



Connecticut GUARDIAN

VOL. 19 NO. 8

HARTFORD, CONNECTICUT

AUGUST 2018

Evon Named 41st Adjutant General of Connecticut National Guard

STAFF SGT. BENJAMIN SIMON
JFHQ, PUBLIC AFFAIRS

HARTFORD, Conn. – Maj. Gen. Thaddeus Martin began his tenure as the Adjutant General of the Connecticut National Guard in May 2005 when the National Guard was undergoing a swift and vital transformation from its historically standing reserve force role, to a modern, mobile, well-trained operating force required to rapidly respond to worldwide conflicts and emergencies in the 21st Century.

Martin retired in July, after serving 13 years as TAG, overseeing the growth and evolution of the Connecticut National Guard.

Maj. Gen. Francis Evon was named the new Connecticut National Guard Adjutant General at

Continued, see TAG on page 3

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



In This Issue:



Martin Reflects on 13 Years as TAG
Page 4



An Inside Look into the 103rd ACS
Page 7



143rd RSG 2018 Annual Training
Page 14-15

Beyond Back to School: Emergency Preparedness Tips For Students, Families

FEMA.GOV

Are you prepared?
Would you know what to do if a disaster struck or an emergency occurred when your child was in school? Where will your child go if the school needs to be evacuated in the middle of the day? What will you do once you are reunited? What if your school is closed for a few days? Do you know how often your child takes part in a fire or other type of drill? Do you know how that makes your child feel?

Did you know?
• About 50 million children are enrolled in public elementary and secondary schools across the country
• The Federal Emergency Management Agency (FEMA) wants to help ensure you, your children, and the schools they attend are safer during an emergency by helping them prepare before one occurs.

What to Ask.
This toolkit was designed to reinforce the emergency management activities taking place in your student's school. One way to learn more about your school's emergency management planning is by talking to school personnel. Here are some questions you may want to ask at Back to School Night, during PTA meetings, and throughout the year:

- How can I find out about closures, reopening, and evacuations?
- If my child is evacuated off-site, where will he or she be taken? What are your procedures for reunification?

- How do you explain alerts or codes and drills to students and their families?
- Are parents and guardians notified every time an alert is sounded? If not, when?
- How many fire drills do you conduct each year? Do you conduct other kinds of drills (e.g., tornado, earthquake)?
- Do you have emergency kits stored around the school with supplies and food to be given to my child during an evacuation or shelter-in-place event?
- Are school staff trained in basic emergency management? CPR?

Family emergency planning.

Similar to schools, families need plans in the event of an emergency. Does your family have a plan? For example, if you had to evacuate from your home quickly, where would you meet? Ready.gov shares information on being informed about different disasters, making a



August is FEMA's back to school month. As your children gear up to head back into the classroom, whether it is an elementary school, high school or college classroom, it is a great time to develop an emergency plan. Visit FEMA.gov for activities and tools to help you explain the importance of emergency planning to your kids. (Photo www.fema.gov)

family plan, building a disaster kit, and getting involved in community preparedness.

Communication. FEMA's Ready.gov provides

Continued, see FEMA on page S3

Change Your Address

If you move and would like to continue receiving the *Connecticut Guardian*, change your address by contacting the editor at (860) 524-4858 or allison.l.joanis.civ@mail.mil.

To change your home of record, please see the following:

Retirees: Contact Sgt. 1st Class Ericka Thurman at ericka.g.thurman.mil@mail.mil or 860-524-4813.

Current & Militia Members: Contact your chain of command or unit admin.

Any further questions or concerns about the Connecticut Guardian, contact the editor directly.

Connecticut Guardian

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

Captain-General
Gov. Dannel P. Malloy

The Adjutant General
Commanding General, CTNG
Maj. Gen. Francis J. Evon

Assistant Adjutant General - Air
Brig. Gen. Frank Detorie

State Command Chief Warrant Officer
Chief Warrant Officer 5 Daniel Bade

State Command Sergeant Major
Command Sgt. Maj. John S. Carragher

State Command Chief Master Sergeant
Chief Master Sgt. John M. Gasiorek

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

Connecticut Guardian Editor
Ms. Allison L. Joanis

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

The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. *Connecticut Guardian* is published monthly in accordance with AR 360-1 and is printed through the Government Printing Office. **Deadline for the September issue is August 7, 2018. Circulation: 7,800**

TAG from page 1

a change of command ceremony, July 7, at the William A. O'Neill State Armory. Evon took command of approximately 5,000 Connecticut Soldiers and Airmen in addition to the ceremonial Governor's foot and horse guard units.

In his speech during the ceremony, Evon emphasized the importance and significance of families to the mission of the Connecticut National Guard.

"I fully and wholeheartedly accept this responsibility. I would not be here without the solid foundation of a supportive family, selfless NCOs and officers," Evon said. "Early in my career I believed in mission first, soldiers always. Now, I say mission first, soldiers, airmen and families always."

Martin thanked Evon for having been a great mentor, partner and friend to him throughout his tenure.

"I knew 13 years ago that he would someday have this job," said Martin. "With Evon at the helm, the future of Soldiers and Airmen is bright," he said.

Martin thanked Governor Dannel Malloy for his trust and confidence in his leadership. He thanked his own staff for their dedication to their work, and thanked his family for their unwavering support of the responsibilities required through his tenure.

Governor Malloy said Martin served with diligence, valor and dependability as the longest currently-serving Adjutant General in the United States.

"You were devoted to the Guard and Connecticut was fortunate to have you leading the guard in our state," Malloy said.

Malloy said the guidance Martin offered him was instrumental to his transition to the role of Governor and his responsibilities as commander-in-chief of the Connecticut National Guard.

"Your leadership will be missed by many. On behalf of the state and nation, for your guidance to someone

who knew so little, thank you," said Malloy

Governor Malloy said numerous current and former Connecticut National Guard members contacted his office to tell him Evon was the perfect candidate for the Adjutant General position.

"I'm proud and honored to have Francis Evon leading the National Guard," Malloy said.

Gen. Joseph Lengyel, Chief of the National Guard Bureau, attended the ceremony, and thanked Evon and his family for becoming the new Adjutant General team.

"This is a team sport," he said. "This job requires the support and love from a family structure. Thank you team Evon," said Lengyel. "I look forward to assisting you the best I can from the office in Washington," he said.

Martin's military career began in 1977. During his tenure as Adjutant General, he oversaw the deployment of more than 6,000 Connecticut Army and Air Guardsmen in support of military operations around the world.

Evon began his military career in 1985 as an enlisted Anti-Tank Crewman in the Connecticut Army National Guard's 1st Battalion, 102nd Infantry Regiment. He served as Commander



All commands of the Connecticut National Guard and State Militia were represented as commanders stood in formation for the change of command ceremony naming Maj. Gen. Fran Evon the Adjutant General of the Connecticut National Guard at the William A. O'Neill Armory, Hartford, Conn., July 7. Evon succeeds Maj. Gen. (Ret.) Thad Martin after he served as CTNG TAG for 13 years. (Photo by Spc. Justin Stannard, 130th Public Affairs Detachment, Connecticut Army National Guard)

of the 1-102nd in Afghanistan in support of Operation Enduring Freedom in 2010. Evon most recently served as the Assistant Adjutant General of the Connecticut National Guard

The Adjutant General of the Connecticut National Guard is responsible to the Governor and the Chief of the National Guard Bureau for providing operationally trained, equipped, and mission-ready forces to support both U.S. mobilization requirements and state emergency operations.



Maj. Gen. Fran Evon addresses his troops for the first time as Adjutant General of the Connecticut National Guard at a change of command ceremony at the William A. O'Neill Armory, July 7. (Photo by Spc. Justin Stannard, 130th Public Affairs Detachment, Connecticut Army National Guard)



Gen. Joseph Lengyel, Chief of the National Guard Bureau, delivers a speech during a change of command ceremony at the William A. O'Neill Armory, July 7. During his presentation, he thanked Maj. Gen. Evon and his family for becoming the new CTNG Adjutant General team, and he recognized Maj. Gen. (Ret.) Thad Martin for his many years of service, presenting him with a Minuteman statue. (Photo by Spc. Justin Stannard, 130th Public Affairs Detachment, Connecticut Army National Guard)

Martin Reflects on 13 Years as TAG

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

Maj. Gen. Thaddeus Martin leaned back in a chair behind his desk as he reminisced about his reason for joining the Air Force. Conflict with his father is what motivated him to enlist. After having given college a try for a couple of years, Martin decided it wasn't for him and wanted to enlist against his father's wishes.

"I was going to prove he was absolutely wrong, and I was going to show him I knew better...I can go ahead and do this Air Force thing. A lot of that was I don't need college to be successful," Martin said.

Martin enlisted in the Air Force in 1977 and thus began his noteworthy, 41-year long military career. Martin's first duty assignment was a crew chief for the T-37 jet trainer at Laughlin Air Force Base, Texas, where he was working with brand new second lieutenants around his age.

"Most of them didn't have a lick of common sense," Martin said, "I've got about two years left to finish college and thought that could be me and I'm here running around with two stripes. Something's not right."

Impelled by his desire to become a better leader, Martin went back to school. Taking classes part-time at night, he completed his Bachelor's degree in 18 months. Martin then earned his commission in Officer Training School and his first commissioned duty assignment was working as an aircraft maintenance officer at the now closed Pease Air Force Base, New Hampshire. While stationed there, he eventually became the branch chief for the FB-111 aircraft and moved on to a variety of other assignments, including Chief of the Reconnaissance Systems Branch under Headquarters Strategic Air Command at Offutt Air Force Base, Nebraska and assistant professor of

aerospace studies at the University of Utah in Salk Lake City.

After serving active duty for 12 years, Martin returned to Connecticut and began his Connecticut National Guard career at Bradley Air National Guard Base, where he held some of his most memorable and challenging positions.

One of his first most memorable positions in the Connecticut Air National Guard, he said, was working as the commander for the 103rd Logistics Group, a position he held from 1996 until 2000.

"Back in the day, that [Logistics Readiness Group] ended up being the largest group on base... it had maintenance and all of LRS, it had contracting and transportation, so all of motor pool and traffic management," Martin said. "There were a bunch of areas that I had familiarity with, but nothing on the scale of anything I had seen with my limited time in supply and my long-time service in maintenance."

Following his time as the Logistics Group commander, Martin was assigned as the 103rd Airlift Wing's Vice Wing Commander from 2000 until 2003. This position, for him, was unprecedented.

"It was a challenge being a non-rated guy within the dynamic that it took to work with a rated boss," said Martin. "I was able to use his [wing commander's] authority to be able to



Maj. Gen. Thad Martin receives the Distinguished Service Medal and the Connecticut Medal of Merit from Gov. Dannel P. Malloy at the Connecticut National Guard Change of Command Ceremony at the William A. O'Neill Armory, July 7. During the ceremony, Martin relinquished command of the Connecticut National Guard and State Military Department to Maj. Gen. Fran Evon. Martin held the position of The Adjutant General for 13 years, which made him the longest serving TAG in the nation at the time. (Photo by Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)

continue to run things while he had the unique ability to handle his business with Ops."

