/(860) 883-6949 (cell)
Family Assistance Center Specialist	Jason Perry	jason.t.perry.ctr@mail.mil	(860) 524-4909
Family Readiness Support Assistant	Linda Robison	linda.l.robison.ctr@mail.mil	(860) 524-4963 (desk)/(860) 889-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk)/(860) 881-4077 (cell)
Family Readiness Support Assistant	Kelly Strba	kelly.a.strba.ctr@mail.mil	(860) 548-3283
ABRG Yellow Ribbon Program Coordinator	SPC Mango SPC Matt Votka	shannon.a.mango.mil@mail.mil matthew.t.votka.mil@mail.mil	(860) 493-2796 (desk)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty.ctr@mail.mil	(860) 548-3254 (desk)/(860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.oshaughnessy.ctr@mail.mil	(860) 548-3258 (desk)/(860) 394-8748 (cell)
Military OneSource Consultant	Diana Dash	diana.dash@militaryonesource.com	(860) 493-2722 (desk)
Personal Financial Consultant	Reggie Harwell	phc.ct.ngt@zelders.com	(203) 233-8790 (cell)
State Support Chaplain	CHL (MAJ) David Nutt	david.c.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Brithell	sean.r.brithell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Citizen Soldier For Life Career Readiness Counselor - Hartford	Dean Cornelio	dcornelio@afsc.com	(860) 524-4894 (desk)
Citizen Soldier For Life Career Readiness Counselor - New London	Michelle Johnson	michellejohnson@afsc.com	(860) 858-2677 (desk)
Citizen Soldier For Life Career Readiness Counselor - Middletown	Julissa Perez	juperez@afsc.com	(860) 613-7868 (desk)
<i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday</i>			
Family Assistance Center Specialist	Sean Carey	sean.e.carey.ctr@mail.mil	(860) 292-4602 (desk)/(860) 883-2704 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.a.middlebrook.ctr@mail.mil	(860) 292-4601 (desk)/(860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 - Open Monday-Friday</i>			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
<i>New London Armory: 249 Bayonet Street, New London, CT 06320 - Open Monday-Friday</i>			
Family Assistance Center Specialist	Timothy Heaney	timothy.j.heaney.ctr@mail.mil	(860) 772-1422 (desk)/(860) 221-5548 (cell)
Personal Financial Consultant	Ernie Lacore	phc.ct.ngt@zelders.com	(860) 287-7552 (cell)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i>			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.b.timberlake.civ@mail.mil	(860) 292-2730 (desk)/(860) 462-0379 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.a.middlebrook.ctr@mail.mil	(860) 292-2595 (desk)/(860) 883-2704 (cell)
Yellow Ribbon Support Specialist	Jennifer Gonzalez-Smith	jennifer.m.gonzalezsmith.ctr@mail.mil	(860) 292-2772 (desk)/(860) 201-5107 (cell)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open Monday - Friday</i>			
Family Assistance Center Specialist	Jay Bennett	jay.s.bennett.ctr@mail.mil	(860) 739-1637