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Efforts to Stand Up C-130H Mission Cross State Lines

MAJ. BRYON TURNER
103RD AIRLIFT WING, PUBLIC AFFAIRS

A team of 30 Airmen from the 103rd Maintenance Group deployed to Rosecrans Air National Guard Base, St. Joseph, Missouri to receive hands-on training in isochronal inspections on the C-130H Hercules aircraft under the watchful eyes of seasoned aircraft maintainers from the 139th Maintenance Group, May 1.

Isochronal inspections involve regularly scheduled aircraft maintenance activities that require teamwork from a full spectrum of diverse maintainers working in concert to address potential aircraft discrepancies, said Maj. Evan Hunt, commander of the 103rd Maintenance Squadron.

"Members of the inspection shop are joined by maintainers from the structural, propulsion, avionics, electro-environmental, hydraulics, fuels, flight line and quality assurance shops in an effort to successfully complete isochronal inspections," said Hunt.

At some point this sort of inspection will be a regular occurrence at the 103rd Airlift Wing, but for now "we are unable to conduct these inspections here while our facilities are undergoing renovations," said Hunt. "Meanwhile our developing maintenance capabilities are certainly benefitting from the additional training being conducted by our friends in the Missouri Air National Guard."

Staff Sgt. Cameron Blanton from the 139th Maintenance Group, Missouri Air National Guard, teaches Airman 1st Class Skye Korogodon from the 103rd Maintenance Group (MXG), Connecticut Air National Guard, how to perform an isochronal inspection on the C-130H Hercules aircraft at Rosecrans Air National Guard Base in St. Joseph, Missouri, May 13. The 103rd MXG recently transitioned to the C-130H from the C-21A Learjet aircraft. (Photo by Senior Airman Patrick P. Evenson, 139th Airlift Wing, Missouri Air National Guard)

While skills are sharpened and required maintenance activities are completed, deployed unit members are also making strong bonds with other members of the C-130 community.

"The 139th maintainers have been absolutely enthusiastic about sharing their knowledge and skills with our Airmen during this isochronal inspection. The transition from visitors to co-workers has been seamless in all of the shops, and the support from the maintenance group commander Col. Andy Halter to the most junior Airmen has been humbling," said Master Sgt. Peter Demakis who is assigned to the 103rd Maintenance Squadron as the electronic warfare systems supervisor. "The integration and support has also extended beyond the inspection dock; I can't thank the Missouri Air National Guard avionics section or their base intel shop enough for their support with critical mission system reprogramming."

This first isochronal inspection for the Connecticut Air National Guard will pave the way for continued maintenance activities conducted at alternate locations in cooperation with other units while the 103rd Airlift Wing continues to adapt their facilities and capabilities at the Bradley Air National Guard Base.

"We will continue to do off-station inspections and maintenance actions while our facilities are under renovation," said Hunt. "However it is unlikely that they will be of this scale, as this was a combined maintenance and training event."

Aircrews from the 103rd Operations Group added an important element to the training by flying one of the 103rd Airlift Wing's own C-130H aircraft to the training site, allowing maintainers from Connecticut the opportunity to work on one of their own aircraft.

"The lessons learned will be invaluable and I look forward to bringing that knowledge back to Bradley and putting it to work," said Demakis.

Leader's Corner:

Chairman Dempsey Discusses Iraq Situation in Note to Troops

AMERICAN FORCES PRESS SERVICE

WASHINGTON, June 19, 2014 - Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, discussed the situation in Iraq in a note to troops issued June 19.

The text of Dempsey's note follows:

"Many of you have served in Iraq or know friends and family who made great sacrifices there. I spent several years leading troops in Iraq and lost many good soldiers.

"I'm proud of what we, along with our Iraqi and coalition partners accomplished. We provided the Iraqi people an historic opportunity for a better future. Nothing will diminish that accomplishment.

"Like many of you, I was disappointed at how quickly the situation in Iraq deteriorated as well as the rapid collapse of many Iraqi units.

"These events are part of a broader, regional struggle that extends from Baghdad to Beirut to Damascus. They reflect the political instabilities in the region and poor political choices by Iraq's leaders -- choices that fueled already complex and deep-seated sectarian tensions.

"The path forward will not be easy. And, as always, we in the military are preparing options for the President to consider in addressing the emerging threats there."

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Danbury Reserve Center New Home for State's Soldiers

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

DANBURY Conn.—Sgt. Calogero Parisineto moved from Brazil to Danbury, Connecticut in 1990. As a child, he was fascinated by the military and looked forward to becoming old enough to enlist.

In August 2006, Parisineto received his American citizenship. A month later, he enlisted in the Connecticut Army National Guard.

He admits feeling surprised when he arrived for his first drill at the old Manchester armory.

"I loved it, but expected to drill somewhere a little more modern," he said with a smile.

He could not have predicted that a state-of-the-art $35 million, 18-acre, 95,885 square foot Armed Forces Reserve Center would open less than a decade later in his home town.

Parisineto, an OEF veteran, said he feels his fellow members of A Co. 1-102d Inf., finally have somewhere that fits their needs.

The Danbury AFRC was constructed for just that reason: to give Connecticut National Guard and U.S. Army Reserve units stationed in Connecticut a facility that meets their logistic, administrative and training needs, but also to reinforce the presence of the Connecticut military in Danbury.

The first Danbury armory was built in 1913 at 54 West Street at a total cost of $50,000. In 1993, after 80 years of use, the West Street Armory was given to Western Connecticut State University.

"The Connecticut Army National Guard is extremely proud to be re-establishing its long local connection with the citizens of Danbury, dating back over 100 years," said Maj. Gen. Thaddeus J. Martin, Connecticut's adjutant general.

Martin said the facility will ensure a Connecticut presence in Danbury for many future generations.

The AFRC ribbon-cutting and memorialization ceremony was held on May 30. Honorary guests included Brig. Gen. Dwayne Edwards, deputy commanding general of the 99th Regional Support Command, U.S. Senator Chris Murphy, representatives of U.S. Congresswoman Rosa DeLauro and Congresswoman Elizabeth Etsy's offices, and the Honorable Mark Boughton, Mayor of Danbury.

In addition to A Co. 1-102d Inf., CTARNG units who will now call the new Danbury AFRC home include, the 142nd Medical Co. and CTARNG Field Maintenance Shop #5 (Regional Organizational Maintenance Shop), which supports both the 143rd CSSB and and the 928th Military Working Dog Detachment.

The AFRC will also be the new residence of the Army Reserve's 411th Civil Affairs Co., 417th Instructor Battalion, 325th Military Intelligence Co., and the 325th Transportation Det., all part of the 99th Regional Support Command.

Lt. Col. Joseph Danao, CTARNG Environmental Officer and Deputy CFMO (Construction and Facilities Management Office), oversaw the planning and construction of the AFRC.

He said every step of the AFRC project was a joint effort between the Connecticut Guard and Army Reserve.

Danao said the Army Reserve totally accommodated the needs of the Guard, during the building and move-in phase, and that the new close relationship between these Guard and Reserve units will enhance future mission success.

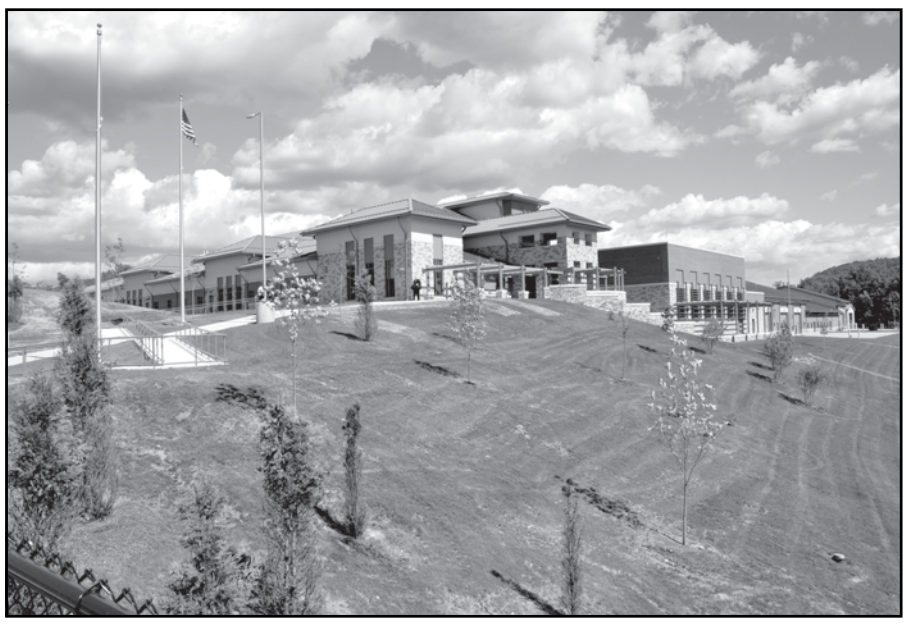
In total, approximately 600 Soldiers will utilize the Danbury AFRC. In addition to the AFRC's many new amenities, these Soldiers will have access to a large paved parking lot for both military and personal vehicles, a new fitness center, and an Engagement Skills Trainer 2000 Weapons Simulator.

At the May 30 ribbon cutting ceremony, Senator Chris Murphy said Connecticut Soldiers deserved a facility that honored their commitment and service to their country.

The AFRC will also commemorate the service of Connecticut Soldiers and Veterans with its new name: *The Danbury Veterans' Memorial Armed Forces Reserve Center* was chosen as a name by Danbury residents to acknowledge all American service members.

Parisineto said he feels more honored than ever to serve in the CTARNG.

"We're home," he said.



The Danbury Armed Forces Reserve Center is now open and is home to elements of the Connecticut Army National Guard and the U.S. Army Reserve. The state-of-the-art, $35 million, 95,885 square foot facility sits atop a hill on 18 acres and was officially dedicated and opened on May 30. (Photo by Col. John T. Wiltse, State Public Affairs Officer)

Dignitaries from the Connecticut National Guard, U.S. Army Reserve and United States Congress prepare to cut the ceremonial ribbon, officially opening the Danbury Armed Forces reserve Center open. The center is home to approximately 600 Soldiers in both the Guard and the Reserve. (Photo by Col. John T. Wiltse, State Public Affairs Officer)

250th Engineers Use Boats and Bridges to Span Training Area During Annual Training

Soldiers of the 250th Engineers, Mutli-RoleBridge Company, bring equipemnt across West Thompson Lake on an Improved Ribbon Bridge. The bridge is able to float across wide spans of water when traditional bridges are not available due to combat or natural disasters. (Photo by Spc. Jyotsna Khattri-Chettri, 130th Public Affairs Detachment)

A member of the 250th Engineers guides a truck driver off the Improved Ribbon Bridge after the floating bridge was used to transport the truck across the water during the unit's annual training in June. (Photo by Spc. Jyotsna Khattri-Chettri, 130th Public Affairs Detachment)

Soldiers from 250th Engineer Multi-Role Bridge Company, train on an Improved Ribbon Bridge during their second week of Annual Training at West Thompson Lake in North Grosvenordale, Connecticut. Rafting operations are carried out to ferry personnel and equipment across areas where the body of water is too wide to accommodate a bridge. The 250th MRB has the capability to bridge the Connecticut River during times of emergency. (Photo by Spc. Jyotsna Khattri-Chettri, 130th Public Affairs Detachment)

CTARNG Policy Memo Outlines New Tattoo Guidelines and Administrative Instructions

Staff Sgt. Benjamin Simon
JFHQ Public Affairs

Fortunately for Popeye the Sailorman, as a member of the U.S. Navy years ago, his tattoos did not violate any particular policy regulation. If he were a member of the U.S. Army currently, however, he'd be forced to rethink acquiring additional ink.

The new Army Regulation, 670-1 published on March 31, 2014, prohibits Soldiers from having tattoos (or brands) on the head, face, neck (anything above the t-shirt neck line), wrists, hands or fingers.

In other words**, tattoos below elbows and knees and above collarbones are no longer authorized.**

If Popeye was a member of the CTARNG, according to a new CTARNG policy memo published on Jun. 17, he would have to be counseled by his unit commander, and his tattoos would have to be documented on a memo listing size, location and brief descriptions.

Photos of his tattoos would be taken also with a tape measure (see picture) and would be filed with memos in his AMHRR (iPERMS) record.

Soldiers with noncompliant tattoos below elbows and knees that were compliant per prior editions of AR 670-1 will be grandfathered. However, Soldiers with head and face tattoos will not be grandfathered unless the Soldier received a waiver for those tattoos prior to entering the military.

Popeye would be safe to remain in the CTARNG but would not be able to acquire any additional tattoos or brands above the collarbones, below the elbows or below the knees.

Under new Army Regulation 670-1, published March 31, commanders now have to inspect and catalog Soldiers' tattoos that fall below the elbow or knee or on the neck or above. A flexible tape measure must be used when measuring the tatttoos. Soldiers are allowed to have no more than four tattoos in the restricted areas below the elbows and knees. Once the tattoos have been cataloged by the commander, the Soldier is not permitted to add any more tattoos to the restricted areas and an annual inspection will be held to confirm that no new tattoos have been added. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

Soldier violations of this policy will be processed in accordance with AR 670-1 paragraph 3-3h, and could result in adverse/disciplinary action, not limited to discharge from the CTARNG.

Contact Chief Warrant Officer 4 Daniel Bade at daniel.bade.mil@mail.mil or 860-524-4804, for any questions regarding administrative instructions for cataloging Soldier tattoos.

Behavioral Health Team Recognized by State Suicide Advisory Board

On May 1, the Connecticut National Guard Behavioral Health Team was recognized by the Connecticut Suicide Advisory Board for its outstanding service in suicide prevention and mental health promotion. The CTSAB is a community based advisory board sponsored by Department of Children and Families and the Department of Mental Health and Addiction Services. The Connecticut National Guard has been an active member of the board since 2012. The board's mission is to support suicide prevention and mental health initiatives to the entire State of Connecticut. The CTNG BH Team also received coins during the Medical Treatment Training Conference at Camp Dawson, Virginia for best practices and excellence from a representative of the National Guard Bureau, Office of The Chief Surgeon, and from the assistant surgeon general, Joan Hunter. From left: Maj. Javier Alvarado, behavioral health officer; Alissa Wurtzel, director of psychological health; Susan Tobenkin and Michael Dutko, behavioral health specialists; Lt. Col. Martin daCunha, behavioral health officer; Sgt. Thalia Coya and Pfc. Sarah Blodgett. (Photo courtesy of the Connecticut National Guard Behavioral Health Team)

Sgt. Michael Lindia works on disconnecting a piece of drill equipment in prepraration for what is known as "tripping out," or pulling steel out of the well hole. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

Well Drillers Spend Annual Training Honing Skills, Preparing for Missions and Rehabilitating Unused Well

Sgt. 1st Class Debbi Newton
State Public Affairs NCO

They have traveled the world bringing potable water to people where ever they go.

They have drilled wells in Nicaragua and other Central American countries. The have drilled wells in Iraqi villages and on U.S. and Coaltion bases in Afghanistan.

Their efforts have saved lives.

And that may just be what drives the Soldiers of the 247th Engineers (Well Drillers) of the Connecticut Army National Guard.

"We offer clean, potable water to schools and villages that don't have it or the ability to get it," said Staff Sgt. Ronald Smith, a section sergeant who has been with the unit for 17 years. A Veteran of many of the unit's overseas missions and deployments, he explained that many of the countries the unit has gone to have water that is infected with viruses and bacteria. Putting in wells in these areas has helped "reduce the infant mortality rate" in those areas.

While deploying and traveling the world is part of being in the 247th, the 10-person unit spent its annual training this year working on a well it had drilled near the rapeling tower at Stone's Ranch many years ago.

The well had been intended for use by Soldiers and Airmen using the training facility, but it had never gone operational and needed to be rehabilitated according to detachment commander Sgt. 1st Class Ernesto Rios Soto.

The Soldiers, all heavy equipment operators, some with the well driller additional skill identifier, spent most of the first week of their annual training at the site using the LP12 Army Well Drilling rig to clean out the well. The rig has a 600-foot drilling capacity.

"We push pressurized air into the well to clean the hole," said Staff Sgt. Devin Cowperthwaite. "The pressurized air will blow the water and sludge up out of the hole. We use super chlorination pumped into the hole and then continue to blow the hole to rid it of the bleach. Once that is done, the medics test the water to see if it is clear of the chlorination and other contaminates. Once they have tested it, the water company will perform follow-on tests before the well is approved for use."