In the Air Force, a rated position is flying-related, such as a Pilot, Combat Systems Officer, Remotely-Piloted Aircraft Pilot, or an Air Battle Manager. Typically, units with a flying mission, such as the 103rd Airlift Wing, are commanded by rated officers. Martin, however, took that challenge in stride.

Martin's most notable position to date, however, has been working as Connecticut's TAG (The Adjutant General).

"Obviously the position that was the most intimidating and rewarding at the same time is this one, because a blue guy never looked at this as being something that they would be able to do any time in their career," Martin said. "You were lucky if you made it to O-6 back in the day, and the thought of even getting to be the assistant Adjutant General was beyond the pale for a guy that's not rated. I got the vice commander opportunity and I got the assistant adjutant general opportunity and then this opportunity opened up and here I am 13 years later."

One of the first monumental obstacles Martin had to overcome as Connecticut's TAG was facing the 2005 Base Realignment and Closure Commission that recommended taking away Connecticut's A-10 close air support aircraft and turning Bradley Air National Guard Base into an, "enclave."

"An enclave, at that time, was a unit without a flying

mission that had other periphery type missions that would sustain beyond ops and maintenance," said Martin. "The other thing in BRAC for Connecticut was that they were going to build a \$16.5 million alert facility, likely in the middle of the existing ramp that would be used to do the air superiority alert mission that was at that time stationed at Cape Cod with the F-15s, and the alert mission would be moved to Connecticut. But we wouldn't own the airplanes and we wouldn't own the people, which makes absolutely no sense."

Martin began his fight against the BRAC plan to keep a flying mission at Bradley because he knew becoming an enclave would be detrimental to the future of the Connecticut National Guard.

"There was not a single state in the union that didn't have at least a single flying mission," said Martin, "so it was bad for Connecticut because it weakened our position. We also were not going to be able to keep the great Airmen that we had, to include the aviators and the maintainers. Those people were at risk. So it's a real easy sell to anyone here in the state to make the case that we really needed to have a continuing, sustainable long term flying mission."

Martin won his fight and Connecticut's Air National Guard began flying C-21 transport aircraft as a bridge mission with the hope to obtain another airframe for the state in the future. In 2012, Martin began his work to establish the C-130H cargo plane as the Connecticut Air National Guard's new aircraft. His efforts paid off and the 103rd Airlift Wing received eight C-130Hs in September 2013 to continue Connecticut's flying mission.

Martin's legacy included leading the Guard through several major storms that struck Connecticut. Two of the most prolific were Winter Storm Alfred in October

2011 and Hurricane Sandy a year later in October 2012. Winter Storm Alfred was a nor'easter that resulted in 10 confirmed deaths and 830,000 power outages across the state.

"We got up to 25 inches of heavy sticky snow on trees that still had leaves; people lost power for up to 10 days," Martin said. "Trees that were down posed issues with regard to power over an extended period of time. It posed issues with public safety because there were certain environments in which people couldn't move into or out of neighborhoods, people couldn't get food, so there was a much broader response over a longer period of time."

When Hurricane Sandy hit the state, it was the second most costly hurricane on record in the United States at that time, wrecking total devastation along the coast.

"The Connecticut Guard responded in an exceptional way," Martin said. "Through every state response, the staff does a great job. The units, with clear guidance, do an awesome job. I've got some units that get out and start looking for business because they're that close to the local community, and the local community knows to call those units first.

"You look at how far the Air Guard has come, during BRAC, a big part of why the Air Guard got saved was in the final report. It had to do with those Airmen. Those are 1,200 people that are available in a crisis to be able to do whatever it is we need to do in the state whether it's with power generation, route clearing or security; or the one year we were up on roofs in Tolland. The Air Guard had a hundred Airmen on the roof of Tolland High School with snow blowers and shovels clearing the snow off because they had let it accumulate over a period of time and the roof was headed toward collapse."

As Maj. Gen. Martin's time as TAG drew to a close, he



Maj. Gen. Thad Martin, left, welcomes home members of the 250th Engineer Company following their deployment to Afghanistan at the Army Aviation Support Facility, Windsor Locks, Conn., August 25, 2010. (Photo by Sgt. 1st Class (Ret.) Debbi Newton)

gave thought to some of the lessons he learned leading the Connecticut National Guard for the last 13 years.

"You have to stay engaged," Martin said. "Give your people the guidance and then trust that they're going to do what you've asked them to do. Make sure that you trust the people to get the job done, but you follow up to make sure they're on the right track. One, you don't want them wasting time, and two, you don't want them ultimately getting to a place that you had no desire ending up. You also have to stay engaged nationally, you can't be a hermit back here in the state. You need to know who your counterparts are, the people who can make things happen for you down in D.C. because if you don't, you're not doing your job.

"I can say that after 13 years, there have been no two days in nearly 5,000 days that are exactly alike," Martin said. "Some days are better than others, unfortunately some days are worse than others, but being a TAG is a unique opportunity that few people get. It's an organization of people who are probably some of the most passionate in the entire Department of Defense, the entire National Guard, because if they're not, they're destined to fail. If you can't do this job with passion, it will wear you down."

Maj. Gen. Martin led the Connecticut National Guard with that passion for the past 13 years. On July 7, 2018, he relinquished command to Maj. Gen. Francis J. Evon, and is now retired from the service.



Maj. Gen. Thad Martin, center, joined (center left to right) Lt. Gov. Nancy Wyman, Gov. Dannel P. Malloy, U.S. Senator Richard Blumenthal, U.S. Congressman Joe Courtney, and Brig. Gen. Frank Detorie to break ground on the Fuel Cell and Corrosion Control Facility at the 103rd Airlift Wing, East Granby, Conn., August 20, 2015. During Martin's 13-year tenure as Connecticut Adjutant General, he was instrumental in the completion of 24 military construction projects in Connecticut. (Photo by Sgt. 1st Class (Ret.) Debbi Newton)



Maj. Gen. Thad Martin, left, and Chief Master Sgt. (Ret.) Robert Gallant at Gallant's retirement ceremony at the 103rd Airlift Wing, East Granby, Conn., June 4, 2017. (Photo by Senior Airman Sadie Hewes, 103rd Airlift Wing Public Affairs)

CTNG: It's A Family Affair

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

Cpl. Morgan Doyle, 141st Medical Company, earned Connecticut Army National Guard Soldier of the Year at the 2018 Connecticut National Guard Best Warrior competition. But while most competitors competed with the help of mentors from their home battalions and companies, Doyle's mentor was from another unit.

Staff Sgt. Jamie Stone, a platoon sergeant in the 192nd Military Police Battalion said he did his best to help Doyle compete as her mentor. Although he did not share the same unit as Doyle, they shared a closer connection.

Sgt. 1st Class Margaret Stone, Readiness NCO, 141st Medical Company, is Jamie Stone's wife.

"With his background, we knew he would be a great mentor and it worked," Margaret Stone said. "We complement each other. Jamie and I are in different units and have different military backgrounds, so we're able to help each other... especially when it's time to think of NCOER bullets," she added with a laugh.

The Stone husband and wife team met in 2009 when Jamie Stone was preparing for his deployment as a member of the 1st Battalion, 102nd Infantry Regiment, in support of Operation Enduring Freedom. July 2018



Staff Sgt. Jamie Stone, right, with Spc. Morgan Doyle, at the Connecticut Best Warrior Competition, Camp Niantic, Conn., March 2018. Stone served as Doyle's mentor throughout the four-day competition helping her to the end where she was named 2018 Soldier of the Year. (Photo by Sgt. 1st Class Margaret Stone, 141st Medical Company)



Sgt. 1st Class Margaret Stone is the Readiness NCO of the CTARNG 141st Medical Company. She is married to 192nd Military Police Battalion platoon sergeant, Staff Sgt. Jamie Stone. Her office in the Armed Forces Reserve Center in Middletown is adorned with their family photos. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)

marks their second wedding anniversary. Margaret Stone said being married to someone who also wears a military uniform, although often advantageous, is not always easy.

"We usually drill on different weekends," said Jamie Stone, who is also employed by the Connecticut Department of Corrections. "And we both work full time, so we don't always have a lot of time during the month to spend together," he said.

And the Stone house is full. The Windsor, Conn. residents children are aged 17, 15, and 10. They have two German Shepherds as well, that Margaret Stone jokingly insisted were her husband's idea.

"We share a similar view on how a house should be run," she said. "It's important to both of us that the kids see the military as a positive influence. But the best thing about being married to someone else in the military is that they understand the things that you've gone through and experienced."

Jamie Stone reiterated his wife's sentiments.

"We piggyback off each other. Her strengths are

my weaknesses and her weaknesses are my strengths. We have compassion and understanding for each other," he said.

When they do have disagreements, Margaret Stone said having empathy for one another has helped them push their tougher times. She said having commonalities also truly helps.

"We're a mountain freshwater lake kind of couple," she said. "We take the kids out on the boat. Jamie loves to fish." She said the family also snowboards regularly during the winter and is planning a future retirement in Tennessee.

A typical day at the Stone residence isn't unlike other family households. There's work to get to, kids to take care of, dogs to walk, meals to cook, and massive Nerf gun battles that sometimes feature extended family members, like Jamie Stone's brother, Sgt. 1st Class John Stone, Operations NCO at Camp Niantic, and Medical Detachment NCOIC.

"It's usually boys against girls," said Margaret Stone. "There's flanking and maneuvering. We put up a good fight."

"They do their best," said Jamie Stone, laughing. "I have a competitive spirit with Jamie," Margaret Stone said. "It can get fun," she said.

That competitive spirit recently spilled out during a



Staff Sgt. Jamie Stone, left, and Sgt. 1st Class Margaret Stone share a moment at Okemo Mountain Resort in Vermont in 2016. The military couple agree that a key to having a successful relationship is sharing commonalities with one another. (Photo courtesy of Sgt. 1st Class Margaret Stone, 141st Medical Company)

friendly competition between the Stone trio. Margaret, Jamie and John Stone recently competed with each other for promotion to the grade of E-7, and the three Soldiers unexpectedly departed on the same plane to their respective Senior Leadership Courses in April 2018. Margaret and John Stone have since been promoted to Sgt. 1st Class, and Jamie Stone's promotion ceremony is imminent.

Their joint efforts as a couple have paid off. "The military is a lifestyle. We both maintain that lifestyle. It works. We're a good support system for each other. We push each other," Margaret Stone said.

Jamie Stone said good advice for other military couples to follow is to do their best to support one another. "Try to understand each other. Help each other out the best you can," he said.

"Stay upfront and be honest," said Margaret stone. "Be who you are. Don't think too much about it," she said.

Jamie Stone said when his wife asked him about mentoring Cpl. Doyle in the 2018 Connecticut National Guard Best Warrior Competition, he didn't think twice about saying yes to her. "We complement each other," he said.

Margaret Stone summed up the pair's military rooted relationship.

