

Connecticut Guardian



VOL.15 NO.9

HARTFORD, CONNECTICUT

SEPTEMBER 2014

Air Drop Training On Target

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

CHICOPEE, Massachusetts—An Air Force C-130H Hercules aircraft assigned to the 103rd Airlift Wing jettisoned two sets of container delivery systems as part of a training exercise over Westover Air Reserve Base July 12. The C-130 mission was to drop four container delivery systems using high-velocity parachutes, said Tech. Sgt. Robert Ewings, air transportation specialist with the 103rd Logistics Readiness Squadron.

“It is a low altitude drop to get supplies into an area for troops when landing a plane is impossible,” said Ewings.

The drop was another step in the overall training required to get the Flying Yankees at Bradley Air National Guard Base, East Granby, Connecticut closer to their goal of air dropping “heavies” and military personnel. A goal shared by the unit as a whole.

Senior Airman Kevin Leist, air transportation specialist with the 103rd Logistics Readiness Squadron said, these “heavies” are pallets built-up with approximately 3,000 pounds of material like wood, concrete or water that is meant to simulate real-world equipment.

“We all have had a really good opportunity in the past couple of months to build upon what was just a vision nine months ago,” said Maj. Chris Thiesing, tactics officer with the 118th Airlift Squadron.

“Now, we’re actually dropping CDS, which is the

container delivery system, and in the future we are going to be dropping heavy equipment as well as real-world personnel,” he said.

“It’s impressive that we have come so far in our conversion in such a short period of time,” said Col. Fred Miclon, vice commander for the 103rd Airlift Wing.

can get back in the fight is what it is all about,” he said.

A tremendous amount of coordination and work is invested into these drops.

Leist said one “heavy” will free fall for about 12 seconds and requires about three hours of preparation including packing the parachute. This does not include the flight time, or the amount of coordination and communication that goes into the mission by other units.

“We’ve come a long way and it’s a testament to the aerial port folks who are building the equipment we’re dropping, a testament to maintenance for keeping the planes flyable and a testament to all of the new navigators, flight engineers, loadmasters and pilots that have all come together from different parts of the Air Force,” said Thiesing.

The C-130H made three deliveries over the drop zone. They dropped two containers during the first two deliveries and on the third, they dropped what they called a training bundle; an eight pound sand bag with a parachute attached.

Dropping sand bags, container delivery systems, and eventually “heavies” and personnel, are the future missions for the 103rd Airlift Wing and means the unit will be a frequent flyer over “bean bag”—the historic name of Westover’s drop zone.

“We’re doing a lot of good work and it will be great looking back six months to a year from now to see how far we’ve come,” said Thiesing.



Senior Airman Kaitlin Cardello and Master Sgt. Joseph Amato shift a container delivery system into position in a C-130H Hercules aircraft during an air drop exercise at Bradley Air National Guard Base, East Granby, Connecticut on July 12, 2014. From there, the loadmasters secure and position the load for air delivery. (Photo by Tech. Sgt. Joshua Mead, 103rd AW PA)

“We have not had our aircraft a year yet and we are already training for air drop missions with live drops like this one. We have all the pieces in place to continue our conversion well ahead of the timeline. The teamwork and integration between maintenance, operations and mission support to make this happen is impressive to say the least. Once again everyone in the wing is focused on one goal and mission, and to complete our conversion ahead of schedule, getting everyone trained so that we

Dempsey Explains Danger Posed By Extremist Groups

CLAUDETTE ROULO
DoD NEWS, DEFENSE MEDIA ACTIVITY

ASPEN, Colorado - July 24, 2014 - It's important to recognize that the various religious extremist groups that threaten the United States do not share the same ideologies, the chairman of the Joint Chiefs of Staff said in July.

"Some of them are opportunistic, some of them seek to establish a sense of political Islam and theocracy under sharia law, and some of them are apocalyptic, actually, meaning they have such a world view that it becomes of a magnitude that makes them, I think, especially dangerous," Army Gen. Martin E. Dempsey told an audience at the Aspen Security Forum.

The group known as Islamic State of Iraq and the Levant seeks a sense of religious legitimacy, he said. Its leaders believe they are the heirs to the Islamic caliphate that Muslims believe began with the prophet Muhammad.

"They can only sustain that religious legitimacy if they continue to succeed," Dempsey said. "So this is not a group that can go halfway. It has to keep moving toward its ultimate end-of-days, apocalyptic narrative or it will lose support, because it loses religious legitimacy."

ISIS must be contained, then disrupted and, ultimately, defeated, the chairman said.

"What makes it very hard is that ultimate defeat has to come from within the Sunni population," he said. Their defeat can be enabled and assisted by the United States, Dempsey said, but their end will come about only when moderate Sunnis of the region, and the world, reject them.

The group is very dangerous, he said. "They will employ whatever tactics they have to employ," the chairman added, noting that they have succeeded through infiltration and misinformation and by preying upon a "youth bulge" and disenfranchised populations in parts of the world that aren't led by inclusive governments.

"And then they just pop up one day, and you have to deal with them," Dempsey said. "And you deal with them

by either allowing them their way or suffering the consequences."

The nation must take a long view in dealing with ISIL in particular, but also in dealing with many similar organizations that are filling voids where governments are absent or failing, the chairman said.

"This isn't about us. ... This very much has to have the support of the government in Baghdad," he explained, adding that it remains to be seen whether the nation has a credible partner in the re-formed Iraqi government.

ISIL isn't a unified force in Iraq, Dempsey said, but rather is a syndicate of several disenfranchised Sunni groups willing to work with ISIL "because they're winning."

"When you are disenfranchised and believing that the government in Baghdad will never be inclusive and never allow you to be part of the government, you'll back a winner until that winner is contained," the chairman said.

The collapse of the Iraqi military is representative of this disenfranchisement, he said. They were overcome because their soldiers concluded that their future did

not lie with the government in Baghdad, Dempsey said.

"Look, why do any of us in uniform stand and fight?" he asked. "You know, it's not just because we wear the uniform. We stand and fight because we believe in what we stand and fight for. ... If we were ever placed in a position where you didn't believe what you were fighting for, you know, you wouldn't see the kind of military you have in the United States today."