Smith has been on well drilling missions in Nicaragua. Iraq and Afghanistan, among other places. He was with the unit when they deployed to the U.S. border to assist the Border Patrol in building roads and walls along the Arizona and California borders. He was in Iraq when the unit provided a well to the northern Iraq village of

Water gushes out of well at Stone's Ranch as members of the 247th Engineers (Well Drilling) work to clean the well before putting it into use. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

Under the watchful eye of Sgt. 1st Class Ernesto Rios Soto, commander of the 247th Well Drillers (left) and other more experienced operators, Spc. Michael Lindia (center) and Spc. Michael Frazer (right) begin the process known as "tripping out," where steel is pulled out of the hole they are working on. This was the first time Lindia and Frazer were attempting the task, and they were successful. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

Bezgirtan. The village had been without running water for 18 years.

The Bezgirtan well was the fourth the unit had been tasked with during their 2003 deployment. They began the project on Aug. 25 and completed it 12 days later. The plan had been to drill just over 300 feet, but after drilling only 140 feet, the well was already producing several hundred gallons of water per minute.

Rather than risk the rocks below ground caving in and destroying the well, the unit members "called it a hole."

Unit members also took an interest in the village school, which was in shambles. Most of teh windows were broken, there was no running water and the classrooms were full of dirt and broken glass.

The unit asked its supervisors to come take a look at the school and convinced them to help rehabilitate the school as well.

The unit is also capable of providing humanitarian aid at home in the case of natural disasters such as hurricanes or floods.

"We offer clean, potable water to schools and villages that don't have it or the ability to get it."
Staff Sgt. Ronald Smith

"We have the ability to rehabilitate existing wells and to drill new wells where needed," said Smith.

Members of the 247th willingly share their stories of success. They are proud of what they do, whether overseas or at home. They are a close-knit unit and very eager to explain their work to anyone who stops by. They work as a team and share their knowledge with each other as was evident during the mission at Stone's Ranch.

The two Soldiers running the rig and "tripping out," or pulling steel from the hole, were doing so for the first time.

Cowperthwaite explained that Spc. Michael Lindia and Spc. Michael Frazer were first timers to this particular phase of well drilling. Fellow unit members watched as the specialists turned wrenchs, worked controls and pulled up the first section of steel that connects to the drill bit.

As it came up, other unit members prepared equipment to grab the bottom of the steel and run it out from the rig.

The first time operators and the experienced operators worked together seemlessly to complete the task.

The LP12 Army Well Drilling rig being used by the 247th is a relatively new piece of equipment, not only to the 247th, but also to the Army inventory. Cowperthwaite said the 247th has guys with a great deal of experience in the field of well drilling and that three members of the unit - Smith, Frazer and Spc. Roberto Falcon - went to Ohio to assist in writing the training manual for the new rig.

Rios Soto expected the unit would complete the Stone's Ranch well rehabilitation project before the end of the annual training period.

Members of the 247th travel the world bringing potable water to villages in need. This particular mission saw them serve another village - their own.

Members of the 247th Engineers (Well Drillers) run out a piece of steel that had just been "tripped out" of the well hole the Soldiers were working on during annual training at Stone's Ranch. "Tripping Out" is a term used to describe the process of removing a section of steel that extends the depth of the drill bit. After the steel is raised out of the hole, it is disconnected from the remaining lengths and while still suspended from the drilling rig, it is grabbed by the bottom and run out away from the rig and placed on the ground. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

CTARNG Aviation Detachment Deploys to Afghanistan

Nine Soldiers Depart for Aerial Surveillance Mission

Col. John T. Wiltse
State Public Affairs Officer

HARTFORD, Conn. - The Connecticut Army National Guard's Detachment 6, Operational Support Airlift Command, has been mobilized for deployment to Southwest Asia in support of Operation Enduring Freedom. The nine-member unit departed Bradley International Airport in May en route to its mobilization station at Fort Bliss, Texas for further training and validation.

Detachment 6, a fixed wing airlift unit based at the Windsor Locks Readiness Center, is commanded by Chief Warrant Officer 5 Cooper Hastings of Vernon.

The unit's mission will be to provide aerial surveillance and intelligence support to U.S. commanders throughout Afghanistan to assist in ground mission planning. The five assigned pilots and four aerial surveillance equipment operators will fly a Beechcraft King Air 300 aircraft, a modified version of the C-12 passenger transport aircraft the unit flies in the United States configured with more horsepower and aerial surveillance equipment.

Detachment 6 will be assigned overseas to Army aviation Task Force "ODIN" standing for Observe, Detect, Identify, and Neutralize. The mission of Task Force ODIN is to conduct reconnaissance, surveillance and target acquisition operations to assist ground commanders in combating insurgent attacks and protecting U.S. forces.

"This specialized unit is another example of the depth of experience and talent in our Guard today," said Maj. Gen. Thaddeus Martin, adjutant general. "Together these nine Army aviators have already served more than 5,000 days deployed overseas. Their commitment to their profession is unequaled."

Eight of the Detachment's nine assigned soldiers have previously deployment at least once. Four unit members have completed two or more previous deployments.

Detachment 6 is the second Connecticut Army National Guard unit to deploy in 2014 bringing the total number of Army National Guard deployed Soldiers from the state to 23. The Connecticut Air National Guard has an additional 13 airmen currently deployed.

Once validated at Fort Bliss Detachment 6 will deploy to Southwest Asia for a tour of duty expected to last between nine to twelve months.

Family members and friends of the Soldiers in Detachment 6, Operational Support Airlift Command, wave good-bye and take final photographs as the nine Soldiers depart the Windsor Locks Readiness Center for deployment to Southwest Asia in support of Operation Enduring Freedom. (Photo by Ms. Allison Joanis, State Public Affairs Office)

Maj. Gen. Thaddeus Martin, adjutant general, wishes Chief Warrant Officer 5 Cooper Hastings well as he departs the Windsor Locks Readiness Center with Detachment 6 OSACOM, for overseas seervice in Afghanistan. Members of the detachment have already deployed for a combined total of more than 5,000 days. (Photo by Ms. Allison Joanis, State Public Affairs Office.)

CTARNG Breaks Ground on State-of-the-Art Central Maintenance Repair Facility in Windsor Locks

Two Year, $29 Million Project 100 Percent Financed with Federal Funds

Col. John T. Wiltse
State Public Affairs Officer

WINDSOR LOCKS, Conn. – The Connecticut Army National Guard is propelling their ground maintenance repair capabilities into the 21st Century by breaking ground on a new $29 million central repair facility located at Camp Hartell in Windsor Locks.

The 112,000 square foot facility, known as a combined support maintenance shop (CSMS), will serve as the maintenance headquarters and centralized level two repair facility for approximately $325 million in vehicles and specialized equipment assigned to the Connecticut Army National Guard.

The $29 million facility construction project is financed entirely with federal funds.

"The National Guard is an essential operational partner with the Active Army," said Governor Dannel P. Malloy. "Our Guard deserves maintenance facilities that are modern and efficient to help ensure its equipment is always ready. I am grateful for the strong support of our Congressional delegation in making this project a reality."

The new CSMS facility replaces a recently demolished shop one-fourth its size built in 1954. The project also replaces and incorporates four dated external support shops into the new facility's one-story design.

"Beyond their national defense mission, the Connecticut National Guard is also an integral part of our state emergency response team," said Lieutenant Governor Nancy Wyman. "This facility will support the National Guard's efforts to provide critical assistance to residents during times of crisis and help Connecticut recover from natural disasters."

Sixty-four management and maintenance personnel will work out of the facility when completed. They are responsible for managing and completing all higher level repairs to the Connecticut Army National Guard's more than 700 vehicles and thousands of pieces of specialized equipment located at 17 facilities throughout the state.

As part of the new integrated design all major maintenance sections including wheeled vehicle and construction equipment repair, armament, electronics, calibration and allied trades (carpentry/welding/body shop) will be housed under one roof for the first time. The state-of-the-art facility will also offer an environmentally-advanced paint stripping bay and paint booth for refurbishment of ground vehicles; modern, in-bay exhaust removal and lubrication systems; expanded parts storage areas; and dedicated training classrooms.

"Equipment readiness is a vital part of keeping our unit's prepared for both federal and state missions," said Maj. Gen. Thaddeus J. Martin, Connecticut's adjutant general and commander of the National Guard. "This facility will help us maintain that readiness for generations to come."

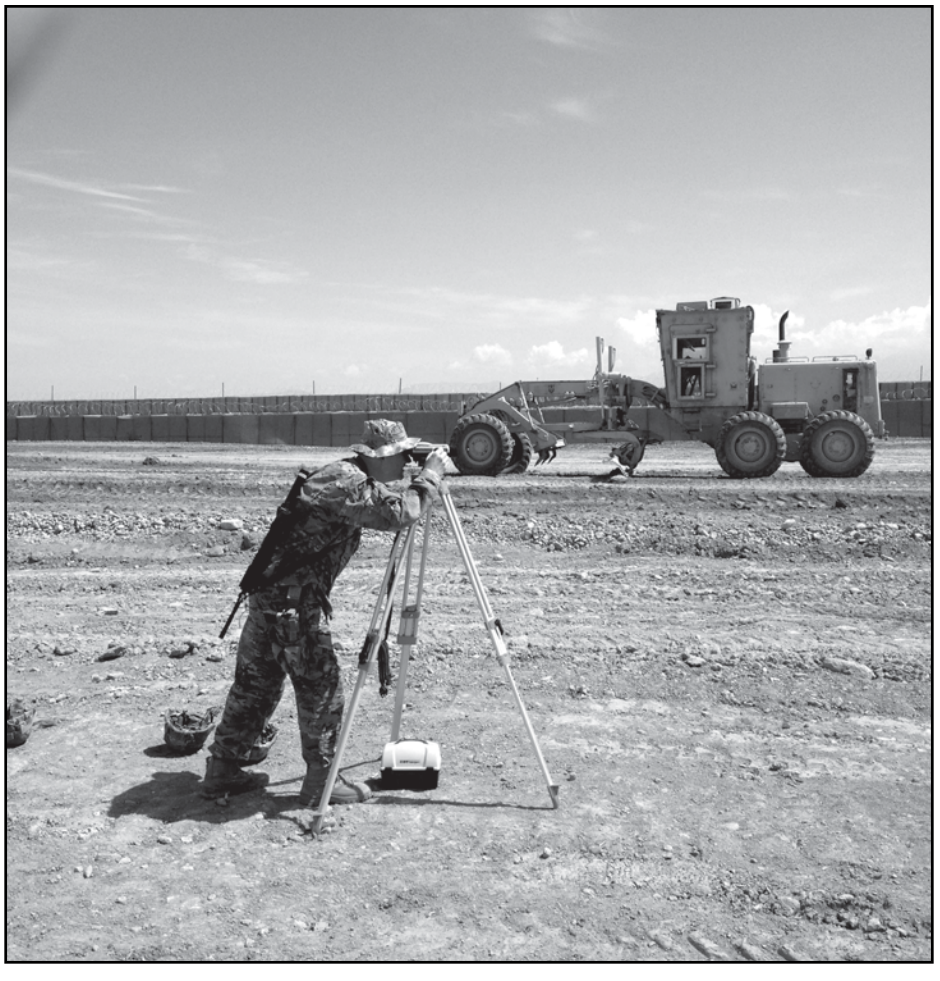
Construction is scheduled to be completed in October 2015 with full occupation expected in December 2015.

During construction essential maintenance functions and personnel have been dispersed to smaller organization maintenance shops throughout the state and temporary locations on Camp Hartell. The project architect and engineer is the URS Corporation headquartered in San Francisco with Connecticut offices in Rocky Hill and Groton. The contractor is the Whiting-Turner Contracting Company headquartered in Baltimore with Connecticut offices in New Haven and Shelton. Leidos, headquartered in Reston, Virginia, is the construction administrator.

The Connecticut Army National Guard has pursued an aggressive facility modernization program over the last decade completing approximately $500 million in new construction and renovation projects. This Windsor Locks CSMS facility marks the 17th federal military construction project the Connecticut Guard has successfully executed in the year of appropriated funds.

Camp Hartell is named in honor of U.S. Army First Lieutenant Lee R. Hartell of Danbury who was posthumously awarded the Medal of Honor for conspicuous gallantry on August 27, 1951 during the Korean War while serving as a field artillery forward observer on Hill 700 near Kobanson-ni, Korea.

Lt. Gov. Nancy Wyman (fourth from left) and Sen. Richard Blumenthal (fourth from right) join Maj. Gen. Thaddeus Martin, adjutant general (center) and other military officials in the ceremonial groundbreaking of a new ground maintenance repair facility at Camp Hartell, Windsor Locks. (Photo by Ms. Allison Joanis, State Public Affairs Office)

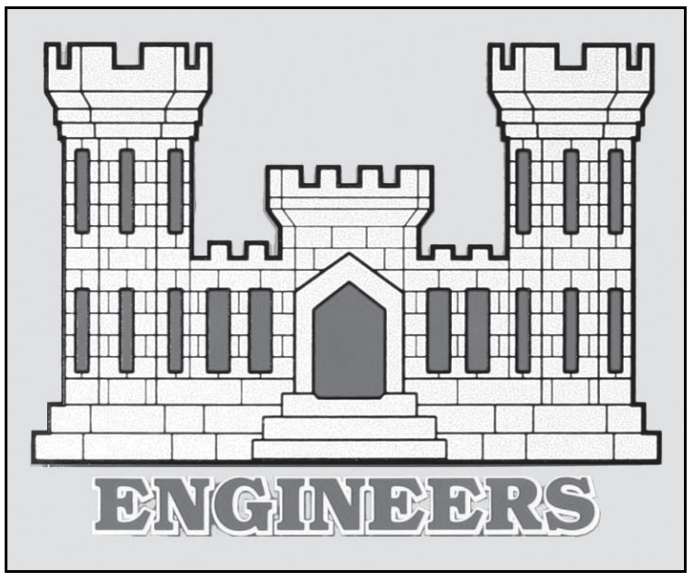


Chief Warrant 3 Michael Young, 242nd Engineer Detachment, sights an auto level while surveying a runway under construction at a Forward Operating Base in mid-eastern Afghanistan.. A grader operated by the 663rd Engineers works in the background.

242nd Engineer Detachment Continues Missions in Afghanistan

INFORMATION AND PHOTOS COURTESY OF COL. JOHN WHITFORD
24ND ENGINEER DETACHMENT (CMT) COMMANDER

The 242nd Engineer Detachment Construction Management Team (CMT) continues to assist with engineering missions in Afghanistan. The unit's role has been vital, especially during the transition process between the 130th Engineer Brigade leaving and the 2nd Engineer Brigade taking over command. 242nd Soldiers are finishing up missions that were underway, conducting site surveys and design as well as performing quality assurance on on-going projects. They are been conducting missions on the construction of a runway at a Forward Operating Base in mid-eastern Afghanistan.

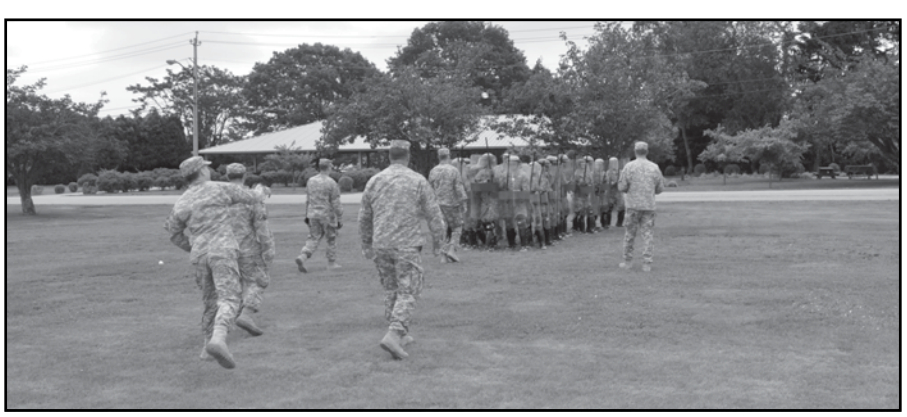


Staff Sgt. Robert Cromer, 242nd Engineer Detachment, marks a stake indicating elevation and location along a runway path being constructed in mid-eastern Afghanistan.