"Being a couple has doubled our resources for our Soldiers," she said.

Eyes of the Skies

Inside the 103rd Air Control Squadron

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

The mission of the United States Air Force can be expressed in what has become a well-known mantra: 'Fly, Fight, Win,' but how is this phrase converted into action? Establishing air superiority and winning the Air War begins with Airmen, such as those stationed with the 103rd Air Control Squadron, who control the air war from the ground.

Aircraft were first used as weapons of war in the early 20th century. In the first air wars, pilots had no way of knowing where their enemies were located and were often gunned down before they knew the location of enemy pilots. Loosely controlled air traffic also made flying especially dangerous. Today, every aspect of aerial warfare is controlled. With the latest technology, air control squadrons provide commanders with real-time detection, identification and surveillance of air traffic and C2 (command and control) of joint operations during worldwide contingencies.

The AN/TYQ-23A Tactical Air Operations Module is one of the newest and most advanced weapons systems of its kind. Before an air control squadron can deploy a system in a real-world scenario, the unit must conduct training on the system and discover its capabilities and limitations. This past June, the 103rd ACS, known as, "Yankee Watch," became one of the first units in the



Radar equipment utilized by Airmen assigned to the 103rd Air Control Squadron during an annual training exercise in Sea Girt, New Jersey, June 11. The purpose of the exercise is to test the equipment in field conditions. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs, CTANG)

Air Force to test the AN/TYQ-23A in field conditions during their annual training in the Borough of Sea Girt, New Jersey.

"Our annual training at Sea Girt is a proof of concept, basically," said Lt. Col. Glenn Sherman, the 103rd Air Control Squadron Deputy Commander. "It's all about training. Down here, this is by far the best event for us to get our maintainers trained, because they're going from beginning to end. They are packing equipment, putting it on a trailer, mobilizing it, bringing it down to Sea Girt, unpacking it and getting it operational again."

Air Control differs from most other Air Force squadrons in that ACS units are self-sustaining; members of ACS units work in a variety of Air Force specialties, so ACS does not require re-resources or manpower from other units to be fully functional. Radar maintainer, air battle manager, surveillance technician, and computer maintainer are just a few of the position titles held by members of ACS. Using advanced technology and skills, ACS Airmen give pilots in the 21st century the ability to see the enemy coming from anywhere in the world. ACS provides the



Tech. Sgt. Manny Montanez, a weapons director assigned to the 103rd Air Control Squadron, Connecticut Air National Guard, coordinates with air traffic during a training exercise at the Orange Air National Guard Station, Orange, Conn., April 5, 2014. Montanez worked inside one of the operations modules as he communicated with pilots during the exercise. (Photo by 1st Lt. Jennifer Pierce, 103rd Airlift Wing Public Affairs, CTANG)

eyes of the combat environment. What isn't common knowledge is that the eyes often belong to Airmen who may be only two years removed from high school. According to Lt. Col. John Sorgini, 103rd Air Control Squadron Commander, another unique feature that sets ACS apart from other squadrons is that Airmen who are new to the Air Force, some of them teenagers, are entrusted with high level responsibilities that have significant impact on operations. Young Airmen who are assigned to ACS units are key to enabling the Air Force to fly, fight, and win.

"It's one of the few squadrons, I feel, in the Air Force, that allows that level of junior impact at an early stage," said Sorgini. "It's the 19-year-old airmen who run the air war. With the technical and operational AFSCs and job area that we have, there are few organizations in the Air Force that will allow young troops that level of direct impact on actual combat operations."

CONNECTICUT

AIR NATIONAL GUARD

Interested in becoming a member of the 103rd ACS? Contact your local Connecticut Air National Guard Recruiter at 1-800-992-4793.

The Cadre Behind the Candidates

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

CAMP NIENTIC, Conn. – When you think Officer Candidate School, the Candidates are most often the first that come to mind.

After all, they are the Soldiers testing their mental and physical mettle to see if they have what it takes to be a leader in the world’s greatest fighting force.

Through the Guardian’s monthly OCS column, readers get some behind-the-scenes insight about how much planning and preparation the Candidates do to ensure training goes smoothly, but behind the “behind the scenes,” scores of Connecticut Army National Guard Soldiers are ensuring the stage is set for Candidate success.

On July 6, the 1st Battalion, 169th Regiment (Regional Training Institute), kicked off its two-week OCS Phase I with over 100 Candidates from more than a dozen

states descending upon southeastern Connecticut to take the first giant step towards commissioning as a Second Lieutenant in the United States Army.

“It’s all about streamlining the time Candidates spend learning the skills necessary to be Army leaders,” said Lt. Col. Marc Castellucci, Battalion Commander of the 1/169. “The Candidates are the focus, but we have an incredible support staff working around the clock to ensure all training needs are met.”

Those needs range from dietary (two MREs and one hot meal per day while they stay in the field) to administrative and logistical support, and it does not happen with the writing of an Operation Order – it requires a tremendous amount of personnel to get it done.

“It goes far beyond the RTI staff,” Castellucci said. “We have a ton of Guardsmen conducting their annual training, or volunteering to do a second annual training period, and a lot of cadre coming from out of state. These men and women are working their tails off.”

On July 11, Candidates embarked on the second day of land navigation while living in the austere conditions offered by the heavily wooded training areas of Stones Ranch Military Reservation. Establishing



Cadre brief Officer Candidates before conducting the second day of land navigation during OCS Phase I at Stones Ranch Military Reservation, East Lyme, Conn., July 11. Over 100 candidates from more than a dozen states attended Phase I over two weeks at Camp Niantic and SRMR. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

patrol bases to serve as living quarters, versus returning daily to the barracks of Camp Niantic, has yielded Candidates an average of 90 more minutes per day training.



Spc. Donnecia Phillips, a culinary specialist with H Co, 186th Brigade Support Battalion, (Forward Support Company), prepares a hot meal for officer candidates at the Regional Training Institute, Niantic, Conn., July 11. Candidates in training eat two MREs and one hot meal per day during OCS Phase I while in the field. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

follow-on phases and, hopefully, upon commissioning,” said Maj. Richard Scheuerman, Battalion S3. Scheuerman, a New York Guardsman, is one of the many out-of-state members of the Cadre, Castellucci lauded for their efforts.

“The RTI program here really does a good job pulling the staff together to identify requirements and shortcomings, and then coming up with a plan to deal with those potential obstacles,” Scheuerman said. “Whether it’s the instructors, the mess section, or the attached medics, everyone has a representative to voice concerns and ideas that up the training value.”

Land navigation training and testing serves as a microcosm of how the cadre and support staff have to stay in sync to provide attendees with every opportunity for success.

With limited visibility land navigation taking place under the cover of darkness in the morning’s earliest hours, medics are on hand round-the-clock to provide routine care. With hot, humid temperatures, candidates require a higher calorie intake, which has Connecticut Training Center Culinary Management NCO, Sgt. 1st Class Debra Batiste, managing shifts.

But the end game is to keep the Candidates focused on the task at hand: building upon their skillsets in order to become a future Army leader.

“We are here to make sure no one gets hurt, treat any injuries, and make sure Candidates are drinking water,” said Pfc. Andrzej Fedoryszak, Healthcare Specialist assigned to the 141st Medical Company. “I wanted the extra experience and real world challenges we may run into. We treated a person the other day from major dehydration.”

Pfc. Fedoryszak said that the majority of the medics on site were assigned to the 141st Medical Company, who recently wrapped up their unit-wide Annual Training at Fort Drum in June.

After Phase I wraps up, Candidates that progress will move on to an 11-month Phase II, where they will spend drill weekends honing their craft.

Chief of The NGB Releases Memo on SAPR

FROM THE OFFICE OF
GEN. JOSEPH L. LENGYEL
CHIEF, NATIONAL GUARD BUREAU

Below is a personal message regarding sexual assault awareness and prevention for all military and civilian members of the National Guard issued by Gen. Joseph L. Lengyel, Chief of the National Guard Bureau, June 25, 2018.

1. Sexual assault is a serious crime and an attack on the foundation of our profession. Sexual assault is intolerable and I expect each of you to eradicate this scourge from our ranks.

2. Our profession is built on trust. The American public trusts that we will defend them; our civilian leaders trust that we will follow orders; and our Soldiers and Airmen trust in our leadership. Failing to eradicate sexual assault from our ranks breaks this bond of trust, jeopardizing our mission and the security of our Nation. We cannot fight and win America’s wars if our Guardsmen can’t trust their unit leadership or the Soldier or Airman next to them.

3. Secretary James Mattis is determined to prevent such assaults from occurring. In the attached memorandum, he recently remarked that combat casualties are intrinsic to our military duties, but a single casualty of sexual assault is not. I expect every member of the National Guard, from our most senior to our most junior, to use their initiative and courage to model ethical and legal behavior in the workplace, at home, and online.

4. Our obligation is to establish an effective prevention driven culture and improved system of accountability. A static approach will hold our

Service members at risk for sexual assault and this is unacceptable. I demand leaders at all levels redouble their efforts to eradicate sexual assault in our National Guard. We must communicate and behave in a way that reflects positively on our Guard, builds trust in our chain of command, and reinforces our efforts to create an assault-free environment.

Thank you for all that you do to make the National Guard ready, lethal and an assault-free environment.

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



Be The Force Behind The Fight SHARP & SAPR Looking for Victim Advocates

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

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 1st Lt. 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 and beyond a year to get credentials.

Did you know?

In 2016 14,900 U.S. military members both men and women experienced sexual assault.

Of those 14,900 assaults: 57 percent were service member ON service member, 20 percent were unidentified subject on service member victim, 19 percent were service member on non-service member victim, and 4 percent were non-service member on service member victim.

AROUND OUR GUARD

A Glimpse at Connecticut Guardsmen and Events



Warrant Officer 1 Nick Arsenault (left) and Chief Warrant Officer 5 John Terlisner (right) cut the cake to celebrate the 100th birthday of the U.S. Army Warrant Officer at the Officer and Enlisted Club at the William A. O'Neill Armory in Hartford, Conn., July 9. The ceremony also included a reading of an official statement issued by the Office of Governor Dannel P. Malloy, proclaiming July 9, 2018 as United States Warrant Officer Day. (Photo by Allison L. Joanis, State Public Affairs Office)




Governor Dannel P. Malloy signs a bill into law officially naming two state military training facilities at a ceremony at the State Capitol, July 17. The signed bill renames Camp Niantic to Camp Nett at Niantic in honor of Connecticut Army National Guardsman, Col. Robert B. Nett, recipient of the Medal of Honor for his actions on December 14, 1944, during World War II, and officially names the state training facility in Windsor Locks as Camp Hartell in honor of Connecticut Army National Guardsman 1st Lt. Lee R. Hartell, recipient of the Medal of Honor for his actions on August 27, 1951 during the Korean hostilities. Both names will become effective March 25, 2019, however Camp Hartell will remain the same as the facility was named Camp Hartell by a General Assembly resolution in the early 70's. (Photo by Maj. Mike Petersen, State Public Affairs Officer) Read the bill in its entirety at <https://www.cga.ct.gov/2018/fc/2018HB-05230-R000039-FC.htm>.