The problem of ISIL isn't isolated to Iraq, he said. The border between Iraq and Syria has ceased to exist, Dempsey explained. In addition, Turkey and the Kurds in northern Iraq are uniquely positioned to pressure ISIL, he noted.

"It has to be a partnership, a coalition, and we have to build partners who can reject it from inside out," the chairman said.

"The immediate task is to determine whether Iraq has a political future, because if Iraq has a political future, then we will work through Iraq, among others, to deal with the ISIL threat," Dempsey said. "If Iraq does not have a political future as an inclusive unity government, then we're going to have to find other partners."

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(Front Page American Flag photo by Buddy Altobello)

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Deadline for submissions is noon on September 18 for the October Issue and October 23 for the November Issue. Circulation: 7,800

UConn Veterans Team Gives All to Students

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

The University of Connecticut was one of many Connecticut state institutions to expand its programs and infrastructure to accommodate the growing population of Veteran students in the 1950s, many who utilized the new GI Bill.

The Jaime Homero Arjona building was built in 1959 for this very reason. Fittingly, Arjona is now the home of the UConn Veterans Affairs and Military Programs team, which assists 900 student Veterans—the largest college population of student Veterans in the state of Connecticut.

In just one year, the UConn Veterans affairs team has expanded its role on campus, from one that primarily facilitated veteran education benefits, to an office with a group of experienced staff members who mentor and advise student Veterans in all aspects of their lives at UConn.

The UConn Veterans affairs team director, Ret. U.S. Air Force, Lt. Col. Kris Perry, and executive assistant Nikki Cole began their current positions in 2013.

“There’s no part of student Veteran lives that we can’t help with,” said Perry.

“Our work starts as soon as they apply,” he said.

The UConn Veterans services team has helped initiate changes at UConn to assist Veterans, indeed, from the moment they apply for admission.

Application fees are now waived for Veterans and military service members.

Upon being accepted to UConn, student Veterans are required to attend an orientation where they can meet the Veterans affairs team, which includes benefits manager, Daniel Kowalchic, and two graduate assistants.

At orientation, student veterans receive primary registration privileges for courses.

The Veterans affairs team assists with this as well.

“We help them navigate through the entire registration process,” said Perry.

“And we make sure that they properly apply for and receive their earned GI Bill and other education benefits,” he said

At UConn, and all UConn satellite campuses, student Veterans and Connecticut National Guard members are eligible for state school tuition waivers.

The UConn Veterans affairs team also pushed to extend tuition waivers to cover summer session courses.

In addition to the new waivers, there is now a computer lab and veteran social lounge in the Arjona building, where students can help themselves to popcorn and coffee—and also use the printers at no cost. The veteran Oasis Lounge, in the student union building, also offers these services to students, as well as space for study.

The work of the UConn Veterans affairs team does not end when student Veterans are enrolled in classes. In addition to advocating for Veterans for numerous campus related issues, they also assist Veterans in utilizing and obtaining VA and health benefits, like service connected disability, counseling services and home loans.

Naval Reserve Corpsman, Victoria Hooker, said the

UConn Veterans affairs team made her transition from active duty to college extremely easy.

“When I first called UConn, I was immediately directed to the Veterans affairs office,” she said. “They answered all of my questions and really helped me adjust,” she said.

Hooker said the University of Connecticut has made a huge leap forward in helping student Veterans over the past year.

“Kris and Nikki came in and fixed a lot of stuff,” she said.

Perry guaranteed that UConn will make the Veterans Friendly school list for 2014, for the first time.

But the office has many things on its to-do list, he said.

Coming up, Perry said, is a veteran advisory committee

meeting, which meets regularly to discuss the needs of Veterans at UConn and to increase faculty awareness.

“We have to keep the momentum going,” he said. “Our goal is to produce college graduates.”

“We’re looking for lots of feedback from students and faculty,” Perry said.

The UConn veterans affairs team wants student Veterans (and potential student veterans) to contact their office immediately if they have any questions regarding their experiences at UConn or if they require assistance regarding anything VA and or military related.

“Come find us so we can help you,” said Cole.

Room 340, Arjona.

Office hours: Monday-Friday 8:00 a.m. - 4:30 p.m.

Email: veterans@uconn.edu or call 860-486-2442



Director, Kris Perry, Executive Assisant, Nikki Cole, benefits manager, Daniel Kowalchic, and Graduate Assistant Douglas Pence, of the UConn Veterans Affairs and Military Programs team, stand with a camouflaged ‘Jonathon the Husky,’ in the Arjona building, at the Storrs, Connecticut campus, July 17. The UConn veterans affairs team program has expanded greatly in one year, to the benefit of the school’s student veteran population. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

BRAVE Program Treats TBI with Video Games

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

WEST HAVEN, Connecticut — A new treatment program for military veterans suffering from the effects of TBI is called BRAVE: Broad Spectrum, Cognitive Remediation Available to Veterans — Effects of a Brain Plasticity Based Program in Mild Traumatic Brain Injury.

It's a mouthful, but that's ok. The program was designed by engineers, software designers, psychiatrists, psychologists, mental health professionals and medical doctors to help improve the neurological abilities of Veterans.

And there's more.

The program consists of playing computer video games. No, not Grand Theft Auto or Call of Duty—but games actually designed to exercise memory, visual field and associative functions.

Dr. Morris Bell, professor in the psychiatry department at Yale University School of Medicine, and senior research career scientist for the Dept. of Veterans Affairs Rehabilitation Research and Development Service, is one of the program's creators.

He said the goal of the program is to help veterans improve functionally by providing them with learning-based experiences.

In one of the games, a user must pick a car out of a lineup after having that car flashed to him/her for fractions of a second.

In another, syllables of words are repeated and must be clicked on correctly.

Another game requires that users listen to and follow specifically stated directions (think, grocery store list) in order.

The better a user performs, the higher the game difficulty levels become, but users are not measured by pass or fail results. Instead, game levels and iterations change to reflect users' changing propensities. The users' continual progress is then viewable by treatment professionals and technicians at the VA.

Bell said many factors can affect the neuro-cognitive abilities of veterans, but that programs like BRAVE, when combined with healthy lifestyle choices and additional treatment options, may assist Veterans in overcoming some cognitive obstacles.

The developers of BRAVE were also involved in developing another very popular brain training program: Lumosity.