143rd Military Police Practice Riot Control

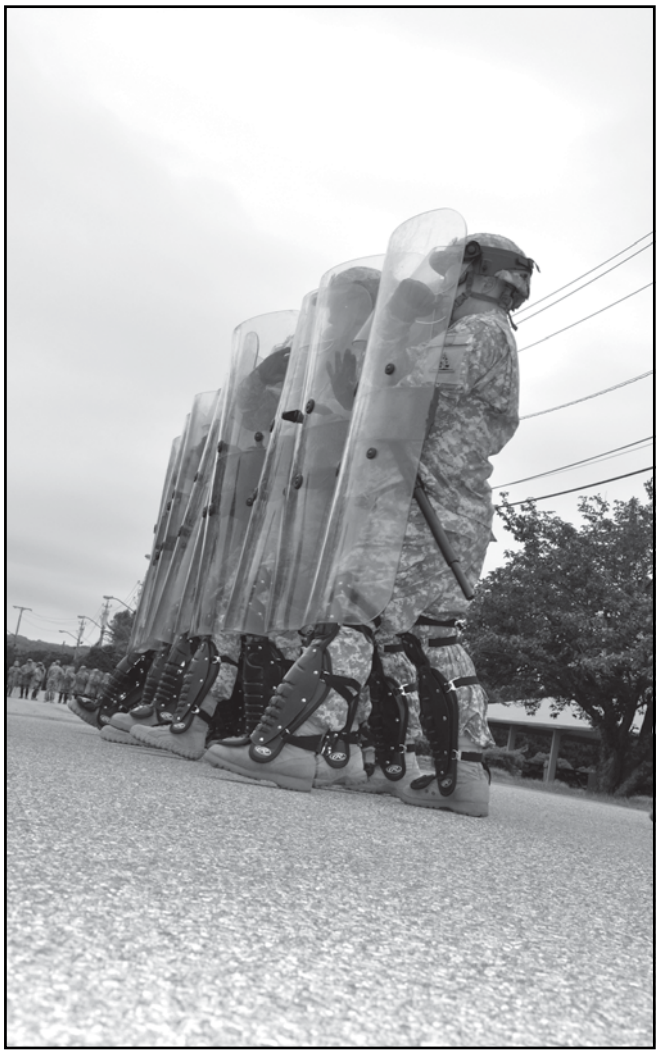
Members of the 143rd Military Police Company practice a formation in which they surround and protect a victim during a disturbance. The training was conducted during the unit's annual training at Camp Niantic. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

Sgt. Keith April (left) and Sgt. 1st Class Robert Lombardo rush the line and try to break through during riot control training at Camp Niantic. All Soldiers are members of the 143rd Military Police Company. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



As one group of Soldiers from the 143rd Military Police Company takes a crowd control stance, a second group acts as antagonizers, hurling insults, tennis balls and water balloons at those trying to calm them. (Photo by Sgt. 1st Class Debbi Newton,State Public Affairs NCO)

Members of the 143rd Military Police Company move forward towards a simulated crowd during traditional riot control training at Camp Niantic in June. Sgt. 1st Class Jonathon Severence, a platoon sergeant with the 143rd, said this training was in part to help the military police be ready for their homeland response force mission should they be called. Soldiers spent two weeks training for this and other missions at Camp Niantic and Stone's Ranch. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Sgt. Keith April (left) and Staff Sgt. Scott Spezzano work to break through the line formed by their fellow members of the 143rd Military Police Company during riot control training at Camp Niantic in June. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

Friendly Competition Promotes Esprit de Corps During Flying Yankees Warrior Day

TECH. SGT. JOSHUA MEAD
103RD AIRLIFT WING, PUBLIC AFFAIRS

The Airmen of the 103rd Airlift Wing gathered at what was once the base softball field to engage each other in a unit-wide contest of physical fitness and skill during the second annual Flying Yankees Warrior Day May 3.

This year, the winning team was the 103rd Security Forces Squadron, commanded by Maj. Chris Pagoni.

"The security forces troops endured a ton of physical pain to earn their berets, so taking the Warrior Day trophy was expected," said Pagoni. "Losing the tire flip but winning the 'corn-hole toss'— now that was unexpected."

According to Senior Master Sgt. John Gasiorek, first sergeant for the 103rd Airlift Wing, the event's primary purpose was to promote esprit de corps through friendly competition.

Each team, comprised of squadrons and flights, identified themselves with unique T-shirts and rallied together, raising their collective spirits in the hopes of taking the number one spot.

The energy out in the field was palpable, and according to Gasiorek it is something that actually makes him smile.

"You have each individual team cheering one another on. You will see commander's challenging their people to out score other squadrons," said Gasiorek.

"Security forces always seems to be the team people set the bar at. The tire flip for example was security forces first event and they scored a respectable 2:06. The logistics readiness squadron was striving to beat the score and did with a 2:00," said Gasiorek. "Later in the day the civil engineer squadron destroyed both scores with a 1:43 which was unbelievable to watch due to the nature of event."

Beyond the tire flip, there were other relays and games of skill such as a bean bag toss and free throw basketball shoot, as well as games of physical fitness like the "burpee" challenge. This challenge required Airmen to complete as many burpees as they could within a time limit. Burpees consist of going from a standing position, dropping to a squat, kicking your feet back and extending your arms to lay flat on the ground, then returning to the squat position and finally jumping from that squatting position.

"What I like best about warrior day is that you get to see everyone come together—people you don't really get to see that much," said Staff Sgt. Kenneth Doughty, an aerial porter with the 103rd Logistics Readiness Squadron. "It brings out the competitive side in people."

"The whole event came to a climax at the end with the tug-of-war between the top two scoring teams— security forces and the civil engineers. The whole base seemed to come to a standstill to stop and watch the final event. It was a great Saturday drill," said Gasiorek.

Senior Master Sgt. John Gasiorek, first sergeant with the 103rd Airlift wing, keeps a close eye on his watch as he tracks the time it takes for the 103rd Maintenance Squadron team, led by Tech. Sgt. Davitt Keenan, an equipment ordnance specialist with the 103rd Maintenance Group, to flip a massive tractor tire through a course and around a cone. This challenge was a new event added to this year's second annual Yankee Warrior Day at Bradley Air National Guard Base, East Granby, May 3. (Photo by Tech. Sgt. Joshua Mead, 103rd AW Public Affairs)

Resilience Center: Put it in Perspective!

SGT. MAJ. JAMES SYPHER
STATE RESILIENCE COORDINATOR

Catastrophic thinking, also known as catastrophizing, is when you waste critical energy ruminating about the irrational worst case outcomes of a situation, which prevents you from taking purposeful action. This is not the same as identifying worst case and contingency planning. Contingency planning is productive; catastrophizing is counterproductive. Catastrophizing often times is when a person is lost in his or her head and the thoughts he or she is having are not reality based. This creates high levels of anxiety, decreases focus and increases the feeling of helplessness.

To stop catastrophic thinking, you need to put things in perspective. This will reduce anxiety and improve problem solving by identifying the worst, best and most likely outcomes of a situation. The order by which you put things in perspective matters; stick to: worst, best, most likely. The goal is not to pretend "all is well," to deny real problems, or to take away anxiety completely. The concept of "put it in perspective" is geared towards optimism but not all "most likely" outcomes will be positive. However, this allows for the contingency planning and helps Soldiers to develop a plan to take purposeful action.

Worst Case Scenario Thinking often works as a chain with the question "and then what happens" and helps an individual to name all of his or her catastrophic thoughts. When an individual is in this mode of thinking, it seems real and our bodies react as if those catastrophic thoughts have actually occurred. Don't stop until you've exhausted what is running through your head. Typically the process will start with realistic worst case possibilities, but as you progress, the thoughts will turn into emotional overreactions and become more and more unrealistic.

Best Case Scenario Thinking works in very much the same manner, however the focus is on positive side of things. The same principles apply in that it works as a chain; you shouldn't stop until you've exhausted what is running through your head. The process will start with realistic possibilities and end while you're daydreaming in fantasy land. Typically BCST is more difficult because of our inherent negativity bias. We tend to focus on all the negative aspects of a situation so it can be a challenge to find the good. It is necessary to apply BCST to the situation in order to lower your emotions and change your mood so that you can think more accurately about the most likely outcomes.

When considering the Most Likely Scenario Thinking, it is important to think about outcomes that affect you as well as others and to consider the impact of the situation on your feelings and behaviors. As previously stated, MLST will include negative outcomes. The goal is to identify the likely negative outcomes of a situation so that you can develop a plan and deal with them. Most likely outcomes warrant our attention and planning whereas catastrophic scenarios do not.

Resilience Tip of the Month:

Avoid alcohol and energy drinks/caffeine within four hours of bed time. Also, avoid bright lights, LCD's and video games within 60 minutes of bedtime. Bright lights can reduce melatonin production within your body and make it more difficult to fall asleep.

Until next month, stay resilient Connecticut!

Resilience Resources:

Outward Bound: www.outwardbound.org/veterans
Strong Bonds: Contact Chaplain Nutt at 800-858-2677
Connecticut VA: Newington: 860-666-6951
West Haven: 203-932-5711
Military One Source: www militaryonesource.mil

All units of company size or larger are required to have at least one master resilience trainer. Seats for FY 14 have been sub-allocated to the major commands and separate units. Ask your readiness NCO for more information.

Upcoming resilience training:

Jr. RTA: July 17-18

Mental Health: Recognizing the Signs of Suicide

YANIA PADILLA, MS
SUICIDE PREVENTION PROGRAM MANAGER

Many Servicemembers may not show any signs of intent to harm themselves before doing so, but some actions can be a sign that a service member needs help. Servicemembers in crisis may show behaviors that indicate a risk of harming themselves.

Servicemembers who are considering suicide often show signs of depression, anxiety, low self-esteem and/or hopelessness, such as:

· Appearing sad or depressed most of the time
· Clinical depression: deep sadness, loss of interest, trouble sleeping and eating—that doesn't go away or continues to get worse
· Feeling anxious, agitated, or unable to sleep
· Neglecting personal welfare, deteriorating physical appearance
· Withdrawing from friends, family and society or sleeping all the time
· Losing interest in hobbies, work, school or other things one used to care about
· Frequent and dramatic mood changes
· Expressing feelings of excessive guilt or shame
· Feelings of failure or decreased performance
· Feeling that life is not worth living, having no sense of purpose in life
· Talk about feeling trapped—like there is no way out of a situation
· Having feelings of desperation, and saying that there's no solution to their problems

Their behavior may be dramatically different from their normal behavior, or they may appear to be actively contemplating or preparing for a suicidal act through behaviors such as:

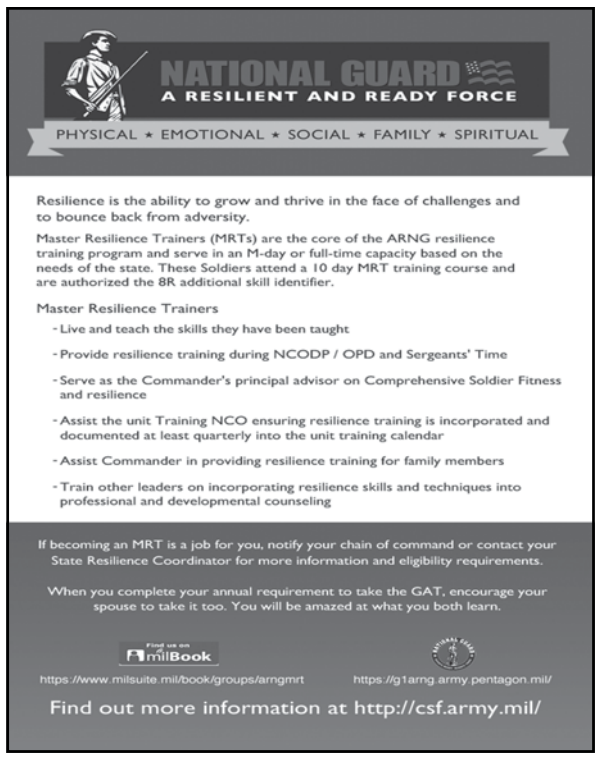
· Performing poorly at work or school
· Acting recklessly or engaging in risky activities—seemingly without thinking
· Showing violent behavior such as punching holes in walls, getting into fights or self-destructive violence; feeling rage or uncontrolled anger or seeking revenge
· Looking as though one has a "death wish," tempting fate by taking risks that could lead to death, such as driving fast or running red lights
· Giving away prized possessions
· Putting affairs in order, tying up loose ends, and/or making out a will
· Seeking access to firearms, pills, or other means of harming oneself

(Information courtesy of the military crisis helpline, www.veteranscrisiline.net)

The Connecticut National Guard family has free, confidential and locally available resources available to help Servicemembers and their families deal with problems before they become unmanageable. If you or your Servicemember are exhibiting any of the above behaviors, please contact the following programs for guidance and assistance:

The Behavioral Health Team: (855) 800-0120
Military Support Program: (866)251-2913
Military Crisis line: (800) 273-8255 dial 1

The Applied Suicide Intervention Skills Training class scheduled for July 26-27 at the Armed Forces Reserve Center in Middletown still has seats available. Please have your chain of command contact Yania.y.padilla@accenturefederal.com or (203)450-1826 to reserve a seat.



‘Get Out There and Shoot’ –Quint’s Rules fo

Staff Sgt. Benjamin Simon
JFHQ Public Affairs
Photos courtesy of Spc. Joshua Quint
143rd MP Company

143rd Military Police Company military policeman Spc. Joshua Quint was given a digital single lens camera from a friend as a gift before his deployment with the 143rd to Afghanistan in 2013. During his time overseas, his interest in photography transformed from a fleeting hobby into a full-blown passion.

In Afghanistan, Quint dedicated himself to his craft and composed dozens of photographs which artistically captured the143rd MP Company’s year abroad.

After returning to the U.S., Quint invested more of his time in learning the art of photography. To further develop his skills, he even began working part-time at a photography studio.

Interest in Quint’s photographs spread quickly. He became the subject of a September 2013 “Farmington Valley Times” article, and that same month, he displayed his photographs at the Farmington Valley Arts Center in Simsbury, Connecticut.

He’s since transformed his hobby and passion into a successful business. Quint and a friend recently opened HQ Photography Company.

Quint said that he is fortunate to have transformed his love of photography into his employment, but believes that anyone with dedication to their craft can do the same.

It doesn’t matter what hobby or trade a person has—anyone who focuses and works hard can find success, Quint said.

For Soldiers who have an interest in photography, he has important advice.

“Practice, practice, practice,” he said. “Don’t be afraid. Get out there and take pictures.”

He offers additional rules for service members who have an interest in photography—rules that he learned to abide by during his deployment in Afghanistan, and time spent honing his skills when back at home. Quint said even though these are his personal guidelines, service members who are just beginning their journeys as photographers (as he was when he received his first DSLR camera) may find them useful.

Quint still works hard on a daily basis on becoming a better photographer. “I try to practice as often as I can,” he said.

He also said that he is interested in sharing advice, providing encouragement and critiquing photos from anyone who has an interest in photography. He can be reached at hqphotographyco@gmail.com.

***1. Be patient**. Quint said he lost track of how long he waited and how many pictures he took before capturing this image of an artillery round being fired. Great images are not captured easily— much wait time is generally required.*

***2. Be different.** Anyone can take pictures at eyelevel standing up. Quint said sometimes you have to get on the ground with your subject to tell its story—sometimes your subject needs to be captured uniquely—and sometimes your subject has to be unique.*

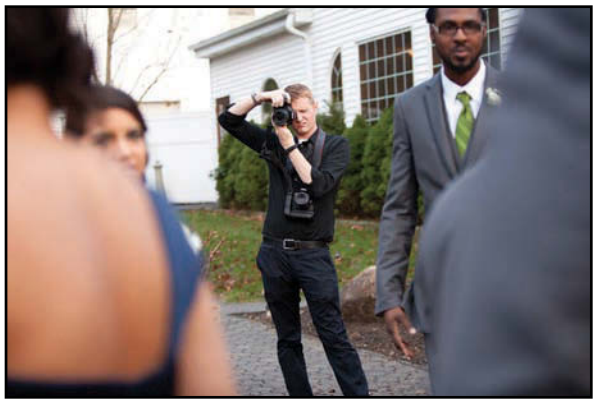
***3. You can’t pose emotion.** You can’t schedule emotion either. When it’s happening, you have to capture it.*

4. Fill the frame. Quint said it’s important t
and that extra space in frames can detrac
space and objects in a frame should be pr
your subject’s story. Lightning alone in a s
dark guard-towers and a silhouette of a la

or Rising Photographers Easy as 1-2-3-4

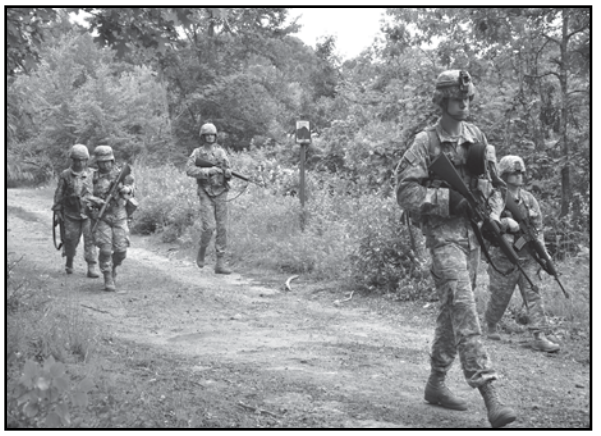
o fill your frame with your subject, t from effect. At the same time, extra resent if they are necessary to tell ky is cool, but lightning alongside rge crane tells much more of a story.