Left: Maj. Gen. Fran Evon served hamburgers to a Connecticut National Guard Family at the kick-off celebration for the 2018 Cookout for the Troops at the William A. O'Neill Armory, July 17. The cookout, hosted by the Connecticut Automobile Retailers Association (CARA) kicked off an event held at participating local car dealerships on July 21, to raise money for the Connecticut National Guard Foundation and the United Service Organizations (USO). Right: The 102nd Army Rock Band, RipChord, provided toe-tapping entertainment during the 2018 Cookout for the Troops at the William A. O'Neill Armory, July 17. During the event, hosted by the CARA, Connecticut Service Members and their families were served a barbecue lunch. (Photos by Allison L. Joanis, State Public Affairs Office).





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 ESC/ESS for details.

Health & Fitness

The Path to Dialed In Nutrition Begins With Research

STAFF SGT. SILAS HOLDEN
1109TH TASMG
MASTER FITNESS TRAINER

Recently I attended a seminar put on by the National Strength and Conditioning Association which was titled, “Eat, Lift, Build: Nutrition Strategies for the Strength Athlete.”

The seminar focused on the roles of nutrition in athletics and how college studies are redefining the science of strength nutrition. There are plenty of mantras that tout high protein, Branched Chain Amino Acids, and pre- and post-workout supplements to keep making gains. But what does true science backed research shed for light on this topic? Since becoming more involved in the fitness and nutrition world I am certainly learning that science often disproves what glorified advertising pushes out to the consumer market.

In no way am I a certified or licensed nutritionist or dietician, but I am definitely focused on improving my knowledge base to improve my own nutrition. It is also my goal to pass on this knowledge so that others can benefit and do their own research to uncover what might work best for them. I hope this month’s column can help clarify the often confusing and contradictory world of supplementation and nutrition.

Protein intake, how much is effective, and how much is overkill? The seminar provided some new study results that help to answer this question. Numerous studies show that there is a positive effect on Fat Free Mass and Muscle Protein Synthesis with an intake of 1.6g of protein per kg of body weight. Intake greater than 2.2g per kg showed no further benefit in resistance trained individuals. So for an individual weighing 180lbs (81.65kg) the optimum daily protein intake would be 131g of protein. And contrary to popular belief there is no magic window for consuming protein after resistance exercise. *Author’s Note: (Studies conducted and provided by Stuart Phillips, PhD, McMaster University).*

Next in line is the incredibly hot market of BCAAs. BCAAs are essential for the process of MPS. The king of AAs is Leucine, which is the switch that turns on the process. Contrary to popular supplemental beliefs there is no advantage shown for supplementation vs. food when it comes to amino acids. High quality protein consumed through food, especially from dairy which contains natural amounts of leucine is proven more effective than supplementation. Therefore supplements should be utilized just as they are intended, as a



Photo Courtesy of U.S. Army Medical Department, <http://www.irwin.amedd.army.mil/pages/nutrition.html>

supplement to a high quality food regimen.

At the end of the seminar there was a roundtable discussion with three world-renowned nutrition experts Eric Rawson, PhD, CSCS, FACSM. Nancy Rodriguez, PhD, RD, CSSD, FACSM, & Marie Spano, MS, RD, CSCS, CSSD. Marie Spano is the nutritionist for the Atlanta Falcons, Atlanta Braves, and Atlanta Hawks. During this panel some questions were posed to the 3 individuals and they were able to detail their expert findings and opinions on the supplement and nutrition world. Here are some of the most influential pieces of the discussion that I took away.

Eric Rawson, PhD was asked what bothered him the most about the sports supplement industry. His answer was “pre-workout supplements.” Due to the lack of regulation most pre-workouts are a concoction of chemicals and fillers that simply give the illusion of healthy energy. His recommendation for a pre-workout was to have a cup of plain black coffee before working out. I have adopted this in my own routine and it works wonders compared to the jittery ups and downs of pre-workouts. Just remember, if putting cream and sugar in the coffee it just becomes more adipose for your waistline.

For me personally, the most valuable knowledge I gained was from the following question: What do you find to be the most effective sports supplement combination for both performance and lean muscle gain? The answer agreed upon was the combination of creatine, protein, and leucine. When finding these supplements from high quality companies and sources they have the greatest effect on performance, muscle gain, and energy. My own personal workout regimen now utilizes all this information that I

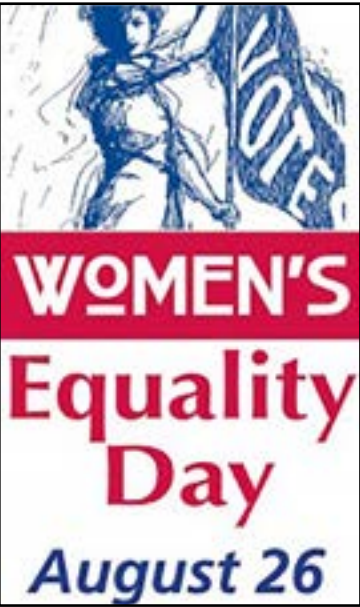
gained during this seminar and my energy and fitness levels are definitely benefitting from it.

In closing I urge everyone to do their own research and not buy into the hype that is promoted through mass media supplement and fitness companies. Every magazine cover with a chiseled physique upon it utilizes the Photoshop tools to paint a perfect picture. The truth is that without the use of illegal drugs or being gifted with exceptional genetics it is extremely rare to get to the level of the models painted up on the news outlets. Also remember that without regulation from safety administrations you never know what could be in the “proprietary blend” of a supplement, and the companies certainly don’t want you to know, because that could cause you to not take it. Just remember that nothing can replace a good whole food eating regimen, and the use of supplements should fill in any gaps that need filling. Until next month, stay fit, stay hydrated, and stay motivated!!

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

Celebrating Women’s Equality Day

LT. COL. VALERIE SEERY
HUMAN RESOURCES/ EQUAL OPPORTUNITY (HR/EO)



W o m e n ’ s Equality Day is August 26, 2018 and is celebrated to commemorate the 19th amendment, granting women the right to vote in 1920.

T o d a y w e celebrate more than the right to vote, we celebrate the empowerment of women in the workforce, the achievement of women in higher education, the

push by society in preventing sexual harassment and abuse in the workplace, and the mentorship of young girls who seek opportunities in science, math, technology, engineering and the military.

For the first time in history, even the most powerful in our society are not exempt from accountability for their actions. For example, this year we have seen Hollywood moguls and media royalty brought to face the music in the wake of (in some cases) dozens of accusations thanks

to victims feeling empowered to come forward and share their story.

What does this mean? It means that women are finally standing up and saying, “No more!”

Women are more empowered today than ever before, they are making their own money, owning their own businesses and as a result have more money and power to be able to stop the nonsense that has gone on for years that is no longer tolerable.

What does this mean for America? It means we are all setting the stage for an America that is safer, stronger, more talented, more diverse, and offers more opportunity to our daughters, mothers, and sisters. We have come a long way but have more progress to make. And like in many other ways, the National Guard is leading the way.



Head of suffrage parade, Washington, D.C., Bain Collection, March 3, 1919. (Photo from Library of Congress Online Archive)

There are more women in leadership roles today than ever before, assimilating women into the Infantry, flying combat missions, working on submarines and aircraft carriers, and leading troops. Women are after all, just people, regular citizens, who have families, friends and need to work to make a living like anyone else.

To our Sisters in Arms, I salute you!

102nd Army Band 2018 Summer Concert Tour

Date	Location	Time	Band
Aug. 1	New London, Ocean Beach Park, 98 Neptune Ave.	8 - 9:30 p.m.	Rock Band
Aug. 2	Canton, Mills Pond Park, 10 East Hill Rd.	6:30 - 8:00 p.m.	Rock Band
Aug. 2	Rocky Hill Veteran’s Hospital	11:00 a.m. - 12:00 p.m.	Patriotic Band
Aug. 12	Moosup VJ Day Parade	1:00 p.m.	Marching Band
Sept. 29	Naugatuck, Fall Festival, Church St.	4 - 10:00 p.m.	Rock Band

Guests are invited to bring lawn chairs and picnic baskets. All shows are FREE and open to the public.

The 102nd Band has openings and are taking auditions. For more information please visit their FB page: @102dArmyBand or contact them at 860-375-1801

143rd RSG, Subordinate Units, Span the Northeast During 2018 Annual Training

**MAJ. GEORGE DUGGAN
PUBLIC AFFAIRS OFFICER
143RD REGIONAL SUPPORT GROUP**

The 143rd Regional Support Group and its supporting units had a busy and productive 2018 Annual Training season.

The 143rd RSG Headquarters was stationed at Camp Niantic for a staff exercise. The exercise was a simulation of the unit deploying to a foreign country to conduct mission command at a base camp. It allowed the unit to simulate on the ground operations and coordinate with attached units to ensure reception, staging and integration of onward movement of maneuver forces. Maj. Jeffrey Ritter, Military Decision Making Process Coordinator, participated and said that it was a good exercise for the brigade staff to work the MDMP process. After almost two weeks of the exercise, the unit ruck marched into and out of Stones Ranch, performing an overnight Field Training Exercise.

The 118th Medical Battalion sent the 141st Medical Company to Fort Drum, N.Y. and the 142nd Medical Company to Stones Ranch, to support units in the field and to rehearse battle and casualty skills. The headquarters participated in a staff exercise. The units also conducted weapons training and physical fitness training.

A joint operation was conducted with the Connecticut Army National Guard's 1048th Transportation Company and the Connecticut Air National Guard's 103rd Air Control Squadron. The ACS needed to transport all of its units radar equipment from home station in Orange, Conn. to its Annual Training at the National Guard Training Center in Sea Girt, N.J.



Soldiers assigned to the 248th Engineer Company clear and widen roads at Stones Ranch Military Reservation in East Lyme, Conn., during the unit's 2018 Annual Training in June. (Photo by Sgt. Cierra Davenport, 143rd Regional Support Group)

Using five trucks and taking two trips to get the equipment back and forth, the 1048th was able to support the mission in house. Sgt. 1st Class Bruce Stowell, assigned to the 1048th, said it was a good mission, and that it was good to work alongside the Air Guard.

The 247th Engineers Detachment (Well Drillers), had its training in April at Fort Indiantown Gap, Penn. The unit acquired a new \$2.5 million drilling package and they drilled a well to the depth of 500 feet, which will be used for fire suppression to support FIG Range Control. The 247th then dug a second well to the depth of 100 feet, which will be used for ground water monitoring. This is the fourth consecutive year the unit has drilled wells at FIG, and it's hard work and efforts to the post will be felt for years to come.

