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# TF Iron Gray Strikes Back: 1-102nd Performs Strongly At JRTC

Staff Sgt. Benjamin Simon
JFHQ Public Affairs

FORT POLK, La. — Joint Readiness Training Center rotations bring Soldiers as close to modern combat operations as possible outside of an actual combat zone. That's the point of it.

In June, the 1st Battalion, 102nd Infantry Regiment, with the 86th Infantry Brigade Combat Team, successfully completed a JRTC rotation.

The 86th Infantry Brigade Combat Team was the only National Guard IBCT to complete a JRTC rotation in 2014.

More than 5,000 Soldiers with the 86th IBCT participated in this JRTC rotation.

More than 600 Soldiers in the 1-102nd and F Company, 186th Forward Support, left Connecticut for Fort Polk, Louisiana on June 1, and its last elements returned to Connecticut on June 30.

JRTC at Fort Polk, Louisiana has been in operation since 1993, and since 2001 has been instrumental in preparing U.S. military units for combat operations overseas.

The U.S. Army Installation Management Command website states that JRTC is focused on improving unit readiness by providing realistic, stressful, joint and combined arms training across the full spectrum of conflict (current and future).

That's exactly what the 1-102nd received.

1-102nd Infantry Battalion commander, Maj. Robert Brafford, said JRTC presents to Soldiers the best possible training to prepare them for operations across the globe.

He said 1-102nd Soldiers conducted more than 100 days of training in preparation for this rotation.

Brafford said the JRTC rotation focused on company, battalion and brigade level integration of infantry, armor, artillery, aviation and Air Force close air support combat capabilities.

He said two types of training were emphasized: live fire training against moving and stationary targets to hone in weapon skills during maneuvers; and controlled force-on-force training using blank ammunition and laser engagement systems against threats ranging from small scale criminal and terrorist attacks to an armor equipped enemy force of similar size and capability to U.S. units.

A Company, 1-102nd First Sgt. Dan Morgan briefed his company prior to their departure on the importance of camaraderie, leadership, hard work and resilience during their rotation.

"Will it be fun? No. Will there be times of stress? Yes," Morgan said.

Morgan said his company excelled during the four day live fire exercise, which integrated .50-caliber support from D Company, 1-102nd, and 60mm mortar fire.

Morgan said he was also very pleased at his company's ability to successfully integrate ten new Soldiers directly from the Recruit Sustainment Program into their unit.

"These were Soldiers who had never trained with us," he said.

"Every leader from platoon leader down to team leader and the 'joes' worked hard to integrate these new Soldiers into the way we train and fight," he said.

"It was more educational than difficult," said Spc. Josh Conniff, infantryman from A Company, about the rotation, "but we learned a lot.

*Sgt. Colin Gruner from A Company, 1-102nd Infantry Battalion fires a FGM-148 Javelin anti-tank missile at a target during live-fire training at JRTC, Fort Polk, Louisiana, June 20. 1-102nd Infantry Battalion Soldiers trained with live ammunition against moving and stationary targets to hone weapons skills. (Photo by 1st Sgt. Dan Morgan, A Company, 1-102nd Infantry Battalion)*

**See INFANTRY TAKES ON JRTC Pages 14/15**

# Leader's Corner:
## Dempsey Tells Troops to Grow in Jobs They Have

JIM GARAMONE
DoD NEWS, DEFENSE MEDIA ACTIVITY

FORT SHAFTER, Hawaii, July 1, 2014 - To be successful, service members need to grow in the jobs they have, the chairman of the Joint Chiefs of Staff told Soldiers during an all-hands call at Forst Shafter in July.

Army Gen. Martin E. Dempsey provided that advice in answer to an Army specialist who asked what young noncommissioned officers or officers should do to prepare for jobs with more responsibility.

"There are a lot of people in uniform and out who are always looking two jobs ahead," he said. "If you were to tell me right now how you were looking forward to being a command sergeant major, ... I would tell you that you are missing the opportunity to be the best specialist you can be."

Being the best specialist means learning how to work effectively as a member of a team -- and that is the glue that holds the Army together, Dempsey said.

"We are interested in being the best people we can be individually, but we also care that the man or woman to our left or right respects us," he said. "That's pretty unique."

He said the combat patches the soldiers were wearing show they already understand that. "You don't walk out a gate at a [forward operating base] unless you trust the man or woman to your left or right," he said.

And this bridges units and services, he said. Soldiers need to trust that the medic is trained and will perform if needed. They need to trust that the helicopter pilot knows what to do to lay down fire or to fly casualties to safety. They need to trust that the rear detachment can get the right supplies to the right place at the right time. "If you don't have that kind of confidence in each other, the whole thing breaks apart," the chairman said.

This, the chairman said, is why combatting sexual assault and sexual harassment is so important to him.

"It is so troubling to me, ... because it also breaks down that bond of trust," he said. "It just breaks it."

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# Air Force Changes Headquarters Manning, Organization

DoD News, Defense Media Activity

WASHINGTON, July 14, 2014 - The Air Force is deactivating and realigning organizations at its headquarters, major commands, numbered air forces and field operating agencies, resulting in savings of $1.6 billion in the next five years, Air Force officials announced July 14.

"I will work to ensure the world's best Air Force is the most capable at the lowest possible cost to the taxpayer," said Air Force Secretary Deborah Lee James said. "Everyone knows our economy is still not where it should be. We have a responsibility to ensure that every dollar adds value to the taxpayers and our national defense."

The changes are a result of a comprehensive effort to reduce overhead costs, increase efficiencies, eliminate redundant activities and improve effectiveness and business processes, also known as Air Force Management Headquarters Review, officials said. The efficiencies created through the reorganization will help to meet a Defense Department directive to reduce costs and staff levels by at least 20 percent, eliminating 3,459 positions at headquarters across the Air Force, both in the United States and overseas, they added.

As part of ongoing cost-savings initiatives, the Air Force also will continue to reduce contract spending, operating budgets and travel expenditures.

To minimize the effect on civilian personnel, officials said, the Air Force will initiate Voluntary Early Retirement Authority programs and Voluntary Separation Incentive Pay to foster voluntary reductions before pursuing involuntary measures. As part of ongoing efforts to responsibly shape the force, military members were offered a variety of voluntary incentive programs.

"We are aggressively pursuing reductions within the first year, rather than spread them out over five years as allowed by DoD," James said. "It's better for Airmen, because it provides them predictability and allows us to re-stabilize our workforce sooner. It also allows us to harvest the savings earlier so that we can plow it back into readiness and some of our key modernization programs."

The Air Force's goal is to go beyond the 20-percent reduction mandated by DoD, officials said, so any additional savings can be achieved from staff functions above the wing level and set to provide additional combat capability to the combatant commanders.

"The Air Force has been making incremental changes in our business practices for the last several years, but we must change the way we are doing business if we are to meet the Air Force's goal to reduce staffing functions by more than 20 percent," explained Bill Booth, the Air Force's acting deputy chief management officer. "Reducing higher headquarters' staffs means we can save money that can be re-invested in getting ready for combat missions at the wing level."

**"We have a responsibility to ensure that every dollar adds value to the taxpayers and our national defense."**

***Air Force Secretary Deborah Lee James***

The largest initiative will include centralizing policy and oversight of installation and mission support activities within a newly created Air Force Installation and Mission Support Center, which will report to Air Force Materiel Command. Execution will remain at the local level.

"The current and projected fiscal climate make it essential to centralize management and streamline support to the maximum extent possible in order to improve efficiency and effectiveness, as well as deliver more standardized levels of service across the Air Force," Booth said. Support functions currently spread across major command staffs will be centralized at the Air Force Installation and Mission Support Center.

The Air Force will also make changes to the headquarters Air Force staff organization by splitting Operations, Plans and Requirements, or A3/5, and Strategic Plans and Programs, A8, and reorganizing them into a new Operations, or A3, organization that will stand alone and merge the planning staffs into the new A5/8 organization. The current programming functions from A8 will be merged into the service's financial management organization.

"We will now have an organization, A5/8, that is responsible for developing, managing and constantly assessing an Air Force strategy that is bounded by long-range resource projections and another organization, FM, that deals primarily with the day-to-day budget activities involved in running the Air Force," Air Force Chief of Staff Gen. Mark A. Welsh III explained. "Keeping organizations aligned will ensure we keep moving towards our long-range strategic goals despite the short-term budget upheaval we face regularly."

The Air Force also will realign several functions that currently report to the headquarters in an effort to better support combatant commanders and will realign some field operating agencies to operational major commands and will merge forward operating agencies with similar missions and deactivate others.

The Air Force Intelligence Surveillance and Reconnaissance Agency also is being realigned from headquarters Air Force as a forward operating agency to become part of a new operational numbered air force under Air Combat Command.

Realigning the Air Force ISR Agency into the new 25th Air Force within ACC ensures warfighting commands will have the best possible intelligence from integrated national and tactical ISR capabilities, officials said, while appropriately realigning operational activities and the agency's "organize, train and equip" responsibilities from execution by Headquarters U.S. Air Force to a major command.

# *New Look for Defense.gov to Provide Richer Content Experience*

American Forces Press Service

FORT MEADE, Md., June 30, 2014 - A richer content experience is in store soon for visitors to the Defense Department's website, as Defense Media Activity officials here prepare for an early July launch of a new Defense.gov.

Officials said the redesign will improve visitor experience and better serve audiences by making it easier for visitors to find news and feature articles, videos, photos and other types of Web content.

"Feedback has consistently shown over the past several years that finding news about the military and the Defense Department is the top reason people have for visiting Defense.gov," John Valceanu, Division Chief, Defense.gov News Content Division said. "But only a limited amount of news content is presented on the current front page."

To find the bulk of Defense Department news, Valceanu explained, visitors have to click on the "News" link in the site header. To find a full listing of video content, visitors have to access the Pentagon Channel website. On the average weekday, only about 5,000 visitors may go to the news page, while 90,000 people or more may visit the Defense.gov home page, Valceanu said.

"The new design will deliver news and feature content directly where the visitors are," said Cathy Milhoan, Director, DMA's DoD Production, "providing them with a one-stop shop for news and feature information across multiple communications channels."

The redesigned Defense.gov home page will offer a variety of new features and enhancements, including:

-- Integrated print and video news products for a more comprehensive offering of information;

-- Official DOD Facebook and Twitter feeds to allow visitors to see what's happening on social media;

-- Selected DOD blogs that showcase different perspectives on topics important to the department; and

-- Representative feature articles offering in-depth information on various topics, as well as human-interest stories.

# Deployed Training Enables Airmen

Senior Airman Jennifer Pierce 103rd Airlift Wing, Public Affairs

*Airmen from both the 103rd Maintenance Squadron and 123rd Maintenance Group go over the auxiliary power unit checklist in the cockpit of the C-130H aircraft at the Combat Readiness Training Center, Gulfport, Mississippi, June 25. (Photo by Senior Airman Jennifer Pierce, 103rd AW)*

7/1/2014 - **GULFPORT, Miss.** — Airmen from the 103rd Airlift Wing, Connecticut Air National Guard, and 123rd Airlift Wing, Kentucky ANG, deployed to the Combat Readiness Training Center here to participate in cooperative Air Force C-130 Hercules aircraft maintenance training June 23 through June 27.

This training deployment also marked the first opportunity to conduct an organic airlift-mission with the C-130H for the men and women of the 103rd Airlift Wing.

"An organic mission means it's completely from start to finish a locally generated mission," said Lt. Col. Gregory Behr, commander of the 103rd Maintenance Squadron.

"It was a great opportunity," Behr said. "We had everybody including maintenance, operations and support involved to get us down here."

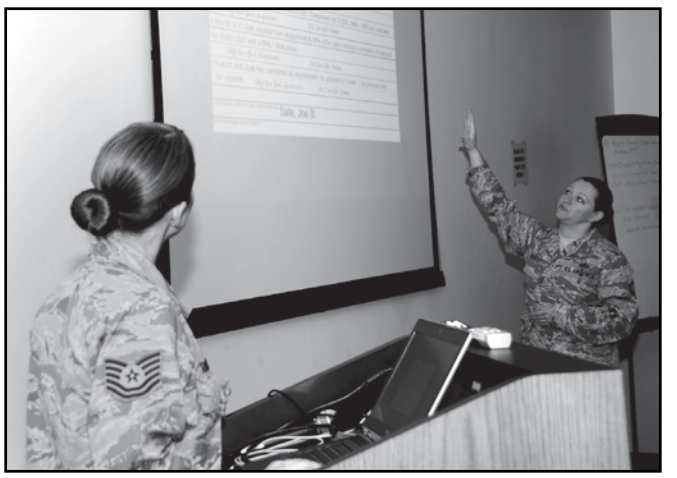
The intensive local planning involved in flying one of the 103rd Airlift Wing's C-130Hs down to Gulfport, however, was just one small fraction of the overall mission.

"Training is the goal for the mission, particularly, training alongside our sister wing with the Kentucky Air National Guard," said Behr. "We want to benefit from the knowledge, training and experience from our Kentucky counterparts because they've been doing this mission for a long time."

The ANG has been conducting the C-130 mission for more than 30 years.

"The good thing about the C-130 mission is that it's been around for a long time," said Behr. "There's very little out there that our sister wings in the Guard haven't seen or learned already, so I always think it's better to learn from other people's experience, than it is by yourself.

"That's one of the benefits we have by being with the 123rd Maintenance Group. They've been doing this a long time, they bring our people out on the aircraft, in the classrooms, and go through systems and talk about different capabilities of the aircraft, what the aircraft can and can't do and a variety of things we wouldn't know without help," said Behr. "We'd have to learn it the hard way, but instead, we are benefitting from the knowledge, training and experience that they've had for the last 30 years."



*Master Sgt. Sabrina Wiggett teaches an Air Force training course for Airmen in the 103rd Maintenance Squadron with Tech. Sgt. Amy Robison (foreground) at the Combat Readiness Training Center, Gulfport, Mississippi, June 25. The Airmen from the Connecticut Air National Guard deployed to the CRTC to conduct training with the Kentucky Air National Guard's 123rd Maintenance Group. (Photo by Senior Airman Jennifer Pierce, 103rd AW)*

"We brought everybody down here to get as valuable of training as possible," said Master Sgt. Joshua Marks, non-commissioned officer-in-charge with the 103rd Maintenance Squadron during this training mission. "This is our second transition in the last seven years, we've done it once before but it's a lot easier with someone guiding you along the way.

"Though this mission transition has been more difficult than the last when considering the age of the aircraft and specialized equipment, we are making great strides due to the 123rd's assistance," said Marks. "When comparing the fact that we flew only one or two flights in January to now, when we are up to approximately 20 flights a month, we can definitely see where we, as a wing, and a squadron, have excelled."

While Marks believes training together with another unit has been beneficial, he also sees the value in training away from home.

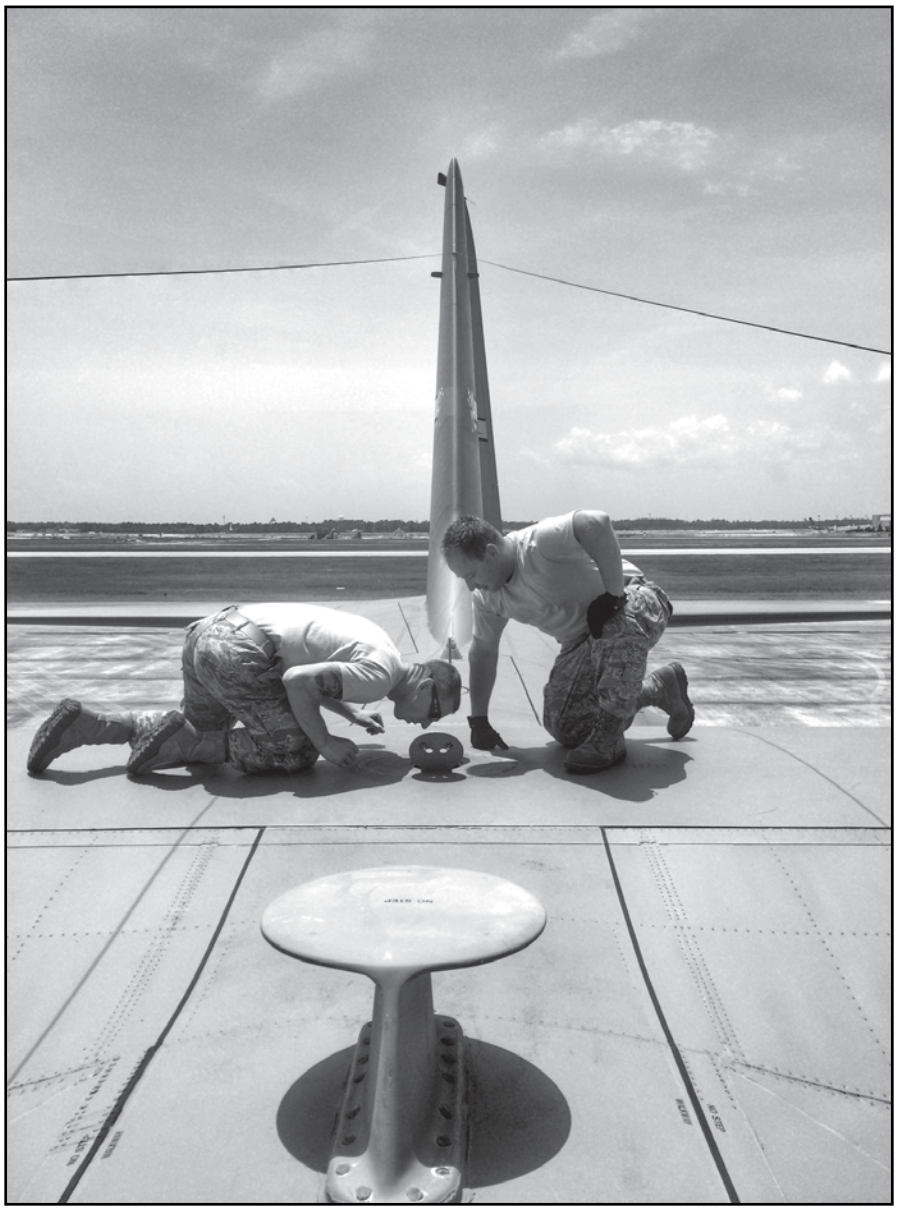
"It's nice get away from home-station and focus on training where Airmen aren't dealing with the hectic flying schedule they'd be dealing with back home," said Marks. "It's beneficial to conduct training in a different environment so when time comes to deploy, the Airmen are better equipped to adapt to the constantly changing situations during a deployment."

With the specialized and focused C-130 maintenance experience earned through this weeklong training mission in Gulfport, comes expectations of increased proficiency.

"My Airmen's biggest gripe is that they never get to work on the planes as much as they like during drill weekends," said Col. Ken Dale, commander of the 123rd Maintenance Group. "In between retirements, promotions and ancillary training, my Airmen get maybe two or three hours a drill to actually turn a wrench. With this training program, we let the Airmen tell us what they wanted for training, and that is how we came up with a syllabus."