Spc. Joshua Quint, a military policeman with the 143rd Military Police Company, returns to the United States after a deployment toAfghanistan in 2013. While deployed, Quint developed an interest in photography and has since turned that interest into a business.



Prior to deploying to Afghanistan in 2013, Spc. Joshua Quint received a camera as a gift. His hobby quickly turned to a passion which turned into a business upon his return form deployment. Quint is a member of the 143rd Military Police Company and serves as the Unit Public Affairs Respresentive, helping to document the unit's people and missions.

Around Our Guard



Members of Headquarters/Headquarters Detachment, Joint Force Headquarters conduct dismounted patrol training during the unit's annual training at Stone's Ranch Military Reservation in June. HHD JFHQ was one of many units using Stone's Ranch for annual training. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

Connecticut Army and Air National Guard units conduct training throughout the state during their weekend drills and Annual Training periods. We encourage you to take photos of that training when you can and send them to us at ctngpublicaffairs@gmail.com Please send them the day you take them so we can post to our social media accounts and get your units recognition. Include information on what is going on in the photo, what unit is depicted and full names and ranks of identifiable Airmen and Soldiers.

Members of Headquarters/Headquarters Company, 192nd Engineer Battalion conduct mounted patrol training during annual training at Stone's Ranch Military Reservation in June. Above, the vehicles convoy towards the confidence course and below, a Soldier takes up a defensive position after finding what might have been an IED. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

Pfc. Aaron Boatman from 169th Aviation, Headquarters and Headquarters Company gives Brig. Gen. Mark A. Russo, assistant adjutant general, a quick overview of the M203 grenade launcher before a friendly competition between the two at Fort Indiantown Gap, Pennsylvania. (Photo by Spc. Jyotsna Khattri-Chettri, 130th PAD)

Soldiers from 169th Aviation refuel a Blackhawk (UH-60) at a Forward Area Refueling Point during their annual training at Fort Indiantown Gap, Pennsylvania. The two-week annual training helped prepare Soldiers for their upcoming deployment to Kosovo in support of Kosovo Force, next year. (Photo by Spc. Jyotsna Khattri-Chettri, 130th PAD)

Enlisted Update

CHIEF MASTER SGT. EDWARD GOULD

Greetings and welcome to the 101 days of summer.

I appreciate the opportunity to reach out to all Connecticut Guardsman and introduce myself as the new Air National Guard State Command Chief Master Sergeant. I would be remiss if I did not start by thanking Maj. Gen. Martin for allowing me the opportunity to serve in this position. Equally important, I want to thank all of you for your support. I could not have achieved this career goal without the mentoring and support of so many others.

By the time this article goes to print we will be approximately half way through this critical time of year. These 101 days, from May 25 through Sept. 4, are traditionally more dangerous than other time of the year because of the increased outdoor activity that we participate in. Whether it is a leisurely ride on your motorcycle; a day at the beach; a day spent boating; or playing softball and other sports, during these 101 days of summer we often find ourselves doing activities we don't do during the remaining part of the year. During these 101 critical days of summer, more Airmen and Soldiers are injured and killed in off-duty accidents than at any other time of the year. We must step up and be good Wingmen. You, our Airmen and Soldiers, are the Guard's more valuable asset.

I want to spend a few minutes discussing safety. These critical 101 days of summer safety demand our added vigilance. In May I attended the Air National Guard Executive Safety Summit held at Volk Field Combat Readiness Training Center at Camp Douglas, Wisconsin. The theme of the summit, and of this year's safety initiative, is "***Don't let your Guard Down.***"

The Air National Guard director of safety, Col. Edward Vaughan, said "the most common safety reference is meant to emphasize the importance of maintaining focus on the task at hand. In other words, be mindful and don't let complacency, inattention or other hazardous human factors cause you to make avoidable mistakes. I interpret the slogan as urging each Airman to behave in accordance with the Air Force core values, follow published guidance and return home safely each night and back to work again safely in the morning."

Additionally, Lt. Gen. Stanley E. Clarke III, director of the Air National Guard, commented that "Aircraft are the Air National Guard's most expensive asset. People are the most valuable asset." I could not agree more with Lt. Gen. Clarke. You are the most valuable asset the National Guard has. Without you, no amount of equipment or technology could be brought to bear in the interest of our national security. Without you, our most valuable asset, we would not be able to successfully execute our dual mission in support of state and country.

Each and every day we all evaluate risk, mitigate risk as much as possible and press on with our mission and duties. We should also conduct this same type of risk assessment when we participate in the activities mentioned at the beginning of this article. While I enjoy riding my motorcycle, I also consider risk each and every time I ride. I always consider that riding my motorcycle is statistically more dangerous simply by being on it after dark. Combine poor weather, or other annoyances and distractions, and you are inviting disaster. Needless to say, I never ride without all the required safety equipment. I know that I cannot eliminate all the risk associated with riding my motorcycle. I consider those risks and decide whether to accept the risks and ride or delay the ride to another day. Although we cannot eliminate all risk from everything we do, we can take steps to reduce risk and safely accomplish the mission at hand, or enjoy enjoyable summer activities.

In my civilian life, I am a captain in the Connecticut State Police and have been a Trooper for more than 27 years. I can assure you that I have repeatedly seen the gruesome and devastating results of people being careless. Whether it is a motor vehicle crash caused by someone texting while driving or a crash caused by an impaired operator, there is always a common denominator: careless or reckless behavior by someone. Please note the use of the word crash and not the word accident. Using the word accident denotes that nothing could have been done to avoid it. In the great majority, that is not the case. This also includes water sports activities involving boats and other personal watercraft.

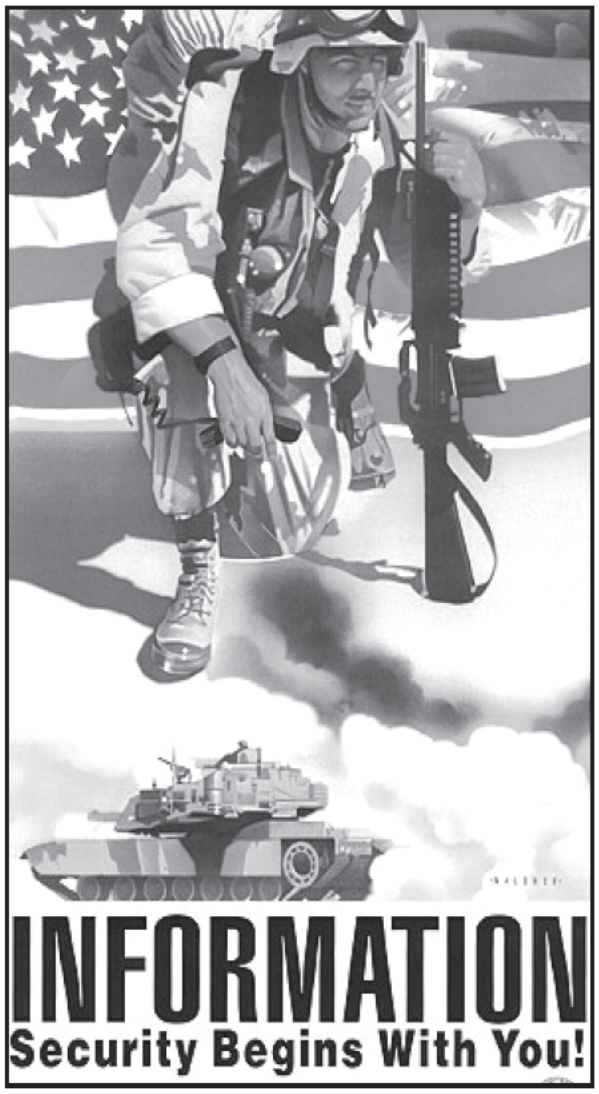
Airmen have long been told to be a good "Wingman." But what does that mean and how can you actually do your part to protect the most valuable asset the National Guard has?

We have all had the opportunity to step in and help someone. That may mean giving a fellow Airman or Soldier a ride home from the club, talking with him/her about their family situation or helping with some other stress they may be under. We have a myriad of resources available to us if we would just use them.

During the June UTA I had the opportunity to address a group of supervisors receiving some training. The topic of mental health came up and I shared a technique of mine that I have used on several occasions. Often, if I find myself talking with someone who needs some advice or help beyond my capabilities, I ask the person to step outside and talk. Then I simply start walking and talking all the while walking in the direction of the chaplain's office, the first sergeant's office, the medics, behavior health professionals or whatever resource I think could be of the most help. Of course, this takes time but it is our responsibility. We must always take the time to care for our Airmen and Soldiers, our most valuable assets.

Airmen and Soldiers can visit www.Ready54.org where there is information for both Air National Guard and Army National Guard personnel. Topics on the web site include Air National Guard Safety, Army National Guard Safety and a Guard Family information area. In the Directory tab you can find contact information for local resources.

And remember, ***"Don't let your Guard down."***



Legal Affairs

Self-Referral Under the Army Substance Abuse Program

Capt. Erich Heinonen
Judge Advocate, Attorney-Advisor

We can all imagine the following scenarios:

- It's been a long week. Friday rolls in and you can't wait to cut loose after being on duty for what seems like five straight days. You meet up with some buddies at a friend's house and you have a few beers. Next thing you know, someone brings out a joint and it is passed to you. You take a smoke.

- You've been drinking a few beers a night to unwind after work. Next thing you know it's more than a few and you're passing out every night. In fact, now you can't get to sleep without drinking.

- You have a back injury from deployment. Your prescription of Oxycodone has run out and you can't refill for another week, but you still need those pills to get right. You're buying them off the street to supplement your needs.

Many of our Guardsmen find themselves in these situations. Many good, dedicated Soldiers and Airmen who have fought for their country in a time of great need now, in turn, need our help. Too often, we discover their needs through a positive urinalysis test, when it may be too late to provide intervention and even possibly rehabilitation.

Normally Soldiers with an alcohol or other drug problem should seek help from their unit commander; however, they may initially request help from their installation ASAP, Medical Treatment Facility, a chaplain, or any officer or NCO in their chain of command. Ultimately the commander will need to be involved when a Soldier self-refers and seeks rehabilitation treatment through the National Guard.

NGR 600-200 directs the National Guard to follow AR 135-178 with respect to separation actions for abuse of illegal drugs or alcohol. Commanders are directed to initiate separation proceedings against Soldiers who test positive for illegal substances, though they maintain the authority to recommend retention and rehabilitation of the Soldier.

Commanders are not required to initiate separation proceedings when Soldiers self-refer or self-identify as having a substance abuse problem in accordance with AR 600-85. In fact, a Soldier's self-referral in combination with the regulation's limited use policy can be an effective way for Soldiers to ensure that they receive fair treatment throughout the process of rehabilitation or administrative separation. The decision remains vested in the unit commander to determine in which direction to proceed.

Should the commander decide to recommend separation in the case of a legitimate self-referral, the limited use policy requires the characterization of service be "honorable." The key here is the legitimacy of a self-referral. Under the regulation, a Soldier cannot seek help immediately prior to, and upon notice of a pending unit drug test. A Soldier cannot gain the benefit of the limited use policy to shield themselves from unfavorable characterization of service for continued recreational substance abuse.

The purpose of these policies, self-referral and limited use, are to encourage Soldiers to get the help they need and either separate from service under favorable conditions or to assist commanders in retaining and rehabilitating our most valuable assets, the experienced Soldiers and Airmen who have served our country with honor.

DOD Ethics Adviser Focuses on Trust, Accountability Issues

Nick Simeone
American Forces Press Service

WASHINGTON, June 20, 2014 - "I don't know of an institution in the world that has higher personal standards than the military. We want to keep that," Defense Secretary Chuck Hagel said in March as he announced the appointment of a Navy admiral to be his senior advisor for military professionalism following a series of highly publicized incidents that he said called for reinvigorating "our ethics and character."

Three months after taking that job, Rear Adm. Margaret "Peg" Klein has arrived at some tentative conclusions not always easily recognized within the ranks of the bureaucracy of the world's largest public employer.

"I have to look at the components of trust and make sure we are training our people on how important trust is and what goes into trust," Klein said in an interview with American Forces Press Service.

Accountability is at the top of her list, she said.

Klein's mission is to coordinate with the Joint Staff, the combatant commands and the military services to determine how each can better focus on ethics, character and competence at every level.

"Every once in a while, humans make mistakes and so the goal of my office is to look at the best practices across the services and up our game," she said.

Department officials point to several instances of ethical lapses in particular that led to the creation of her post, including the case against Army Gen. William "Kip" Ward, the former commander of U.S. Africa Command who was demoted two years ago after the Pentagon's inspector general found he had improperly expensed travel and misused aircraft assigned to his command.

Earlier this year, the Air Force relieved nine officers, allowed a commander to retire and disciplined nearly 100 others after airmen in charge of the nation's intercontinental ballistic missiles were found to have cheated on a proficiency exam. That came on the heels of allegations that Navy personnel at the Charleston Nuclear Power Training Unit in South Carolina had cheated on a qualification exam.

"I have to look at the components of trust and make sure we are training our people on how important trust is and what goes into trust."
Rear Adm. Margaret "Peg" Klein

"I think there were a series of incidents that happened in fairly quick succession that told the secretary he needed someone to singularly focus on this," Klein said. Hagel has said the department needs to determine whether there is a deeper, wider problem than these instances alone and has said addressing the matter remains the department's top priority.

Since becoming the secretary's senior advisor on ethics, Klein says she has met with a diverse set of academics and practitioners with the goal of further developing the professional military and in the process has discovered a common leitmotif.

"Very important is the culture of accountability," she said. "We have to make sure that across the department that that culture is understood and reinforced at all levels."

It's fundamental issues such as these, she said, that go to the heart of what puts the U.S. military in a class all its own.

"We see trust as a foundation that makes us an effective fighting force," Klein said. "I have to look at the components of trust and make sure we are training our people on how important trust is."

Some observers have wondered whether a military under stress from 13 years of continuous war has contributed to some of the ethical issues affecting the force. "It's not about the war itself," Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, said in March.

"It's about the pace at which we've been operating and the fact that we've neglected some of the safety nets that we've traditionally relied upon to make sure we're living up to the values of our profession," Dempsey added.

Klein says Hagel has given her two years to carry out her mission of determining the most-effective programs for improving the level of professionalism within the military.

"Once we're able to institutionalize these best practices across the services, I've achieved success by working myself out of a job," she said.

Governor's Horse and Foot Guards

Annual Awards Earned by Foot Guard Members

Staff Sgt. Mark Boudreau,
First Co., Governor's Foot Guard

The First Company Governor's Foot Guard, under the command of Maj. Christopher H. Cain, recently announced the unit members recognized for exceptional performance of their duties and contributions to the unit during the past year.

The two most prestigious awards, the Frank E. Wilcox Medal, awarded to the best drilled soldier, and the George W. Tule Bandsman of the Year Medal, commemorate two past Foot Guard commandants and are regarded as the most prestigious individual recognitions that can be earned by members of the rifle platoon and band respectively. Cpl. Brian E. McEntee of Waterbury was awarded the Wilcox Medal for his performance in the Wilcox competition. Sgt. Ralph Sherman of New Britain was awarded the Bandsman of the Year Medal as voted on by his fellow band members.

Pvt. George Lange of New Britain received the Simon Drill Medal for demonstrating exceptional skills in following complex commands.

The Lt. Col. Robert A. Burnham Medal of Merit was presented to Maj. Loren Schave of West Hartford and Capt. John Ferreira of Newington. The Burnham Medal was endowed by the family of the late Lt. Col. Robert A. Burnham to honor Bob's memory. Burnham served in the Foot Guard for nearly 40 years, including his tenure as major commandant. All active, associate and life members of the First Company Governor's Foot Guard are eligible to receive the medal. To do so, they must emulate the standards of commitment, versatility and devotion to the command set by Burnham's distinguished service to the 1GFG. Potential recipients must be nominated, in writing, by a member of the 1GFG.