Firefighters of the 246th and 256th Engineer Detachments were trained and certified by the Connecticut Fire Academy in Windsor Locks in June on High Angle Rescue. The eight-day course emphasizes rescuing victims from bridges, buildings or cliffs. Knot proficiency is a must. The academy has a large tower in which the training was conducted and passing a final exam was required for the certification. The firefighters have



A Soldier assigned to the 143rd Regional Support Group fires the M240 Bravo machine gun at Fort Dix, New Jersey, during their 2018 Annual Training in June. (Photo by Maj. George Duggan, 143rd Regional Support Group Public Affairs Officer)

recently been tasked to become proficient and certified in additional areas. The new tasks include High Angle Rescue, which was just completed in June, Confined Space Rescue, Trench Rescue, Vehicle and Machinery Rescue, Swift Water Rescue and Ice Rescue. The Vehicle and Machinery will be the most difficult to get certified, according to Staff Sgt. Daniel Nolan, Detachment Commander for the 246th Engineers, due to acquiring the equipment needed to complete the tasks.

In addition to forging better firefighters, this certification is valid in the civilian firefighting world as well. Col. Craig Nowak, the 143rd Regional Support Group Commander and a volunteer firefighter for North Madison, believes that the certification acquired by the Guardsmen Firefighters can be used in their towns. This ultimately saves either the town's money or money out of the soldier's pocket.

The 248th and 250th Engineers Companies were at Stones Ranch Military Reservation. The 248th improved SRMR by widening and improving roads that were becoming trails while the 250th rehearsed bridge building on the Thames River. The units also did weapons and gas training at Fort Devens, Mass.

The 169th Aviation Battalion had Annual Training in Fort Drum, N.Y. Training emphasized pilot flight time, crew served weapons qualification and tactical living conditions. The weather was typical for summer at Fort Drum: lots of heat, rain and some severe winds. Soldiers unit trained in land navigation, personnel recovery, drivers training, call for fire and a small unit tactics exercise. Aviation aircraft moved over 500 passengers during their training period. Air training missions included artillery raids, external loads and aerial resupplies.



Above: A Soldier assigned to the 247th Engineer Detachment conducts drilling operations at Fort Indiantown Gap, Pennsylvania, during the unit's annual training in the spring of 2018. The unit spent their AT at FIG drilling a 500-foot well to be used for fire suppression in support of FIG rage control and a 100-foot well for ground water monitoring. The 247th has completed their AT at FIG each of the past four years, completing similar projects. (Photo by Staff Sgt. Steve London, Training NCO, 248th Engineer Company)

Top Right: Soldiers assigned to the 1048th Transportation Company unload equipment belonging to the 103rd Air Control Squadron, Connecticut Air National Guard, during their 2018 annual training. This was part of a joint operation in which the 1048th transported the ACS equipment between their home station in Orange, Conn., and Sea Girt, New Jersey for further training. (Photo by Maj. George Duggan, 143rd Regional Support Group Public Affairs Officer)

Center Right: A CH-47 Chinook helicopter belonging to the 169th Aviation Battalion flies above the battalion's training area at Fort Drum, New York, June 16. During the 169th AT, the unit completed nearly 175 hours of flight time, performing air movement, artillery raid, external load, aerial resupply and air traffic management missions as well as annual proficiency and readiness training. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

Bottom Right: Soldiers with the 250th Engineer Company (Multi-Role Bridge), use their bridge erection boats to construct a improved ribbon bridge, beneath the Gold Star Bridge on the Thames River in New London, Conn., during Annual Training, June 11. The unit demonstrated their mission in the very same spot one month later at Sailfest, July 13-15 in New London. (Photo by Spc. Rachel McKenna, 143rd Regional Support Group)



RE-ENLISTMENT

BONUSES

UP TO \$20,000!

*PRIZES SUBJECT TO SELECTION

CONNECTICUT

NATIONAL

GUARD

NOW OFFERING A \$20,000 BONUS FOR RE-ENLISTING/EXTENDING FOR 6 YEARS!

CONTACT YOUR LOCAL RRNCO/UNIT RETENTION NCO TODAY FOR MORE INFORMATION ON ELIGIBILITY

STAY



GUARD

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

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. IAW 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.

Camp Niantic

An Affordable Waterfront Getaway



Reserve Rooms at the RTI or Building 32
Single, Full and Queen Bed Options
Private or Shared Bathrooms

Who’s Eligible?

- All current CTNG Soldiers and Airmen and their dependents
- Active Duty Military and their 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 sporting equipment available
- Waterfront picnic areas
- Volleyball court
- Beach access
- Fitness centers

Local Attractions

- Nearby State and Local Beaches
- Numerous Shopping and Dining Options
- Close to I-95

For Rate Information and Reservations
Contact the Billeting Office at (860) 691-4314

Enlisted Update



COMMAND CHIEF MASTER SGT.
JOHN M. GASIOLEK

Greetings My Fellow Connecticut Guardsmen.

Last month’s joint Enlisted Update was about connecting the past with the future, as the Connecticut National Guard executed its first change of command in 13 years. Now, Maj. Gen. Fran Evon is our new Adjutant General, and I once again want to congratulate and offer my support to

him.

The execution of the Connecticut National Guard Change of Command and events following were seamless. There was a herculean effort on many fronts starting at the most basic level, ensuring the right people were invited, to the security of the many dignitaries who took the time to witness this historic event. From start to finish the results were pure perfection. Yet another example of our National Guard exemplifying the motto, Always Ready, Always There.

I have been privileged to know Maj. Gen. Evon for several years and have enjoyed our many discussions about our Soldiers and Airmen and our priority to ensure that you have every asset available to execute each and every one of our missions.

Maj. Gen. Evon obviously knows the Army but he also has a deep understanding of our Air Force. His knowledge of our entire force, plus Maj. Gen. Evon’s proven leadership experience and deep concern for all of you makes him the right person at the right time for our Connecticut National Guard.

By now I hope you all have read Maj Gen. Evon’s Safety Awareness Message, published in July. At the time of his memo, we had just lost three Connecticut National Guardsman over a one week period. A couple of important takeaways include his mantra that, “safety is a persistent mission,” and whether we are at home or performing our military duties, we all have to, “take steps to stop unsafe acts.”

We all have to be proactive in creating safe environments in everything we do. Sometimes we aren’t afforded the opportunity to choose our environment so we have to make every effort to mitigate the threat of serious bodily harm or death. Our line of work is dangerous and people may try to cause us harm. It makes no sense for us to help the enemy which is why “collectively and individually” we “are our most important asset.” If you or someone you know is in need, “call your Commander, or First Sergeant,” please just make the call!

During my June 2018 Enlisted Update, I spoke about the 2019 Air National Guard Senior Enlisted Development Opportunities announcement. I suggested seeking additional information through the Senior Enlisted Development Opportunities Portfolio at <http://www.ang.af.mil/Careers/Force-Development/>. In order to secure leadership endorsements and make sure we met the National Guard suspense, the 103rd Airlift Wing Command Chief Master Sgt. Traficante sent an email to your Chief Master Sergeants issuing a suspense date of Aug. 30, 2018. If you are interested in senior enlisted leadership opportunities please make sure you see you Chief Master Sergeant as soon as reasonably possible.

As the saying goes, the one thing that is consistent is change. The military is in no way immune to this ever evolving trend. In fact it is one of many things that makes us unpredictable and formidable force. On June 5, the Air Force released the newest version of Air Force Instruction 36-2618, affectionately referred to by many as the little brown book or the Enlisted Force Structure. For starters it is no longer an Air Force Instruction but rather an Air Force Handbook 36-2618. In Chapter 3,

The Enlisted Force Structure now allows Airmen senior or equivalent to use the Airman’s first name and or call sign. Within this same chapter, it includes earning a 7-level as a Staff Sergeant as well outlining expectations for Tech and Staff Sergeants to continue their development through the Air Force Professional Military Education and Joint Professional Military Education. With regards to civilian education, it formally stated Community College of the Air Force was acceptable, now it states that Master Sergeants must complete an Associate’s degree or higher from a regionally accredited academic institution.

The handbook was also updated stating that you can now call Senior Master Sergeants, Senior. You will also find within the same chapter, which states Command Master Sergeants hold ‘tremendous influence at all levels’ and they “strongly influence the professional development of Company Grade Officers (O-1 through O-3).” Chapter 4 defines responsibilities for Commanders, Supervisors, and Wingmen, in addition to Junior Enlisted, Non Commissioned Officers, and Senior Non Commissioned Officers.

There is deep dive into the Department of Defense concept of “Ask-Care-Escort” when dealing with someone who may be depressed or suicidal. Further, it describes in detail the Comprehensive Airman Fitness model of resilience, which includes social readiness as a requirement to be mission-ready, while also including information about the use Social Media, being sure not discredit the Air Force or compromise OPSEC.

There are many other important changes within the handbook and I recommend everyone read the entire handbook by going to http://static.e-publishing.af.mil/production/1/af_a1/publication/afh36-2618/afh36-2618.pdf.

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

CONNECTICUT AIR NATIONAL GUARD

COMMISSIONING OPPORTUNITIES

Qualified candidates may email resumes/CVs to:

Senior Master Sgt. Aaron Hann
aaron.f.hann.mil@mail.mil
(860) 292-2331

Master Sgt. Christopher Grizzle
christopher.h.grizzle.mil@mail.mil
(860) 292-2758

- 12M - Mobility Combat Systems Officer (Navigator)
- 32E3 - Civil Engineer Officer
- 48A - Aerospace Medicine Specialist
- 48R - Flight Surgeon
- 43H3 – Public Health Officer
- 42G3 – Physician Assistant





WARRANT OFFICER

Use Your Military Experience in a Leadership Role as a Warrant Officer in the National Guard.



CONNECTICUT NATIONAL GUARD

TAKE THE CHALLENGE TODAY, CONTACT
CW2 Lisa Chipman
 WARRANT OFFICER STRENGTH MANAGER
(203) 410-0828
lisa.a.chipman.mil@mail.mil

Think You Have What it Takes to Lead as a Commissioned Officer?

Find out if the CTARNG Officer Candidate or Warrant Officer Candidate Schools are right for you at the

1-169th Regiment (RTI) OCS & WOCS Open House & Information Brief August 25, 2018

10:00 a.m.
RTI, Camp Niantic



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

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



Please 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

OCS Class 63 Passing the Bar

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

EAST LYME, Conn. — Connecticut Army National Guard Officer Candidate Class 63 completed the second of three phases as Candidates progress towards a commission in the U.S. Army, June 24 at Stones Ranch Military Reservation.

OCS Phase II culminated in a Situational Training Exercise that provided the 169th Regiment (Regional Training Institute) trainers and instructors an opportunity to copiously evaluate the candidates' leadership abilities in commanding platoon size elements within simulated combat environments.

Maj. Alyssa Kelleher, Commander of Alpha Company, 1/169 Regiment (RTI), said the STX focuses on platoon level leadership tasks for practical purposes.

Kelleher said the STX training will prepare the candidates for phase three of their training and assessment but more importantly, will help the future officers make successful transitions to their new leadership roles in the CTARNG.

"They'll be leading platoons when they are new lieutenants," she said. "They need to be as ready as possible."