All the Airmen who have come back from this training have had great things to say about it, said Dale. They say they feel more proficient on the airplane. "For

# from CT, KY to Increase Proficiency



*Senior Airman Kyle Murkowicz (left) and Tech. Sgt. Paul Rozum, both with the 103rd Airlift Wing Maintenance Squadron, inspect a center dry bay as part of a basic post flight inspection on a C-130H Hercules at the Combat Readiness Training Center, Gulfport, Mississippi, June 24. Members of the 103rd maintenance squadron are receiving training on the C-130H in Gulfport. (Photo by Senior Airman Jennifer Pierce, 103rd AW)*

*Staff Sgt. Vincenzo Lafronza (left), with the 123rd Maintenance Group, Kentucky Air National Guard, and Senior Airman Steven Maniscalco (right), with the 103rd Maintenance Squadron, Connecticut Air National Guard, fasten cam locks after closing an access panel on the C-130H aircraft at the Combat Readiness Training center, Gulfport, Mississippi, June 24. Inspecting access panels is part of the basic post flight inspection in which Kentucky and Connecticut maintenance Airmen are receiving training. (Photo by Senior Airman Jennifer Pierce, 103rd AW)*

*Senior Airman Nick Dill (foreground), Senior Airman Collin Nelson (middle), and Senior Airman Zack Sabluk (rear), of the 103rd Maintenance Squadron, prepare to inspect an access panel on a C-130H prop as part of a scheduled aircraft inspection. Aircraft maintainers with the Connecticut Air National Guard are training alongside their counterparts from the Kentucky Air National Guard while deployed to the Combat Readiness Training Center, Gulfport, Mississippi, June 25. (Photo by Senior Airman Jennifer Pierce, 103rd AW)*

example, take a hydraulic guy who never gets to change a hydraulic boost pack. Here, he is able to perform this task and get it signed off whereas it would probably take a couple years just to get it signed off at home. We have crew chiefs who hardly ever get to do a full (basic post flight operations inspection) on their own, and they get to do it all here, hands-on," he said.

"Our benefit is that we get more proficient, highly trained individuals we are able to send all over the world," said Dale. "Ultimately, the purpose of all this training is to build proficiency and confidence so I can send my Airmen, unescorted to Bagram to go and handle their maintenance jobs all on their own."

The Airmen, themselves, realize how valuable this training mission is and have been taking full advantage of the program.

"In one of our training classes, we were able to practice a theoretical prop change during an engine run," said Senior Airman Steven Maniscalco, aircraft maintainer in the 103rd Maintenance Squadron.

"Being able to do it here theoretically has been extremely beneficial, I'm not as nervous and the whole experience isn't as nerve wracking as if it were a real life prop change. I feel more confident and know that I'm becoming more proficient during this training," said Maniscalco.

According to Behr, the training in Gulfport appears to be another successful mission the 103rd Airlift Wing can add to its record.

"It's great to see the whole organization come together; support group, maintenance, operations," said Behr. "It took everybody to get us here, including our friends in Kentucky. The maintenance group leadership in Kentucky has just been outstanding. There's nothing they've not helped us with, a lot of times it's without us even asking. It's just been terrific; I look forward to this relationship continuing."

# Successful Deployment Shapes Future Training for All ACS Units

Senior Airman Emmanuel Santiago
103rd Airlift Wing, Public Affairs

7/10/2014 - **NATIONAL GUARD TRAINING CENTER - Sea Girt, N.J.** — Airmen from the 103rd Air Control Squadron deployed to the National Guard Training Center in Sea Girt, New Jersey, June 8 - 18, where they established remote connectivity to specific simulation systems located in Connecticut, an achievement that, according to unit leadership, had never been accomplished before by any air control squadron.

The deployment began with an advanced echelon team, or ADVON, led by Lt. Col. John Breisler and 2nd Lt. Fred Bond, both assigned to the 103rd Air Control Squadron, which left for Sea Girt on June 5 to prepare for the arrival of the bulk of the unit's Airmen, who departed on June 8.

"ADVON and main body convoy arrivals at the tactical site were smooth and efficient," said Lt. Col. John Breisler, who served as the deployment's chief of maintenance. "The convoy commanders managed their respective convoys well; this is significant considering the number of newer unit members in the convoys."

The mission was to deploy much of the unit's equipment and personnel via convoy to establish a functional tactical site in the field. From there the goal was to utilize radio, satellite and various theater deployable communication systems to connect with multiple locations, including their own home station in Orange, Connecticut, where some of the unit's Airmen remained and participated.

The unit is trained and equipped to establish largely self-sufficient tactical sites from which they provide command and control support to military aircraft. From establishing generator power and building tents from which to work, to connecting operations modules to remote radar feeds and setting up on-site communications, a deployment like this is a significant undertaking. But the men and women of the 103rd Air Control Squadron are no strangers to these tasks, having supported missions throughout Southwest Asia in recent years.

The major challenge was establishing and maintaining connectivity with the unit's Control and Reporting Center Simulation Package, commonly referred to as the CSP, located back in Connecticut. The system enables operators to remotely inject simulated aircraft and situations into realistic tactical air control training scenarios so Airmen can interact with them from the field.

After nine months of preparation and with 80 percent of the squadron deployed in field conditions, the Airmen of the 103rd Air Control Squadron were able to establish the necessary connections, receiving data from the simulation package and from as far away as Iowa, controlling two designated training air spaces in which they created simulated midair scenarios such as refueling, close air support and aircraft detection in the designated locations.

"A team effort by dedicated professionals," said Lt. Col. William Neri, commander of the 103rd Air Control Squadron.

Such a mission took effort from personnel of all ranks, including Airman 1st Class Kyle Romitti, a maintainer assigned to the squadron, who along with his fellow Airmen took turns on three main shifts to monitor the squadron's 24-hour satellite connectivity.

"It's interesting, and it's nice to know that we have such a big role in what's going on here; without us, there's no communication," said Romitti.

The unit's success in remotely connecting with their CSP will be documented and eventually be used as a template for all air control squadrons, said Breisler.

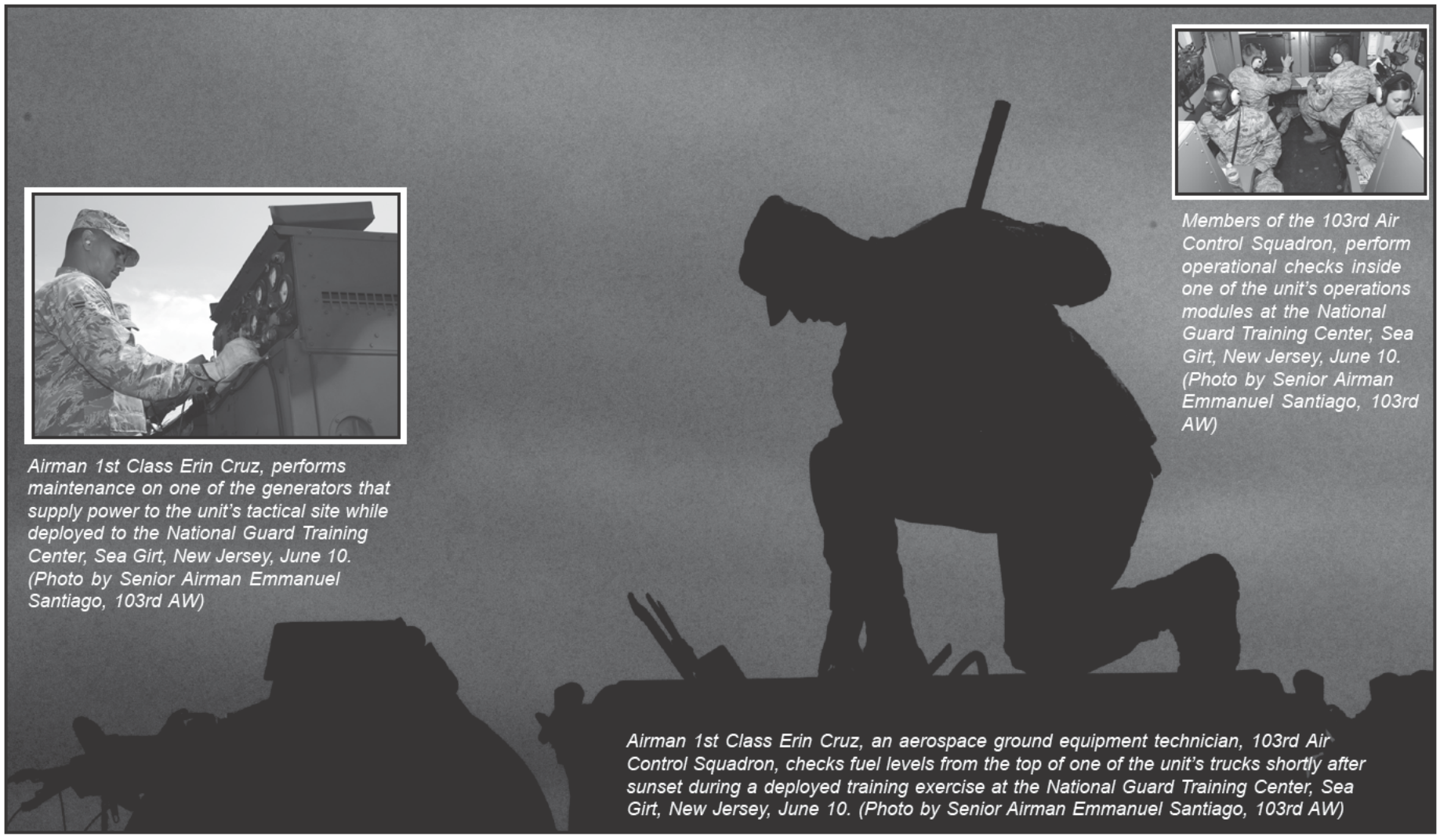
"There was no approved method of using the CRC Simulation Package for field training before this deployment," said Breisler. "Thanks to a tremendous amount of work from our folks, the 103rd Air Control Squadron paved the way for all active-duty and Guard units. Our proven process will set the new standard."



*Airman 1st Class Erin Cruz, performs maintenance on one of the generators that supply power to the unit's tactical site while deployed to the National Guard Training Center, Sea Girt, New Jersey, June 10. (Photo by Senior Airman Emmanuel Santiago, 103rd AW)*



*Members of the 103rd Air Control Squadron, perform operational checks inside one of the unit's operations modules at the National Guard Training Center, Sea Girt, New Jersey, June 10. (Photo by Senior Airman Emmanuel Santiago, 103rd AW)*



*Airman 1st Class Erin Cruz, an aerospace ground equipment technician, 103rd Air Control Squadron, checks fuel levels from the top of one of the unit's trucks shortly after sunset during a deployed training exercise at the National Guard Training Center, Sea Girt, New Jersey, June 10. (Photo by Senior Airman Emmanuel Santiago, 103rd AW)*

# Connecticut's Newest Warrant Officers Cap off Their Year of Training with Unveiling of Capstone Project

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

NIANTIC, Conn.— Who said designing a 1,900-pound granite block was easy?

Connecticut Army National Guard Warrant Officer Candidate School Class 13-001 graduated last year from the 169th Regional Training Institute at Camp Niantic after completing approximately eight months of Army Warrant Officer training.

The 169th RTI first offered WOCS to Connecticut Guardsmen in 2006. Class 13-001 was the most recent class to graduate, and the first class to complete a capstone project as a requisite for course completion.

Class 13-001's project, a 1,900-pound granite guidon block, (knicknamed the "WOC Block") was set in place at the WOCS training area near the Regional Training Institute building at Camp Niantic on June 14, and formally dedicated on June 21.

The idea of a capstone project was introduced to the 169th WOCS by Chief Warrant Officer 3 Michael Mottolo, who transferred to the CTARNG RTI from Fort Rucker, Alabama in 2012 to become Connecticut's WOCS course manager.

He said the purpose of requiring WOCS candidates to create a capstone project is to help them become acclimated to stressors they will encounter when they become officers.

Mottolo said capstone projects help candidates utilize the military decision making process and formulate courses of action.

He said these projects also allow candidates opportunities to deliver executive level decision briefs.

"This exercise was designed to take these candidates through this entire process. The outcome was irrelevant—the process was the point," said Mottolo.

Creating a 1,900-pound granite guidon block was not an easy task. Class 13-001 spent months planning and fundraising before the block was finally installed on June 13.

Warrant Officer Chris Curtiss, Information Systems Technician in the CTARNG Directorate of Information Management office and member of WOCS class 13-001, said the block is a physical representation of the work and dedication of Class 13-001 and their cadre.

He said the original intent of the project was not to actually construct it, but to learn how to properly coordinate and create military projects.

WOCS Class 13-001 hosted an unveiling ceremony for the block on June 21.

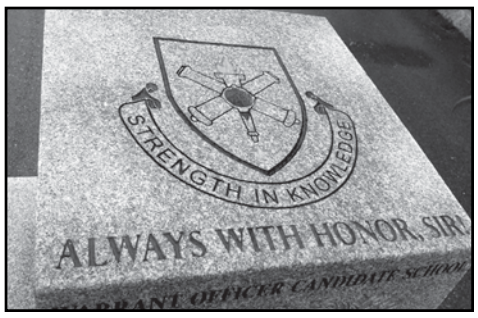
Honorary guests included Warrant Officer Career College Deputy Commandant and Senior Army National Guard Guard Chief Warrant Officer 5 Julia Mossman and U.S. Army Reserve Chief Warrant Officer 5 Patrick Nelligan.

Engravings on the block include Class 13-001's motto, "Always with Honor, Sir;" the Warrant Officer Career College coat of arms; the Career College motto, "Strength in Knowledge;" and the names of WOCS Class 13-001 candidates and their chain of command.

Curtiss said he hopes that their project will stand as an example of what hard work and proper planning can accomplish to future WOCS candidates and to CTARNG Soldiers at Camp Niantic.

The 1,900-pound. granite block will most likely stand for a very long time.

*Contact Chief Warrant Officer 2, John Nerkowski for additional information about WOCS: 203-410-0828 or john.v.nerkowski.mil@mail.mil.*

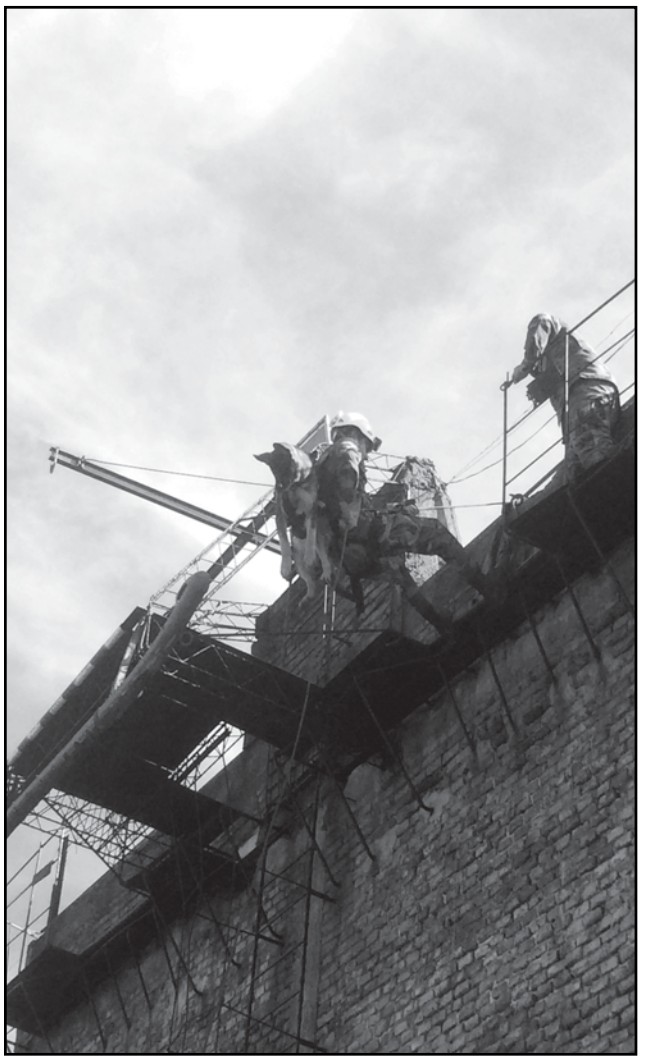



*"Strength in Knowledge," is the U.S. Army Warrant Officer Career College motto. "Always with Honor, Sir," was the motto of WOCS class 13-001. Both are engraved on the guidon block, installed on June 13 at Camp Niantic. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)*

*WOCS class 13-001, Staff Sgt. Brennan Mouthrope, Warrant Officer Chris Curtiss, Sgt. First Class Amy Mish, Sgt. First Class Laura Hernandez, Warrant Officer Susan Weiss, stand with TAC Chief Warrant Officer 3 Michael Mottolo, at the 'capstone' guidon block unveiling, June 21 at Camp Niantic. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)*

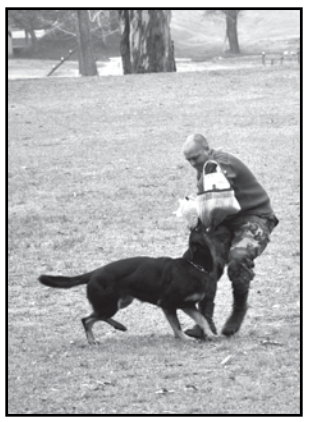
# 928th Military Working Dogs Train with Counterparts in Uruguay

*A Uruguayan Army 1st Infantry Battalion K9 group Soldier trains his MWD on odor detection in Montevideo, Uruguay. The main focuses of the Uruguayan K9 group are explosives detection and search and rescue. (Photo by Capt. Nicholas Raphael, CTARNG)*



*A Uruguayan Army 1st Infantry Battalion K9 group Soldier rappels with his military working dog attached to him. 928th MWD Detachment worked with the Uruguayan Army K9 Group from May 26 to May 30. (U.S. Army Photo by Sgt. Kimberlee Ruppar, 928th MWD Detachment)*

*Uruguayan 1st Infantry Battalion K9 Group Soldiers await orders during training in Montevideo, Uruguay. The Uruguayan Army K9 Group is the sole certification program for working dogs in Uruguay. They were deployed on a search and rescue mission to Haiti in 2010. (U.S. Army photo by Capt. Nicholas Raphael CTARNG)*



*A Uruguayan Army 1st Infantry Battalion K9 group Soldier trains with his military working dog in Montevideo, Uruguay. The CTARNG 928th Military Working Dog Detachment sent four dog handlers to support the Connecticut State Partnership program in Uruguay. (U.S. Army Photo by Capt. Nicholas Raphael, CTARNG)*

*A Uruguayan Army 1st Infantry Battalion K9 Group Soldier stands at the position of attention with his military working dog during training in Montevideo, Uruguay. The 928th MWD Detachment, Connecticut Army National Guard, worked with the Uruguayan dog handlers on certification, patrol, search and rescue, detection and obedience. (U.S. Army Photo by Capt. Nicholas Raphael, CTARNG)*

*Soldiers from the 928th MWD Detachment pose for a group picture with the Uruguayan Army K9 Group in Montevideo, Uruguay. Both K9 groups exchanged MWD information that will lead to future mission success for both nations. (Photo by Sgt. Kimberlee Ruppar, 928th MWD Detachment)*

# Aviators Spend a Day at the Range

1st Lt. Jamie Cuticello
1st Battalion, 169th Aviation Regiment

The unimproved road of Fort Indiantown Gap that leads to Range 35 is thickly lined with vegetation and wildlife. Deer and other game weave the undergrowth further pointing out that the road interrupts the Pennsylvanian forest. While driving to the range, the combination of elements — game, trees and road — mute your perception of elevation. It's the slight degree that the road is angled that seems to lead the trucks above the clouds.