Perfect attendance medals were received by five members of the Foot Guard, most notably Maj. Christopher Cain and Capt. Roger J. Conley for 16 years of perfect attendance.

Also awarded were First Company Governor's Foot Guard Long Service Medals to deserving members of the command. While 14 medals were awarded, the following members were recognized for exceptionally long service:

Maj. James LoStocco of Avon	50 years
Capt. John Crane of North Canton	45 years
Master Sgt. Max Covell of Manchester	40 years
Staff Sgt. Mitch Friedman of Avon	30 years
Capt. Larry Parmalee of East Hartford	25 years
Sgt. 1st Class Michael Condon of Portland	25 years

Other members recognized for long service were awarded medals from 10 to 20 years. If totaled, these awards represent 350 years of volunteer service to the Foot Guard and the state of Connecticut.

Playing to Honor Freedom

The First Company Governor's Foot Guard Band, under the command of Capt. David Carlson, perform the French and U.S. national anthems while the combined U.S. Armed Forces Color Guard presents the colors at a ceremony on Liberty Island on June 6. The event commemorated the 70th anniversary of the D-Day invasion of France and was an homage to the U.S. Soldiers who made the ultimate sacrifice for the liberation of France. The event was sponsored by 'The French Will Never Forget', a grassroots organization created in 2003 of French citizens living in the United States which strives to strengthen the friendship between the French and American people and the two countries. There ceremony took place in front of the Statue of Liberty and included the unfurling of 30' X 60' American and French flags by children of both countries and a helicopter dropping one million rose petals on those assembled for the event. This was followed by a second ceremony at which former U.S. military personnel who participated in the storming of the beaches on D-Day being presented with medals from the French government. (Photo courtesy of Maj. Christopher Cain)

Spending June Day in Boston

The Second Company Governor's Horse Guard was once again honored to attend the events of June Day in Boston. Every year the first Monday of June is known as June Day and members of the Ancient and Honorable Artillery Company of Massachusetts invites all members of the Centennial Legion to Boston to march from Faneuil Hall to Boston Common for a ceremony that marks the changing of command for the unit. This year the Second Horse marched along with the other Connecticut State Militia Units as well as units from all over the region and nation to commemorate the history and heritage of military service in the United States. From left: Capt. James Marrinan, Maj. Gordon Johnson, Pfc. Jodi Fay, 2nd Lt. Ken Fay and 1st Sgt. Bill Goessinger. (Photo courtesy of the Second Company Governor's Horse Guard)

Healthy Lifestyles

Old Drug Brings New Promise for PTSD-Related Nightmares

Christine Creenan-Jones
Uniformed Services University of the Health Sciences

BETHESDA, Md., June 13, 2014 - Every day, thousands of American service members relive the trauma of war in their sleep. They hear explosions, see the carnage of battle erupt around them and feel the crushing weight of a painful combat memory resurface in their dreams.

Unfortunately, frequent nightmares are common among service members with post-traumatic stress disorder. Moreover, they disrupt sleep, which can magnify the daytime symptoms of PTSD and stymie the recovery process significantly.

"Although psychotherapy is the best treatment for PTSD, it's less impactful when a patient is tired, irritable, anxious or unable to concentrate because recurring nightmares continuously disrupt their sleep," said Army Lt. Col. Jess Calohan, program director for the Psychiatric Mental Health Nurse Practitioner Program at the Daniel K. Inouye Graduate School of Nursing, part of the Uniformed Services University of the Health Sciences here.

In 2005, Calohan began working with Dr. Murray Raskind, who discovered that a largely obsolete blood pressure medication called prazosin appeared to be effective for treating PTSD-related nightmares. In his own practice, Raskind, director of the Northwest Network Mental Illness Research Education and Clinical Center at Veterans Affairs, used prazosin to treat Vietnam War veterans with PTSD.

Theoretically, the drug blocks the effects of adrenaline in areas of the brain thought to be responsible for causing nightmares during sleep. Raskind found that prazosin was tremendously successful at improving sleep quality and other PTSD-related symptoms.

Still, Raskind wondered if prazosin also would work on active duty service members. Their combat experiences were different, and they weren't as far removed from the fight as the Vietnam War-era patients in his study.

Raskind, Calohan and colleagues partnered to investigate prazosin's crossover efficacy. In two separate studies funded by the Veterans Affairs Department, active-duty soldiers with PTSD reported experiencing better, more restful sleep while taking prazosin. Furthermore, in many cases, the combat-related nightmares that amplified other PTSD symptoms were eliminated altogether. This led to vast improvements in overall PTSD treatment for the soldiers Calohan treated at Joint Base Lewis-McChord in Washington state and at frontline clinics in Iraq and Afghanistan.

"Before our research, prazosin was a level C on the strength of recommendation scale on the [VA and Defense Department] clinical practice guidelines, a system that measures the quality and consistency of evidence for using a medical intervention," Calohan said. "Now, it's a level B, but we fully expect prazosin will move up to a level A soon."

Level A is the highest rating on the strength of recommendation scale. It's reserved for interventions validated by high-quality, evidence-based studies. The team's work is reaching for the top of the scale through research results and professional accolades. In fact, their study was the most-read article in last year's September issue of the American Journal of Psychiatry. It also was lauded as the No. 1 innovation in psychiatry for 2013 by the New England Journal of Medicine.

In an effort to continue improving patient care, Calohan is using his expertise to shape the way rising military health care providers deliver care to service members with PTSD.

“Now that I'm here at USU, I'm able to review the prazosin literature and its application in clinical practice with my students," he said. "It is definitely a good thing, because I'm educating providers about an effective method for treating sleep disturbances related to PTSD."

169th REGT (RTI)

CONNECTICUT OFFICER CANDIDATE SCHOOL HALL OF FAME

The 169th Regiment Regional Training Institute is establishing the Connecticut Officer Candidate School Hall of Fame

Induction criteria:

- **Graduate of the CT State OCS program**
- **Federally recognized O6 or higher**

Retirees are eligible

May be awarded posthumously

Participants should submit an 8x10 photo in military uniform or appropriate civilian business attire to:

Commander, 1/169th (OCS) BN
ATTN: Training Officer
38 Smith Street, RTI Bldg
Niantic, CT 06357

Need additional information? Contact Capt. Lord at 860-691-4236

Diversity: Independence Day

MAJ. KRISTINA L. GARUTI
STATE EQUAL OPPORTUNITY OFFICER

The Fourth of July brings to mind different things for different people. Young children probably associate fireworks and parades with this holiday. Young adults might think of swimming, bonfires and a day off from school. Adults and middle-aged people think of picnics and barbeques. And the older generation has a nostalgic view of the many Fourth of July events they have attended throughout their lives. I personally think of fresh watermelon, roasted corn on the cob and vanilla ice cream with strawberries and blueberries.

During this holiday, the American people express and give thanks for the freedom and liberties fought for by previous generations with patriotic music, displays, decorations and a variety of activities that have special meaning to them.

Do you know the origins of Independence Day?

On July 4, 1776, the Declaration of Independence declared the United States autonomous and no longer an extension of the Kingdom of Great Britain, now known as the United Kingdom.

During the American Revolution, which spanned almost two decades in the second half of the 18th century, the Thirteen Colonies technically separated from Great Britain on July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence that had been proposed the previous month by Richard Henry Lee of Virginia. The "Committee of Five" prepared the Declaration of Independence with Thomas Jefferson as the principle author. There are conflicting accounts about when the final document was actually signed, but July 4 is historically proposed to be the date the document was approved.

Since the early 1900s, the Fourth of July has been a paid federal holiday. It is a time of celebration for all Americans and as you observe this year's Fourth of July, take a moment to reflect on the history of this date. Think about the trials and tribulations that previous generations experienced that led to the creation of our present government and society. Have a happy and safe Fourth of July!

Connecticut National Guard HELPLINE

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

If you or someone you know is struggling with the stressors of life, please contact us at 1-855-800-0120.

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

National Guard Association of Connecticut (NGACT)

NGACT Begins Annual Briefings

ANDREW DISILVESTRO
NGACT VICE-PRESIDENT, ENLISTED

6/8/2014 - BRADLEY AIR NATIONAL GUARD BASE - East Granby, Conn. — The National Guard Association of Connecticut (NGACT) hosted a membership drive with the Airmen of the 103rd Airlift Wing during the June 2014 drill. The 103rd was briefed by Mark Wilson, national speaker for the National Guard Association and Senior Education Outreach Ambassador - Grantham University. Also in attendance was Carey Welsch, Regional Director of Education Outreach - Grantham University. They presented information about the latest legislative efforts by the National Guard Associations in Washington, D.C. to support the men and women of the National Guard.

"There has never been a more critical time to be a member of our professional associations," said Staff Sgt. Andrew DiSilvestro, Vice President, NGACT. "Our associations stand in the gap, at the state and federal level, to ensure our benefits are protected."

Career and education planning information, provided by affiliate partner programs of the National Guard Associations, was also discussed, along with scholarship opportunities that the associations offer to their members.

For more information:

The National Guard Association of Connecticut: www.NGACT.org

To schedule a NGACT Brief with your unit: Call (860) 247-5000

The National Guard Association of the United States: www.NGAUS.org

The Enlisted Association of the National Guard of the United States: www.EANGUS.org

Save the Date

July 16
NGACT Executive Board Meeting

August 7
Retirees' Picnic and Benefits Update Briefing

August 10-14
EANGUS Annual Conference
Phoenix, Arizona

August 22-25
NGAUS Annual Conference
Chicago, Illinois

CONNECTICUT NATIONAL GUARD RETIREES' PICNIC & BENEFITS UPDATE BRIEF

THURSDAY, AUGUST 7TH 2014 @ 1200

CAMP NIANTIC, NIANTIC CT

+Chowder All Day!

Active Duty Welcome

Pass the word

Meet old friends

New Facilities

Food & Beverage

Bring a guest

Card Games

VA, TRICARE, USAA & AUSA Reps

+Sausage & Peppers!

Mark your calendar and join as for the fun!

$25.00 by July 31 & $27.00 at the Door

Name _____ Rank_____ Army_____ Air_____

I will ____ will not ___ attend the Retirees' Benefits Update Briefing

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Retiree Benefit Update Brief will be held at 10:30 at The Point

Make checks payable to NGACT and mail to NGACT Retirees' Picnic

360 Broad Street, Hartford, CT 06105

Plan - Prepare - Execute: Making Training Happen

Information Provided by Lt. Col. Paul Thompson
State Training Officer

(Editor's Note: This is the third installment in a monthly series of short training planning articles. The information is extracted from The Leader's Guide to Unit Training Management found on the Army Training Network. Each article will cover a portion of the training responsibilities leading to the execution of a planned training event.)

The Unit Training Plan is the unit's over-arching plan to attain key collective task proficiency in the time allotted to train (planning horizon). Commanders, leaders and training managers plan, prepare, execute and assess each training event as the UTP progresses. Each training event is planned and coordinated in detail prior to execution. This is done during company-level training meetings using the "T-Month" construct. This process has to start early enough in the planning cycle to ensure all required resources are present and accounted for as training begins. Unless this is done, training proficiencies the commander envisions will not happen. Each unit has to have a deep understanding of the local and installation-level resources available. This also includes understanding training resource cycles and conferences to ensure the unit can influence these cycles early enough to get the resources needed to train. The following is a breakdown of major "T-Month" activities to use as a guide for units to follow in the development of training events. Keep in mind that each major training event would fall into the T-Month concept at different points in time on the training calendar.

Month T-11 Refine event requirements. As the unit works through training event planning, key pieces of information are required. An approved UTP contains initial training objectives for each training event, additional guidance and key collective tasks proficiency aim points or required-by dates. Training objectives should be reviewed and refined as necessary, as well as the identification of additional tasks to train during the event. Commanders and staffs refine these as they execute the UTP and plan, prepare, execute and assess each training event. Because every plan must be fluid and account for adjustments, the training objectives for each event should be adjusted during planning to reflect proficiencies mastered or required retraining after each event.

Next month will feature Month T-10: Publish WARNO /pre-execution checks.

VA
U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Public Health

Postcard Flyer

Airborne Hazards and Open Burn Pit Registry

The Airborne Hazards and Open Burn Pit Registry is a database of health related information about Veterans and Servicemembers. Individuals may participate by completing an online questionnaire about their symptoms, health conditions, environmental and work-related exposures, and health care usage.

Eligibility

Any Veteran or Servicemember who served in:

- OEF/OIF/OND or in Djibouti, Africa, after September 11, 2001, or
- Operations Desert Shield or Desert Storm or the Southwest Asia theater of operations after August 2, 1990.

Note: The Southwest Asia theater of operations includes the following locations: Iraq, Kuwait, Saudi Arabia, Bahrain, Gulf of Aden, Gulf of Oman, Oman, Qatar, United Arab Emirates, waters of the Persian Gulf, Arabian Sea, Red Sea, and the airspace above these locations.

Postcard Flyer

You can make a difference in your health and the health of fellow Veterans and Servicemembers.

Join the registry to:

- become more aware of your health,
- help VA learn more about the potential health effects of exposure to burn pits and other airborne hazards,
- help improve VA's deployment health programs, and
- receive information about ongoing health studies and services provided by VA.

Participate: **https://veteran.mobilehealth.va.gov/AHBurnPitRegistry/**

Learn more: **http://www.publichealth.va.gov** ***or call*** **1-877-222-8387**

THE CONNECTICUT NATIONAL GUARD
OFFICIAL WEB AND SOCIAL MEDIA

www.ct.ng.mil/
Official CT National Guard Website

facebook.com/connecticutnationalguard
The Official CT National Guard Fan Page

twitter.com/ctnationalguard
The Official CT National Guard Twitter

instagram.com/ctnationalguard
The Official CT National Guard Instagram

flickr.com/ctnationalguard
The Official CT National Guard Flickr

vimeo.com/ctnationalguard
The Official CT National Guard Vimeo

youtube.com/ctnationalguard
The Official CT National Guard YouTube

pinterest.com/ctngpao
The Official CT National Guard Pinterest

slideshare.net/connecticutguard
The Official CT National Guard Slideshare

Connecticut National Guard Public Affairs Office
Social Media Submissions and Information
(860) 524-4858 · ctngpublicaffairs@gmail.com

Off the Bookshelf

A Step Towards Balance: 'Pooh's Little Book of Feng Shui'

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

When Feng Shui came to the hundred acre wood, it was rabbit who came across it first.

He decided that it must have something to do with what Christopher Robin did on Tuesdays.

Feng Shui (pronounced Foong Shway) translates roughly to wind and water. It is part of an ancient Chinese metaphysical art that concerns the act of balancing oneself with one's environment.

As Yoga, meditation, martial arts and other Eastern spiritual disciplines have gained popularity in the Western world in the 20th and 21st centuries, Feng Shui has become popular as well. Its principles are not hard to grasp.

A cluttered apartment or house does not have good Feng Shui. A clean and orderly apartment or house does.

A stagnant pond does not have good Feng Shui. A clear running brook or stream does.

Feng Shui precepts are in large part subject to interpretation, but also depend highly on an individual's internal Feng Shui. A clean and orderly apartment or house will do nothing for a person with a disordered mind. Each must actively reciprocate Feng Shui before overall balance can be achieved.

Auspicious vs. Inauspicious

Auspicious means balanced and favorable. Inauspicious means the opposite.

In Feng Shui, things inauspicious should be avoided unless necessary for balance. Jagged pieces of broken glass are very inauspicious and should be avoided, but removing pieces of glass from a beach benefits the Feng Shui of the beach and is necessary.

Chi

Chi (qi) is energy flow. Energy flows in an infinite number of directions. Aligning oneself with auspicious chi is best for creating health, balance, and favorable conditions. Inauspicious chi will render the opposite.

A homemade kite that floats on a breeze is being directed by auspicious chi. If the kite becomes stuck in a briar patch, the chi has become inauspicious.

So, how does one achieve personal and internal Feng Shui? The author of "Pooh's Little Book of Feng Shui," believes that Winnie the Pooh is a fantastic representation of balanced and auspicious living.

He is neither passive nor active. He is never truly happy or sad. He exists in the hundred acre wood in relative harmony while frequently assisting his less-than harmonious friends—thereby assisting the overall balance and Feng Shui of the hundred acre wood.

Pooh is simply close in nature to nature, and unlike his friends (and most people in the real world) allows his nature to guide him.