Officer Candidate Kyle Jeppesen served for 15 years in the Marine Corps before transferring to the CTARNG and enrolling in OCS. He said he is appreciative for the opportunity to advance his military career and the prospect of leading Soldiers. Jeppesen and his family live in Hamden.

"Being an officer will be a good fit for me. I'll be able to

use my background and experiences as a leader," he said.

Officer Candidate Michael Fenton is also a prior service Marine. As a civilian, he is a licensed attorney in New York and Connecticut, and currently practices out of a North Haven office. Fenton was named a "Super Lawyer Rising Star," in 2017.

"I always wanted to be an officer in the military," he said. Fenton said he intends to attend Ranger school, given the opportunity.

Officer Candidate Kayla Fortin is a full time Emergency Medical Technician in Manchester. She said she aspires to become an officer in the Army medical corps.

"As an EMT it feels really good to help people. There is definitely a level of excitement," she said. Fortin said as an officer she's excited to both lead and help Soldiers.



Officer Candidate Kyle Jeppesen scans his sector during STX lane training, June 24, at Stones Ranch Military Reservation. Jeppesen served for 15 years in the Marine Corps before transferring to the CTARNG. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, Connecticut Army National Guard.)

Following their successful completion of Phase III, the group of 15 future officers is scheduled to receive their commissions in late August.

For additional information on the CTARNG OCS program, visit www.nationalguard.com/careers/become-an-officer



Officer Candidates defend a simulated building during STX lane training, June 24 at Stones Ranch Military Reservation. CTARNG OCS candidates are scheduled to receive their commissions in August following their successful completion of Phase III of their training. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)



Officer Candidate Kayla Fortin takes notes during an after action review, June 24, at Stones Ranch Military Reservation. Fortin enlisted directly into the CTARNG OCS program and said she is excited about leading Soldiers. CTARNG OCS Class 63 Phase II training concluded June 24. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)

R3SP - Resilience, Risk Reduction & Suicide Prevention

Resilience:
"Skill of the Month"

TRUE STORY

SINCERE

EFFECTIVE PRAISE

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

What is the skill?
Effective Praise is a skill used to identify the process or strategy that led to a positive outcome; effective praise creates "winning streaks."

Naming the Strategy...

- Demonstrates you were *really watching*
- Demonstrates *sincerity* and *authenticity*
- Enables *winning streaks*

How can I use "Effective Praise" to help my Soldiers perform better?

SITUATION: One of your Soldiers qualified "Expert" at the M16 range. You noticed what the Soldier was doing right and want to offer effective praise:

*** Instead of:** "Great job PFC Williams!"

*** Offer more Effective Praise:** "That's outstanding shooting, PFC Williams. I've seen you putting in extra work, reinforcing the fundamentals. I saw your movement today, and it looked like you were being more deliberate when you pointed, posted, and sprawled than during the last qualification."

Break the Code:
"Winning Streak" – A series of consecutive successes or wins.

Win a Prize!

R3SP Scavenger Hunt

The programs of R3SP continually work to provide the best and most accessible resources to our Soldiers to mitigate the risks and stressors that they may face. One of the most important ways the programs do this is by training Soldiers at unit level to identify and respond to issues as they arise.

Do you know who your unit level subject matter experts are?
If you do, you could win a prize from R3SP!

To enter the R3SP Scavenger Hunt you must find, and take a picture with, the following people:

- Unit Suicide Intervention Officer (SIO)
- Unit Master Resilience Trainer (MRT)
- Unit Resilience Trainer Assistant (RTA)
- Unit Prevention Leader (UPL)

Send the pictures to the State Alcohol and Drug Control Officer, Meagan MacGregor, meagan.e.macgregor.ctr@mail.mil. The first five Soldiers who correctly identify their SMEs will receive a prize. Good luck!

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

Safe Disposal of Prescription Medication

The DEA sponsors drug take back days where people can bring their unused prescriptions in to be safely disposed of. CTARNG programs support these events. Contact ASAP or Counterdrug for upcoming dates.

The DEA suggests taking prescription medication out of its original container and placing it in a plastic, sealed bag with an undesirable substance like used coffee grounds. Place the sealed bag in the garbage.

Prescription medication can be flushed down the toilet **ONLY** if the label or patient information specifically instructs the user to **AND** there are no local restrictions on flushing medications.

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

Chances are at some point in your life you, or someone in your home, will be prescribed medication. The National Institute on Drug Abuse reports that approximately 52 million Americans have misused a prescription substance in their lifetime. Ease of access to prescription medication is one reason that they are misused. One way to prevent misuse of prescriptions is to dispose of the medication once the doctor has advised it is no longer needed. Safe disposal of prescription medication ensures safety for the environment. The Food and Drug Administration and Drug Enforcement Agency recommend that prescriptions be disposed of in one of three ways.

Following these recommendations and removing unneeded prescriptions from the home reduces the chance of misusing medication and potentially being referred to Army Substance Abuse Program for illicit use of prescription medication. If you have any questions about safe prescription use contact the ASAP Office at 860-524-4962.

AR 600-85, 4-2 Policy

SUBMITTED BY
SGT. VICTOR MARTINEZ
CTARNG DRUG TESTING COORDINATOR

The following is an excerpt from AR 600-85 which governs the Army Substance Abuse Program. It identifies Army policy on alcohol and other drug abuse, and it identifies assigned responsibilities for implementing the program.

1. Unpredictability is a determining factor deterring Soldiers from using drugs. "Smart testing" is random testing conducted in such a manner that it is unpredictable by the testing population. This randomness must extend beyond random selection of Soldiers; it must include randomness of frequency (how often the commander tests) and periodicity (when during the month/week/day the commander tests).

2. The Army DTP is a battalion commander's program normally executed at the company level. For purposes of this regulation, "battalion" refers to units organized in a traditional battalion structure or battalion equivalent organizations. The battalion-level commander must approve the company commander's program, ensuring that it meets the elements delineated in paragraph 4-3, below. Specifically, the battalion-level commander should ensure that the program is conducted in a truly random manner to avoid predictability by the tested population. This approval may not be delegated.

3. Company commanders will develop a completely

random DTP with guidance from and approval by the battalion level commander. For companies that are not assigned or attached to a battalion, the company commander will perform the duties of the battalion commander described in this chapter, if the brigade or higher commander the company is assigned to does not choose to withhold these duties from him/herself.

4. In addition to random testing, battalion commanders should conduct periodic unit sweeps. The most effective programs use inspection unit (IU) testing in addition to and supplementary to a good random DTP. IU testing will not be used as a means of testing a Soldier the commander suspects of abusing drugs but does not have sufficient PO to conduct a PO collection. The battalion commander should ensure that the number of specimens collected under the IU test basis is no more than 75 percent of the number of inspection random (IR) specimens submitted for testing annually.

*is this supposed to will instead of will not?

5. Article 112a, UCMJ; specifically prohibits the unlawful use of the following substances: opium, heroin, cocaine, amphetamine, lysergic acid diethylamide (LSD), methamphetamine, phencyclidine, barbituric acid, marijuana, and any compound or derivative of any such substance.

Read the full regulation at https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/AR600-85_WEB_Final.pdf.

Substance Abuse Issues? Get Help Now

Call 911 in the event of an emergency.

National Helpline for Substance Abuse Prevention - 1-800-662-4357

CTNG Substance Abuse Program Staff

Ms. Meagan MacGregor
SPP & Alcohol and Drug Control Officer
860-524-4962
meagan.e.macgregor.ctr@mail.mil

Sgt. Victor Martinez
CTARNG Drug Testing Coordinator
(860) 548-3298
victor.m.martinez179.mil@mail.mil

Jennifer Visone
Prevention Coordinator ASAP/SPP
(860) 548-3291
jennifer.a.visone.ctr@mail.mil

Capt. Alex Long
R3SP Support
(860) 544-4926
alex.m.long5@mail.mil

Off the Bookshelf

with Staff Sgt. Simon

Non è niente (It is nothing)

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

Italy has an elaborate and rich history. The nation as a democratic republic came into being in 1946, following the World War II defeat of its previous fascist government.

Before 1946, the Italian landmass fell into many categories as a collection of independent states, a network of city states and papal states, and of course, the heart of expansive empires ruled by foreign powers. The Carthaginian (North African) General, Hannibal, conquered the Italian peninsula around 220 B.C. The Italian island of Sicily, like much of southern Europe, was under Muslim rule from the 9th to the 12th centuries A.D., until the French Normans reclaimed much of the land. Put plainly, the modern Italian population and culture is a fascinating amalgamation of millennia of intercontinental mixing.

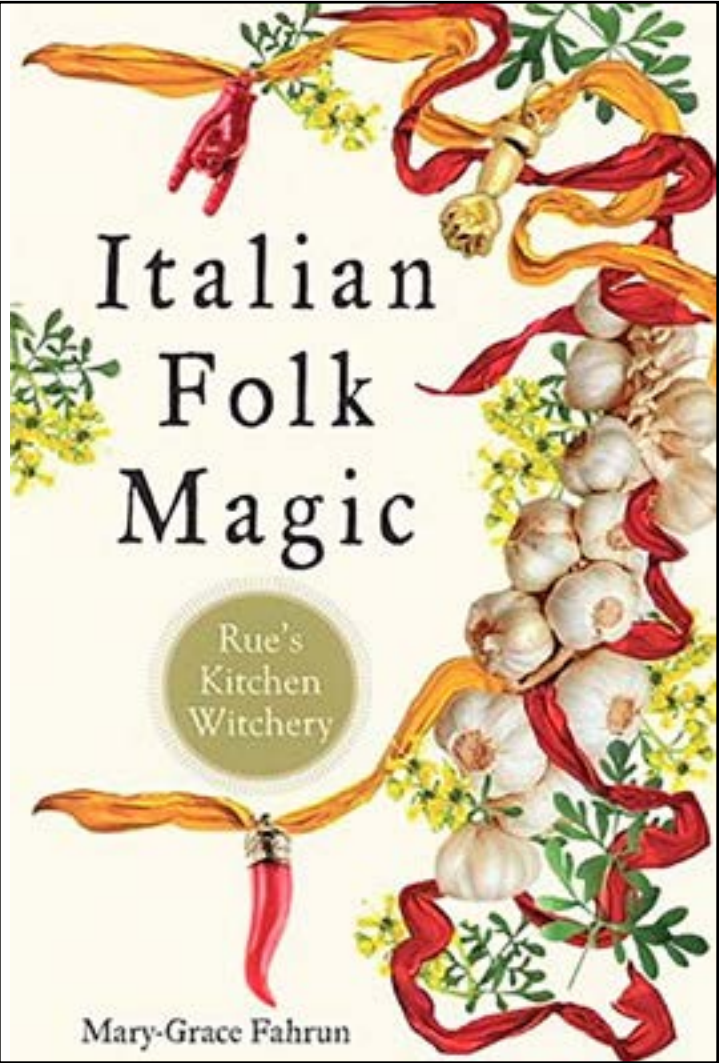
Italian food, language, folklore and cultural tradition traveled to the United States on immigrant vessels in the early 20th century. Bridgeport, Connecticut native and second generation Italian American, Mary-Grace Fahrún, captures a screen shot of these rich traditions in her new book, “Italian Folk Magic.” In 200 pages she shares a plethora of Italian recipes and customs with her readers, and even sheds light on the purpose and origin of many old world superstitions and stereotypes.