The quick drive in no way prepares the firers or range cadre for the view that the ridgeline provides. Stepping out onto the range, you begin to understand the expansiveness of the training and range facilities. The valley is impressive. It sits between two ridges patterned by ranges and pockmarked by A-10 strafing runs. In the distance is a mock village and railway linked by the somewhat-rickety roads that seem to lead everywhere.

Range 35 is a Range Estimation Training Set range with pre-programmed qualification tasks specifically designed for automatic riflemen and crew-served shooters and was home to Soldiers of the 1st Battalion, 169th Aviation Regiment during Annual Training 2014. The RETS system moves man-sized targets at known distances up to an eye-straining 800 meters. This conditions the shooter and gun team to physically and mentally adjust and engage pop-up targets using the shape, pattern and implementation of fires.

While these concepts are employed, the gun crew or individual firers must maintain the basic concepts of marksmanship to successfully qualify with their given weapons system. The area that makes up the field of fire between the left and right limits is heavily dotted with mogul-type mounds of earth hiding white and green targets that correlate with the odd and even lanes.

What is significant about RETS ranges is that the systems help units meet the qualification metrics needed for deployment purposes. Also, having the ability to qualify on a range with moving targets is an invaluable asset. In an aviation unit, both light and heavy machine gun qualifications generally center on aerial gunnery, though a strict ground table qualification such as a RETS range are saved for a select few.

On the day of the qualification, it was projected to be warm and clear, and the day did not disappoint. Stepping out from the shade onto the open firing line and into the early morning sunlight, any exposed skin seemed to hint to the heat that midday later brought. Anxiety started to build while awaiting the firers. You go through the check lists you have created and the deliberate risk assessment just at the moment the bus carrying the Soldiers to qualify pulls up.

The safety brief and range orientation were provided. Then the initial shooters filed out to the cement firing positions and arrived to a prepositioned M249 Squad Automatic Weapon on bipods at each station, which greatly increased efficiency and safety as the weapon did not need to be cleared with a brass rod on and off the range. Only firers and assistant gunners moved. Whether it was to switch positions or retrieve more ammunition, the weapon never moved. The assistant gunners, or "A" gunners, filed to the ammunition point next to the tower. There they picked up the first set of belts broken out into the exact quantity needed for each task. The radio telephone operator called Range Control requesting to go "hot," and the qualification began.

The commands from the tower boomed over the loudspeaker. As it all unfolded, the sound of the disintegrating metallic split-link belt being consumed pinged off the concrete firing positions. Separated brass and link piled up around the firers' feet and weapons. The smell of gun powder filled the air and seemed to quickly add to the motivation of the day.

The assistant gunners began to call the location of the firers' beaten ground. They directed fires left or right, down and up. Before you knew it, the first qualification iteration was complete. The RETS system quickly analyzed the initial volley and the tower announced the qualifiers. For many, this was the first time using the M249 SAW.

The opening round of qualifiers resembled that of Soldiers with robust weapons fluency. Their weapons manipulation abilities, loading, firing and clearing were good, mainly in part to a primary marksmanship instruction class performed by the small arms repairmen of Echo Company 1/169th. Through the PMI process, a Soldier learns the basics in stripping a weapon down to clean it and put it back together. They also learn how the weapon functions and how to clear stoppages, as well as a cursory view of implementation of fires.

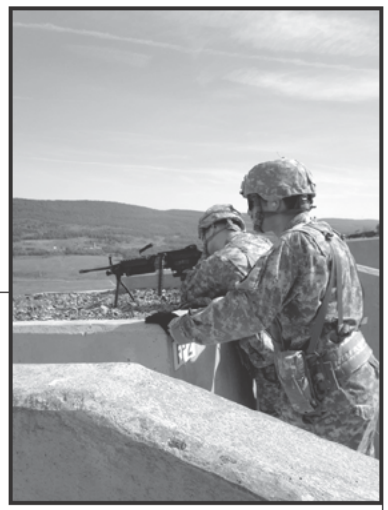
Throughout the day there were no safety violations.

When asked how he felt how the day went, former infantryman now 92F (petroleum supply specialist) Spc. Cristian Cabrera said, "There is a saying, 'Slow is smooth, smooth is fast.'"

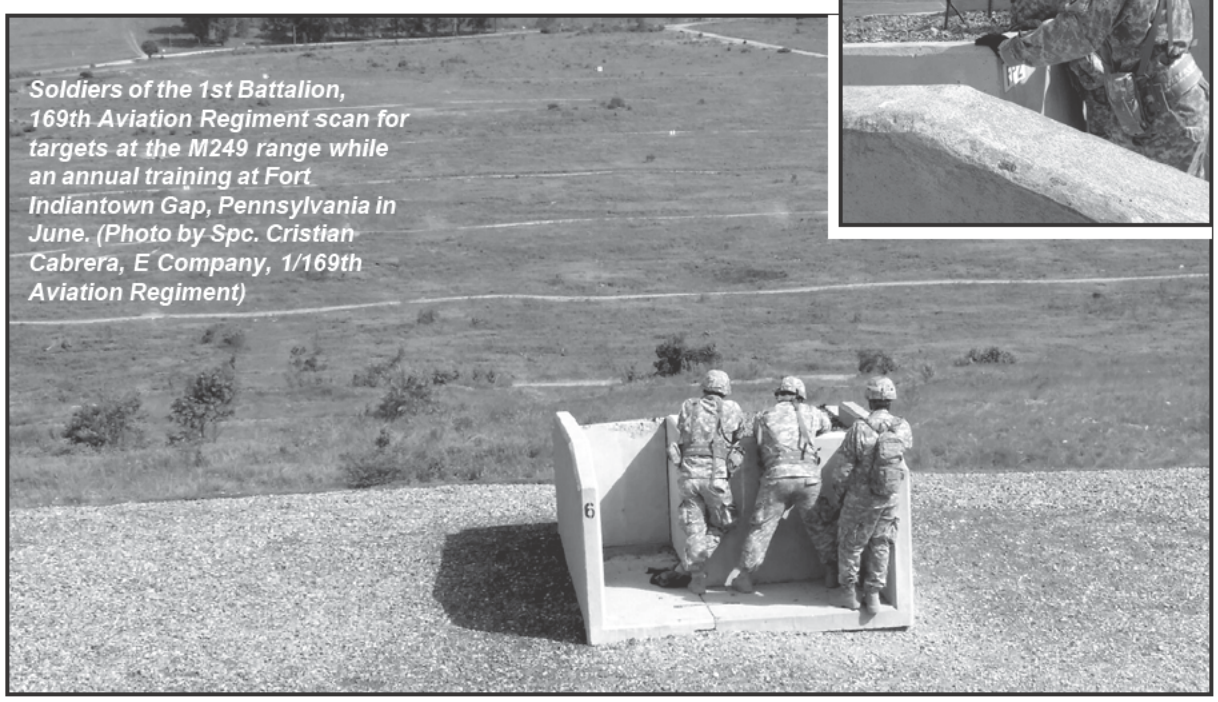
"If you think about that quote," Cabrera continued, "that sums up the range. Everyone was alert, safe and excited to be there. Thanks to everyone who did what they were supposed to do, the range ran smoothly and everything fell into place according to plan. There were no delays, no bad weather and it's always fun to shoot these weapons."

As the day rolled on and the qualification came to an end, the Soldiers of 1/169th Aviation Regiment left the range more confident in their abilities and each other. Regardless of the outcome, there were neither hung heads nor feelings of discontent during the reading of the results. This was echoed in the sentiments of wheeled vehicle mechanic Spc. Tyler Schwarz.

"The range was run very proficiently and smoothly. It was a lot of fun to shoot on with the targets at multiple distances. All participating Soldiers had a fun day of shooting and all shot very well," he said.



*Spc. Allen Senechal (gunner) and Spc. Joseph Giasullo, HHC, 1/169th Aviation Regiment, concentrate on a target downrange during a live fire exercise at Fort Indiantown Gap, Pennsylvania. (Photo by Spc. Tyler Schwarz, E Company, 1/169th Aviation Regiment)*



*Soldiers of the 1st Battalion, 169th Aviation Regiment scan for targets at the M249 range while an annual training at Fort Indiantown Gap, Pennsylvania in June. (Photo by Spc. Cristian Cabrera, E Company, 1/169th Aviation Regiment)*

# These Guardsmen Prove They're

Capt. Joseph E Brooks
130th Public Affairs Detachment

**Hartford, Conn. –** *"Everyone is laughing and joking now, just wait until about mile four." I heard this voice on my right and knew all too well that he was correct. We hit the first real obstacle, a low-crawl through the mud under barbed wire. "Ah, just like all those years ago at basic."*

*The voice came from Staff Sgt. Jesse Stanley. Stanley, Staff Sgt. Pagiel Critchley and I were taking part in the New England Tough Mudder on June 1 at Mt. Snow, West Dover, Vermont. This was the second "mudder" for Critchley and I and this was Stanley's fifth time through the obstacle course. The three of us are members of the Connecticut National Guard and were not the only service members on the course.*

*Staff Sgt. Jesse Stanley begins his march to the next challenge at the Death Race in Pittsfield, Vermont. The three-day event tests the competitors' physical and mental endurance while having to perform under sleep deprivation. (Photo by Capt. Joseph Brooks, 130th PAD)*

Obstacle Course Racing is a growing trend in service member fitness. Dozens of members of the Connecticut National Guard have taken part in various challenge races to test their abilities, both physical and mental.

"Physically it helps me train my mental endurance to go the distance. Tough Mudder is a mental game, not a physical one," said Critchley. "Since it is not timed and since it is a team event, speed is not the goal, small objectives and helping others maintain their individual motivation is."

With the variety of courses and challenges, ranging from mud runs to ruck marches and everything in between, service members are flocking to these courses. Courses can range from speedy 5-kilometer obstacle races to grueling endurance challenges. They are guaranteed to test the mettle of all who attempt them.

Service member fitness is a high priority for the Connecticut National Guard and many service members have not attempted an obstacle course since basic training. That means that they have to train and prepare for the races. This training extends beyond drill weekend physical training.

"I own Land Warrior CrossFit in Windsor Locks and I train side-by-side with my athletes five to six days a week," said Capt. David Tripp, who is a cross fit trainer and competitor in multiple mud runs and has completed three Ragnar relay races.

Tripp has lost 50 pounds through healthy eating and a dedicated fitness routine and has gone from being on a walking profile to regularly scoring higher than 270 on his APFT. He takes on obstacle course runs and extreme challenges to push his fitness level higher and to lead a better life.

"[I am] driven by CrossFit training to improve my general physical preparedness, achieving the ultimate goal of balance with physical, mental and emotional well-being. Being physically fit increases the opportunity for happiness," said Tripp.

*About two hours into the mudder we had already been through over half of the obstacles and covered over half of the miles. It should all be downhill from here. Then we hit the next steep incline of the Mt. Snow ski slopes. As my calves and quads began to feel like they were going to explode, we continued to trudge up the mountain. The question pops into my head, "why am I doing this to myself again?"*

Service members undertake these challenges for a variety of reasons. Some do it for the challenge or to prove to themselves or others what they are capable of. Some do it to raise funds for veterans associations such as the Wounded Warrior Project. Some do it to make themselves better service members or to test how far they have come in their fitness.

Lt. Col. Luke Boutot, a multiple time mudder, started doing obstacle runs when he was the commander of the 118th Multifunctional Medical Battalion as a way to motivate and challenge his Soldiers. Team based events are a good way to increase awareness of physical fitness levels and raise esprit de corps.

"It serves to remind me that realistic training leads to realistic results, and for the need to be creative when training. It also reminds me of the need for constant team work since Tough Mudder events are not a race. You are expected to help everyone else on the course," said Boutot.

Boutot continues to lead by example and challenge himself by training through injuries and keeping his fitness level high.

"Physically it helps because you are always ready to take an APFT, mentally it helps to push through any situation no matter how difficult," he said.

*Stanley, Critchley and I had just gotten through the final part of the run. The mixture of exhaustion and excitement at this point was absolutely intoxicating. The last obstacle left was the "electro-shock therapy," which was positioned right before the finish line. This was my least favorite and most challenging obstacle my last time through the course. As legionnaires, anyone who has run two or more mudders, we had the option to skip it.*

*The teams in front of us linked arms and walked through dangling wires that had up to 10,000 volts of electricity running through them. We weren't about to bail out now. We linked arms and calmly walked through the device of torture, crossed the finish line and began our celebration. Stanley then reminded me that this was just a warm up for him because the "Death Race" was in few short weeks.*

Stanley's obstacle course race pedigree is distinguished: five Tough Mudders, four Spartan Sprints, one Spartan Beast, one Spartan Hurricane Heat, three GoRuck Challenges, four Warrior Dashes, one Run Amuck Mud Run and one Rugged Maniac. He was about to tackle the biggest challenge yet, the Death Race.

*A group of obstacle course racers at the Tough Mudder, Mt. Snow West Dover, Vermont. The group is made up of Guardsmen, family and friends. From Left to Right: Sgt. 1st Class Doug Kohlun, Capt. Janae Grant, Maj. Dave Grant , Tanya Boutot, Maj. Charles Jaworski, Meg Jennette, Staff Sgt. Jake St. Pierre, Tracey Landry, Lt. Col. Luke Boutot, Maj.Steve Landry. (Photo by Karolyn Griswell)*

"The death race for me started as something I read about online as it happened. I watched lots of updates of people I knew going through, what seemed like, the ultimate challenge," Stanley said.

At 9 a.m. on June 27 Stanley began the Death Race in

# Tough on Obstacle Course Runs

Pittsfield, Vermont. Ahead of him were three days of marching with a 50-pound ruck up and down the steep mountains. There were physical tasks such as hauling 100-pound stones, chopping trees, starting fires and hollowing out a log with nothing more than the knife he packed.

There were mental challenges which included building an axe out of sharpened stoned and sticks; making primitive clothing out of buckskin, which was to be worn for the rest of the race; land navigation and various survival skills. Obstacles that would be difficult if the competitors were allowed a full night's sleep had been made even more difficult by sleep deprivation.

Any competitor that either did not have an item to complete a task, or performed a task incorrectly had to endure punishments in the form of CrossFit style exercises. Stanley eluded a 1,500 burpee penalty by being prepared and quick on his feet when needing to transport five gallons of water.

"This year while I was hiking through the woods I had to stop a moment and realize that I was wearing a death race bib and was actually doing it. It was something that was on my mind every day since I signed up for it a year ago," said Stanley.

Stanley went 31 hours into the Death Race before an injury sidelined him. He was going into the first elimination period with a strong showing and was expected to make the cut when his experience as a CTARNG combat medic told him something was wrong.

Stanley suffered a stress fracture in his left foot and he was medically eliminated from the race.

"Outside of my injury I felt fantastic physically and perfect mentally. I was ready to keep going for as long as it took to get to the end," he said.

His injury has not deterred him from plans to compete in future races including the death race next year.

"The death race has to be by far one of my favorite challenges I have done to date. It is seen as one of the toughest endurance races that one can compete in. I learned a lot about myself and my training. There are things I would do differently in the future, but there is a lot that I would do the same," said Stanley.

Service members will continue to challenge themselves with obstacle course races and events as well as to challenge themselves to take their fitness to the next level. Speaking from experience, they become an addicting addition to physical training.

Service members are challenged to distinguish themselves through their service and within that culture they seek to further set themselves apart with off-duty activities.

Racers like Stanley, Critchley, Tripp and Boutot already have their next challenges planned.

"Once you sign up for a race, whether it is a color run, Tough Mudder or a Death Race, that is the first step. You will have that event on your mind and it will give your training more purpose," said Stanley.

*Staff Sgt. Jesse Stanley and Staff Sgt. Pagiel Critchley prepare for an obstacle during a Tough Mudder event at Mt. Snow in West Dover, Vermont. (Photo pulled from a helmet cam video by Capt. Joseph Brooks, 130th PAD)*

## Take the Challenge

There are many types of extreme racing events to choose from. These are a few of the challenges service members have tackled:

**Spartan Races:**

*Sprint*- 3+ miles/ 15+ Obstacles, Speed Challenge

*Super*- 8+ miles/ 20+ Obstacles, Strength Challenge

*Beast*- 12+ miles/ 25+ Obstacles, Strength/ Endurance Challenge

**Tough Mudder:**

*Tough Mudder*- 10-12 miles avg./ Over 20 Obstacles Mud Run/Endurance Challenge

*World's Toughest Mudder*- 5 mile loop/ 20+ Obstacles, complete as many laps as you can in a 24-hour period

**Ragnar:**

200+ miles team event, long distance relay race

**Rugged Maniac:** 3 miles/ 25 Obstacles, obstacle course run

**Warrior Dash:** 3-4 miles/ 12 Obstacles, Sponsored by the National Guard

**GORUCK:**

*Light:* 7-10 miles/ 4-5 hours

*Challenge:* 15-20 miles/ 8-10 hours

*Heavy:* 40+ miles/ 24+ hours

*Selection*: 80+ miles/ 48+ hours, invitation only, extreme challenge based on special forces selection type challenges

**Death Race:** In a class of its own, 3-day endurance elimination; don't bother bringing a sleeping bag

# 242nd Engineer Detachment Members Earn the Schützenschnur

SGT. BRENDAN MCLAUGHLIN
242ND ENG. DET. UPAR

Monday June 9 had the enlisted Soldiers of the 242nd Engineer Detachment (Construction Management Team) CMT at a CONOP briefing at 0500. The briefing focused on what the transport mission would entail, covering risk assessments and courses of action for any foreseeable events as we were about to get on the road in MRAPs for a convoy with the 302nd Military Police Company.

We were driving to Qargha, an ISAF Joint Command base run by the British and home of the Afghan National Defense University. Here the Soldiers would use the shooting range to qualify for the German marksmanship proficiency award, called the Schützenschnur.