These developers advocate that the neuro-plasticity of the brain can be influenced by positive gain. In other words, they believe that the brain is an elastic muscle that can improve its functioning by being exercised (stretched).

Veterans who partake in the BRAVE study program are given a laptop to use for the study's duration. The program/treatment is conducted remotely, and Veterans are only required to travel to the West Haven or Newington Connecticut VA hospitals for routine check-ups and/or to help troubleshoot difficulties with the program's software.

Andrea Weinstein is the current BRAVE project

director. She said the program is committed to helping Veterans suffering from TBI and other conditions that affect cognitive functioning, like PTSD and substance abuse.

Weinstein and Bell agree that BRAVE and other neuroscience brain training programs are not a cure for memory loss and cognitive disabilities, but may increase brain function and activity—and even small improvements in these areas can potentially open doorways to veterans.

A Veteran may remember to submit a job application before the deadline, or remember where he put his car keys before a job interview, or become inspired to learn a new language or begin a new hobby.

Partaking in these programs does not hurt, Bell said.

Bell said the roots of the DOD-funded BRAVE can be traced to Gen. Omar Bradley who headed the VA after World War II, and is credited for establishing long-lasting relationships between the VA and universities/medical research facilities.

Veterans interested in the BRAVE program are encouraged to contact Andrea Weinstein at 203-932-5711 x4155 or at Andrea.weinstein@yale.edu. She can be located in Building 14, Learning Based Recovery Center, VA Campus, 950 Campbell Avenue, West Haven CT 06516

(Building 14 is also the home of the Veterans Integration to Academic Leadership (VITAL) program, which works with colleges and universities on veteran-related issues, and assists veterans in discovering resources that can help promote their personal and academic growth.)



Building 14, Learning Based Recovery Center, at the West Haven, Connecticut VA Hospital is home to the BRAVE treatment program. The BRAVE program treats Veterans suffering from TBI and reduced cognitive functioning with brain stimuli computer games. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

256th Fire Fighters Get Job Done In Romania

STAFF SGT. BENJAMIN SIMON,
JFHQ PUBLIC AFFAIRS

EASTLYME, Connecticut — Staff Sgt. Ronald Avery said he visited a restaurant near Mihail Kogălniceanu Air Base in Romania to get to know the culture there. He requested to the restaurant disk jockey that he play a traditional Romanian song.

Avery said as soon as the song started the Romanian men excitedly linked arms together and began dancing a traditional Romanian line dance. Of course, Avery and the other members of the 256th Firefighters were pulled in to the line and danced as well.

“That must have been the right song,” said Avery.

Seven members of the 256th Engineer Detachment (Firefighter) spent the month of February 2014 in Romania in support of OEF and the transition of MK Air Base into a fully operational U.S. transit station and hub for NATO military service members and supplies.

The 256th experienced the richness of Romanian culture, but more importantly assisted MK Air Base in its fast-paced mission of replacing Kyrgyzstan’s Manas Air Base.

The hard work began shortly after their arrival.

“We got there right after a blizzard,” said Spc. Jeffrey Mederos.

Mederos said the 256th became busy right away in ensuring the safety of the base’s population in the deep ice and snow and temperatures of 20 degrees below zero.

One of their first projects was making sure that the water in their fire trucks did not freeze.

To solve this problem, prior units had kept the trucks empty. Avery said that this was unsatisfactory, and fixed the dilemma by having large heaters installed in the truck bays.

Avery also saw that a plan was made to enable their trucks to respond to all emergencies at the multitude of new barrack buildings on post, many which did not have pathways between them wide enough for fire trucks to pass.

Avery said prior units were not used to operating in densely populated environments. He said the 256th Fire Fighters were able to implement operational changes at MK that reflected their experiences from working in Connecticut.

“We were able to get to those buildings,” said Avery.

Due to so many new troop arrivals at MK, new buildings were being quickly instructed. The 256th was tasked with inspecting many of these buildings to make sure they met National Fire Protection Association code.

The 256th also monitored the MK flight line. During MK’s transition phase to a primary transportation hub for deploying troops and equipment, its number of incoming flights increased dramatically.

During a flight line shift, the 256th responded to an incoming flight that had lost cabin pressure due to a broken windshield.

“A bird hit the windshield,” said Avery. He said that this flight landed safely, however, and that no one was harmed.

Mederos said that due to the proximity of the Black Sea, that the fog at MK often totally eliminated visibility, even during daytime hours.

“Flights were constantly delayed,” he said.

“I know why all of the folklore about vampires and Dracula come from that area; the fog is unbelievable,” said Avery.

Despite the inclement weather, (cold, fog, and vampires) the 256th still pulled their emergency response shifts and other duties on base during the length of their rotation.

The commander of the 264th Fire Fighters Headquarters Detachment from the South Carolina Army National Guard, Chief Warrant Officer 4 Martin D. Jennings, said the motivated and technically proficient Soldiers of the 256th hit the ground running when they arrived in Romania.

“Staff Sgt. Ronald Avery and his entire team have made the mission highly successful, and the feeling is that

they will continue to exceed high expectations,” he said.

He said the entire Black Sea Area Support Team recognizes the valuable contribution the CTARNG Fire Fighters made to the FOS MK mission.

Avery said the 256th truly enjoyed their time and work in Romania, and that they are ready for future overseas assignments.

A ribbon-cutting ceremony took place on Friday, Feb. 28, 2014, to celebrate the official opening of MK Air Base, the new U.S. transit center, near Constanta, Romania.

The 256th had already left, but their contributions to the new base served a purpose.

When the 256th arrived at MK the population was 400. When they departed, the population had increased to over 3,000 service members.

In June, Manas Airbase was officially vacated by American service members, and turned over to Kyrgyzstan military forces.