Live Instinctually

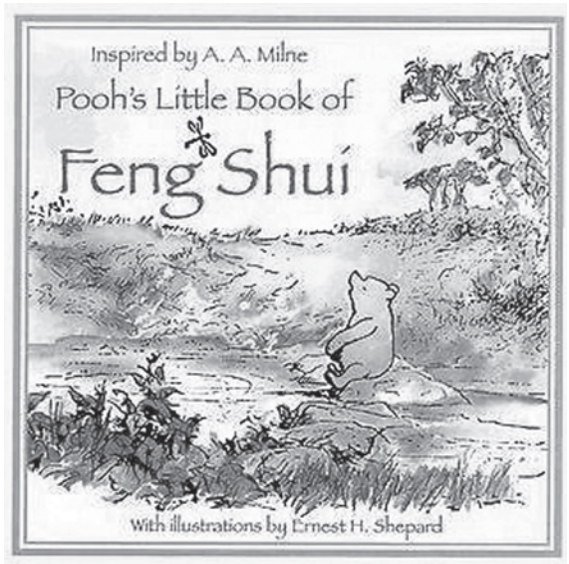
If you want to bring the benefits of Feng Shui into your life do as Pooh does, find a warm and sunny place to sit in a quiet part of the forest.

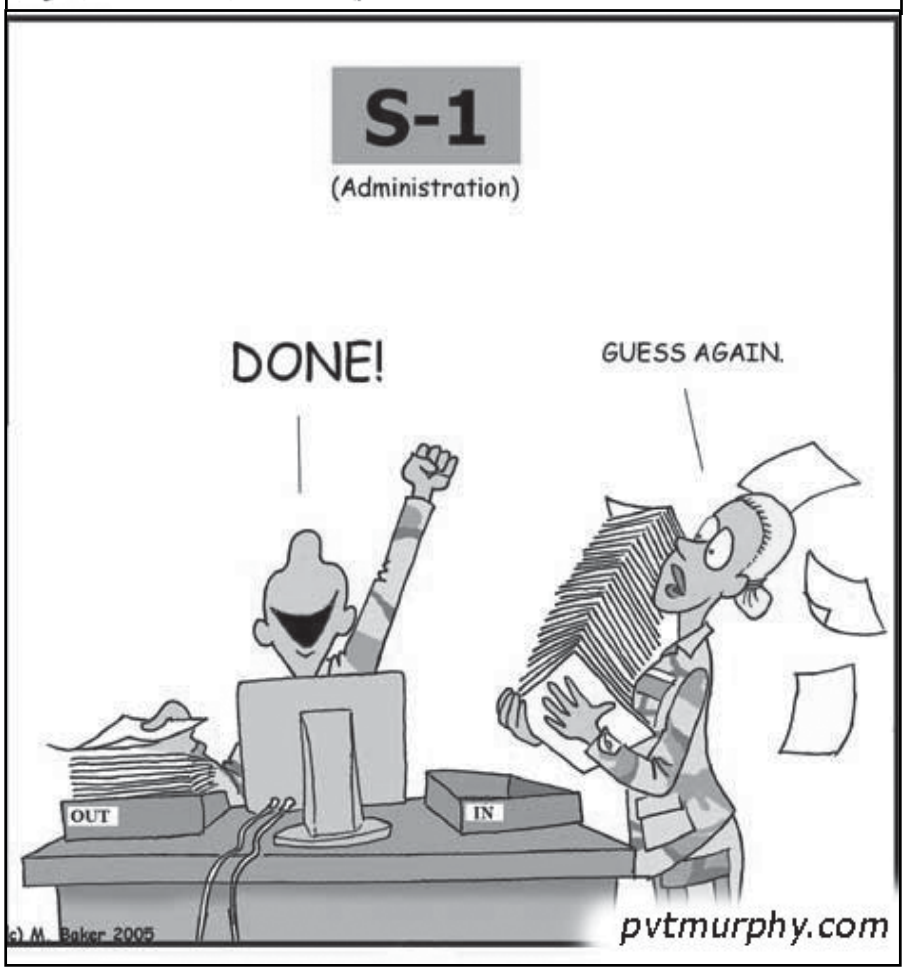
Little fun books like "Pooh's Little Book of Feng Shui," can act as a helpful first step in learning about Feng Shui principles and natural balance.

The steps following the first, however, can only occur naturally.

"Honey flows gently," said Pooh thoughtfully.

From "Pooh's Little Book of Feng Shui," published by Dutton children's books.





Retiree's Voice: Is TRICARE for You?

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

TRICARE is the health care program for more than 9.6 million active duty service members, National Guard and Reserve members, Retirees, their families, survivors, certain former spouses and others worldwide. It qualifies as a program under the Affordable Care Act.

In April and May, fellow *Guardian* columnist John Godburn focused on VA disabilities and the process for claiming disability and getting benefits. If you don't qualify for VA benefits, TRICARE may be an affordable health program option for you. This month we will focus on available health care plans and eligibility requirements for retired National Guardsman.

Retirees fall into three categories which determine what TRICARE programs they qualify for: Retirees under age 60; Retirees age 60 to 65; and Retirees 65 and older.

Retirees under age 60 – also known as "gray area" retirees – do not qualify for the same TRICARE Prime or Standard health care benefits as those retiring from active duty or those retired Reservists who have reached age 60. Gray area Retirees are eligible for TRICARE Retired Reserve and the TRICARE Retiree Dental Program. Eligible beneficiaries include Retirees under age 60 who were members of a Reserve Component and who qualified for a non-active duty retirement but are not eligible for or enrolled in the Federal Employees Health Benefits programs; families of qualified retired Reserve members; and survivors of qualified retired Reserve members if the retired Reserve sponsor was covered by Tricare when he or she died.

TRICARE Retired Reserve is a premium-based plan available worldwide for retired Reserve members, their families and survivors who qualify. TRICARE Retired Reserve may be an option for you and your family if you qualify and need to bridge a coverage gap until reaching age 60. The plan provides comprehensive health care coverage upon your retirement. You do not have to wait until you reach age 60 and begin drawing retired pay to purchase the plan. You can see any provider, and you don't have to change providers if you already have one.

If you visit a non-network provider, you'll pay higher cost shares and may have to file your own health care claims. If you visit a network provider, you'll pay lower cost shares and the provider will file health care claims for you. Referrals are not required but you may need prior authorization from your regional contractor for some types of services. For more information, visit http://www.tricare.mil/aca.

The TRICARE Retiree Dental Program is a voluntary dental plan. You can enroll if you're a: retired service member; family member of a retired service member; retired Guard/Reserve member; or family member of a retired Guard/Reserve member.

The plan is available in the United States and all overseas areas. TRICARE Retiree Dental Program covers exams, cleanings, fluorides, sealants, x-rays, fillings, root canals, gum surgery, extractions, crowns and dentures, and orthodontics. You can find a full list of benefits at www.trdp.org.

The second group of Reserve Retirees, those who have reached age 60, become eligible for TRICARE benefits when they begin receiving their retirement pay. TRICARE eligibility remains in force until age 65. Retirees in Connecticut may be eligible for TRICARE Prime, TRICARE Standard and Extra, and the U.S. Family Health Plan. Go to Plan Finder on the TRICARE website to determine your eligibility for plans.

When the Retiree reaches age 65, TRICARE ends and if the Retiree becomes eligible for Medicare part A and B, the Retiree is enrolled in TRICARE for Life supplemental to Medicare.

There is no cost to the retiree, but you must be entitled to Medicare Part A and purchase Medicare Part B Supplement. There is no cost for TFL. When services are rendered from a civilian provider, the provider first files a claim with Medicare. Medicare pays its portion and electronically forwards the claim to TFL. TFL sends the payment for the remaining amount to the provider and Medicare beneficiaries receive a summary notice from Medicare.

In the next issue of Retirees Voice, we will look at how to determine eligibility, coverage and out of pocket costs for the TRICARE plans.

Retirement Service Officer Notes and Upcoming Events

SGT. 1ST CLASS REBECCA AVERY
RETIREMENT PROGRAM MANAGER

Army Correspondence Courses: Lately I have been talking to quite a few Soldiers and noticing that many of them are not taking advantage of completing Army correspondence courses and therefore not getting any additional credit for retirement points. All National Guard Soldiers still on drilling status have the ability to change their retirement paycheck immediately. An active drilling member needs only 50 points to obtain a good year toward credit for their retirement. However, I want to teach you how maximize your retirement points and directly impact your retirement pay check.

Currently, you can receive 130 points maximum in one year of service. This means that the 48 UTA points + 15 Membership points + 15 days of Annual Training/Year-Round Training and your correspondence points cannot exceed 130 points. If you only come to drill and attend AT, you will not maximize your points each year. Getting on AKO and signing-up and completing correspondence courses throughout the years will compliment the 78 points and increase your retirement pay at the end of your career. I encourage all of you to review your RPAS statements and see how you can maximize your benefits. You can go on-line to the HRC website and see how increasing your points will directly increase your retire pay – visit https://www hrc.army mil/.

If you need assistance, such as how want to submit your ACCP transcript to be loaded on your RPAS, please feel free to e-mail me at any time.

Sign-up for Army Echoes today: http://soldierforlife.army mil/retirement/echoes html.

Retirement briefings: Do you need to attend your retirement briefing? If you do, please sign-up today. Retirement briefings are mandatory for all Soldiers who have their 20 years of Service, and are available again for retiring Soldiers entering Gray Area Retirement, or at age 60 and ready to file their Retire Pay application with Human Resources Command, Ft. Knox, Kentucky. Upcoming Retirement Briefings will be held on Aug. 3, Sept. 12, Oct. 5, & Nov. 2. No briefing will be held in December so plan ahead. Please RSVP with the RPAM Office, Sgt. 1st Class Avery at (860) 524-4813 or rebekah.j.avery mil@mail mil.

Upcoming events:

· Monthly Retiree Breakfast: Thursday, July 24, 9:00 a.m. at Charlie's Place, West Main Street, Niantic.

· Groton Sub Base Retiree Seminar: Saturday, Oct. 18, Groton Sub Base**.** Register by calling the Sub Base Retiree's Office at 860-694-3284.

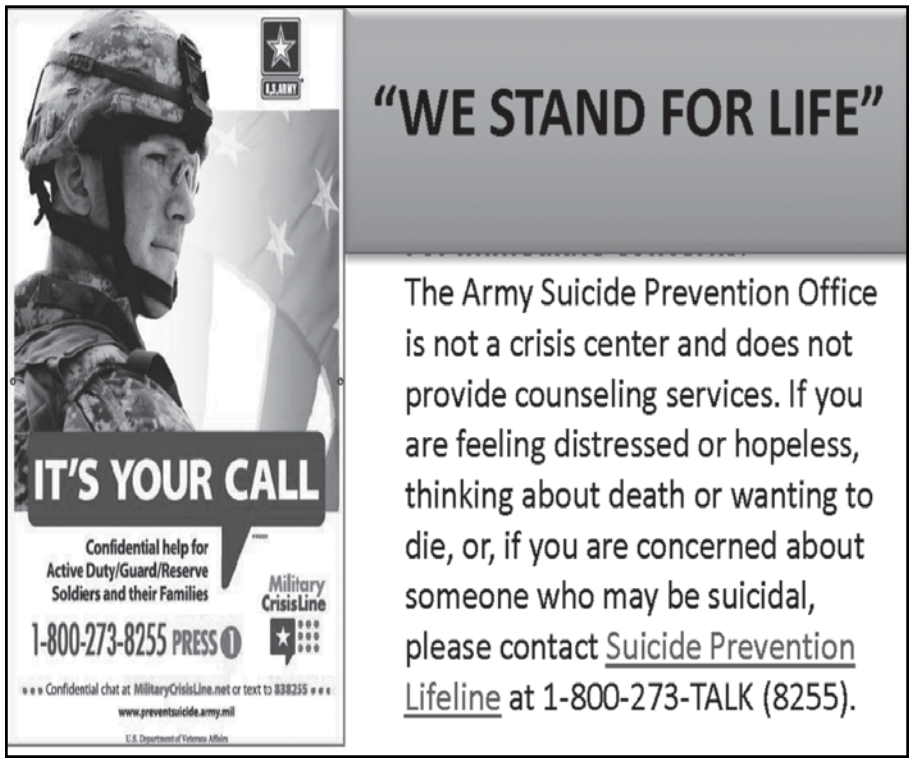
· 1st Battalion, 169th Infantry Regiment 3rd Annual Reunion: Saturday, Sept. 6 at the Stafford Fish & Game, 52 Rockwell Road, Stafford. Social hour begins at 12 noon followed by a BBQ and outdoor activities at 1:30 p.m. RSVP by Aug. 23. The cost is $25/person. Please make checks payable to "Rich Provencher" at 6 Oak Drive, Ashford, CT 06278; (860) 617-2589.

· 4th Annual Charity Golf Tournament: Friday, Aug. 1 at Tower Ridge Country Club, 140 Nod Rd, Simsbury. Contact: Maj. Gen. (Ret.) James Throwe, (860) 289-2318.

· Army and Air National Guard Retirees' Picnic: Thursday, Aug. 7, at 12 noon. Camp Niantic. A benefits update brief will be held just prior to the picnic festivities kicking off. See the flyer in this issue of *The Connecticut Guardian* for more information.

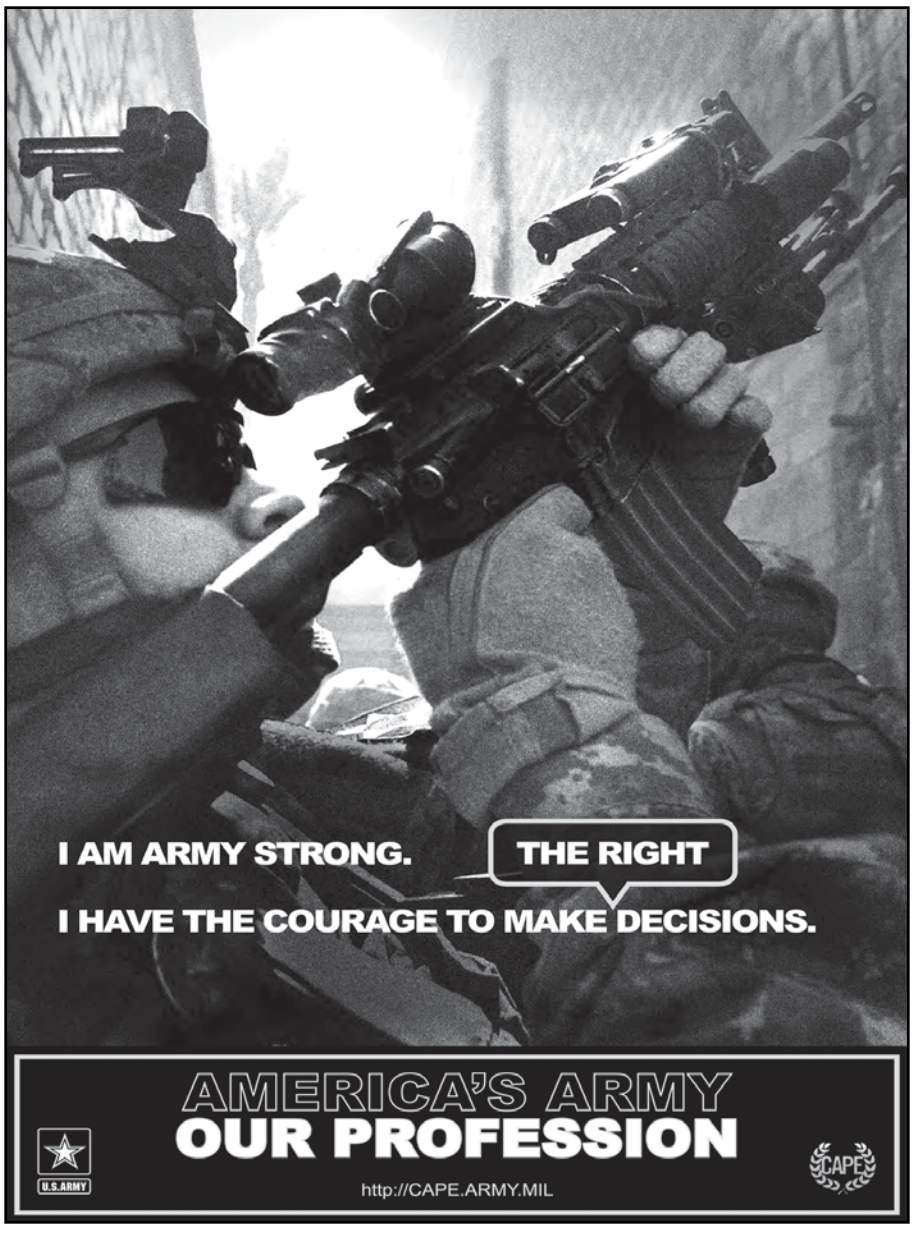
Point of Contact for Air National Guard Retirees: Retirees from the Air National Guard can contact the full-time POC for Traditional Air-Guard Retirees, Master Sgt. Lisa Todaro at lisa.todaro@ang.af.mil or (860) 292-2573; or the part-time (drill weekend) POC, Master Sgt. Diana Nelson at diana.nelson@ang.af.mil or(860) 292-2366. Often times, Air Guard Retirees will be referred to the Air Reserve Personnel Center (ARPC) in Colorado: 1-800-525-0102; website portal at: www mypers.af.mil; HQ ARPC/DPTTR, Retirement Division, 18420 E. Silver Creek Ave., Bldg 390 MS68, Buckley AFB CO 80011