Since 1954 the Schützenschnur has been awarded to the best German military marksmen of all grades, but the combination metallic badge affixed to a shoulder lanyard is only allowed to be worn by enlisted members. German Armed Forces regulations point out that "the Schützenschnur is a decoration for weapons proficiency for enlisted soldiers."

Officers can earn the award, although it is not currently authorized to be worn on their uniforms. Foreign military members also may be awarded the badge, but the German military regulation on officers still applies permitting only enlisted members to wear the badge.[1] United States enlisted Soldiers may wear the award on their ASUs.

The 242D CMT's inclusion in the competition was brought about by a fateful conversation between Spec. Ricardo Reyes-Scheiner and Sgt. 1st Class Rory Allen, a New York Army Reservist with the 2nd Battalion, 417th Infantry Regiment and part of the 98th Division.

Allen is serving in Afghanistan with NATO Training Mission – Afghanistan (NMT-A). He informed Reyes-Scheiner that he had coordinated for his Soldiers to participate in an upcoming Schützenschnur competition to be held in-country under the auspices of Capt. Michael Fiebig of the German Army who was in charge of the event.

Reyes-Scheiner first heard about the Schützenschnur prior to deployment from Master Sgt. Edward Masotta who told him to grab any opportunity to compete in this unique marksmanship competition.

"I introduced Sgt. 1st Class Allen to our Sgt. Maj. David Moorehead and they worked hard to put this together for us," said Reyes-Scheiner.

The qualification consisted of three events determining proficiency on the German Army G-36 rifle, the P-8 pistol, and the MG-3 machine gun. All NATO rounds were used and consisted of 5.56mm for the rifle, 9mm for the pistol and 7.62mm for the machine gun.

Rifle marksmanship was determined by the best of 24 shots taken from different positions and distances. Two life size targets were placed down range and the first position was standing at 100 meters. Three shots were taken at each of the targets. The next iteration was fired from 75 meters in the prone unsupported position with three shots in each target. The third round consisted of three shots standing and three kneeling. The final shots were taken at 25 meters, both standing and kneeling.

Pistol qualification was from 25 meters and based on five shots on three silhouette targets. Three rounds were placed in each one of the targets and the additional two could be placed in any of the three silhouettes. The machine gun was aimed at three bullseye targets, each with a 7cm circle surrounded by an 18cm circle. All were aligned vertically and fired upon from 25 meters. Shots needed to be placed within both circles. A total of 15 machine gun rounds were used to hit the targets.

There are three levels of Schützenschnur awards – bronze, silver and gold – based on total marksmanship points earned with all three weapons.

Bronze was awarded for 16 hits with the rifle, three with the pistol and three within the center and eight in the outer machine gun circles.

Silver required 18 hits with the rifle, four with the pistol and three in the center and 10 in the outer circle with the machine gun.

Gold minimum standards were at least 20 hits with the rifle, five with the pistol and three and 12 respectively with the machine gun.

Each branch of the U.S. military, except the Coast Guard, participated in this foreign marksmanship competition. However, the United States was not the only coalition force represented. Fellow service members from the United Kingdom, Romania, Germany, and Italy also competed.

Camaraderie among the nations was quickly established. By the end of the day all the service members had qualified and enjoyed this unique opportunity to train on another nation's weapons systems. It was an in-person reminder of the teamwork that is required between allied nations to support strategic overseas missions like Operation Enduring Freedom.

On June 15 Col. Peter Fishcher of the German Army officially awarded the Schützenschnur to the 62 coalition armed forces members including to the Soldiers of Connecticut's 242nd CMT. Gold awards went to Sgt. 1st Class Tye Frazer and Spec. Reyes-Scheiner. Moorehead, Staff Sgt. Jed Couture and Sgt. Brendan McLaughlin all received bronze awards. Staff Sgt. Robert Cromer had earned the Schützenschnur on a prior deployment and therefore, did not compete.

"This was a once in a lifetime opportunity for us. The chance to compete for the Schützenschnur will probably never happen again." explained Moorehead. "We were lucky to be able to do this and thankful to our German counterparts for hosting us."

[1] Source: Wikipedia (http://en.wikipedia.org/wiki/Sh%C3%BCtzenschnur)

**Thank you to all of our Connecticut National Guard Familes for all that you do and all that you sacrifice**

# Resilience Center

## *Activating Events, Thoughts and Consequences – ATC, Yeah You Know Me!*

SGT. MAJ. JAMES SYPHER
STATE RESILIENCE COORDINATOR

The "activating events, thoughts and consequences" model is the foundation for all of the resilience concepts covered under the comprehensive soldier and fitness umbrella. Albeit a basic concept that we are all aware of, when given some perspective and looking at certain situations in retrospect, it will give you an increased awareness of its significance.

So let's break this down into terms that we can all relate to.

An *activating event* is a situation that occurs in our lives that is a trigger point for us. This event can be a challenge, adversity or even a positive situation. Some examples could be the death of a loved one, a speeding ticket or the birth of a child. To each of us it can be different, whether the issue is major or minor.

We all know what *thoughts* are but in this case we are talking about your initial, gut reaction, heat of the moment thoughts. These are not the rational thoughts that you have after gathering all of the facts. This is "your brain in the wild." It is important to recognize the difference and when you are able to do so you will be able to mitigate their effects. Thoughts are what drive your reactions and they are in one of two categories: productive or counterproductive.

*Consequences* are comprised of emotions, reactions and results. Emotions are what you feel in response to the activating event. Emotions are usually accompanied by physiological and behavioral changes in the body. Examples include anger, happiness, fear and love, among others. Reactions are what you do in response to the activating event; these are heavily influenced by your thoughts. Results are how things turn out based on your emotions and reactions.

The key to success when it comes to the ATC model are separating the activating events from the thoughts and consequences. When it comes to the activating event, stick to just the facts; who, when and where (leave out the why). With the thoughts, take the time to think it through after your initial heat of the moment thoughts before you decide what to do. Constructive, postive consequences (emotions, reactions and results) will follow suit with the new perspective.

Identify any patterns in your thoughts that undercut your performance and mental toughness. Maintain self-awareness and take steps to reduce counterproductive thinking. Any thoughts that do not provide a positive solution to the situation are considered counterproductive. Replace these thoughts with productive ones that will help resolve the situation in a positive way!

**Resilience Tip of the Month:**

Add something to your routine that will strengthen your spirit. A spiritual practice could be anything from prayer, to spending time in nature, to volunteering at a food bank.

**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.

In next month's issue we will cover: energy management and goal setting. Until then Connecticut, stay resilient!

# Infantry Takes on JRTC

*From Page 1*

"We received great training on tactical movements and setting up hasty positions. We were taught how to properly construct defensive firing positions as well," he said.

Sgt. Rob Rentz from HHC Company said he is grateful for being able to fire mortars during the rotation's four day live fire exercise, and is glad that mortar fire was incorporated into the training.

He said he was also pleased at how easily the battalion's Soldiers, new and old, were able to work together cohesively.

Rentz was a member of Headquarters and Headquarters Company in 2009-2010 during its first JRTC rotation. At that time, JRTC training was focused on tailoring training for conditions in OEF/OIF theatres in Mission Readiness Exercises.

In 2012, the Army shifted to the Decisive Action Training Environment (DATE) model designed to present a wider range of 'hybrid' threats to Soldiers in JRTC rotation units. According to Army.mil internet publication, 'Stand To,' "TRADOC developed the DATE to create a common training scenario for use throughout the Army. It features a hybrid threat reflective of the complexities of potential adversaries our nation could face in the 21st century."

B Company, 1-102nd commander Capt. Nicholas Raphael said the DATE training structure gave his company the opportunity to train the way they would fight.

Raphael said this JRTC rotation forced his Soldiers to operate outside of a FOB centered training environment, and made them utilize logistic channels they way that they're meant to be accessed.

He said this training environment reinforced an understanding to his Soldiers that all of their tasks were directly related to the battalion and brigade task force mission, and for that he's grateful.

Raphael said in spite of the Louisiana heat the Soldiers managed their tasks, seized opportunities and took initiative.

"I'm proud of them," he said.

Brafford said the JRTC rotation has helped prepare the 1-102nd for any existing or emerging threats.

"The 1-102nd will be ready to deploy worldwide in support of national objectives," he stated.

This was the 1-102nd and 86th IBCT's second JRTC rotation—the first prepared the IBCT for their 2010 deployment to Afghanistan in support of Operation Enduring Freedom.

The next step for the 1-102nd has yet to be determined.

*Soldiers from 1-102nd Infantry Battalion stand in formation at the conclusion of their JRTC rotation at Fort Polk Louisiana, June 27. The three-week rotation focused on the Decisive Action Training Environment model to prepare Soldiers for facing numerous globa hybrid threats. (Photo by 1st Sgt. Dan Morgan, A Company, 1-102nd Infantry Battalion)*

*Soldiers from 1-102nd Infantry Battalion perform drills in preparation for live fire training at JRTC, Fort Polk Louisiana, June 16. The 1-102nd Infantry Battalion JRTC rotation focused on company, battalion and brigade level integration of infantry, armor, artillery, aviation and Air Force close air support combat capabilities. (Photo by 1st Sgt. Dan Morgan, A Company, 1-102nd Infantry Battalion)*

*Soldiers from C Company, 1-102nd Infantry Battalion support and defend their position at JRTC, Fort Polk, Louisiana June 18. The Decisive Action Training Environment enabled 1-102nd Soldiers to train to fight a wide variety of threats. (Photo by Spc. Roy Mercon, 172nd Public Affairs Detachment)*

*Soldiers from A Company, 1-102nd Infantry Battalion take a short breather in their fighting position during training at JRTC, Fort Polk, Louisiana, June 18. (Photo by 1st Sgt. Dan Morgan, A Company, 1-102nd Infantry Battalion)*

*Soldiers from 1-102nd Infantry Battalion engage targets during training at JRTC, Fort Polk, Louisiana, June 21. The 1-102nd Infantry Battalion conducted force-on-force training against threats ranging from small-scale criminal attacks, to an armor equipped enemy force. (Photo by 1st Sgt. Dan Morgan, A Company, 1-102nd Infantry Battalion)*

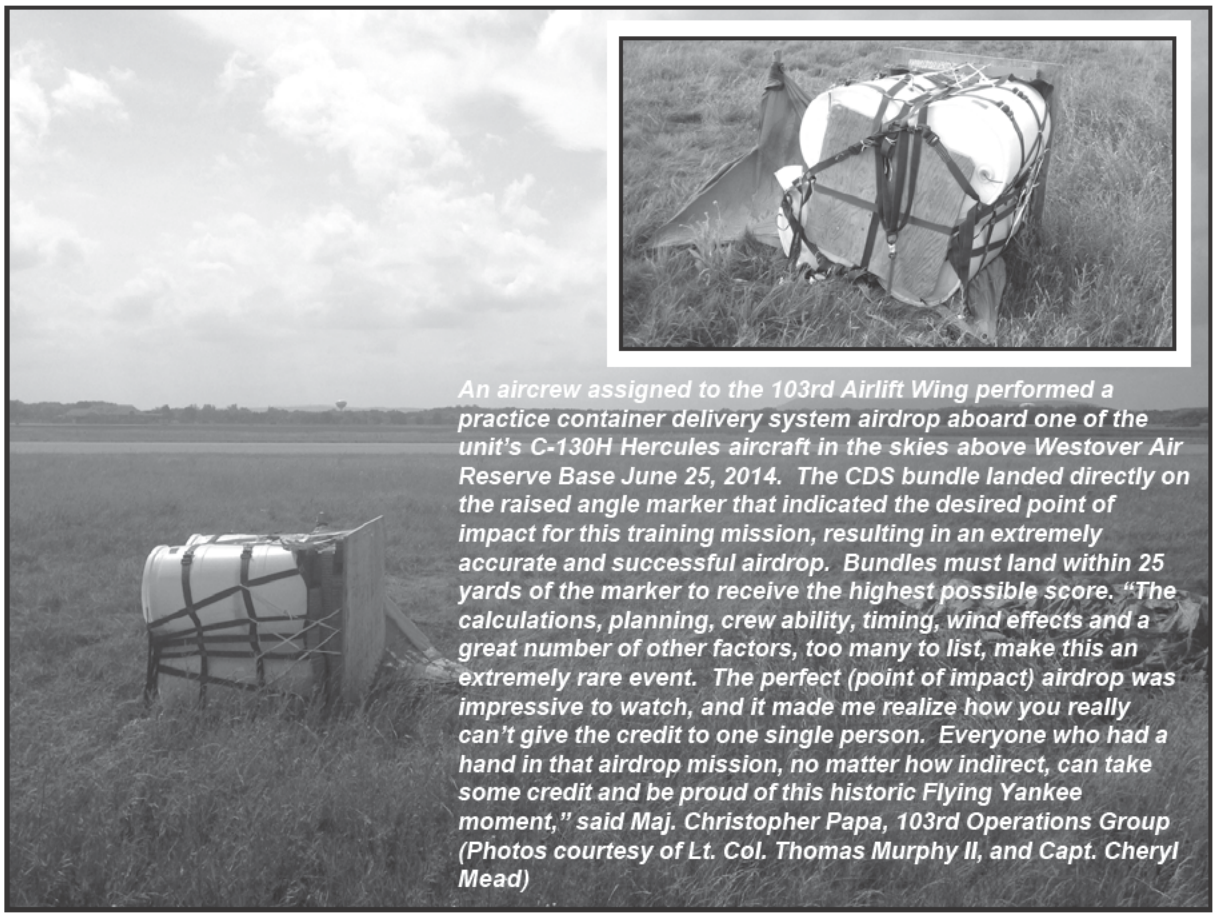
*Soldiers from 1-102nd Infantry Battalion construct a sand table in preparation for training operations at JRTC, Fort Polk, Louisiana, June 16. (Photo by 1st Sgt. Dan Morgan, A Company, 1-102nd Infantry Battalion)*

*Soldiers from 1-102nd Infantry Battalion use a sand table constructed by other Connecticut Infantry Soldiers to prepare for training operations at JRTC, Fort Polk, Louisiana, June 16. (Photo by 1st Sgt. Dan Morgan, A Company, 1-102nd Infantry Battalion)*

*Soldiers from 1-102nd Infantry Battalion receive training operations briefs on a blown up map/sand table at JRTC, Fort Polk, Louisiana, June 15. 1-102nd Soldiers conducted more than 100 days of training in preparation for this JRTC rotation. (Photo by 1st Sgt. Dan Morgan, A Company, 1-102nd Infantry Battalion)*

# Around Our Guard

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.



*An aircrew assigned to the 103rd Airlift Wing performed a practice container delivery system airdrop aboard one of the unit's C-130H Hercules aircraft in the skies above Westover Air Reserve Base June 25, 2014. The CDS bundle landed directly on the raised angle marker that indicated the desired point of impact for this training mission, resulting in an extremely accurate and successful airdrop. Bundles must land within 25 yards of the marker to receive the highest possible score. "The calculations, planning, crew ability, timing, wind effects and a great number of other factors, too many to list, make this an extremely rare event. The perfect (point of impact) airdrop was impressive to watch, and it made me realize how you really can't give the credit to one single person. Everyone who had a hand in that airdrop mission, no matter how indirect, can take some credit and be proud of this historic Flying Yankee moment," said Maj. Christopher Papa, 103rd Operations Group (Photos courtesy of Lt. Col. Thomas Murphy II, and Capt. Cheryl Mead)*

*An Officer Candidate pulls himself above a pull-up bar during Officer Candidate School, Phase 1 at Camp Niantic, Niantic Connecticut, July 12. OCS Phase 1 training includes land navigation, warrior task battle drills, army training management and a five mile road march. (Photo by Staff Sgt. Gerard Boffen, JFHQ Public Affairs)*

*Officer Candidate Andrew Conner, from Budd Lake New Jersey, low-crawls during the morning hours of Officer Candidate School Phase 1 at Camp Niantic, Niantic Connecticut, July 12. 181 candidates from 17 states, including Oklahoma, Arizona and Mississippi, traveled to Camp Niantic for the two week course. Photo by Staff Sgt. Gerard Boffen, JFHQ Public Affairs)*

*Officer Candidates perform battle drills during Officer Candidate School, Phase 1 at Camp Niantic, Niantic Connecticut, July 12. The two week course is designed to challenge candidates with numerous training exercises in a high optempo environment. (Photo by Staff Sgt. Gerard Boffen, JFHQ Public Affairs)*

# Enlisted Update

COMMAND SGT. MAJ.
JOHN S. CARRAGHER

It is August already! Before you know it many of us will be sending children back to school or getting ready for the next semester of school ourselves. We may be trying to get in some last minute vacation time with family and friends. It is very important that each of us spend some quality time with our families. We cannot take care of our Airmen or Soldiers if we do not take the time to take care of ourselves. That is not being selfish, it is being realistic. I recommend that you take a moment and think about how "busy" we are with life and all the things that go with it. Don't forget to live that life, doing the things that you enjoy.

This is also the time of year that most of us are taking a hard look at our annual training after action reviews and making modifications to next year's training plan. By the time this article is published, most of our units will have completed annual training for TY-14. Did your team, squad, platoon or company achieve the training objectives you set out to achieve? What can you do to make your team more proficient and increase the readiness of your unit and our Guard? Take the time now to review the past year's training and see where you are.

Speaking of annual training, what a rewarding couple of months I had! Over the last couple of months I have been able to travel around and visit most of our units at annual training. My journey around the Connecticut Guard started with a great opportunity to see the 103d Medical Group training at Camp Niantic and the 103d Air Control Squadron in action at Sea Girt, New Jersey. How great is our Guard when an Army command sergeant major, two Air Guard command chiefs, an Air Guard general officer and a wing commander can get on an Army helicopter, and visit two great Air Force units training at predominantly Army Guard installations? On top of that, both units were conducting fantastic training in support of our great State and Nation. Only in the National Guard can this happen!

The journey continued with visits to the 192nd Engineer Battalion. The engineer battalion had an aggressive annual training plan, spread out across three locations: Camp Niantic/Stone's Ranch, Fort Devens and the West Thompson Reservoir. The battalion headquarters and A Company conducted mission command and support functions from Stone's Ranch and later jumped the battalion to West Thompson. The battalion conducted all their operations in the field, Soldiers and leaders learning (in some cases re-learning) basic field craft.

I was amazed by the quantity and quality of the work the equipment operators from the 248th Engineer Company were able to accomplish in a very short period of time.

Did you know there is a functioning well at Stones Ranch? I did not. Thanks to the well drillers of the 247th Engineer Detachment, if you need a drink of cool, clear water in the vicinity of the rappel tower, all you need to do is crank the handle!

The 250th Engineer Company started at Fort Devens conducting crew served weapons qualification and demolition operations. The company then relocated to West Thompson and conducted bridge operations on the lake.