Spc. Jonathan Perodeau, Spc. Josiah Burnham, and Spc. Justin Hareluk from the 256th Engineer Detachment (Firefighter), Connecticut Army National Guard, prepare to move a “critically injured casualty” during a training exercise conducted Feb. 22, outside of MK Air Base, Romania. The 256th Fire Fighters worked and trained at MK Air Base from Feb. 1- Feb. 25. (U.S. Army Photo by Sgt. Maj. Michael Pintagro, 2nd Lt. TSC Public Affairs)



CTARNG 256th Engineer Detachment (Firefighter) Soldiers stand with their fire trucks at MK Air Base, Romania, Feb. 2014. In addition to partaking in joint training exercises, the 256th was responsible for emergency response, flight line monitoring, and building inspection. (Photo courtesy of Staff Sgt. Ronald Avery, 256th Engineer detachment (Firefighter))

TAG Marksmanship Competition Tests CT, RI National Guard Members on Shooting Skills and Teamwork

STAFF SGT. JERRY BOFFEN
JOINT FORCES HEADQUARTERS, CTARNG

EASTHAVEN, Conn. – Soldiers and Airmen from several units throughout the Connecticut and Rhode Island National Guard came together to test their team and individual marksmanship skills during the Connecticut Adjutant General's Marksmanship Competition at the East Haven Rifle Range, Aug. 1-3.

In addition to being a competition with awards presented to top competitors, the event was also a combat-focused shooting event which was intended to expose participants to both distant and close-quarter battle with the M16 rifle and M9 pistol, according to Lt. Col. Paul Thompson, state training officer, Connecticut Army National Guard.

The weekend-long match tested the participants' shooting abilities with both weapons in a variety of scenarios. Depending on the particular event, the competitors were either judged individually or as a part of a four-member team.

For instance, during one event each competitor was given a short amount of time (15-30 seconds) to draw their pistol from their holster and engage a target approximately 15 meters away. They were then scored according to the number and accuracy of the shots that hit the targets.

In another event, the competitors had to work as a part of a team, running 300 meters together to the firing line, where they then had to come on line together and engage several targets with their M16 rifles at a distance of approximately 25 meters. During this event, the entire team was graded on their ability to hit the targets.

The purpose of that event was to test the competitors' abilities to shoot with an elevated heart rate, said Staff Sgt. Larry Davis, an automated logistical specialist, 1109th Theater Aviation Sustainment Maintenance Group, CTARNG.

Davis, from Voluntown, Connecticut, said that he, like many of the competitors, participated in the competition as an opportunity to better himself and his fellow Soldiers. He also said his desire to participate stemmed from "a competitive drive and the pride involved in the chance to represent his unit."

"This event is pretty cool because it's not just a standard weapons qualification," Davis said. "You get to learn different techniques, like shooting from the hip or shooting off-hand, which we can use to improve our shooting, and take that back to our unit," he said.

"Everybody is having fun," said Davis. "We're getting to meet so many really great people," he said.

This is especially true, Davis added, if they get to move on to further rounds of the competition.

The top two shooting teams, and top two individual competitors, qualify to compete in the Military Advisory Council Region 1 Combat Marksmanship Competition, scheduled to take place at the Camp Ethan Allen Firing Range in Jericho, Vermont. Sept. 18-21.

The MAC 1 regional competition will pit the Soldiers

and Airmen against fellow military competitors from throughout the entire Northeast region of the United States for a chance to compete at the National competition at Camp Robinson in Little Rock, Ark. next April.

The individual winners of this year's Connecticut Adjutant General's Marksmanship Competition were: first place, Tech. Sgt. Chris Sixt, 103rd Security Forces Squadron, CT Air National Guard; second place, Staff Sgt. Keith Riendeau, Rhode Island Army National

Guard; third place, Staff Sgt. John Mcaulay, 169th Regional Training Institute, CTARNG.

The top two teams that qualified to move on to the regional competition were: first place, the team from the 169th RTI, comprised of Sgt. 1st Class Damon Matus, Spc. Ryan Maynara, Staff Sgt. John Mcaulay and Sgt. 1st Class Jeffrey Walsh; and second place, Team B from the 103rd Security Forces Squadron, comprised of Staff Sgt. Aaron Jerolmon, Tech. Sgt. Jerry Lashway, Master Sgt. James Reynolds and Staff Sgt. Michael Stearns.



Sgt. Shane Peters from 1109 TASMG finds his target hits at the East Haven, Connecticut Rifle Range on Aug. 2, while Staff Sgt. Paul Croteau looks on. Peters said he was competing in this year's TAG marksmanship competition for the excitement and the extra opportunity to fire. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

Scouting out the Hercules

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

8/5/2014 - **BRADLEY AIR NATIONAL GUARD BASE - East Granby, Conn.** — Cub Scouts from Troop 18 in Killingworth, Connecticut arrived at Bradley Air National Guard Base in East Granby, Connecticut for a special tour of a C-130H Hercules aircraft, assigned to the 103rd Airlift Wing, on Aug. 4, 2014. The small troop of approximately ten children was allowed a unique opportunity to walk out to the flightline and see firsthand the unit's new mission.

"It's good when anyone comes out. We enjoy doing this," said Staff Sgt. Daniel Haynes a loadmaster with the 118th Airlift Squadron.

These types of tours are a way for the 103rd Airlift Wing to showcase the new mission and let the civilian world experience the day-to-day operations of the military.

"I know when I was a kid, and not knowing about the Air Force, it was nice to come and see things," said Haynes. "That's partly why I'm here today."

The tour of the C-130H included a chance to sit in the pilots' seats and the opportunity to put on aviation helmets and loadmaster harnesses to see what it's like to be a loadmaster. These harnesses are used by the loadmasters to secure them within the aircraft when pushing pallets of equipment and supplies out of the cargo bay during air drops.

Kurt Schemmerling, a parent with Troop 18, coordinated the event and said that he thinks doing events involving aviation, or with the fire departments and police departments, is important and influential for the kids.

In an anecdote, Schemmerling explained why he is so passionate about getting kids involved in hands-on tours. He recounted a story that was told to him when he asked an older gentleman from his community, "Why did you decide to become a pilot?"

The response, said Schemmerling, was, "I'm a pilot today because somebody took the opportunity to bring in a helicopter to my school back in 1950 and I never forgot it. I was eight years old and from that day forward I wanted to do nothing else but go in the military and become a pilot."

It is important for the youth to realize that there are opportunities out there in aviation and the best way to do that is through exposing them to those different things, said Schemmerling.