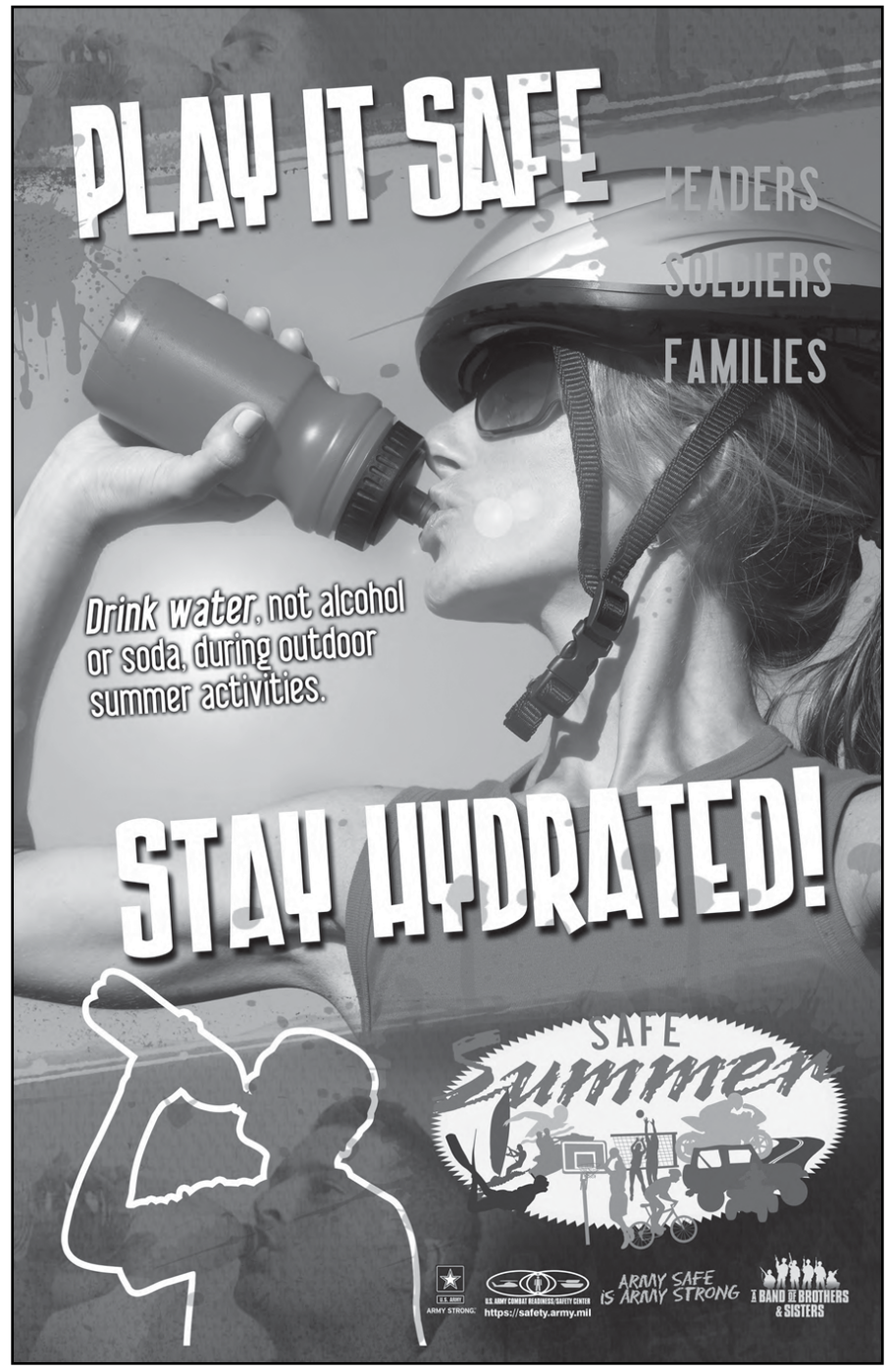
Point of Contact for Army National Guard Retirees: Retirees from the Army National Guard can contact the Retirees Service Officer, Sgt. 1st Class Rebekah Avery (860) 524-4813 or e-mail rebekah.j.avery mil@mail.mil. If you have a question and would like it answered it in an upcoming Guardian, please email the question to rebekah.j.avery mil@mail mil.



"WE STAND FOR LIFE"

The Army Suicide Prevention Office is not a crisis center and does not provide counseling services. If you are feeling distressed or hopeless, thinking about death or wanting to die, or, if you are concerned about someone who may be suicidal, please contact Suicide Prevention Lifeline at 1-800-273-TALK (8255).





Connecticut National Guard Promotions

Army

To Private 2

Rivas, Radames C.
Santangelo, Scott P.
Gonzalez, Kevin
Kerr, Joseph F.
Gondek, Brendan F.
Gamble, James V.
Dandrade, Jeremiah P.
McCarron, Robert S. Jr.
Williams, Shaquille A.
Noggle, Mathew W.

To Private First Class

Letendre, Devon A.
Brown, Cambree K.
Ricco, Anthony J.
Pikul, Bret J.
Melanson, Ricky J.
Rothblat, Michael H.
Rogers, Shannon A.
Poirier, Julia P.
Arsenault, Nicholas P.
Garvin, Craig M.
Herbert, Leo A.

To Specialist

Woodbury, Heidi L.
Paugh, Jeremy L.
Agbobli, Kouma Y.
Onofrio, Joshua M.
Johnson, Heaven D.
Jandzis, Krzysztof D.
Montford, Derrick D.
Jorgensen, Sean P.
Rookwood, David
Pion, Christopher D.
Anglis, John D.
Saunders, Kevin S.
Martin, Thomas H.Jr.

To Sergeant

Sawaryn, Benjamin M.
Skinner, Ryan F.
Back, Jayson
Nicholson, Marquetta
Silva, Jorge E.
Thody, Daniel J.
Ulloa, Jeovanny J.
Will, Ryan N.
Mendez, Jamie J.
Manner, Zerkeli
Tuttle, Victoria F.
Schaffner, Kevin R.

To Staff Sergeant

Neely, John W.
Bennett, Philip J.
Lyn, Anton S.
Bishop, Leon D.
Amato, Michael J.
Rogers, Joseph W.
Brimlow, Jason P.

To Sergeant First Class

Franceschi, Hector A.
Phelan, John R.
O'Neil, Shannon L.
Drake, Nickolas J.

To Master Sergeant

Dorissaint, Jonas
Horn, John J.
Washington, Ricky L.

To Chief Warrant Officer 2

Wise, Ricky E.
Wagner, Raymond D.

To Captain

Clark, Stephen F.
McDaniel, Jeffrey L.

To Lieutenant Colonel

Chicoski, Raymond S.
Lapierre, Jeffrey G.

Air

To Senior Airman

Pachesa, Alexis R.
Picone, Francesco
Geller, Matityahu B.
Solerti, Kristel M.
Charpentier, Richard A.

To Staff Sergeant

Searle, Amanda R.
Case, Joshua A.
Kirkland, Kieran W.

To Technical Sergeant

Jerolmon, Aaron D.
Garceau, Seth C.
Beeler, William H.

Life Lines

CTNG Behavioral Health Help Line - **1-855-800-0120**

Wounded Soldier and Family Hotline - **1-800-984-8523**

Emergency - **911**

www.armyfamiliesonline.org - **1-800-833-6622**

www.militaryonesource.com - **1-800-342-9647**

National Suicide Hotline - **1-800-SUICIDE**

www.suicidepreventionlifeline.org - **1-800-273-TALK (8255)**

Coming Events

July

July 4
Independence Day
July 7
Connecticut National Guard Youth Advisory Council Meeting Middletown Armed Forces Reserve Center 6:30 p.m.
July 10
Guardian Deadline for August
July 16
NGACT Executive Board Meeting
July 21
Connecticut National Guard Youth Advisory Council Meeting Hartford Armory 6:30 p.m.

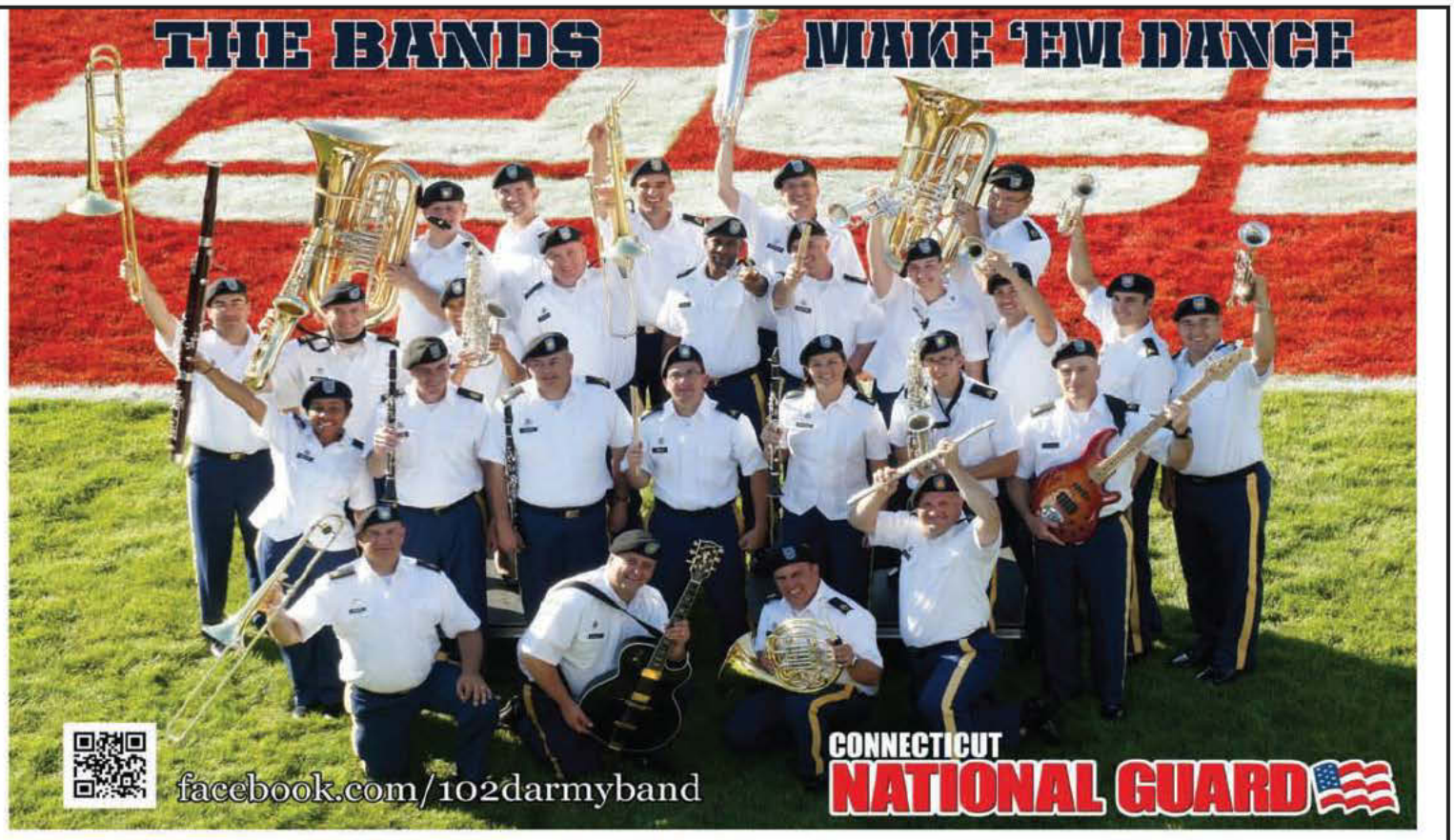
August

August 1-3
TAG Matches
August 6
NGACT Executive Board Meeting
August 7
NGACT Army and Air National Guard Retirees Picnic
August 10-13
EANGUS National Conference
August 16
OCS Graduation
August 21
Guardian Deadline for September
August 22-25
NGAUS National Conference

September

September 1 Labor Day
September 5
NGACT Golf Tournament

Deadline for the August Issue of the Guardian is July 10
Deadline for the September Issue of the Guardian is August 21



MISSION MUSIC ARMY ALWAYS
102DARMYBAND

THE 102D ARMY BAND'S 2014 SUMMER CONCERT SERIES

COMING TO A CONNECTICUT TOWN NEAR YOU...

- **July 19 / 7:00 pm / Charter Oak Federal Credit Union**
  335 Main St, East Lyme
- **July 23 / 12:00 pm / New Britain Stadium**
  230 John Karbonic Way, New Britain
  ** prior to Rock Cats game *tickets to game required for entry*
- **July 23 / 7:00 pm / Veteran's Park**
  235 Main St, Ansonia
- **July 24 / 7:00 pm / Hubbard Park**
  999 West Main St, Meriden
- **July 25 / 12:00 pm / Yale New Haven Hospital Green**
- **July 25 / 6:30 pm / Hollow Park**
  43 Hollow Rd, Woodbury
- **July 26 / 7:00 pm / Plainfield Town Hall**
  8 Community Ave, Plainfield
- **July 28 / 7:00 pm / Darius Miller Band Shell**
  Walnut Hill Park, New Britain
- **July 29 / 7:00 pm / Malerbo Rec Complex**
  27 George Washington Turnpike, Burlington
- **July 30 / 7:00 pm / Manchester Community College**
  60 Bidwell St, Manchester
- **July 31 / 7:00 pm / Old Lyme Senior Center**
  26 Town Woods Rd, Old Lyme

"Army Bands provide music throughout the spectrum of military operations to instill in our Soldiers the will to fight and win, foster the support of our citizens, and promote our national interests at home and abroad.".

Do you play an instrument?
The band is
NOW HOSTING AUDITIONS!

CONTACT:
SGT Felix Guiffra (SGT G)
203-515-1560
felix.j.guiffra.mil@mail.mil
facebook.com/102dArmyBand

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Connecticut FAMILY
Guardian

VOL. 15 NO. 7 HARTFORD, CT JULY 2014

Weekend of Leadership Training, Resiliency, Teambuilding Bring Military Youth Together

MICHELLE MCCARTY
CHILD AND YOUTH PROGRAM COORDINATOR

The Connecticut National Guard's Child and Youth Program hosted it second annual State Youth Training weekend at Camp Niantic the weekend of May 30.

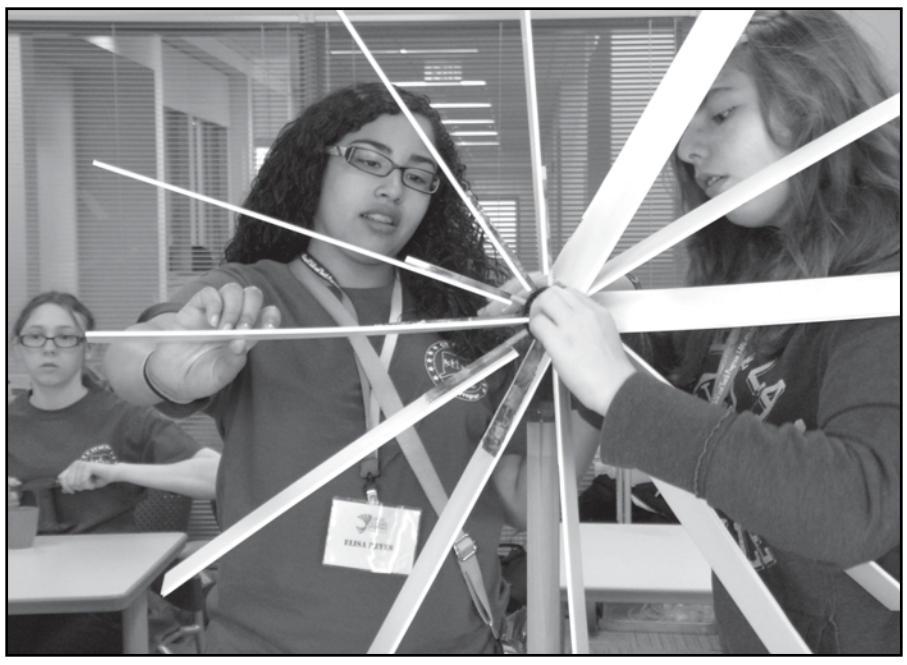
Sixteen military dependents joined us for a busy weekend of leadership training, resiliency, teambuilding and fun.