The next stop was the 192nd Military Police Battalion. I first got to see the 143d MP Company conducting oleoresin capsicum, otherwise known as "OC," training. The training consists of a level one exposure followed by about 10 minutes of fight through drills. This is great training for the MPs because it checks off both an MOS specific task and a homeland response force task. If you have had the opportunity to experience the training you know it is something to see. It is a superb confidence booster for our Soldiers. If you have done it, you know what I mean when I say it is also fun to watch!

The 643d MP Company conducted their culminating training event at the Gates Correctional Facility. The ability of our corrections professionals to train in an actual facility is a testament to a great partnership with the Connecticut Department of Corrections. The 643d was able to train all the tasks they needed to train to standard. Great work!

The next stop with the MP battalion was out to Ft. Leavenworth, Kansas and the U.S. Disciplinary Barracks. The Soldiers of HHC 192nd had the opportunity to be certified by the 15th MP Brigade Commander to provide custody to inmates incarcerated at the USDB. Soldiers told me it is the best training they have had as a military corrections specialist. My response was, "It is not training! This is the real thing." It does not get any better than that!

The final stop in this part of the journey was to Fort Polk, Louisiana and a visit to the 1st Battalion, 102nd Infantry Regiment at the Joint Readiness Training Center. Our infantry battalion, as part of the 86th Infantry Brigade, executed the only Combat Training Center rotation allocated to an ARNG Brigade Combat Team in training year 2014. That makes the rotation a significant event with national level importance to our Army National Guard.

The battalion, to include F Co, 186th BSB, had a hyper-intense, 48-month training plan that included an exportable CTC during last year's annual training period. The hard work of the Soldiers and leaders of the battalion paid off in spades! The battalion led the brigade in most measurable areas.

During our visit, all of our Soldiers were hot, tired, itchy, but happy. If you know anything about JRTC, you know that it is the Olympics of training opportunities. Our infantry Soldiers and their organic enablers earned a gold medal. A job very well done!

Unfortunately, I did not get the chance to see large portions of the 143d CSSB or the 1/169th Aviation. Rest assured I will be out to see you during your next drill weekend.

Still to come this training year I look forward to seeing the 169th Regional Training Institute as they train more than 200 officer candidates from around the country. I also look forward to getting to Camp Edwards to see our 118th Medical Battalion working hard. The 102nd Army Band will be performing across Connecticut in the coming weeks. Finally, we will get the chance to see the 143d Regional Support Group take on the challenges of the National Training Center at Fort Irwin in August.

On a much more serious note, the Connecticut Guard lost a Soldier to a motorcycle crash in June. The young Soldier had just completed Initial Entry Training and had not even reported in to his permanent unit. Although the Soldier was wearing a helmet, unofficial reports indicate that excessive speed, inexperience and reckless operation were contributing factors in the crash.

The Soldier had not completed a basic motorcycle safety course.

The policy is very clear. If you want to be a member of the Connecticut National Guard and you want to operate a motorcycle, you MUST wear appropriate personal protective equipment and complete a basic motorcycle safety course. You also MUST execute the Motorcycle Operator Requirement and Individual Responsibility Agreement with your immediate supervisor and commander.

These requirements apply on or off duty, regardless of duty status or location.

Leaders at all levels are REQUIRED to enforce the Army Regulation/Air Force Instruction and the Adjutant General's policy. If you have any issue complying with or enforcing this policy, you are welcome to come and see me. I will tell you that burying Soldiers or Airmen after a preventable crash is not something that I am willing to accept risk on.

You have probably heard our senior leaders at the national level say something like: "The National Guard does three things very well: We fight America's wars, we protect the homeland, and we build enduring domestic and international partnerships." It is your efforts every single day that makes that happen. Thank you to each of you and your families for that commitment to our state and nation.

See you in October.

# **Education:** Stop by Education Office to Discover Your Benefits

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

HARTFORD, Conn.—Mirza Henderson said she wants every Connecticut Guard member who desires furthering their education to have three goals: a short term, a long term and a goal they've only dreamt of obtaining.

She said it's her job to help Connecticut Guard members obtain all three.

Henderson is the Connecticut Army National Guard's new Education Services Specialist. As the former director of the Navy College Office at Naval Support Activity Bahrain, Henderson oversaw the naval station's many education services and benefit programs for its military service members and dependants.

She is happy to bring her experience to the CTARNG.

Henderson said it's important for Connecticut Guard members to learn about the benefits that they have earned from their service in the Guard, prior service or active duty.

Her Hartford Armory education office team can provide guidance, direction and encouragement to Connecticut service members seeking to obtain their benefits and pursue their education goals.

"We will provide counseling for service members for all levels of their education journey," she said.

Henderson said that there are many new benefits now available, but that many of them change regularly. She said it's extremely important for service members to be proactive and to continue learning as much about their benefits as they can.

There are two state tuition waivers: a **Connecticut National Guard tuition waiver**, for guard members in good standing with their unit, and a **veteran's tuition waiver**, for service members who have served at least 90 days on active duty and were honorably discharged during a time of war. Both waivers cover tuition costs at most Connecticut state schools—but not fees, which may amount to more than the cost of tuition.

All Connecticut Guardsmen are again eligible for **Federal Tuition Assistance**, which can cover fees that are not covered by state tuition waivers. Soldiers must register on *GoArmyEd.com* in order to apply for TA.

In addition to waivers and Federal Tuition Assistance, Connecticut Guard members may be eligible for the following benefits:

**- Post 9/11 GI Bill Chapter 33:** For service members who served 90 days of active duty service after Sept. 10, 2001.

**- Yellow Ribbon Program:** When used in addition to the Post 9/11 GI Bill Chapter 33, can cover tuition at private institutions.

**- Vocational Rehabilitation:** For qualifying Veterans with VA service connected disabilities—will pay for tuition in public and private institutions and may provide laptop/desktop computers.

*CTARNG Education Services Specialist, Mirza Henderson, stands outside of the Hartford Armory education office, July 8, 2014. She is the former Director of the Naval College Office at NSA Bahrain and is happy to use her experience to help Connecticut service members. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)*

**- Active Duty GI Bill, Chapter 30:** For service members who have not served 90 days of active duty service.

**- Reserve GI Bill Chapter 1606:** For reserve component service members not eligible for Chapter 30 or Chapter 33.

**- Reserve Education Assistance Program (REAP) Chapter 1607:** For reserve component service members who served 90 days active after Sept. 10, 2001, in the Reserve/Guard.

**- ARNG GI Bill Kicker:** For increasing monthly GI Bill payments.

**- Apprenticeships/Work Study/OJT (On the job training)**

- ROTC Scholarships
- ARNG Student Loan Repayment
- ARNG Health Professional Loan Repayment
- ARNG Chaplain Loan Repayment Program

**- CLEP, DSST or eCLEP testing (GRE, GMAT, PRAXIS, ACT, SAT, GED, ECE, Certification and Licensing Exam testing):** Available at the Hartford Armory Education office.

**- Troops to Teachers:** Assists military personnel begin careers as teachers in public schools.

**- Army e-Learning:** Hundreds of vocational prep programs available online.

**- Eknowledge.com/NFL:** Free SAT-ACT assistance—use code: 2789b86a3f.

There are also numerous additional scholarships available that the education office can help service members obtain.

Henderson said the ACE (American Council on Education) Joint Services transcript has now replaced the AARTS transcript, and that service members can now upload all of their college transcripts to ACE in order to submit just one professional transcript (which can include military credits) to schools and employers.

Henderson advises that service members stop by the education office in order for the staff there to help them (and their dependents) determine which benefits best fit their needs.

Most schools and professional programs also have a team of staff designated to assist service members obtain their benefits. It's very important for service members to contact them when deciding to enroll into an education program.

In school? Thinking about enrolling into a program? Want to pass your benefits to a dependant? Have general questions about what benefits you are entitled to?

Contact Ms. Mirza Henderson at mirza.y.henderson2.civ@mail mil or (860) 524-4820. You may also visit the Education office in person on the first floor of the Hartford Armory, room 100, to the right of the main entrance or virtually on their Facebook page, CTNG Education Services Office.

The education office team will visit state installations and armories for education benefit presentations and meetings upon request.

# Bradley's Honor Guard Recognized as Regional Program of the Year

SENIOR AIRMAN LEON BROWN
103RD FORCE SUPPORT SQUADRON

7/10/2014 - **BRADLEY AIR NATIONAL GUARD BASE - East Granby, Conn.** — The 103rd Airlift Wing's Base Honor Guard program was recognized as the Base Honor Guard Program of the Year for the region by Hanscom Air Force Base.

The 103rd Airlift Wing's Honor Guard supports the honor guard program there, as do a number of other Air National Guard and Air Force Reserve units all across New England and New York, by providing additional coverage as needed in their individual areas, said Tech. Sgt. David Zelaya, a full-time member of the 103rd Airlift Wing's Base Honor Guard. In return, the units receive funding.

"The award program was developed to recognize the team that provides the best support with the limited resources available," said Zelaya. "Our team competed with Guard and reserve teams from all over New England and New York."

"It takes a good team with high morale to work together and succeed," said Tech. Sgt. Kent Cremer, who helps lead the 103rd Airlift Wing's Base Honor Guard. "This is a team award. Our team members exemplify honor with dignity in giving a fellow fallen service member his or her last military rights. Without each other we cannot complete the mission."

"As a member for seven years, I have seen the sacrifice individuals have made to make this program as successful as it has become by volunteering for multiple hours ensuring the mission is accomplished," said Zelaya. "While people have come and gone, each member has made vital contributions to make this program as successful as it is, which has led to this recognition."

The team's members also include Senior Airmen Joel Ayala, Leon Brown, Cameron Dunn, Christina Muniz and Leo Otero.

"We have come a long way from initially being a volunteer, part-time-only team, to currently having four full-time members along with assistance from our part-time team members," said Zelaya.

*The 103rd Airlift Wing's Base Honor Guard marches in the Memorial Day parade, East Granby, Connecticut, May 26. (Photo by Senior Airman Emmanuel Santiago, 103rd AW)*

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

## *Healthy Lifestyles*

# Service Members Can Break a Bad Sleep Cycle

*Tech. Sgt. Joshua Mead*
*103rd Airlift Wing, Public Affairs*

7/10/2014 - **BRADLEY AIR NATIONAL GUARD BASE - East Granby, Conn.** — Believe it or not, there is something to counting sheep when a stressful day turns into a sleepless night. What happens though when counting sheep doesn't seem to be working?

Endless nights of tossing and turning, frequent waking or even waking up early can translate to just having a tough time sleeping. However, insomnia has a wide breadth and you may be suffering from it without even knowing.

According to the Mayo Clinic online, insomnia is a sleep disorder that makes falling asleep, staying asleep or accomplishing either difficult.

Cindy Hould, one of the Connecticut National Guard's military and family life consultants, agrees, but characterizes it a bit differently.

"Insomnia is the disturbance in the quality or the amount of sleep," said Hould. "It really has to do with how efficient you are at sleeping."

This means it is not necessarily the quantity of sleep, but the quality of sleep, said Hould.

Oddly enough, said Hould, people who do yoga and are able to enter a restorative state when relaxed can have better sleep with less hours of sleep. They are increasing the quality of their sleep.

Now this doesn't mean we should be engaging in yoga at every staff meeting to breed a culture of meditating among our Soldiers and Airmen. As Hould points out, there are many different techniques to help combat sleeplessness.

This was the subject of her "Insomnia" discussion on June 17, as part of the Lunch and Learn series. This series offers poignant strategies to deal with various wellness issues while Guardsmen have their lunch. For this particular one, Hould discussed the ins and outs of insomnia and how to cope to approximately 16 Guardsmen at Bradley Air National Guard Base, East Granby, Connecticut.

**What causes insomnia and some the effects?**

As a licensed marriage and family therapist, Hould sees service members for sleep therapy treatment and the majority of her clients experience routine waking during the middle of the night usually after returning home from a deployment.

This can be attributed to the military life style, said Hould. Traveling through different time zones, late night work shifts, erratic schedules, staying busy to avoid boredom and even tinnitus can all contribute to sleep disturbances and insomnia.

Moreover, "Over 50 percent of combat veterans experience sleep disturbance and just as many report intrusive trauma-related thoughts while attempting to initiate sleep," said Dr. Aaron Martin, a clinical health psychology postdoctoral-resident at the Veterans Affairs Connecticut Healthcare System. Quoting a study done in the 1990s, Martin continued to explain that insomnia can also be a major symptom of an underlying medical condition such as depression and PTSD.

Martin is one of the resources that Hould uses to assist service members with their sleep disturbances and insomnia.

"It is difficult to answer the question of whether or not insomnia exacerbates PTSD or depressive symptoms because we use sleep disturbances themselves to diagnosis both conditions," said Martin.

The other two forms of insomnia are difficulty falling asleep and early morning awakening which Hould said, "is the ability to fall asleep and sleep through most of the night but awake a couple of hours before your alarm and not be able to fall back asleep."

Some of the effects or issues that may come from insomnia or sleep disturbances are tiredness, irritability, difficulty concentrating, impaired ability to handle stress, less production overall and a lowered immune system.

"Your cognitive thought process starts to decline as your brain compensates just to keep your body awake," said Hould.

"When you look at the importance of the military mission, failure is never an option. So, the importance of being awake, aware, cognitive and ready to complete the mission is essential. Good sleep habits are a function of what we do," said Lt. Col. Walt Levantovich, chief of safety for the 103rd Airlift Wing.

Knowledge of what insomnia or sleep disturbances are and how to identify them is only half of the battle to individual mission readiness. The other half is about changing those bad habits.

**Practicing good sleep hygiene.**

A bad habit is like a soft chair, easy to get into, hard to get out of. The same adage applies to the cycle of sleeplessness and getting a better night's sleep. Like all bad habits, the best way to break free is to start a new good habit that replaces it. This is the crux of practicing good sleep hygiene.

In general, there are some tips to reshaping your body's and mind's sleeping habits. Hould suggests the following:

· Exercise in the morning or early afternoon. When you exercise in the evening, it wakes up your body and gets the body metabolizing food which in turn gives you energy.

· Set the "body clock." This means trying to go to bed the same time every night even if you can't fall asleep right away.

· Avoid naps. Napping will interfere with your nightly sleep cycle.

· Forego the nightcap. If you drink alcohol to fall asleep, when the alcohol metabolizes, the body has a surge of energy and can wake you in the middle of the night.

· Nicotine is a stimulant—avoid it. As is caffeine. Avoid ingesting caffeine four to six hours before sleeping.

· Reserve bed time for sleeping; do not bring the laptop to bed to get work done.

· In line with working from bed, do not use tablets or phones in bed. The light of the screen stimulates the eyes and brain.

· Turn the face of the clock so you can't see it.

· The perfect sleeping temperature is 68 degrees Fahrenheit.

· Lastly, shower or bathe before bed to help relax the muscles.

Now, if none of these tricks or tips work, Hould recommends setting a meeting with a cognitive behavioral therapist. According to Hould, therapy is more effective over the long term than prescription medication. Realistically, it will take about four to eight sessions with a therapist to begin changing your sleeping habits.

"In the military, people want results quickly, but it's like training. You have to invest in it as if you were preparing for a deployment," said Hould.

**Seeing a therapist for sleep disturbances does not make you "crazy."**

Seeking help is not a sign of weakness. The message is very clear and has been the buzz for quite some time in the military. The military and the Veteran's Administration have set aside millions of dollars nationwide for programs designed to aid military members and service-connected or returning veterans.

For anyone who is serious about tackling their insomnia, Hould has a cognition exercise that she said has seen be very effective.

The key is to put the worries out of your mind, said Hould. There is a negative feedback loop for those who can't get to sleep due to their worries.

As more and more thoughts about planning and fixing the problems of the day fill your mind, you get amped, which keeps you awake, which adds fuel to the worries and thoughts, and stress then feeds back into the arousal which continues to keep you awake.

"So you want to replace your thoughts with meaningless thoughts," said Hould. "There really is something to counting sheep—it will block those worries from your mind."

Another way to empty the mind is to write it all down. This allows someone to project their thoughts onto the paper which translates into taking out the trash, said Hould.

"Spend 15 minutes writing down all of your worries and thoughts at the end of the work day, or several hours before bed," said Hould. If you write everything down right before bed, you reinvest those thoughts to your consciousness.

This technique is just one of the many that cognitive behavioral therapists can offer someone suffering from insomnia and sleep disturbances. Another tool that Hould recommends, especially if a military member is serious about seeing a therapist for his or her insomnia, is the sleep diary by the National Sleep Foundation.

This tool, when filled out and brought to your cognitive behavioral therapist, will assist the therapist in structuring a plan to combat sleeplessness.

The bottom line is mission readiness in the military. How prepared and effective we are at doing our job can sometimes be the difference between success and failure, or sustaining an injury versus returning safely. Sleep is an important function of being human and an important part of mission readiness.

For Flying Yankees looking for more information about insomnia or sleep disturbances, please contact the wing's director of psychological health, Lynn Biella. She will have the resources available to best suit your needs. Any Guardsmen in Connecticut may reach out to Cindy Hould by email, cindy.hould@ahsg.us, or by phone, 860-593-7786.

# *Diversity:* Remembering the Fight for Women's Equality

INFORMATION PROVIDED BY MASTER SGT. DWIGHT JAY FREDERICK
STATE EQUAL OPPORTUNITY ADVISOR, JFHQ-CT

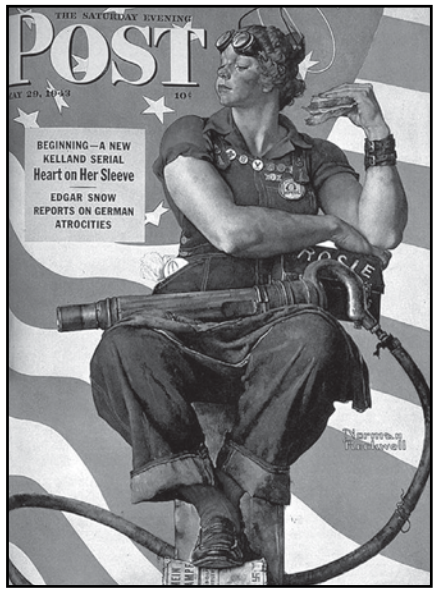
Women's Equality Day commemorates American women achieving full voting rights under the U.S. Constitution by the passage of the 19th Amendment in 1920. This historic event was the culmination of a massive civil rights movement that spanned decades.

In 1971, the U.S. Congress designated August 26 as Women's Equality Day. The date commemorates the passage of the 19th Amendment to the Constitution granting women the right to vote. The 19th Amendment was introduced to Congress in 1878. It was passed by both houses of Congress on June 4, 1919, forty-one years later, and was sent to the states for ratification. To achieve what many Americans considered a radical change to the Constitution, several generations of woman suffrage supporters lectured, wrote, marched, lobbied and practiced civil disobedience. A number of states stood unwavering in opposition to the amendment. Just when it appeared the amendment might fail by one vote in the Tennessee house, a 24-year-old Harry Burns surprised everyone by casting the deciding vote for ratification.