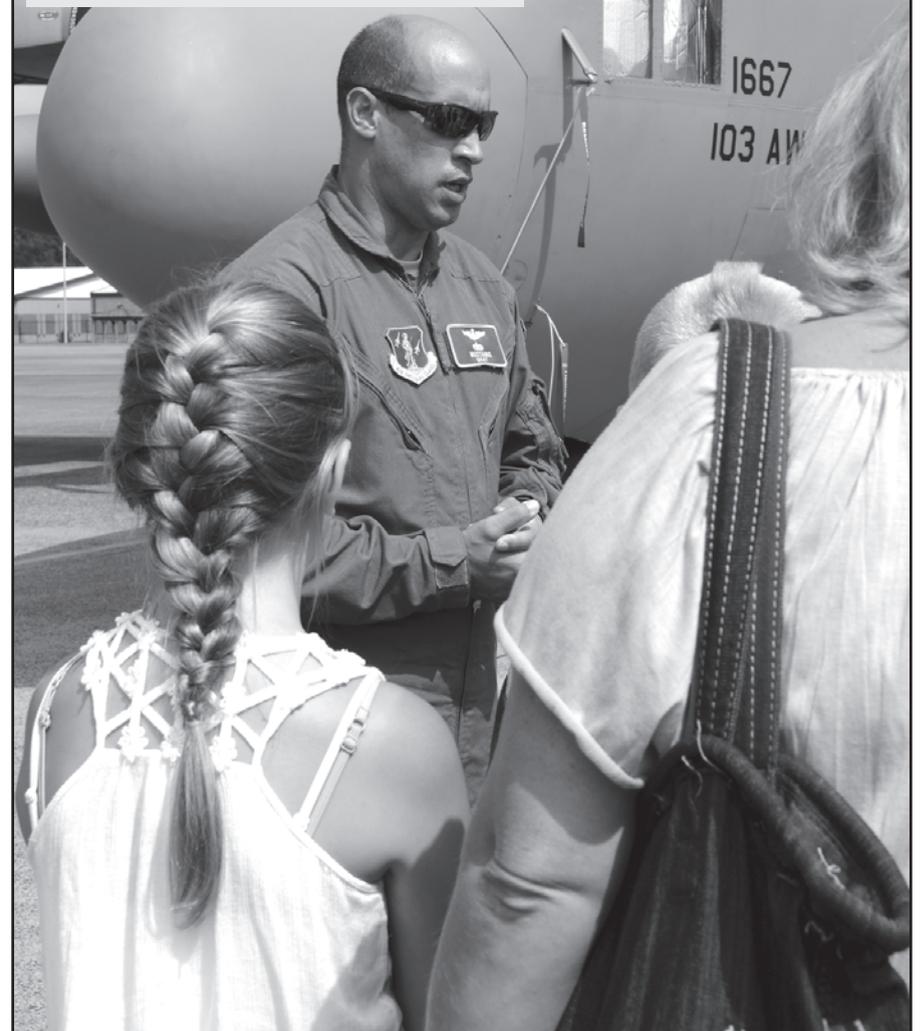
Maj. Kevin Eikleberry, pilot for the 118th Airlift Squadron, explains the various functions of the C-130H aircraft controls to a very intent Anthony Maio, 9, as Blake Kamoen, 8, listens in. Behind Eikleberry in the co-pilot seat is Tristan Schemmerling, 8. All three of the children are part of Cub Scout Troop 18 and came to the Bradley Air National Guard Base, East Granby, Conn., Aug. 4, 2014, to take a tour of the unit's recently assigned aircraft. (Photo by Tech. Sgt. Joshua Mead, 103 AW PA)



Staff Sgt. Daniel Haynes, a loadmaster with the 118th Airlift Squadron, adjusts an aviation helmet on Cub Scout Blake Kamoen, 8, during a base tour at Bradley Air National Guard Base in East Granby, Conn., Aug. 4, 2014. Haynes

later said that tours like these are part of the reason he joined the Air Force. (Photo by Tech. Sgt. Joshua Mead, 103 AW PA)

Master Sgt. Elcian Torres, loadmaster with the 118th Airlift Squadron, talks to a very interested crowd of Cub Scouts, parents and siblings during a tour of the a C-130H Hercules aircraft recently assigned to the 103rd Airlift Wing, at Bradley Air National Guard Base, East Granby, Conn., Aug. 4, 2014. In the forefront is Addison Duquette, 11, and her mother Jodi Stupakevich. (Photo by Tech. Sgt. Joshua Mead, 103 AW PA)



Stubby Remembered in Newtown: Grandson of Owner Visits 928th

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

NEWTOWN, Connecticut — When the men of the 102nd Infantry Regiment trained in New Haven for their deployment to Europe in World War 1, a small stray Boston terrier wandered into their camp.

“He picked out my grandfather,” said Curt Deane, grandson of Robert Conroy.

“The rest is part of history,” he said.

Of course, a camp full of military men in the middle of a city will always attract stray animals, said Deane laughingly.

Conroy named the dog, Stubby, and the rest of the tale is, indeed, a part of history.

Deane visited the 928th Military Police Military Working

Dog Detachment in Newtown, Connecticut on Aug. 8, to see the memorial erected in honor of the dog that captured the imaginations and hearts of America in the years surrounding World War 1.

The 928th is the only military reserve component MWD detachment in the U.S., and Deane said that the Stubby memorial is in the right place.

During his visit, Deane met the 928th military working dogs, including the award winning Belgian Malinois, Balou, and recently retired, Dasty. He also learned how military dogs are currently utilized in foreign and domestic operations.

When the 102nd returned to the U.S. after World War 1, Stubby was famous. He toured the country, guest starred in stage shows and was invited to the White House.

Deane said an invitation from President Harding invited Stubby plus one.

“My grandfather had no problem with being his plus one,” said Deane.

“My grandfather never got another dog; they were with each other until the end,” he said.

“Grandma never said much about Stubby other than to note my grandfather’s undying devotion to ‘that dog!’” Deane noted with a smile.

Much of the story of Stubby is recounted in many books including the very recently published, “Stubby the War Dog,” by Ann Bausum.

Stubby is currently on display at the Smithsonian Museum, dressed in his WW1 vest, decorated with numerous medals and citations.