After finishing her book, it is impossible to have not learned a few words from the Italian language and a few helpful tips for maintaining and building a holistic

household and workplace balance. Fahrún’s pointers are practical: keep your home tidy; appreciate nature; cook using old family recipes when possible; and bridge together the road upon which your ancestors traveled with your own. She offers many old-fashioned remedies for common ailments (and even some uncommon ailments) which are mixed with personal anecdotes from her childhood in Connecticut to include some of the mystical experiences she shared with family members.

“Italian Folk Magic,” could be shelved in various bookstore sections: history, folklore, cooking, biography, among others. It is magical for many reasons, but mostly due to Fahrún’s warmth and inviting words that are rooted in her deep compassion and respect for the Italian culture’s intriguing and wholesome history. She emphasizes that having Italian heritage is not a requirement for reading her work.

The Italian phrase, “non è niente,” means, “it is nothing,” in English. Fahrún, who is also a nurse, writes that this short magical statement can be offered when replying to a person’s gratitude and thanks after giving them assistance. Fahrún’s book is grounded in many helpful and healing doses of practicality.



Join Tomorrow’s Battlefield
as a Cyber Warrior

Enlisted, Warrant Officer & Officer
Positions Available

For more information, contact:
1LT Tyler Sams
tyler.j.sams4.mil@mail.mil
860.595.9962

Military History

Brother Jonathan

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

Jonathan Trumbull has the distinction of being the only pre-independence colonial governor to support the patriot cause. As such he was our last colonial governor and first state governor. Under his leadership, 40,000 Connecticut men saw military service during the War for Independence.

As governor, Jonathan Trumbull also held the titular rank of Captain-General of the Militia – a tradition that continues today. Throughout the war, General George Washington made urgent requests to Governor Jonathan Trumbull, who he affectionately called, “Brother Jonathan,” and no call was made in vain. Trumbull’s greatest contribution to the American cause was supplying about 60 percent of the manpower, food, clothing, shoes, and munitions for the Continental Army. This feat helped earn Connecticut the unofficial nickname of, “The Provisions State.”

General Washington relied so heavily on Connecticut for material resources that he made Governor Trumbull’s son Joseph his first commissary general. Washington’s second commissary general was another Connecticut man, Jeremiah Wadsworth.

The colony’s two ranking officials, Governor Jonathan Trumbull and Deputy Governor Matthew Griswold, remained in office throughout the entire conflict. After the war, Griswold of Lyme succeeded Trumbull as Governor in 1784. Between 1775 and 1783, the Council of Safety met over 900 times. Most of these meetings occurred in Jonathan Trumbull’s store in Lebanon, Connecticut, which had been converted into his War Office. George Washington, the Marquis de Lafayette, Rochambeau, Benjamin Franklin, Samuel and John Adams, Thomas Jefferson, and Generals Putnam and Knox are among those believed to have visited Trumbull at his home. Governor Trumbull’s leadership during this crisis is even more inspiring when one considers the personal tragedies he endured. During the course of the war, he lost three family members to illness. In 1775, his daughter Faith died after being stricken ill following a trip to Boston. Three years later, Trumbull’s son Joseph



Gilbert Stuart, *Detail of Colonel John Trumbull*, 1818, oil on wood panel – Yale University Art Gallery (Photo courtesy of connecticuthistory.org)

died. He had been providing exceptional service as the Commissary General of the Continental Army when he became ill. The final blow came when Trumbull’s wife, Faith, died in 1780. Another son, John, was studying art in London. He was arrested on November 18, 1780, and threatened with hanging as an American spy, in retaliation for the hanging of Major John Andre, the British spy who conspired with Benedict Arnold.

Fort Trumbull on the western side of the Thames River, about a mile south of downtown New London, was built on a three-acre rocky point called, “Mamacock,” to defend the vital harbor. Along with Fort Griswold in Groton, it was the site of the September 6, 1781 attack led by Connecticut native Benedict Arnold. Both forts are state parks today.

Jonathan Trumbull died of a stroke at his home in Lebanon on August 17, 1785. He is buried in a tomb in Lebanon’s Trumbull Cemetery. His house in Lebanon and the War Office where he held many war meetings are museums that are open to the public. The public library in Lebanon is named for him. Among the many other places named in his honor are streets in New Haven and Hartford; Trumbull College at Yale; the town of Trumbull, Connecticut; and Trumbull County, Ohio in the former Connecticut Western Reserve. A student contest in 1933 resulted in the naming of the Connecticut State College (now the University of Connecticut) Husky mascot “Jonathan,” for Connecticut’s Revolutionary War-era governor, and there is a dormitory, Trumbull House, on the University campus.

Get social with the
CONNECTICUT NATIONAL GUARD

Official Pages - Managed by the CTNG PAO

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

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

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

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

Official Unit/ Leadership Pages

Maj. Gen. Fran 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) - @RipChord102D
Instagram - @102d_army_band
Twitter - @102dArmyband

HHC, 169th Aviation Battalion
Facebook - @HHC169AVN

1-169th Regiment (ARV)
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
General Technical Enhancement Course	350-17-57	CW2 Chipman	6-Aug-18	10-Aug-18
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	SGT Christopher Wichrowski	14-Aug-18	15-Aug-18
High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	WO1 Jackie Birge	18-Aug-18	18-Aug-18
G4 Quarterly Supply Training/Meeting	350-17-44	SGM Jeffery Colvin	23-Aug-18	23-Aug-18
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Meagan MacGregor	24-Aug-18	24-Aug-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	25-Aug-18	26-Aug-18
Engagement Skills Trainer II (EST II), Laser Marksmanship Training System (LMTS)	350-17-22	WO1 Jackie Birge	5-Sep-18	7-Sep-18
Annual Government Purchase Card (GPC) Refresher Course	350-17-39	SGT Kyle Stafford	11-Sep-18	11-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
CTARNG Leadership Symposium	350-17-58	MAJ Michael Jakubson	21-Sep-18	22-Sep-18
Company Level Pre-Command and First Sergeant's Course	350-17-24	MAJ Michael Jakubson	21-Sep-18	23-Sep-18
Annual Government Purchase Card (GPC) Refresher Course	350-17-39	SGT Kyle Stafford	19-Sep-18	19-Sep-18

All Training Circulars for TY18 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:

- General Technical (GT) Enhancement Course:** This program is designed to identify and assess the educational needs of each enrolled Soldier and provide customized instruction in an effort to increase GT scores to 110 or higher. This training increases availability of viable candidates for Officer Candidates School, Warrant Officer Candidate School, and highly technical MOS's and ASI's requiring a 110 or higher GT score. August 6-10, 2018. 30 Soldiers Max, See your unit training NCO for current availability.
- 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. September 21-22, 2018. No Soldier 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. September 21-23, 2018. 25 Soldiers Max, See your unit training NCO for current availability.

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

THE DA PHOTO PROCESS

Do You Need A DA Photo?

1

Must be SSG or above

And at least one of the following:

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

REVIEW YOUR ERB/ORB

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

PREPARE YOUR UNIFORM

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

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

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

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

SHOW UP AT SCHEDULED TIME

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

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

IMAGE MANIPULATION

DA photos WILL NOT be digitally altered. DO NOT ASK

- Per AR 640-30: 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 640-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier

How Does your photo get to your ERB/ORB?

From Unit → Human Resources Command → DAPMIS

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

What to Wear for a DA Photo

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

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



AIR NATIONAL GUARD



BE A NAVIGATOR
IN THE CONNECTICUT AIR NATIONAL GUARD

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 II PHYSICAL
- NO UCMJ ACTIONS, DUI/DWI OR A HISTORY OF DRUG ABUSE/SUBSTANCE ABUSE

INTERESTED?

CONTACT MAJ MARK BOYER
MARK.R.BOYER2.MIL@MAIL.MIL
DSN 220-2779
COMM (860) 292-2779
CELL (310) 584-5454

2018 NGACT Events

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

2018 NGACT Special Event Dates:

EANGUS Conference:	August 11-16	Charleston, WV
Retiree/Full Time Picnic:	August 23	Niantic, CT
NGACT Work night:	August 29	Hartford, CT
NGACT Golf Tournament:	August 31	Southington, CT

2018 NGACT Board Meeting Dates:

August 15, October 17, November 14, December 19

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



CONNECTICUT NATIONAL GUARD



QUI PRO DOMINA

CONNECTICUT NATIONAL GUARD FULL TIME EMPLOYMENT OPPORTUNITIES

Army & Air Technician,
Army & Air AGR positions available.
Title 10 opportunites 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

Reconnect with friends!!!

Cookout starts at Noon

Retiree Benefit Update at 10:30 a.m.

NGACT RETIREES' & FULL TIMER PICNIC

THURSDAY, AUGUST 23, 2018

CAMP NIAN TIC, NIAN TIC CT

Mark your calendar

\$25.00 by Friday, August 10, 2018 & \$30. 00 at the Door

Register & Pay Online at WWW.NGACT.ORG

Name _____ Rank _____ Army _____ Air _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

☐ Full-Time

☐ Retiree

DEADLINE FOR EARLY REGISTRATION IS FRIDAY, AUGUST 10, 2018

Mail to: NGACT Retirees' & Full-Timer's Picnic 360 Broad Street, Hartford, CT 06105

CHANGE SERVICE REQUESTED

PSRST STD
US POSTAGE
PAID
Hartford, CT
Permit No. 603



Connecticut Family GUARDIAN

VOL. 19 NO. 8 HARTFORD, CONNECTICUT AUGUST 2018

Operation Purple Camp: Bringing Military Kids Together

1ST LT. JENNIFER PIERCE
PUBLIC AFFAIRS OFFICER
103RD AIRLIFT WING, CTANG

ANDOVER, Conn. – Military children of all ages gathered around the 103rd Airlift Wing’s security forces truck and fire apparatus during Operation Purple Camp’s VIP day, July 3, 2018. They were able to bark out commands on the loud-speaker and play with sirens as Airmen showed the kids how their equipment worked.

This VIP day was just one of many events during the week-long Operation Purple Camp, held July 1-6, 2018. Operation Purple Camp is an overnight summer camp, hosted by the Channel 3 Kids Camp, specifically for military children that is no cost to military families.

“Each year, camps (nationwide) are eligible to apply for a grant through the National Military Family Association,” said Michelle McCarty, the Lead Child and Youth Program Coordinator for the Connecticut National Guard. “The Channel 3 Kids Camp has been applying for several years. They’ve been awarded this grant, and they’re able to take up to 100 or so military dependents to stay overnight at their camp for free.”