The product of profound struggle and determined hope, the 19th Amendment reaffirmed that America is a place where anything is possible and where every person is entitled to the full pursuit of happiness. The defiant, can-do spirit that moved millions to seek suffrage still runs through the veins of American history. Due to high unemployment during the Depression, most Americans were against women working. Society saw it as women taking jobs from unemployed men. However, in the face of acute wartime labor shortages during World War II, women were needed in the defense industries, the civilian service and the armed forces. Women responded differently to the call to work, depending on age, race, class, marital status and number of children. Half of the women who took war jobs were minority and lower-class women who were already in the workforce. They switched from lower-paying, traditionally female jobs to higher-paying factory jobs. Still, even more women were needed, so companies recruited women right out of high school. Eventually, it became evident that married women were needed, but they were pressured not to work, especially if they had young children. The government even feared that a rise in working mothers would lead to a rise in juvenile delinquency. The U.S. government had to overcome these challenges in order to recruit women into the workforce.

According to the U.S. Office of War Information (2013), between 1942 and 1944, the United States initiated "an intense courtship of women by employers and government." The government produced a Magazine War Guide that gave magazine publishers ideas, information, and slogans for their publications to recruit women workers. In 1942, artist J. Howard Miller was hired by the Westinghouse Company's War Production Coordinating Committee to create a series of posters for the war effort. One of these posters became the famous "We Can Do It!" image—an image, that in later years, would become known as "Rosie the Riveter."

Emphasizing her patriotism with the American flag as the background and her feet planted firmly on Hitler's Mein Kampf, the image was a huge success. The underlying theme was that the social change required to bring women into the workforce was a patriotic responsibility for women and employers. This made a tremendous change in the relationship between women and the workplace. Employment outside of the home became socially acceptable and even desirable. Women's Equality Day not only commemorates the passage of the 19th Amendment but also how women directly influenced American history, society, and culture. *(Information researched and comprised by Jose A. Principe and prepared by Dawn W. Smith on behalf of the Defense Equal Opportunity Management Institute Patrick Air Force Base, Florida.)*




This article will be my last as I prepare for my retirement in the upcoming months. I would like to thank the Connecticut National Guard for allowing me to serve my country for 33 years in times both good and bad. I especially would like to acknowledge my comrades with whom I have served – you will always be remembered. Finally, it is fitting that my last article be about Women's Equality Day so that I can let Lt. Col. Lesbia Nieves, battalion commander of the 143d CSSB, the first and only Hispanic female ever to reach that status in the history of the Connecticut Army National Guard, know how very proud I am of her. May your presence, professionalism and mentorship ensure that you are not the last.

*"If I can help somebody as I pass along, if I can cheer somebody with a word or song, if I can show somebody he's traveling wrong, then my living will not be in vain."*
*–Martin Luther King, Jr.*

# *Legal:* Estate Plans

## *Legal Documents for Added Peace of Mind During Difficult Times*

CAPT. KYLE B. WILKINSON
CTARNG OFFICE OF THE STAFF JUDGE ADVOCATE

Estate plans can better prepare you and your loved ones for times of separation, illness, injury or death by clarifying your wishes in advance.

The components of a basic estate plan are a will, a power of attorney, a living will, a health care power of attorney and an appointment of agent to control disposition of remains.

· A **Last Will and Testament** is a document where you specify who you want to get your earthly possessions when you pass away. A will also allows you to specify who you would want to care for your children and manage their assets.

· A **Power of Attorney** is a document used to appoint someone to handle things on your behalf. The matters handled on your behalf can be wide-ranging or very specific and limited. A power of attorney can be effective immediately, effective for a specified timeframe or only effective when you are incapacitated.

· A **Living Will** is a document used to state your end-of-life medical decisions. The document gives legal instructions on what type of life-sustaining care should be administered and when to stop those procedures.

· A **Health Care Power of Attorney** is a document that appoints someone else to make medical decisions on your behalf if you cannot make them on your own. The document can specify your wishes regarding certain medical procedures.

· An **Appointment of Agent to Control Disposition of Remains** specifies your wishes regarding your physical body once you die and the person you want to handle your funeral arrangements.

Estate plans are an important component of readiness for deploying service members as well as an important legal benefit for service members and their families. These documents can be very helpful by reducing uncertainty during what are often stressful and difficult times.

Assistance in drafting these important estate planning documents is available to CTARNG members from the Office of the Staff Judge Advocate. Appointments can be made by calling (860) 548-3230.

*(Editor's Note: 1st Lt. Alan Merriman was the author of the July Legal Affairs column. The author was incorrectly identified. We apologize for any confusion this may have created.)*

# National Guard Association of Connecticut (NGACT)

## NGACT 2014 Scholarship Recipients Announced

The National Guard Association is pleased to announce the following recipients of the 2014 NGACT Scholarships:

**James Rolstone**, Son of Lt. Col. Kim Rolstone

**Staff Sgt. Pagiel Critchley**, HHD, 1109th Aviation Group

**Erin Detorie**, Daughter of Col. Frank Detorie

**Katherine Wilcoxson**, Daughter of Col. Alan Wilcoxson

**Julian Nugent**, Son of Lt. Col. Robert Nugent

**Sgt. Edward Knoeckel,** 102D Army Band - USAA Scholarship

The NGACT held a reception in July to recognize each recipient. Congratulations to all and best of luck in your education endeavors.

## Save the NGACT Date

**August 7**
NGACT Executive Board Meeting
Camp Niantic
Open to all

**August 7**
Retirees' Picnic and Benefits Update Briefing
Camp Niantic

**August 10-14**
EANGUS Annual Conference
Phoenix, Arizona

**August 22-25**
NGAUS Annual Conference
Chicago, Illinois

**September 5**
17th Annual NGACT Open
Hawk's Landing Country Club, Southington

**September 15**
NGACT Executive Board Meeting
NGACT Office, Hartford Armory
Open to all

## 17th ANNUAL NGACT OPEN

Friday
September 5, 2014
LOCATION:
Hawk's Landing Country Club
Southington
TIME:
10 a.m. Shotgun Start
COST:
$125 per person
FORMAT:
Four (4) Person Scramble

All proceeds to benefit
NGACT Scholarship Fund,
Connecticut Children's Medical Center
and
Friends of Fisher House Connecticut

**Tournament Day Schedule**

8:30 - 9:30 a.m.: Registration, Coffee, Pastries
9:45 - 10 a.m.: Opening Ceremony
10 a.m.: Shotgun Start
3 p.m.: Dinner & Awards

**Tournament Includes:**

Coffee & Pastry before start
Driving Range before start
18 holes with cart
Lunch & Dinner
Awards, Prizes
Hole in One Contest
Men's & Ladies' Closest to the Pin Contest
Men's & Ladies' Long Drive Contest
Hole Sponsorships Available
* **Best Unit Award (Guidon Mandatory)** *

**Tournament is limited to 140 golfers on a first-come-first-served basis**

For questions or more information contact:
Debbi Newton (860) 913-5010
legislativeguard@gmail.com
Ben Sullivan (860) 524-4887

**Return No Later Than August 29, 2014 to**: NGACT Open, ATTN: Debbi Newton, 360 Broad Street, Hartford, CT 06105
(Make Checks payable to NGACT)

Name Address & Phone Number Email Address

1. _____
2. _____
3. _____
4. _____

# Plan - Prepare - Execute: Making Training Happen

## *Providing Subordinate Units, Leaders Time to Prepare*

INFORMATION PROVIDED BY LT. COL. PAUL THOMPSON
STATE TRAINING OFFICER

*(Editor's Note: This is the fourth 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 (UTP) is the unit's over-arching plan to attain key collective task (KCT) 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 information is taken from a breakdown of major "T-Month" activities used 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-10 - Publish WARNO /Conduct Pre-Execution Checks.** A warning order should be produced and distributed at the end of mission analysis to facilitate parallel planning at the subordinate unit level. At a minimum, this should contain the training audience, training objectives, location, date, resource and personnel support requirements and training environment guidance.

Pre-execution checks are the informal coordination conducted prior to conducting training events – these are not pre-combat checks. They are developed by the chain of command to prepare Soldiers, leaders, trainers, and units systematically, and to ensure that training is resourced and conducted properly. They become increasingly detailed as training schedules are developed. Pre-execution checks provide the attention to detail needed to use resources efficiently. These checks are developed and responsibilities for them are fixed. Pre-execution checks are an important component of preparation for training events.

As previously stated in Training Month (T-11), individual Soldier training objectives in terms of the tasks to be trained must be developed for every training event. These training objectives should include individual-focused tasks and battle drills. These are usually directed to be trained during the event, or included with all prerequisite training to be accomplished not later than T-4. Individual supporting tasks and battle drills are found in Combined Arms Training Strategies (CATS) listed under each of the collective tasks. The training gates are located in the CATS combined report, and listed under the type of event (i.e., FTX).

Next month will feature Month T-9 - Conduct resource planning and submit initial resource requests.

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

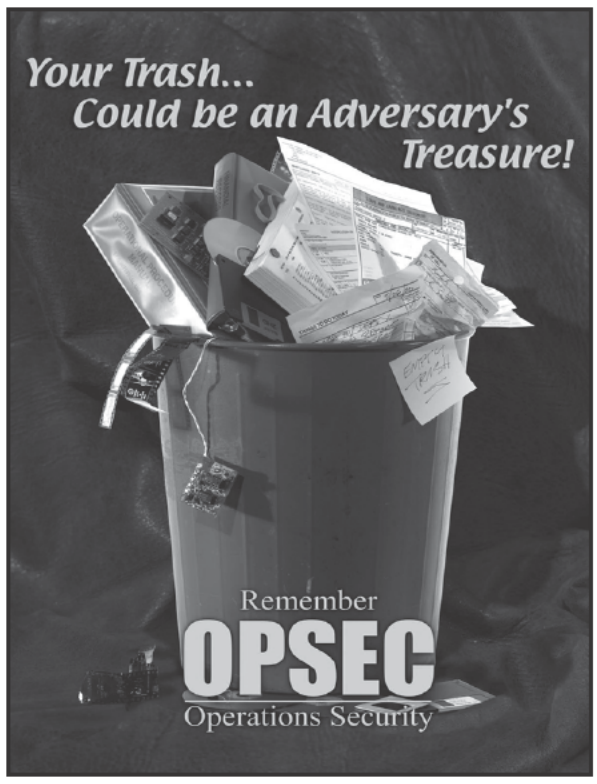
*You can make a difference in your health and the health of fellow Veterans and Servicemembers.*

*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**



# Off the Bookshelf : And he was a Mortarman too

## 'Hal Moore, A Soldier Once... And Always'

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Lt. Hal Moore arrived in Korea on July 1, 1952 and was assigned to the 17th Infantry Regiment, 7th Infantry Division. He commanded its mortar company.

American service members had been present in Korea for approximately two years by this time, and had reached a stalemate with Chinese forces.

Lt. Moore put his men to work soon after arriving. His mortar company fired 1800 mortar rounds onto a Chinese occupied hill during one of his first combat missions.

According to Mike Guardia in his new biography of Moore, "Hal Moore, A Soldier Once… And Always," Moore appreciated his time as a mortar platoon commander in Korea as it gave him extensive knowledge of fire support—which he would assuredly utilize for the rest of his military career.

In addition to annihilating Chinese forces with indirect fire, one of Moore's first orders of business in the 17th was improving his mortar company's climate and morale.

Many of his men slept in a bunker which was infested with bugs and rodents. Moore quickly switched the Soldiers' bunker with the officers' bunker.

Guardia wrote that Moore admitted the bunker had a bit of a pungent smell, due to its proximity to an old gravesite, but after a little cleaning and aerosol wasn't too bad.

During one of his final days as a mortar company commander, Moore's men stopped a Chinese ambush with a barrage of high-explosive and white-phosphorous rounds. They fired from 9:30 p.m. to 9:45 a m., and even received an incoming round directly into their FDC (fire direction control) bunker.

When his time as a mortar company commander in Korea ended, Moore worked as the assistant division G3 of the 7th Infantry Division. He later took command of a line infantry company, and again put his mortar experience into action, often utilizing illumination rounds at night to illuminate enemy positions.

Moore returned home to the U.S. in the summer of 1953. His experiences in Korea would shape his command stature in Vietnam, at the Battle of Ia Drang Valley (portrayed in the 2002 film, "We Were Soldiers"), and for the expanse of his long and prosperous military career.

Guardia's biography of Moore is not limited to his experiences as a mortar company commander in Korea, but covers much of the retired lieutenant general's long and rich life.

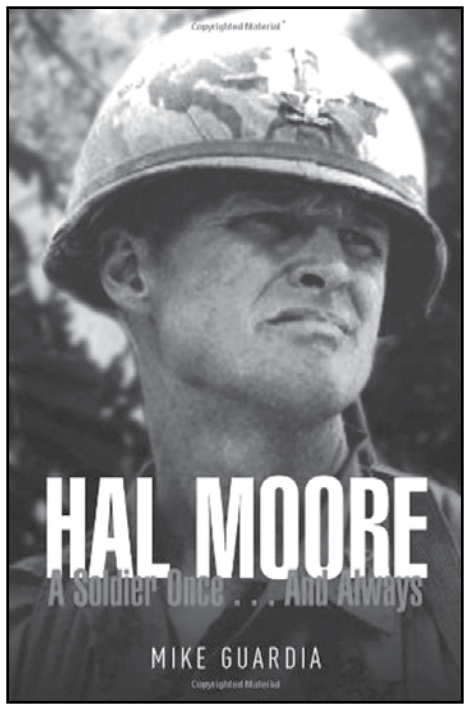
"Hal Moore, A Soldier Once…And Always," is an easy and fast read, just over 200 pages, but Guardia manages to reach the heart of what made Moore a successful military leader.

Moore, described by Guardia, was a military jack-of-all-trades. His experiences were not limited to commanding infantrymen. He immersed himself in numerous military and personal arenas by volunteering and by taking on opportunities as they presented themselves.

Moore, for example, in order to obtain an appointment to West Point at the age of 17, moved from Kentucky to Washington, D.C, and worked at a U.S. Senate library. As a young lieutenant, he volunteered to test new Army, Air Force and CIA parachutes and life preservers at Fort Bragg, North Carolina. He was even offered a chance to compete as a cross-country skier at the 1948 Olympics. Did I mention that he was a mortarman?

Moore did a little bit of everything. His Soldiers and his country have benefitted from it.

(From"Hal Moore, A Soldier Once… And Always," by Mike Guardia, Published by Case Mate Publishers)



# *Retiree's Voice:* Considering TRICARE Plans and Costs

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

TRICARE is the health care program for uniformed service members (active, Guard/Reserve, retired) and their families around the world. This article will cover steps to determine eligibility, overview of coverage and out of pocket costs for the retired Reservist.

TRICARE Prime, TRICARE Retired Reserve, TRICARE Standard, U.S. Family Health Plan and TRICARE for Life, are the plans for which retired National Guard and Reserve members and their families may be eligible. Eligibility for a specific plan depends upon the retiree's age group (under 60, 60-65, over 65), active duty time and residence. Go to *TRICARE.mil* and use *Plan Finder* to see plans for which you may be eligible.

The key to the eligibility process is the Retiree's Defense Enrollment Eligibility Reporting System data. The first step in determining qualifications for TRICARE is making sure DEERs data is accurate. To update DEERS, visit a local ID card office, or set up an appointment by phone or online at https://rapids-appointments.dmdc.osd mil. ID card offices in Connecticut are located at the U.S. Coast Guard Academy, New London, (860) 444-4208; the Connecticut Air National Guard, East Granby, (860) 292-2368; the Connecticut Air National Guard, Orange, (203) 795-2934; the Middletown Armed Forces Readiness Center, Middletown, (860) 613-7619; and the Navy Submarine Base New London, Groton, (860) 694-3022.

TRICARE covers most preventive services, maternity care, dental, emergency care, eye exams and most inpatient/outpatient care considered medically necessary and proven. There may be special rules and limits placed on certain services. Acupuncture, non-reconstructive plastic surgery and chiropractic care are examples of services not covered under TRICARE. Go to *TRICARE.mil* and select *See What's Covered*, for a complete list of services.

TRICARE out of pocket costs vary by plan and eligibility status. Here is a basic summary of costs for retirees of four different plans.

- **TRICARE Prime:** Annual enrollment fee of $273.84/individual and $547.68/family; annual deductible is $300/individual and $600/family; with a catastrophic cap of $3,000 per family.

- **TRICARE Retired Reserve:** This provides minimal coverage under the Affordable Care Act. This plan costs $390.99/individual and $956.65/family per month. By law, there is no subsidy so the full outpatient deductible of $150/individual and $300/family, plus 15 percent of share costs, depending on provider seen, are paid per year. There is a $3000 catastrophic cap per year under this plan.

- **TRICARE For Life:** This plan provides secondary coverage to beneficiaries who have both Medicare Part A and B. There is no enrollment fee or annual deductible. There is a $3,000 catastrophic cap per year.

- **U.S. Family Health Plan:** A limited available plan offered where Tricare Prime is not available. It is available in Northern Connecticut. Annual enrollment fees are $273.84/individual and $547.68/family. There is no annual deductible, but there is a $12 per visit co-pay and a $3,000 annual catastrophic cap.

This is just a very brief summary of TRICARE plans and benefits. A TRICARE plan may be a health program option for military retirees. *TRICARE.mil* is the best place to research eligibility, plan options, coverage and costs. It also provides more than just TRICARE information with links to additional resources and health care information. If you are considering a change in health care programs, compare TRICARE plans available to Retirees to what is on the healthcare market and see if this benefit is an option for you.

# Retirement Service Officer Notes and Upcoming Events

SGT. 1S CLASS REBECCA AVERY
RETIREMENT PROGRAM MANAGER

I would like to bring your attention to the State Sponsored Life Insurance program. This is a program that provides group term life insurance exclusively for National Guard members and their dependents. The program is derived from United States Public Law 93-289, May 24, 1974, and is available to all National Guard Soldiers who are in a drilling status. The SSLI program provides $1,000.00 of no cost coverage to all active members of the National Guard. This term program is also available to Retirees if additional coverage is elected while you are an active member of the National Guard. Here are a few details of the program as they apply to Retirees:

- Protection continues until age 70;
- Provides an emergency death benefit up to $25,000 within 24 hours;
- Benefits remain the same and monthly costs do not change when you retire or separate from the National Guard (costs change at age 50);
- Coverage varies based on the option you choose and if you are a tobacco user;

For Coverage availability and options, please visit the website: http://ssli.org/. Starting in September there will be representation and information available regarding SSLI at the retirement briefings. It is important for you to keep your coverage paperwork on file. To request duplicate copies of your SSLI certificate, please call SSLI at (800) 462-7441.