Curt Deane and friend, Nicky de Posson examine the memorial erected in honor of Stubby, the WW1 mascot of the 102nd Inf. Reg, and current mascot of Georgetown University, Aug. 8. Deane said his grandfather, Robert Conroy, could never own another dog after Stubby. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)

Curt Deane pets retired military working dog, Dasty, at the 928th MWD Det. in Newtown Connecticut, Aug. 8. Deane is the Grandson of Robert Conroy, the owner of Stubby, the WW1 mascot of the 102nd Inf. Reg. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)

State Partnership Program with Uruguay Strong



Col. Robert Cody and Lt. Col. Craig Nowak receive a briefing and demonstration from the Uruguayan Army 4th Engineer Battalion on firefighting capabilities, July 2014. The CTARNG SPP with Uruguay began in 2000. (Photo by Capt. Nicholas Raphael, CTARNG)



A CTARNG delegation discusses disaster response planning with Uruguayan Army Chief of Staff, General Carlos Sequeira, Uruguayan Army G3, Col. Carlos Diaz, Uruguayan Army G5, Col. Oscar Martirena and National Emergency System (SINAE) Director Col. Gustavo Gil, July 2014. The Connecticut delegation visited Uruguay from Jul. 19-26 as part of the U.S. Army National Guard State Partnership Program. (Photo by CTARNG SPP)



Staff Sgt. Juan Mayumbo-Sepulveda from 1109th TASMG performs maintenance on a Uruguayan aircraft with Uruguayan Naval Aviation members, at Curbelo Naval Air Base, Laguna del Sauce, Uruguay, August. (Photo by Capt. Nicholas Raphael, CTARNG SPP Coordinator)



Capt. Charles Beyer, TASMG Maintenance Officer, stands with Uruguayan Naval Aviation pilots on a flight line in front of a V22 Osprey at Curbelo Naval Air Base, Laguna del Sauce, Uruguay in August. (Photo by Capt. Nicholas Raphael, CTARNG SPP Coordinator)

Staff Sgt. Juan Mayumbo-Sepulveda, 1109th Theatre Aviation Sustainment Maintenance Group (TASMG), exchanges aircraft maintenance information with Uruguayan Naval Aviation personnel, at Curbelo Naval Air Base, Laguna del Sauce, Uruguay in August. SMEs from TASMG visited Uruguay as part of the CTNG State Partnership Program, from Aug. 10-15, 2014. (Photo by Capt. Nicholas Raphael, CTARNG SPP Coordinator)



Staff Sgt. Juan Mayumbo-Sepulveda, 1109th Theatre Aviation Sustainment Maintenance Group (TASMG), exchanges aircraft maintenance information with Uruguayan Naval Aviation personnel, at Curbelo Naval Air Base, Laguna del Sauce, Uruguay in August. SMEs from TASMG visited Uruguay as part of the CTNG State Partnership Program, from Aug. 10-15, 2014. (Photo by Capt. Nicholas Raphael, CTARNG SPP Coordinator)

Airmen Earn Degrees, Unlock Future

SENIOR AIRMAN JENNIFER PIERCE
103RD AIRLIFT WING, PUBLIC AFFAIRS

EAST GRANBY, Connecticut—Thirteen Airmen from the 103rd Airlift Wing walked across the stage and received their Community College of the Air Force diplomas during a commencement ceremony at Bradley Air National Guard Base, East Granby, Connecticut, Aug. 3.

Many family members and fellow Airmen attended the graduation. Col. Jose D. Torres-Laboy presided as the commencement speaker.

“This degree was pretty important to me. I started it a long time ago and finally had the opportunity to finish it,” said Senior Master Sgt. John Gasiorek, First Sergeant in the 103rd Airlift Wing.

As senior noncommissioned officers, we have to lead by example, said Gasiorek.

Not only is the CCAF degree important for promotions, there are several other benefits for Airmen who earn the degree.

“The CCAF degree allows Airman to be eligible for the ABC program, is a promotion consideration and is a civilian resume booster,” said Cpt. D. Elliott Draeger, education officer for the 103rd Airlift Wing.

The ABC program, Associate to Baccalaureate Cooperative, allows Airmen to use all 64 credits they receive from earning their CCAF degree and apply them toward a bachelor’s degree at certain colleges. The colleges that accept the 64 credits for the ABC program

are listed online, said Draeger.

“It was worth the effort and I see a lot of benefits from this degree not only in the military, but with my civilian job as well,” said Gasiorek.

The 13 Airmen who attended the commencement ceremony and received their CCAF diplomas, and those who did not attend are listed below.

- Staff Sgt. Ryan Ahrens, Emergency Management
- Chief Master Sgt. John Carter, Aircrew Safety Systems Technology
- Staff Sgt. Noel Castro, Criminal Justice
- Tech. Sgt. Anthony Gagliardi, Aviation Maintenance Technology
- Master Sgt. Christopher Gagne, Aviation Maintenance Technology
- Senior Master Sgt. Joseph Garisto, Intelligence Studies and Technology
- Senior Master Sgt. John Gasiorek, Criminal Justice
- Tech. Sgt. Jarrett Gran, Aviation Maintenance Technology
- Chief Master Sgt. Edward Gould, Human Resource Management
- Master Sgt. Aaron Hann, Human Resource Management
- Master Sgt. Christina Harvey, Human Resource Management
- Staff Sgt. Joseph Hill, Information Systems Technology

- Master Sgt. Andre Jaynes, Mechanical and Electrical Technology
- Senior Master Sgt. Daniel Jenkins, Human Resource Management
- Staff Sgt. Amanda Johnson, Allied Health Sciences
- Staff Sgt. Justin Labrecque, Electronic Systems Technology
- Staff Sgt. Daniel Leone, Aviation Maintenance Technology
- Tech. Sgt. Louis Manfredi, Fire Science
- Master Sgt. Joshua Marks, Aviation Maintenance Technology
- Tech. Sgt. Joshua Mead, Mass Communications
- Tech. Sgt. Dennis Peterson, Aviation Maintenance Technology
- Staff Sgt. Jeffrey Potvin, Electronic Systems Technology
- Tech. Sgt. Amy Robison, Aircraft Armament systems Technology
- Master Sgt. Daniel Robison, Information Systems Technology
- Tech. Sgt. Paul Rozum, Aviation Maintenance Technology
- Tech. Sgt. Robert Walsh, Human Resource Management
- Staff Sgt. Dustin Wonoski, Transportation
- Tech. Sgt. Vincent Zotto, Health Care Management

Members of the 103rd Airlift Wing receive their associate’s degrees during the Community College of the Air Force commencement ceremony held on Aug. 3, 2014, at Bradley Air National Guard Base, East Granby, Connecticut. The CCAF is now a requirement for enlisted Airmen to become a Senior Master Sgt. or Chief Master Sgt. (Photo by Senior Airman Jennifer Pierce, 103 AW PA)



Army, Air Guard Enlisted Members Meet, Speak with Senior Leaders

AIR FORCE TECH. SGT. DAVID EICHAKE
NATIONAL GUARD BUREAU

PHOENIX, Aug. 22, 2014 - Roughly 1,000 members of the National Guard gathered here Aug. 9-14 to attend the 43rd Annual National Conference and Expo of the Enlisted Association of the National Guard of the United States. The primary mission of EANGUS is to provide a voice for issues facing the enlisted force of the National Guard.