The camp curriculum is set up like most summer



Above: A group of children gather around a fire apparatus provided by the 103rd Airlift Wing’s fire department, July 3 in Andover, Conn. The apparatus provided Operation Purple Camp attendees the opportunity to, “touch-a-truck,” and interact with Airmen from the Connecticut Air National Guard. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs Officer)



Children participating in Operation Purple Camp sound the police siren on a patrol truck provided by the 103rd Airlift Wing’s Security Forces Squadron, July 3 in Andover, Conn. Operation Purple Camp is a free camp provided every summer for children of military families. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing Public Affairs Officer)

camps with a host of activities such as swimming, archery, arts and crafts, sports, and a ropes course. The VIP day, however, sets Operation Purple Camp apart from a typical summer camp as military units around the state are invited to participate by bringing equipment and holding demos for the children.

“We’ve had the Coast Guard and Navy out here before,” McCarty said, “and this year we have the Army here with MRE demos and camouflage face painting and the Air National Guard here with their touch-a-trucks. We try to bring in different armed forces components so the children are able to see a little bit of everything.”

The benefit Operation Purple Camp provides for military children is unmatched.

“A camp like this is important because it helps the kids get connected with other military kids and they make life-long friendships,” McCarty said. “They tend to stay connected and look forward to coming back the next year to see their friends. They are able to come from all over the country, so they’re able to meet kids from other states.”

If interested in next year’s camp, military families from all branches and components may apply for Operation Purple Camp through the National Military Family Association website at: <http://www.militaryfamily.org/>

Though the camp is free, a \$50 refundable hold fee is paid to hold the child’s spot in the camp. Children aged 7-17 years old are welcome. The camp is also inclusive for children with certain special needs.



CATHERINE GALASSO-VIGORITO

Sail on an Ocean of Discovery

It was a beautiful, warm summer morning when a man who had been feeling sad and unfulfilled for quite some time, walked on a cobblestone pathway to seek advice from a wise village scholar.

The man was living in comfortable surroundings, and his circumstances were secure. Nonetheless, the man was so dissatisfied and terribly unhappy with his life. Well-known for his Godly wisdom and counsel, the scholar compassionately agreed to meet with the man at the scholar’s quaint country home.

When the man arrived, the wise scholar was seated in a white rocking chair on his front porch. He was wearing a large brimmed hat and greeted the man with a warm smile. Yet, before the scholar said a word, the man desperately implored, “Great scholar, I have good health and material possessions, but I am so unsettled. I’m worried, depressed and down on myself. I have sought to be happy, however something is missing.”

Listening closely, the wise scholar rocked back and forth in his chair. Pensively, the man continued, “I have an unsettling feeling that something important is undiscovered. And now, I’m fearful, and I think my best days have passed me by.” Then, the man let out a deep breath and asked, “Please, scholar, please tell me how can I be cured of this extreme discontentment?”

After a few minutes of silence, the scholar spoke, “I have an answer for you.” Immediately, the man’s heart nearly burst with relief.

“You must set out on a journey that will include many travels,” the scholar explained. “Every day, keep a journal of where you go and what you discover. God will be with you, as you journey on…”

“Then, when you get home from your trips,” the scholar said, “visit me again, and I will tell you what to do next.”

With that, the man uttered, “Thank you,” and he hurried

off. Feeling energized, the man returned home and, with faith, he prepared for his extensive travels.

Soon, thereafter, he left. He went from one exciting place to another. The man met interesting people, saw incredible sights, and experienced many extraordinary adventures. And each day, obediently, he wrote in his journal as the wise scholar advised.

Eventually, the man came back from his remarkable journey. A few days later, he returned to the scholar’s home. The scholar greeted the man, and instantly he observed the sparkle of light and happiness in the man’s eyes. His whole attitude was somehow different.

“So you had a good trip?” the scholar questioned, nodding in approval. “Yes!” the man exclaimed, and the man told him just a few of his exciting once-in-a-lifetime experiences.

The scholar smiled. Gently, he placed his hand on the man’s shoulder and asked, “What have you learned?”

Full of energy and elated, the man looked excitedly at the sage and replied, “I have learned that… You cannot discover new oceans until you have the courage to lose sight of the shore.”

Satisfied and saying a silent prayer of thankfulness to God, the wise scholar uttered, “Exactly!” And the rest of the man’s life was lived with passion, creating wonderful memories and experiences that kept fueling his heart’s desires.

Are you settling for less than you are capable of experiencing, because of fear, past mistakes, or disappointments? Or are you being stopped from living the life of your dreams by feelings of inadequacy, insecurities or regrets? Then, maybe the aspirations that were once so alive in your heart seem to have slowly faded away, as you start to think that your best days are far behind you.

But wait. Don’t miss God’s best for you because you’ve come up with excuses to quit or you’re fearful to take that next step ahead. A Proverb says, “Your ship cannot come in if you never sent it out.” In other words, don’t take the easy way out or cling to what is safe. Venture out. Take a step out of your comfort zone. You’re courageous, strong and capable. And you can accomplish anything you put

your mind to do. Hence, this is not the time to concede defeat. This is the day to give your God-given dreams a new beginning. Just as God had a bigger purpose in mind for the man in this story, God has a great purpose for you, for God is getting ready to bless you in a way that only He can. Your breakthrough is coming. Hence, persist onward. Act in faith, and like the man; you can soar to new heights that you might never have previously imagined.

“For the eyes of the Lord run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward Him.” (2 Chronicles 16:9).

I once read about a famous mountaineer that said he would occasionally, on purpose, climb himself into a position where it was difficult for him to get back down. Thus, he could only go up. The mountaineer said, “When there’s nowhere to go but up, you jolly will go up.”

So, go, search, and live the God-inspired life that you were created to live. Explore and enjoy every single moment. A while ago, I heard about a good-hearted person who gave money to needy people. Often, he would roam the streets near soup kitchens; typically handing out \$50 bills to people he met along the way. The man had overcome many struggles in his life, and now he wanted to bless his fellow human beings. So, one after the other, the good hearted man handed out the money.


Similarly, God is overflowing with a desire to hand out to you a never-ending supply of gracious blessings. One blessing, followed by another, and yet another—right after that. Keep praying, keep working, keep learning, and keep reaching for your treasured dreams. Don’t settle for less.

Right now, God is orchestrating the right turn of events to positively bless your future. Your time for success is drawing close. And you will go further than you ever dreamed.

I believe that God is trying to accomplish something in the life of someone who is reading this column today. If it is you, I pray that you will live out to the fullest this wonderful life that God has given to you.

There’s a big world out there for you to discover. Sail on an ocean of discovery!

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



CONNECTICUT NATIONAL GUARD HELPLINE

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

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

HELPLINE - 1-855-800-0120

FEMA from page 2

some great family communication tips for you to consider before an emergency occurs. And we know that traditional communication channels might be overloaded just after a disaster—you can download and print this sample Family Emergency Plan where you can list contact information, evacuation locations, meeting places, and other key information for you and your family to help with post-emergency communication and reunification if separated. We also suggest you subscribe to your school’s alerts and warning system which would allow you to receive automated voice mail and/or text messages or emails in the event of an emergency. If your school does not use a system, check with your county and subscribe to theirs.

Practice Makes Perfect. When is the last time you ran a fire drill in your home? Here are tips on how to create and practice a fire escape drill at home.

TIP: Don’t limit your practice to fire drills—add to your list tornadoes, earthquakes, hurricanes, or any other hazards or risks for your community (include shelter-in-place drills) and you’ll be ready for all hazards!

Rainy Day Activities...and More! Looking for fun and educational preparedness activities? Sesame Street characters can help your young one learn about preparedness. And Flat Stanley and Flat Stella are always fun friends to include in drills and planning activities. Take a look through FEMA’s Catalogue of Youth Disaster Preparedness Education Resources which has a list of activities categorized by age group.

And what teen doesn’t like zombies? See the Centers for

Disease Control and Preparedness’ Zombie Preparedness program for podcasts and other age-appropriate materials.

You can also learn about Teen Community Emergency Preparedness Teams (Teen CERT) as they gain momentum across the country.

Teen CERT trains and empowers youth through emergency preparedness and response training. Materials specifically geared toward parents and guardians can also be found on the Department of Education’s Readiness and Emergency Management for Schools Technical Assistance Website at <http://rem.s.ed.gov/>.

FEMA youth preparedness

Youth preparedness is a FEMA priority; we’ve provided technical assistance workshops nationwide in preparedness education, adaptability, partnership engagement, promotion, fundraising, inclusion and evaluation and sustainability. For information on implementing a youth preparedness program click the youth preparedness link below.

Get Involved, Share Your Stories! Do you want to learn more about what other parents and guardians like you are doing to increase school and youth emergency preparedness? Do you want to share your own story about a program you’ve been impressed with or found



Find More Information at www.FEMA.gov

success with?

Visit Ready.gov, where you can register for news updates and sign up to be a National Preparedness Month Coalition member. FEMA’s Collaboration Community allows users to submit new emergency preparedness ideas; this link takes you directly to those focused on youth. Finally, check out the FEMA Blog, where you can learn more about the FEMA Administrator’s work, and submit your comments and ideas. .

Links to More Information

- Citizen Corps
- Community Emergency Response Teams (CERT)
- FEMA Youth Preparedness
- Readiness and Emergency Management for Schools (REMS) Technical Assistance Center
- U.S. Department of Education (ED) Emergency Planning Website
- Ready Campaign

CT National Guard

Service Member & Family Support Center & Child & Youth Program

Back to School BASH

Wednesday, August 8, 2018
William A. O'Neill Armory
360 Broad Street, Hartford CT
Session 1: 1:00 - 3:00 PM
Session 2: 4:00 - 7:00 PM

REGISTRATION IS REQUIRED BY 1 AUG
The Back to School Bash is open to dependent military children ONLY. We're sorry but friends, nieces, nephews, etc. are not eligible. We welcome any branch of service to participate!

Children will receive a FREE backpack and school supplies provided from the Operation Homefront Back to School Brigade and the American Legion Auxiliary! Additionally, we will have giveaways and providers available with helpful resources for the family!

Registration link: <https://b2sb-2018.eventbrite.com>
Eventbrite.com
Password: B2SB18

BOUNCING HOUSES
GAMES
RESOURCE TABLES
MORE!

FREE HALLOWEEN SHOP!

child & youth program

Service Member and Family Support Center

2018 MWR Adventures

August 17

Lake Compounce

NEW ENGLAND'S FAMILY THEME PARK!

Join us for an all day adventure!
\$58 per ticket includes free parking and an all day pass to the park.
Enjoy a lunch and the Fantastic Feast Dinner where you have a variety of food options to keep you powered up!

Purchase Tickets by July 6:
PayPal: Send money to ct.smfsc@gmail.com
Cash/Check Payable to Family Program Special Projects

<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 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 Robstone	linda.l.robstone.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	phf.ct.ngt@zelders.com	(203) 233-8790 (cell)
State Support Chaplain	CHL (MAJ) David Nutt	david.e.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean 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	Julius 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	phf.ct.ngt@zelders.com	(860) 287-7552 (cell)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i>			
Altman 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