The weekend began with drug and alcohol prevention training from Master Sgt. Claude Campbell and icebreakers. On Saturday the attendees tackled the Leadership Reaction Course at Stone's Ranch where the youth had a good time using their bodies and minds to figure out each challenge. It was great to see how everyone worked together and supported each other.

Following the LRC motivational speaker Jonathan Catherman, talked with the youth about leadership and goal setting, which tied in well with what was learned at the LRC. We finished up the night with teambuilding activities, s'mores and singing around the campfire.

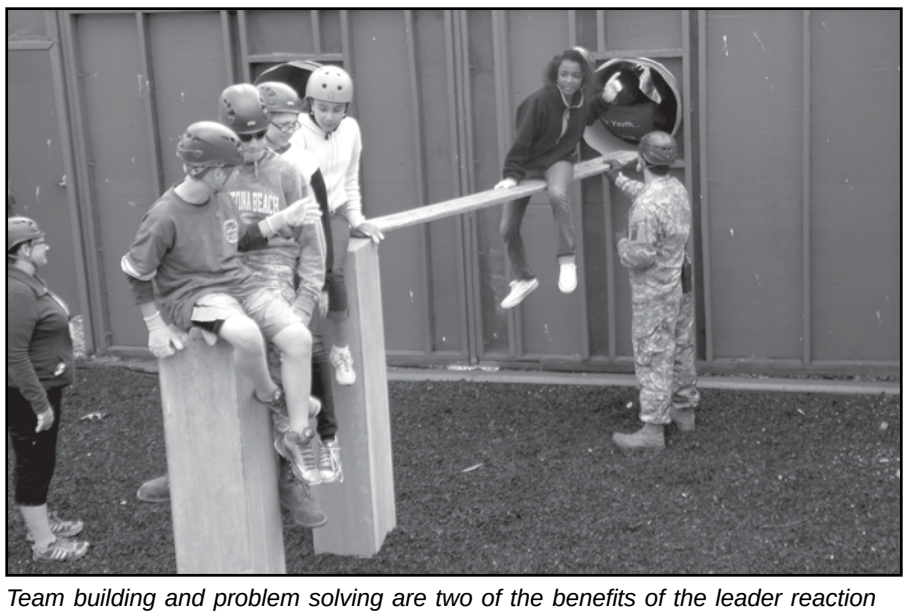
Sunday morning we were joined by representatives of CT Operation: Military Kid who worked with our youth participants on building wind turbines and doing a GPS scavenger hunt! We finished the training weekend with a closing ceremony where each youth received a certificate of completion and parents were able to watch a slide show of the weekend.

For more information about the Connecticut National Guard Child & Youth Program activities please contact the lead child and youth program coordinator, Michelle McCarty at michelle.m mccarty4.ctr@mail mil or 860-548-3254.



Military youth work on building wind turbines with representatives of CT Operation: Military Kid during a youth weekend in May. (Photo courtesy of Michelle McCarty)

Particpants in the second annual youth training weekend in May are blindfolded to learn about trust and teamwork. The military youth came together for a weekend of leadership training, resiliency, teambuilding and fun. (Photo courtesy of Michelle McCarty)



Team building and problem solving are two of the benefits of the leader reaction course at Stone's Ranch, and Connecticut military youth got to experience both during a youth training weekend in May. (Photo courtesy of Michelle McCarty)

Giving Up Isn't Who You Are, So Don't Quit

CATHERINE GALASSO

The sky was a clear blue, and a light breeze brushed across a runner's cheeks, as she diligently trained for an upcoming race. Her coach was running alongside her around the track, and the air was alive with possibilities. They soared in a fluid motion, the runner felt calm and confident. And after some time, the pair started to wind down.

"You're doing great," the coach uttered. "But in a race, there are two important times."

The runner dropped back her pace, and listened, as the coach continued, "The first significant time is the beginning. You may run too fast, and expend all your energy. Then, you might not have enough strength left for the end of the race."

Easing up, the runner nodded and asked, "What is the second critical point?" The coach replied, "It is the half-way mark, when you realize that you still have as far to go as you've already run.

You may think, 'I don't know if I'll make it.' For you're tired, and could be tempted to quit."

Have you ever begun working toward a goal, but then something happened and you didn't finish?

Are you about to give up on your dreams, because you hit a bump in the road?

Or, do you think it's too late to succeed?

Many people give up too soon, right before success comes to them. But, giving up isn't who you are, so don't quit now.

Some time ago, I received an inspiring letter from a gentleman. He explained that he's a sales associate at a gas and food store and was married to his high school sweetheart. "I am starting to build my dream as we speak," he wrote.

He conveyed how he grew up in a broken home, had no father figure, and was raised by a woman who took custody of him when he was a boy. For years, he found himself in standstill mode.

Yet, he always had a passion for hair cutting and styling. Even though he had been working since he was 16, he had no resources nor means to follow his dream. Sensing God was calling him to new horizons, he was determined not to quit.

So he found a program, and after much research and some testing, he was qualified to begin the course.

Shortly after starting the program, though, he hit another roadblock. Because he was a slow learner, he struggled and had difficulties in school.

He thought his dream was over; however, God had another plan, and what seemed to be a closed door was actually a golden window of opportunity.

The instructors placed him in special classes, which made him eligible for funds, allowing him to go to cosmetology school free of charge!

In his letter he revealed how when he heard the incredible news with tear-filled eyes, he bowed his head and prayed, "Dear God, I know I am weak right now, but this is my chance, and I am going to take it.

Please be with me. I know it is going to be hard and tiring, but I promise I am going to go all the way!"

The gentleman focused on his goal, working at his day job from 6 a.m. until 2 p m. and going to cosmetology school at night. With the support of his wife and some precious relatives who believed in him, his hard work and determination paid off.

Graduation day was one of the best times of his life! Thereafter, he recalled how so-called friends told him, "You are crazy," and "You will never get anywhere." Thankfully, he didn't listen to their negativity and, instead, determinedly pursued his passion.

Toward the end of his letter he wrote, "Catherine, I am here to tell you that I am opening my own salon! An opportunity came my way, and I took it! What a road it has been. But your dreams are only dreams if you don't do the work and make them come true."

Likewise, see the greatness of your potential and all of the possibilities that God has set before you. It's not the time to get discouraged. God has not brought you this far to give up on you now.

So strive earnestly, keep going, and make every effort to reach your goals. With perseverance, like this gentleman, you can triumph over whatever obstacle you face and go on to something greater.

Thus, stop looking at where you've been and begin to focus on where you can be today and tomorrow. I heard a story about a boy and his father who had planned a fishing trip.

They woke up early one morning excited, as they were all packed and ready to go. However, it started to rain.

"Why does it have to rain today?" the boy pouted wistfully and complained. His father tried to console him. Yet, that didn't satisfy the boy, for he was so disappointed.

At noon, the rain stopped, and the father said, "Come on, son. Let's go fishing now." So, they went to the lake.

They fished. And amazingly, they caught more than they ever had before.

A few hours later, with their buckets full, they returned home. Then, they cooked some of the fish for dinner.

As they sat down at the table to eat, the father asked his son to say grace. The boy bowed his head and prayed, "God, thank you for this food. If I was grumpy earlier today, it was because I couldn't see far enough ahead."

There is an abundance of joy in your future. So, look ahead! "Run with endurance the race that's marked out for you." (Hebrews 12:1) Don't grow weary and lose heart. It's time for God's blessings in your life.

There is victory in store for you. Keep persisting. A miracle is coming your way.

Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author, in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at cgv@anewyouworldwide.com.

Visit her website at www.anewyouworldwide.com

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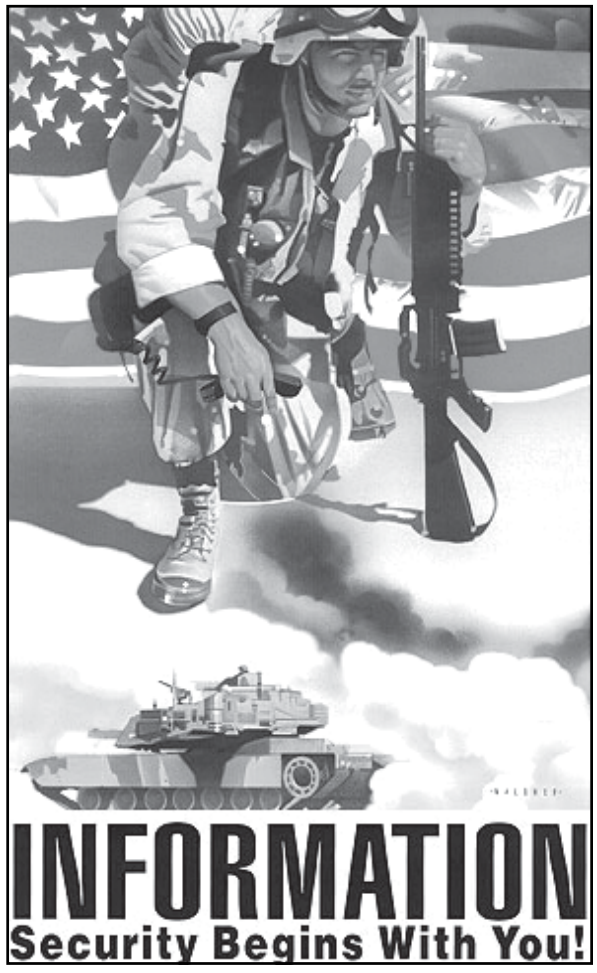

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army.mil/BLOG
ARMY | LIVE - The Official U.S. Army Blog

vimeo.com/USARMY
The Official U.S. Army Vimeo

slideshare.net/USARMYSOCIALMEDIA
U.S. Army Social Media Resources

socialmedia.DEFENSE.GOV
Dept. of Defense Social Media Hub

Office of the Chief of Public Affairs
Online & Social Media Division

Autism Care Demonstration Simplifies TRICARE ABA Benefits

TRICARE Website

Starting this summer, a new Applied Behavior Analysis policy will cover all TRICARE beneficiaries with autism spectrum disorder under a single benefit. The Autism Care Demonstration will start July 25 and will run until Dec. 31, 2018. All beneficiaries currently receiving ABA under TRICARE will transition seamlessly to the new benefit with no gap in coverage by Dec. 31.

Currently, TRICARE beneficiaries with ASD get ABA covered by one of three programs, depending on their sponsor's duty status. The ACD combines these programs into a single benefit that will stay with beneficiaries if they move from active duty, retire or switch TRICARE plans. All ASD patients will have the same access to care, regardless of sponsor status or plan.

TRICARE worked with military families, autism experts and advocacy groups to develop this policy and address concerns with previous TRICARE ABA policies. The ACD complies with the most recent Behavior Analyst Certification Board guidelines for ABA coverage.

The ACD offers several enhancements to previous ABA TRICARE programs. There are no annual or lifetime caps on the amount of ABA TRICARE will cover, simpler guidelines for starting coverage once a child has an ASD diagnosis and consistent rules for what type of Board Certified Behavior Analysts (BCAB) can perform covered ABA. Further, the ACD's testing, authorization and review policies are simpler and offer parents and providers greater flexibility.

The notice of the ACD was published in the Federal Register on June 16. TRICARE is still developing policy language to implement this program. For more information, and to subscribe to email updates on the ACD, visit www.tricare.mil/aba.

"Play it Safe with fireworks!"
Have a Safe 4th of July!

✓Only use fireworks outdoors.

✓Never point or throw fireworks at another person.

✓Keep a bucket of water or a garden hose handy in case of fire.

✓Never place any part of your body directly over a fireworks device when igniting the fuse, and stay a safe distance away after lighting.

✓Stay at least 6 feet away from the fireworks after they have been lit.

✓Do not let children pick up the fireworks after they have been used, they may still be lit and might explode at any time.

✓Make sure fireworks are legal in your area before buying or using.

ARMY SAFE is ARMY STRONG

Are You Struggling with Finances?

There may be help! As a Soldier or Airman in the Connecticut National Guard, you may be eligible for financial assistance from the following programs.

The Conn. Military Relief Fund
POC: Mr. Bonaccorso Tel. (860) 524-4968
http://www.ct.gov/mil/cwp/view.asp?a=2447&q=310106&PM=1

The Conn. National Guard Foundation
POC: Mr. Thomas Tel. (860) 241-1550
http://www.ctngfoundation.org/

The Conn. National Guard Family Program Office
POC: Ms. O'Donnell Tel. (860) 493-2767
https://www.facebook.com/CTNGFamilies

The Conn. Soldiers', Sailors' and Marines' Fund
Tel. (860) 296-0719
http://www.ct.gov/ssmf/site/default.asp

KID'S CREATIVE CORNER

A monthly feature of fun and educational activities for the children of the Connecticut National Guard by the Members of the Connecticut Youth Council (CYC)

Fourth of July Word Scramble

Rearrange the letters in each word or phrase below to make a list of words related to Fourth of July.

1. PEINNEDCNDEE AYD
2. TMAHSO RSJFOFENE
3. RETNITEH ONESIOCL
4. ENARAIMC OTERLVNOUI
5. WKORSIERF
6. EADPSAR
7. EGATR NTIAIRB
8. BOSONT AET PTRYA
9. ITAPOSIMTR
10. UTPUIRS FO AHNSSPEPI
11. USTEAT FO IBLYERT
12. TNTILAEONNC SCENSRGO

ANSWERS

1. INDEPENDENCE DAY
2. THOMAS JEFFERSON
3. THIRTEEN COLONIES
4. AMERICAN REVOLUTION
5. FIREWORKS
6. PARADES
7. GREAT BRITAIN
8. BOSTON TEA PARTY
9. PATRIOTISM
10. PURSUIT OF HAPPINESS
11. STATUE OF LIBERTY
12. CONTINENTAL CONGRESS

Service Member and Family Support Center Locations

Waterbury Armory
64 Field Street
Waterbury, CT 06702
(203) 574-2406
By Appointment

Norwich Armory
38 Stott Avenue
Norwich, CT 06360
(800) 858-2677
By Appointment

Windsor Locks Readiness Center
85-300 Light Lane
Windsor Locks, CT 06096
(860) 292-4602
M, T, W, TH, F
Troy Walcott, Michael Cortes

Veterans' Memorial Armed Forces Reserve Center
90 Wooster Heights Road
Danbury, CT 06810
(203) 205-5050
M*, T, W, TH, F
Nancy Cummings

103rd Airlift Wing
100 Nicholson Road
East Granby, CT 06026
(860) 292-2730
M*, T, W, TH, F
Rick Uliano, Donna Rivera

103rd Air Control Squadron
206 Boston Post Road
Orange, CT 06447
(203) 795-2961
M*, F*

New London Armory
249 Bayonet Street
New London, CT 06320
(800) 858-2677

Camp Niantic
39 Smith Street
Niantic, CT 06357
(800) 858-2677
By Appointment

William A. O'Neill Armory
360 Broad Street, Hartford, CT 06105
(800) 858-2677
M, T, W, TH, F

Kim Hoffman, Donna Rivera, Michelle McCarty, SSG Melody Baber, Andrea Lathrop, Mitch Foreman, Rita O'Donnell, Jessica Koehler, Megan Macsata, Joshua Hamre, Linda Rolstone, Kim Dumas, SSG John Cummings, SGT Shivers, Chris Rouleau, Cindy Hould, Vicky Scully-Oakes, Ernie Lacore

Volunteers are always needed in each facility and for most events. Those wishing to help can contact the Connecticut National Guard Service Member and Family Support Center at **(800) 858-2677**.

Family members or loved ones of a Service Member with questions, concerns, or in need of assistance should contact us immediately**.

Please visit us on Facebook: **www.Facebook.com/CTNGFamilies**.

**The Service Member and Family Support Center is NOT an emergency call center.

Support is available 24/7 by calling (800) 858-2677

*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.