At the conference, senior leaders of the National Guard spoke to attendees about the Guard and discussed topics that affect the rank and file.

"I want to thank you all for what you do every day; you're 73 percent of our population," said Army Gen. Frank J. Grass, chief of the National Guard Bureau. Grass also noted that since 9/11, the National Guard has mobilized some 760,000 Soldiers and Airmen.

The conference is an opportunity for Guard members to get a chance to see how senior Guard leaders work at the strategic level, said Chief Master Sgt. Mitch Brush, senior enlisted advisor to the National Guard Bureau's chief.

The Army and Air Guard usually have their own separate issues, which gives the leadership of each component an opportunity to discuss them with the force.

"One of the biggest issues we look at on the field advisory council is [the basic allowance for housing]

rate changes when [airmen are] in formal schools," said Air Force Chief Master Sgt. James Hotaling, command chief master sergeant of the Air National Guard.

According to law, when an Airman is at a technical school for more than 180 days, that Airman loses the housing allowance for his or her home of record and receives the rate at the training location. The BAH rate change could have an adverse effect if the TDY rate is lower than the service member's permanent home of record.

The Army National Guard is not without its own concerns.

Soldiers have to wait 12 months after joining the Army Guard to receive tuition assistance, said Command Sgt. Major Brunk Conley, command sergeant major of the Army National Guard, but the active component does not.

"Our [Soldiers] want to go to school right away and we want them to go to school," said Conley, adding that the year-long waiting period can have a negative impact on Soldiers.

"Schooling to us is very important ... we want to make sure our young Soldiers have access to every benefit we can provide to them," he said.

The conference also provided attendees the opportunity to come together in one location and network with other Guard members.

"You don't make relationships over a [video

teleconference]," Conley said. Relationships, he added, are built by face-to-face conversations while sharing stories and ideas.

The national conference provided a platform for senior National Guard leaders to directly answer questions from the enlisted ranks.

One attendee from the 176th Wing, Alaska Air National Guard, questioned the promotion process between officer and enlisted ranks. The Airman voiced rumors about staffing, positions and funding that can stall enlisted promotions.

"There is a difference in the enlisted and officer development program," said Air Force Lt. Gen. Stanley Clarke III, director, Air National Guard. Clarke said the Guard is trying to create a better force development program that will help address that concern.

Soldiers hearing information directly from senior leaders of the National Guard has more meaning, said Army Staff Sgt. Cody Espinoza, 2nd Battalion, 20th Special Forces Group.

Guard members can make a difference for one another when they have the opportunity to discuss concerns with National Guard senior leaders, said Air Force Staff Sgt. Libby Muller, 115th Fighter Wing, Wisconsin Air National Guard.

Attendees can get senior leaders' positions on issues that would otherwise get lost in translation, she said.



Army Gen. Frank J. Grass, chief of the National Guard Bureau, left, meets with service members at the Enlisted Association of the National Guard of the United States' 43rd annual conference at the Phoenix Convention Center in downtown Phoenix, Ariz., Aug. 11. Grass is shaking hands and sharing a laugh with Staff Sgt. Brian Shattuck, 1st Battalion, 102nd Infantry Regiment, Connecticut National Guard as fellow Connecticut Guardsman Spc. Aaron Heller of the 192nd Military Police Battalion stands to Shattuck's right. The conference enabled Grass and other senior leaders to speak directly to Guard members and answer questions from the enlisted force. (Air National Guard photo by Air Force Tech. Sgt. David Eichaker)

New 'Burn Pit' Registry Opens on VA Website

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

The Department of Veterans Affairs now has a registry for military service members who may have been exposed to noxious and corrosive smoke, fumes, dust, and particles during their military service. The Airborne Hazards and Open Burn Pit Registry became active in June on the Department of Veterans Affairs website.

According to a June 23 "Stars and Stripes" article, Congress was alarmed by Veterans' complaints of lung ailments due to exposure to burn pits in Afghanistan and Iraq, and ordered the VA to create this registry.

President Barack Obama signed the registry bill into law in January 2013.

The registration process on the VA's public health website takes approximately 45 minutes. Veterans are required to enter information about their deployments and any exposure they may have had to smoke, fumes, dust and other harmful particles, due to burn pits, explosions, and dirt/dust storms.

The registry also requires that current health concerns/issues are listed.

Although many veterans may not currently suffer from respiratory ailments, documenting exposure is a necessary precaution to take in case of future illness.

A spouse of a military veteran, suffering from a rare lung disorder, created a previous online registry, "Burn Pits 360," to help raise public awareness on this issue.

Register sooner than later: veteran.mobilehealth.va.gov/AHBurnPitRegistry.



President Barack Obama signed the burn pit registry bill into law in January 2013. (VA file photo)

DoD Takes Next Step in Modernizing Electronic Health Records

JIM GARAMONE
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON, Aug. 25, 2014 - The Defense Department has issued a request for proposals to modernize its electronic health records and allow DoD to share health data with the private sector and the Department of Veterans Affairs.

It is a multi-billion dollar request to replace many of the current DoD legacy health care systems. This includes Armed Forces Health Longitudinal Technology Application (AHLTA), Composite Health Care System (CHCS) (inpatient), and most components of the Theater Medical Information Program-Joint (TMIP-J), with the objective of achieving initial fielding of a modernized replacement by the end of calendar year 2016.

"We are not just buying an off-the-shelf system, we're really looking to modernize how the department delivers health care," said Christopher Miller, program executive officer, Defense Healthcare Management Systems. "Ultimately, program success will result in continued improvement in patient safety, quality of care and readiness of forces worldwide."