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

**TRICARE Note:** A nurse advice line is now available 24 hours a day for TRICARE beneficiaries by calling 1-800-TRICARE (874-2273) and choosing option 1.

**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 when you are ready to file the retired pay application with Human Resources Command, Ft. Knox, Kentucky. Upcoming Retirement Briefings will be held on Sept. 12, Oct. 5, & Nov. 2 (no briefing in December). 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: Thursdays, Aug. 28, Sept. 25, and Oct. 30, 8:30 a.m. at Charlie's Place, West Main Street, Niantic. Cost is $15. Contact Frank Perry.

· Army and Air National Guard Retirees' Picnic: Thursday, Aug. **7**, beginning at 12 noon. Camp Niantic. Chowder all day, food and beverages, bring a guest, card games. VA TRICARE, USAA & AUSA Reps will be there. RSVP via mail - $25 by July 31 or $27 at the door (make checks payable to NGACT and mail to their attention: 360 Broad St., Hartford, CT 06105 (Note: during the picnic the 242d Engineer Bn Assn will host their summer meeting at 11a m.)

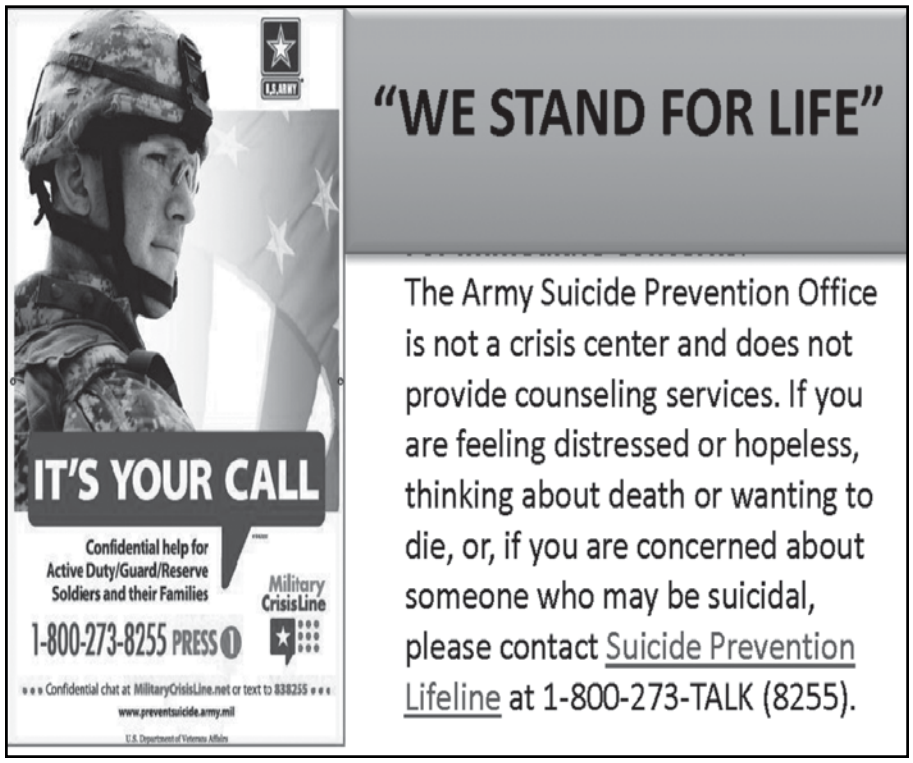
· 1st Battalion, 169th Infantry Regiment 3rd Annual Reunion: Saturday, Sept. 6 at the Stafford Fish & Game, 52 Rockwell Road, Stafford. Social hour begins at 12 noon followed by a BBQ and outdoor activities at 1:30 p.m. RSVP by Aug. 23. The cost is $25/person. Please make checks payable to "Rich Provencher"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

· Nike Reunion 9: Monday, Sept. 8 – Wednesday, Sept. 10 at Clarion Inn, 269 N Frontage Rd, New London, CT.

· Washington, D.C. Trip**:** American Legion Post 16 in Shelton is sponsoring a trip to Washington, D.C. from Sept. 11-13. If anyone is interested they can contact Junior Vice Tom Fascio (203) 213-7641 for details.

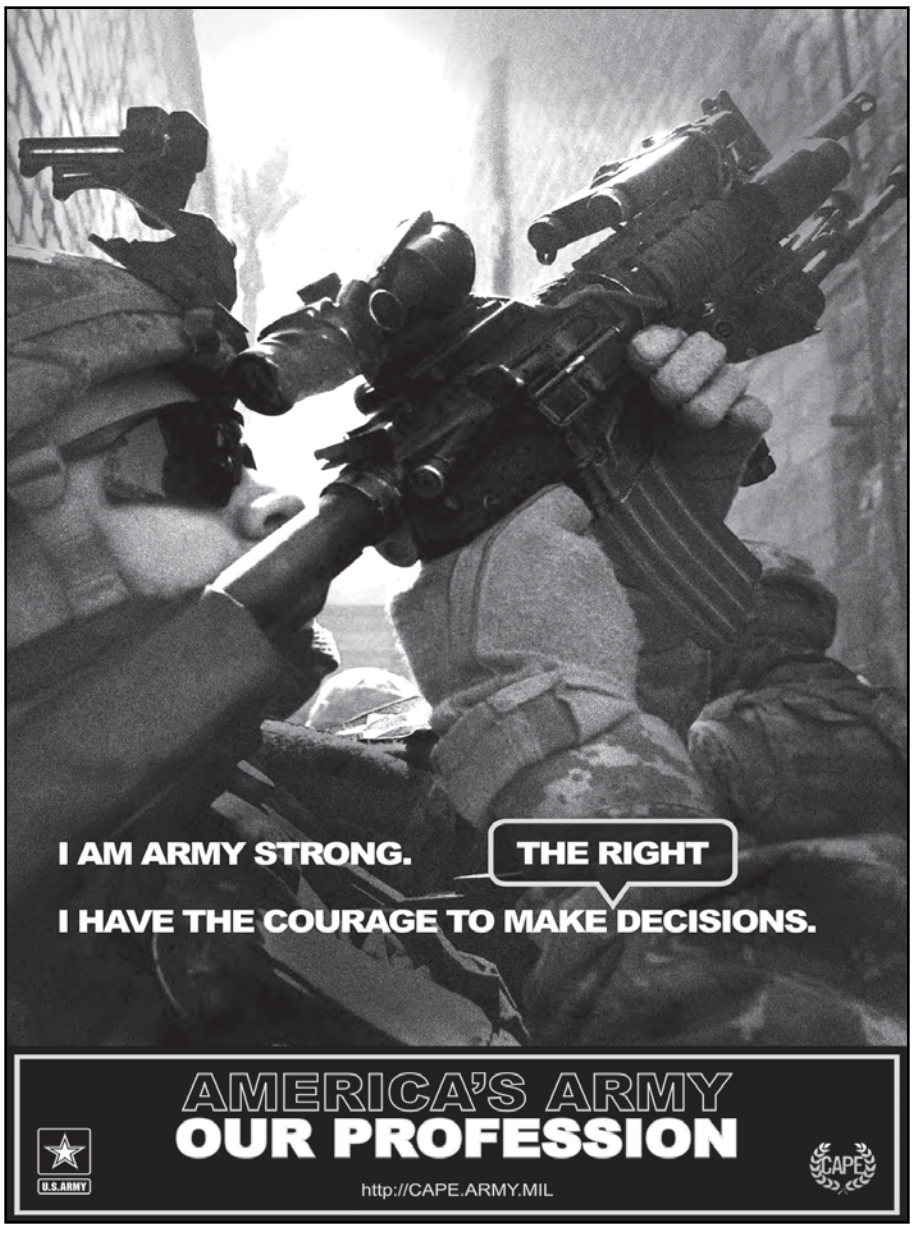
**Point of Contact for Air National Guard Retirees:** Retirees from the Air National Guard can contact the full-time POC for Traditional Air-Guard Retirees, Master Sgt. Lisa Todaro at (860) 292-2573 or email lisa.todaro@ang.af mil; or the part-time (drill weekend) POC, Master Sgt. Diana Nelson at (860) 292-2366 or email diana nelson@ang.af mil. 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

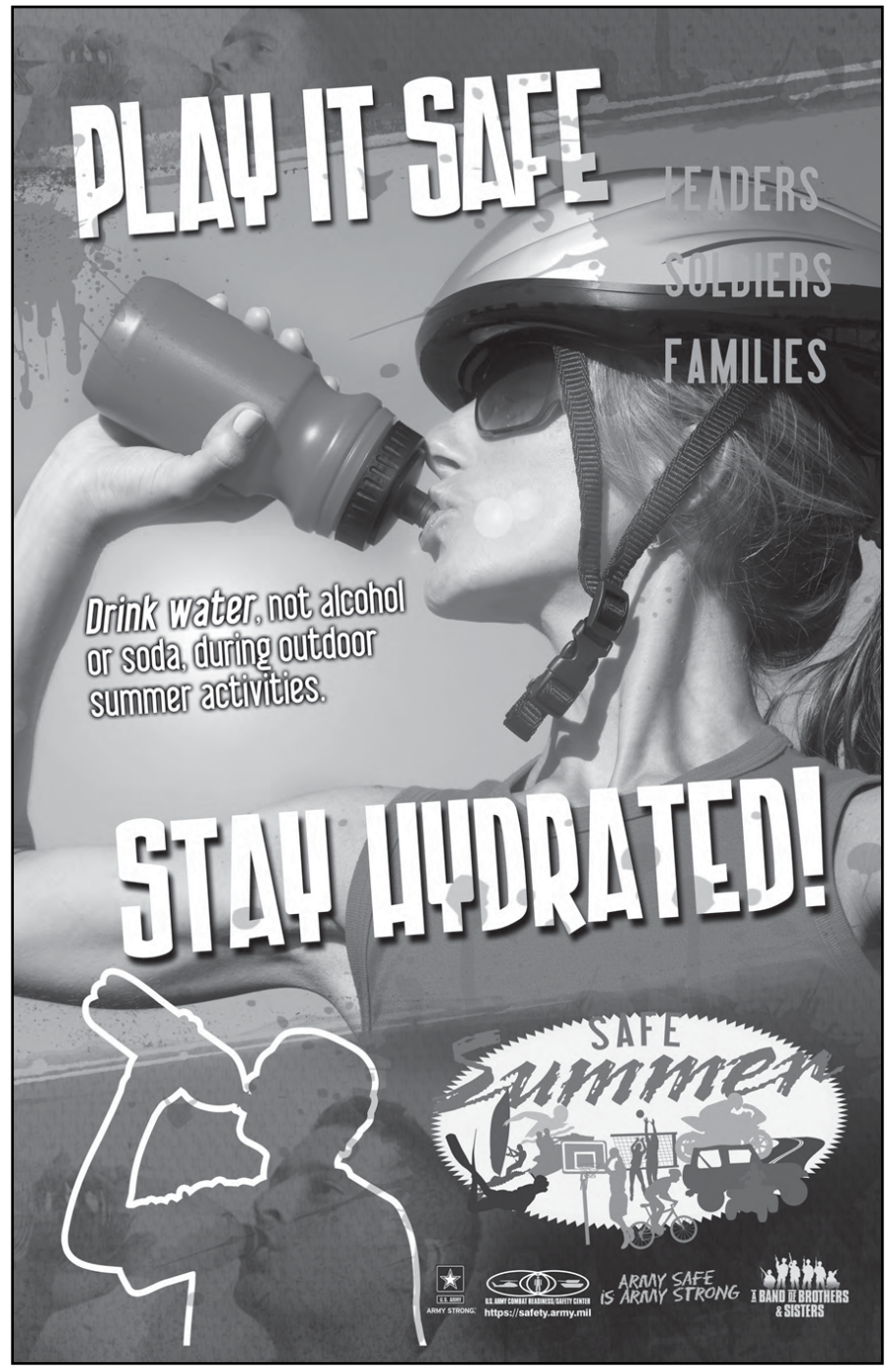
**Point of Contact for Army National Guard Retirees**: Retirees from the Army National Guard can contact the Retirees Service Officer, Sgt. 1st Class Rebekah Avery (860) 524-4813 or e-mail rebekah.j.avery mil@mail.mil. If you have a question and would like it answered it in an upcoming Guardian, please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

Annis, Daniel A.
Antaya, Jonathan M.
Bell, Garfield A.
Delgado, Ilyssa C.
Fairclough, Chad E.
Johnson, Ryan N.
Jones, Brandon M.
Murillo, Jennifer
Ponce, Reyna
Whalen, Scott P.
Whitaker, Precell L.

### To Private First Class

Alicea, Angel L. Jr.
Arnold, Grant J.
Atwood, Kyle W.
Barfield, Emory C. III
Byrd, Mackinley R.
Cobb, Tyler
Crocker, Edward P.
Croze, Joseph R.
Cruzgregory, Christian
DeCastro, David S.
Diggs, Jordan K.
Dufresne, Anthony R.
Flynn, Geoffrey R.
Gafor, Mohammed I.
Gonzalez, Felix M.
Gosselin, Maverick T.
Gray, Stefan A.
Gutierrez, Santiago C.
Jackson, Andre R. Jr.
Kee, Cassidy A.
Kelley, Joshua E.
Khon, Andy D.
Klein, Edmund J.
Kryszczynski, Joseph Jr.
Lacour, Christopher D.
Lima, Marcello P. Jr.
Mackin, Mark A.
Mendoza, Jorge L.
Miner, Diana L.
Oquendo, Alajha J.
Pasha, Sabrina M.
Phillips, Donnecia A.
Sanchezmora, Adrian
Scott, Andrew B.
Sepulveda, Edgard J.
Sharron, Tyler S.
Shrestha, Samman

### To Specialist

Alvarado, Luis M. Jr.
Amaro, Nathanael
Bethune, Shawn M.
Bournival, Kevin A.
Brown, Brandon A.
Crouch, Johnathon R.
Cruzquiles, Miguel A.
Fulton, Tyler D.
Garafano, Thomas N.
Huguley, Ashley B.
Laporte, Brian E.
Mendiola, Kevin Da.
Morales, Melvin R.
Mutchler, Scott E.
Osmanu, Rashid
Palmer, Zachary B.
Rodriguez, Emanuel
Sasso, Joseph D.
Walker, Donald L.
Whiteside, Jonah P.

### To Sergeant

Amaro, Luis A. Jr.
Bengtson, Ryan D.
Brooks, Tedd A.
Bruder, Andrew W.
Fox, Melanie N.
Landry, Stephanie M.
Murray, Harry M. Jr.
Parker, Joshua A.
Pineda, Nelson A.
Poirier, James P.
Quint, Joshua A.
Sheehan, Andrew W.
Shellman, Xavier L.
Williams, Amanda M.

### To Staff Sergeant

Cortes, Michael
Hrnjic, Selmir
Lindsley, Vincent J.
Lozano, Orly G.
Malia, Michael R.
Wood, Derek J. Jr.

### To Sergeant First Class

Clark, Stephen P.Jr.
Moultry, Chavis

### To Master Sergeant

Cora, Armando
Lavallee, Dennis E. Jr.

### To Captain

Malaro, Renee M.

## Air

### To Airman

Stovall, Shaquille B.

### To Airman 1st Class

Caruso, Peter D.

### To Senior Airman

Gore, Adam W.
Lane, John W. III
Eulizier, Layau Jr.
Parker, Samantha F.
Gonzales, Sara M.

### To Staff Sergeant

Cutts, Allahunique
Odums, Jason A.
Walls, Jessica D.
Morrison, Lee J.
Dacunha, Natalie

### To Technical Sergeant

Lombardi, Philippe Y.
Siano, Stephanie D.

### To Master Sergeant

Shove, Brian R.
Taylor, Daniel A.

# 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

## 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
**September 7**
Fresh Check Day, Camp Niantic
**September 17**
NGACT Executive Board Meeting
**September 17**
Connecticut Day at the Big E
**September 18**
*Guardian Deadline for October*
**September 25**
First Day of Rosh Hashanah

## October

**October 2**
Senior NCO/CPO Dining-In
**October 13**
Columbus Day
**October 23**
*Guardian Deadline for November*

**Deadline for the September Issue of the Guardian is August 21**
**Deadline for the October Issue of the Guardian is September 18**

# We Welcome You

**freshcheckday™**

checkin'-in with soldiers and airmen

The Jordan Matthew Porco Memorial Foundation is supporting CTNG Family Program through a Fresh Check event aimed at suicide awareness, prevention, and mental health promotion.

**SUNDAY, SEPTEMBER 7, 2014, NOON – 1600**
**CAMP NIANTIC – PARADE FIELD**

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Please join us for this FREE special event for Soldiers, Airmen, and Families of the CT Military Department.

Outdoor Music • Prizes and Free Gifts • Free Food
Exciting and Inspirational Booths and Exhibits

For more information visit freshcheckday.com/military.
To RSVP for the event, contact SGT Thalia Coya
at thalia.coya.mil@mail.mil or call 860-655-9322.

---

If You Or Someone You Know Needs Help, call now:
Behavioral Health Helpline: 855-800-0120
Veterans' Crisis Line: 1-800-273-8255 and Press 1

Fresh Check Day™ is a program of The Jordan Matthew Porco Memorial Foundation, rememberingjordan.org

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Connecticut FAMILY
# Guardian

VOL. 15 NO. 8 HARTFORD, CT AUGUST 2014

## Horses to Homecoming Connects Military Children with Parents

Senior Airman Jennifer Pierce
103rd Airlift Wing, Public Affairs

/10/2014 - **FIRST COMPANY GOVERNOR'S HORSE GUARD STABLE - Avon, Conn.** — The sun shone bright on the backs of horses, sleek and shiny from careful grooming. They grazed contentedly in their fields as cars began to pull in, children's eager faces glued to car windows, watching the animals with fascination. They were arriving to participate in the Horses to Homecoming program, held in Avon, Connecticut, June 21.

Horses to Homecoming is a program that started off to be a deployment connection tool for kids whose parents were deployed, said Michelle McCarty, Connecticut National Guard Child and Youth Program lead coordinator.

"The program has switched gears, however, because not as many parents are deployed right now, so Horses to Homecoming is used as more of a reconnection tool," said McCarty.

The Horses to Homecoming program is held monthly in Avon at the First Company Governor's Horse Guard stable.

"During the program we teach the kids about safety around horses, barn chores and how to take care of the horses," said Capt. Edward Henfey, commanding officer of the First Company Governor's Horse Guard.

"At the end of the day's program, the kids are able to ride the horses. Basically, this opportunity gives them something out of the ordinary to talk to their parents about, or write to their mom and dad about if they're deployed," said Henfey.

This month's program started off with a safety briefing to the kids and their parents that attended, followed by a short lesson on the different parts of a horse. The children and parents were then guided into the barn where they were shown the feed and tack rooms, and were then able to participate in a fundamental barn chore - mucking out the horse stalls. Despite how repellent the task seemed, most of the children were eager to handle the shovel and scoop out the stalls.

After barn duties were completed, First Company Governor's Horse Guard horses, Wes and Hannibal, were led out of their stalls and the children were able to take turns grooming and preparing them for riding.

Once the horses were saddled and bridled, each child rode either Wes or Hannibal, marking the first time on a horse for some of the children.

"This was my first time riding horses," said 9-year-old Samantha Hall. "I want to come back again next month."

After everyone had their turn riding the horses, including some of the parents, the horses were untacked and the children participated in crafts until the program was over at noon.

"Not only is the program a great reconnection tool between the kids and their parents, it's a way for the kids to connect with other military kids because they're so geographically dispersed," said McCarty. "It's nice to have them all convene in one place and meet other kids like them."

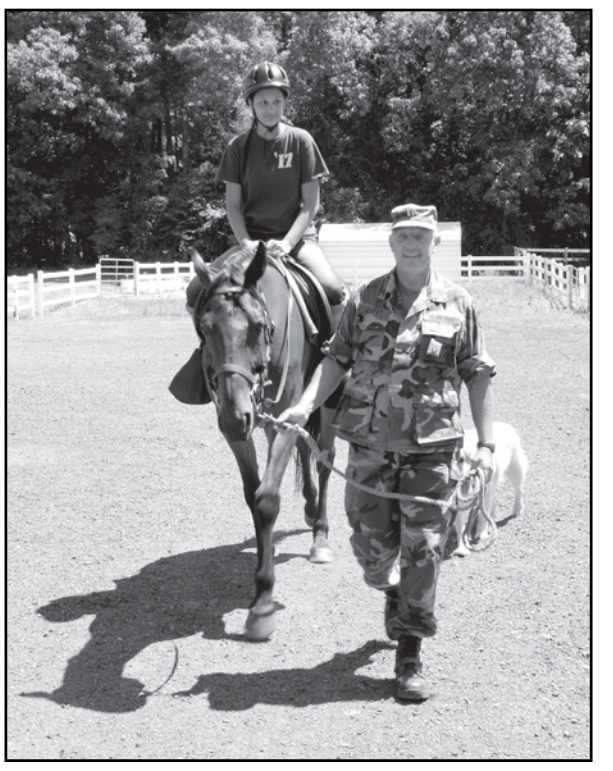
Any military-connected child can participate in the Horses to Homecoming program.

For more information on the monthly program, please contact Michelle McCarty by phone at (860) 548-3254 or by email at michelle m mccarty4.ctr@mail.mil.

*Gabriella Phillips, 9, mucks out a horse stall under the watchful eye of Capt. Edward Henfey, commanding officer of the 1st Company Governor's Horse Guard. Gabriella was participating in the Horses to Homecoming program, which includes teaching military children about barn duties while helping the children reconnect with their parents. (Photo by Senior Airman Jennifer Pierce, 103rd AW)*

*Gabrielle Martucci, 14, rides Wes, as Capt. Edward Henfey, commanding officer of the First Company Governor's Horse Guard, leads the way. Gabrielle was a participant in the Horses to Homecoming program, which helps military children reconnect with their parents. (Photo by Senior Airman Jennifer Pierce, 103rd AW)*

*Jasmine Masse, 11, is given instruction by Pfc. Brigette Soucy of the First Company Governor's Horse Guard, on picking a horse's hooves during a Horses to Homecoming event, which helps military children reconnect with their parents, held in Avon, Connecticut, June 21. Picking hooves is an important part of caring for a horse as rocks and other debris can become embedded in the hoof. (Photo by Senior Airman Jennifer Pierce, 103rd AW)*



# This is Your Season to Fly

CATHERINE GALASSO

"One can never consent to creep when he feels an impulse to soar." Helen Keller

Outside my home-office window in a little nook by our back deck, I observed a mama robin constructing her nest.

"Look at the bird," I called out to the children. They scrambled down the hallway to get a glimpse, and the girls' faces broke out into huge grins.

I scooped up my youngest curly-haired daughter in my arms, and her tiny nose pushed against the window to get a closer look. We watched in awe, as the pale brick-colored breasted robin gathered the right materials and meticulously built her nest.

It became a familiar refrain around the house. "Look at the mama bird," from time to time, I'd utter. The girls came running to the office window to see. Like a mesmerizing theater performance, we had a front row seat to the wonderment of nature.

Then, at the set time, the mama robin laid her first precious egg. The next day, there was another. And the following mid-morning, she had one more.

Periodically, we gazed in amazement as the mama robin sat incubating her robin-blue eggs, protecting her unborn babies. "Several times daily, the mama rotates the eggs," I told the children in a hushed voice.

"When she needs a food break, the male robin stands guard, perched on a nearby oak tree branch," I said. The birds did not seem to worry. They sang their sweet song in the morning, and they were one of the last to be heard singing at night.

Next, a miraculous transformation occurred. My glazed eyes rested on the scene, as I discovered there were three newly hatched chicks in the nest.

All snuggled together, the babies spent most of the day sleeping. Yet, the male and female robin took turns covering the chicks to keep them warm and would fly back and forth to hunt for food to feed their offspring.

As the chicks waited with open beaks for the nourishment, echoing in my mind was the Scripture:

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them…." (Matthew 6:25-27).

Today, are you burdened with cares and concerns? Are you facing a discouraging situation? Or, sometimes, do you feel lost or forgotten and think that God has overlooked you?

"Can anything good come from my circumstance?" you might debate with yourself.

"Maybe this is the way that life is always going to be."

But as the mama robin cared for the babies, God is there and He will care for you. God knows what you have gone through, where you've been, and furthermore, He recognizes what you can become tomorrow.

Therefore, "Cast all of your cares on Him, because He cares about you." (1 Peter 5:7) Turn your eyes to God; for His eyes are turned toward you. And, look to the future with hope.

· If God can feed over 5,000 people by multiplying two loaves of bread and five fish, He can abundantly provide for your needs.

· If God can part the Red Sea for the Israelites so they could walk forth on dry land, He can direct your steps to success.

· If God can calm the storm for the disciples, He can quiet the temporary storm in your life.

And, God who "created heaven and earth," who "shaped the earth from nothing, formed the mountains," and "created the wind," can help you to take a seemingly hopeless situation and transform it into triumph. Have faith.

God is not limited by your circumstances. He's all-powerful and greater than anything you are up against.

"If God is for you, nothing can stand against you." (Romans 8:31). So don't give up before the victory. God has heard your prayers. He has an answer for you. And is all set to do a miracle in your future, meeting your needs and exceeding your expectations.

Before long, the bird's nest outside my office window was abuzz with activity, as the babies' feathers began to grow. In a blink of an eye, it seemed, these three tiny, precious creatures grew a full-body covering of feathers.

Days passed. I spun around, looked again, and the nest was empty. Under God's providential care, the young robins stretched out their wings, fluttered and flew toward the vast blue sky.

The birds were not created to just sit in their nest. Although comfortable, instinctively, they knew 'there has to be something more for them.' They moved beyond their borders. They left the place of comfort.

With courage, they took a step out of their comfort zone. The baby birds' wings caught the wind, and they flew to fulfill their true potential to become all that they were designed to be.

And you can do the same.

I wrote this column today to tell you: This is your season to fly.

Whatever you are believing God for, don't quit. The best is about to happen to you. Do not be afraid or submit to defeat. Everything is on the brink of falling into place. God is a way-maker, and He is at work 'making a way' for you.

Right now, God is engineering situations positively in your behalf.

Hence, reach further. Go higher. Climb over every obstacle or stumbling block. You are close to finding your place of blessings. You're on the verge of accomplishing your heart's desire. You are at the point of going to the next level.

So refuse to settle for less than God's best. Keep moving forward. This could be the week that you receive your breakthrough, and you'll emerge better and stronger than ever.

God created you to have wings, to rise above your circumstances. This is your season to fly!

*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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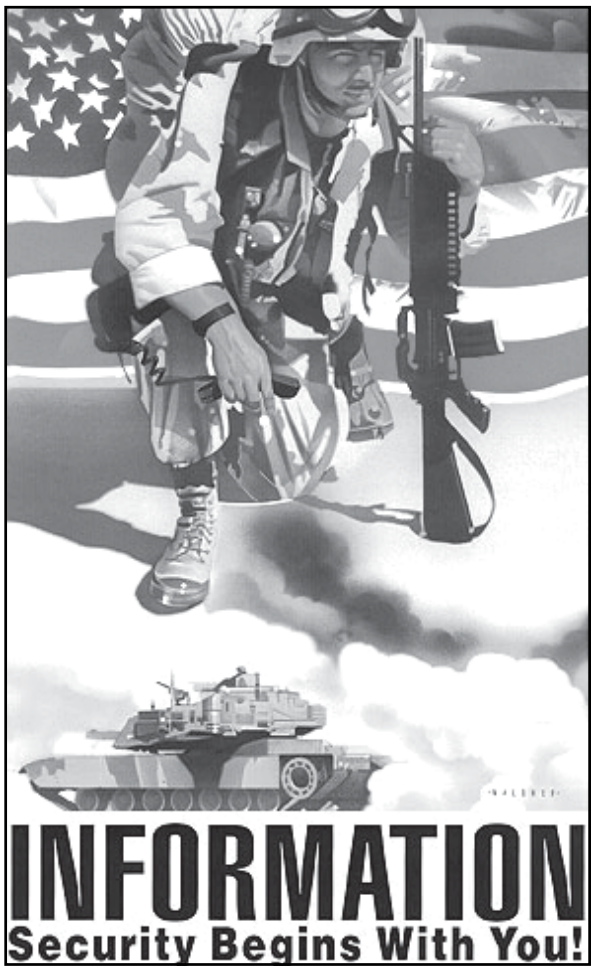


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U.S. Army Social Media Resources

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

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

# Using Military Lodging Facilities for Leisure Travel

MILITARY ONESOURCE

One of the most attractive benefits available to service members and their families is the use of temporary military lodging facilities and resorts around the world. Most military members are familiar with the Temporary Lodging Facilities they visit on a temporary assignment, but military lodging can also mean cottages on the beach, world-class resorts or recreational facilities specifically for vacationing military families. Learning about these facilities can help you save money and provide a selection of safe and fun places to stay while you travel.

**Available facilities**

Military lodging facilities run the gamut from modern resorts to mountain cottages. There are limited-service hotels built specifically for families arriving at a new duty station as well as full-service recreational facilities. Here are the types of facilities you can expect to find:

· **Installation lodging.** These facilities are generally designed for service members traveling on official business or families with permanent change of station orders. Located mostly on military installations, these facilities will usually take vacationers on a space-available basis, but you may not be able to make advance reservations.

· **Recreational facilities.** Built to serve service members and their families for short or long getaways, these may range from a lodge on a mountain lake to an oceanfront cottage in Hawaii. Many recreational facilities offer rental equipment, fishing charters, tours or other services specific to the area, usually at an economical rate. Eligible personnel can make reservations, but availability varies from facility to facility.

· **Resorts.** With first-class amenities, these facilities offer a true resort experience. Military resorts are located in popular vacation destinations such as Disney World® and Hawaii, and in areas with a large military presence, such as Japan, Korea and Germany. You can usually make reservations, but timing is critical. If you plan to travel during peak periods, make your reservations as far in advance as possible. Rates are based on rank and duty status and are generally far lower than comparable civilian lodging.

· **Nongovernment-owned hotels.** Managed by organizations serving the military community, hotels such as the Marines' Memorial Club in San Francisco (800-562-7463) or the Soldiers', Sailors', Marines', Coast Guard and Airmen's Club in New York (800-678-8443) serve active duty and former service members. These clubs are not military lodging facilities but private nonprofit organizations.

**How to use military lodging**

Knowing the ins and outs of using military lodging is the key to saving money on your vacation. Reservation windows vary by facility and duty status, so do your research well in advance.

· **Who's eligible?** Most military lodging is available to active duty service members and their families, retirees, Guard and reserve members, and Department of Defense civilians. However, rules vary by service branch and individual lodging facility. Your status (active duty on orders, active duty on leave, family member, retiree, reservist or DoD civilian) will usually determine when and how your reservations can be made.

· **Saving money on your next family vacation.** Compare the costs of the military lodging options in the area you want to visit, find out if rooms are available or when reservations can be made, and check your eligibility. You'll often save money by using the restaurants, rentals, tours and other services available at the lodging facility.

· **Making reservations.** In most cases, reservations should be made directly with the lodging facility. Each facility has its own reservation procedures. In many installation-lodging facilities, active duty military members on orders can reserve rooms in advance, while leisure travelers may rent rooms on a space-available basis only. Recreational facilities generally let leisure travelers make reservations far enough ahead to organize a vacation. Military resorts and Armed Forces Recreation Centers allow eligible guests to make reservations as much as a year in advance. See "Planning your getaway" below for contact information.

Military lodging around the world

The list of military lodging facilities is long and facilities vary widely. Here's just a sampling of what you can find around the world:

· **East Coast.** Shades of Green Resort, an AFRC located at Disney World® in Florida, offers reasonably priced rooms for service members. Guests enjoy easy access to Disney theme parks and all the perks that come with staying at a Disney resort. For more information, call 888-593-2242.The Coast Guard maintains a cabin on Cape Cod and another one on Nantucket, which are available to all active duty service members and their families, as well as reservists and retirees. Visit Coast Guard MWR Recreational Lodging. Fort Fisher Air Force Recreation Area, near Cape Fear, North Carolina, offers beach cottages and a lodge. Call 910-458-6549 for details.

· **West Coast.** Seward Resort in Alaska is open year-round with recreational activities for military families. Call 800-770-1858 for more information.The Marine Corps operates Big Bear Recreation Facility near ski resorts in Big Bear, California. Summer activities include mountain biking, hiking and fishing. Call 858-577-4126 for details.

· **Central states.** In Missouri, the Army manages Lake of the Ozarks Recreation Area, with lakefront cabins and motel rooms along with boat and Jet Ski rentals. For more details, call 573-346-5640.

· **Hawaii.** The Hale Koa Hotel, an AFRC on Waikiki Beach, is a favorite military resort destination. Because of its popularity, the Hale Koa is often filled to capacity, but reservations may be made up to 365 days in advance. Call 800-367-6027 for more information. By contrast, the Kilauea Military Camp, a Joint Services Recreation Center in Hawaii Volcanoes National Park, is one of the military's best-kept secrets. Mountain cottages, along with local tours, are available. Call 808-967-7315.

· **Europe.** Edelweiss Lodge and Resort, an AFRC in Germany, serves military personnel with hotel rooms and cabins. Call (011-49) 8821-9440 from the United States.

· **Asia.** On Okinawa, Okuma Joint Services Recreation Center offers log cabins, hotel rooms and a campground. Two beautiful beaches, along with scuba diving, Jet Ski rentals, and kayak rentals are available.In Seoul, South Korea, the Dragon Hill Lodge is a world-class hotel with resort amenities and excellent shopping nearby. Dragon Hill Lodge is an AFRC too! You can also plan your vacation at the New Sanno Hotel, a Joint Services facility operated by the Navy in Tokyo Japan.

**Planning your getaway**

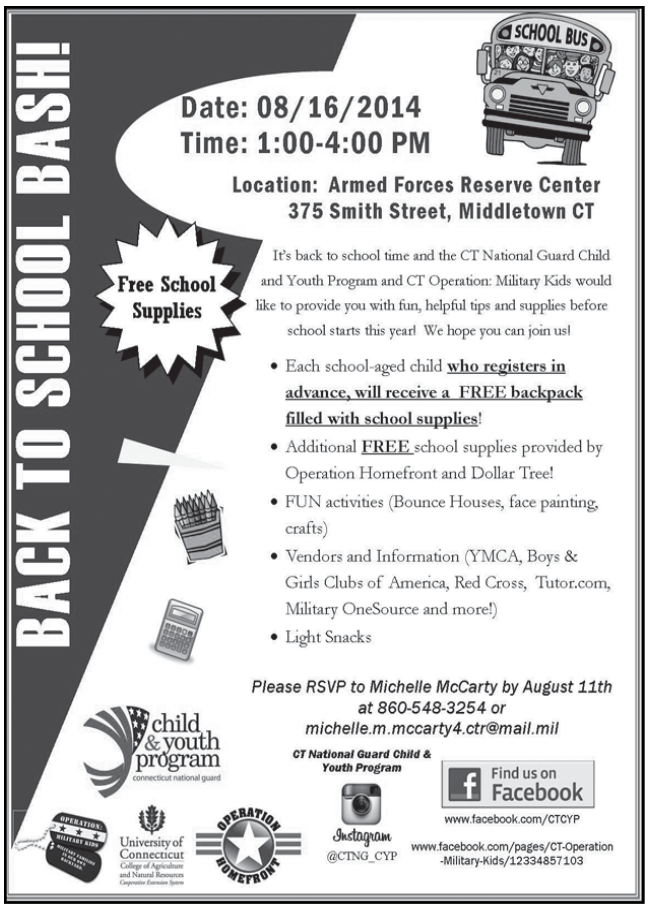
You can research military lodging in the area you want to visit, including amenities and reservation policies.

· **Do research to find the right military lodging facility.** If you want more information or help researching your options, call Military OneSource and speak with one of our consultants at 800-342-9647.

· **Use military lodging and service branch websites.** Visit Army MWR, Marine Corps Community Services, Navy Lodges or Air Force Services.

· **The best time to go.** If you plan to visit a popular recreational facility or resort during peak vacation periods, make your reservations as soon as possible. Some lodging facilities prioritize reservations by branch of service, duty station or status.

· **Take advantage of leisure services.** Many facilities offer services such as restaurants, boat rentals, ski equipment rental, area tours and discount tickets to area attractions. Find out about available services and if reservations should be made in advance.



# 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)

## Summer Word Search

See how many words related to summer you can find in this word search from the list at the bottom. Words can be backward, forward, up, down, or diagonal. Circle each word you find, then cross it off the list.

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | B | S | U | G | W | E | R | M | S | C | G | E | G |
| I | S | P | G | P | A | U | N | R | R | N | A | L | N |
| B | A | R | B | E | C | U | E | I | I | A | A | M | I |
| G | N | I | M | M | I | W | S | K | H | W | W | S | P |
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| N | T | R | A | U | A | O | L | B | P | P | E | A | Q |
| E | L | C | Y | C | I | B | B | Q | W | O | D | R | S |
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| M | O | V | T | E | N | T | I | E | I | L | A | C | T |
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|---|---|---|
| BARBECUE | GARDEN | ROLLER SKATES |
| BEACH | GARDENING | SAILBOAT |
| BICYCLE | GRASS | SANDALS |
| BUCKET | HIKING | SANDCASTLE |
| CAMP | LAWN | SHORTS |
| CAMPING | MOSQUITO | SPRINKLER |
| COTTAGE | POOL | SUNSHINE |
| FLOWERS | PORCH | SWIMMING |

# 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.