The RFP is the culmination of 11 months of intense work by the Defense Healthcare Management Systems program executive office. The key to the department's strategy is to engage the larger Health IT marketplace to help identify a solution approach that provides best value and meets operational requirements. This approach allows the department to leverage the latest commercial technologies, improve usability, and save on costs. "We exposed industry early and often to our requirements development process through a series of industry days, draft RFPs, and targeted Requests for Information," program manager Navy Capt. John Windom said in a letter that accompanied the RFP. "We appreciated

industry's timely input and related comments/questions throughout our iterative draft RFP release process."

Windom's office adjudicated more than 1,500 questions/comments from industry. The intense give-and-take with industry gave both industry and the government clarity in the process, the captain said.

Officials expect to select the solution in the third quarter of fiscal 2015. Plans are for the initial operational capability to begin in the Pacific Northwest in fiscal 2016 with other regions added in waves. When fully operational, the system will support the health care needs of DoD's current population of 9.6 million beneficiaries.

When fully operational, DHMSM is expected to support medical readiness for DoD's military personnel and support the department's current population of more than 9.6 million beneficiaries and over 153,000 Military Health System personnel.

Interoperability is a key tenet of the proposal. Not only DoD and VA will need the information contained in the electronic health record system, but civilian health care providers also need access to support continuity of patient care. Civilian health care organizations provide nearly 60 percent of health care for service members and their families. The Office of the National Coordinator and a DOD/VA interagency program office set the protocols and interfaces that all systems will seek to align to.

Through the DoD's EHR modernization, the DHMS program executive office will also continue to improve health data sharing capabilities with the VA and private sector health care providers, officials said. This allows clinician and beneficiary access to information whenever and wherever it's needed.

The DoD is a leader in health information data sharing and it will not compromise the transition of our active duty members to veteran status, officials said.

THE CONNECTICUT NATIONAL GUARD OFFICIAL WEB AND SOCIAL MEDIA

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

Resilience Center



Suicide Prevention Month Events

For a list of all events and more details on events listed please visit the CT Suicide Advisory Board Website at www.PreventSuicideCT.org or contact the CT National Guard Behavioral Health Team with any questions at: 855-800-0120

10 Sep 2014: VA Mental Health Summit; addressing the mental healthcare needs of Veterans and their family members
 8:00am – 3:00pm
 Armed Forces Reserve Center, 375 Smith St, Middletown
 Register: contact Lisa.Jackson@va.gov

Suicide Prevention In Older Adults; free educational seminar on preventing suicide among the senior population
 8:00 am – 12:00pm
 Hartford Hospital, ERC Building, Auditorium, 560 Hudson Street, Hartford
 Register: www.harthosp.org/event/1031 or call 860-545-1888

11 Sep 2014: Columbia-Suicide Severity Rating Scale (C-SSRS); A conversation with Dr. Kelly Posner (C-SSRS developer)
 8:30 am Registration and Refreshments
 9:00 am -12:00pm Program
 Armed Forces Reserve Center, 375 Smith St, Middletown
 Register: www.ctclearinghouse.org/registration/events.asp?FormId=50

23 Sep 2014: Cracked Not Broken, a Survivors Experience featuring Kevin Hines
 7:00pm – 8:30pm
 West Hartford Meeting and Conference Center, 50 South Main St, West Hartford
 Register: www.harthosp.org/event/1032 or call 860-545-1888

Encouraging Spouses to Take Global Assessment Tool (GAT 2.0)

ARLINGTON, Va. - Now through October, the Army's Comprehensive Soldier and Family Fitness (CSF2) program is conducting a campaign to encourage Army spouses to take the Global Assessment Tool (GAT 2.0).

The GAT 2.0 is a confidential, online, self-assessment tool that provides users with scores for their individual levels of fitness in five dimensions: Family, Social, Physical, Emotional, and Spiritual. The GAT 2.0 is an annual requirement for Soldiers, but there is also a tailored version specifically for spouses.

"A key part of creating a more ready and resilient Army is ensuring our families have the same tools and resources as our Soldiers," said CSF2 Director, Col. Kenneth Riddle. "Since the launch of GAT 2.0 on January 27, more than 375,000 Soldiers have taken this self-assessment. We want Army spouses to take advantage of this self-awareness tool, as well, and follow-on resources that the GAT 2.0 recommends."

In addition to providing users with their individual scores in the five dimensions of strength, the GAT 2.0 also provides the user's RealAge®, which is a metric that reveals users' biological age compared to their calendar age. Users also receive their results in the Performance Triad of Sleep, Activity and Nutrition.

Self-Awareness is only part of the benefit of taking the GAT 2.0. Self-development is the second part. After receiving their scores based on the GAT 2.0, users are directed to ArmyFit™, which houses the tools and resources for users to increase their resilience and improve their overall resilience and well-being. Each user receives tailored recommendations to help them navigate through the myriad resources available within ArmyFit™.

The strength of the Army comes from its family members. The GAT 2.0 provides spouses with the opportunity to know themselves and stay psychologically strong for themselves and their families. "What makes the GAT 2.0 different from other online surveys is that it's designed specifically for members of the Army family," said Grace Heath, who's been an Army spouse for 17 years. "It gives my spouse and me common ground when we talk about things like strength and resilience."

To keep the recommendations provided by GAT 2.0 relevant, CSF2 plans to keep adding new content and functions to ArmyFit™ over the coming months. These include the ability to synch a personal activity monitor's data with the site to chart a person's daily physical activity, and use that data to compete with other users.

For more information on the GAT 2.0, visit <http://csf2.army.mil>.

To take the GAT 2.0, visit <https://armyfit.army.mil>.



Suicide Prevention Month Events

In collaboration with the CT Suicide Advisory Board the CT National Guard would like to make the military community aware of the following events being held as part of "National Suicide Prevention Week 2014"

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 VA Mental Health Summit-Middletown Reserve Center Suicide Prevention In Older Adults Seminar-Institute of Living, Hartford	11 Columbia-Suicide Severity Rating Scale (C-SSRS); A conversation with Dr. Kelly Posner - Middletown Reserve Center	12	13
14	15	16	17	18	19	20
21	22	23 Cracked Not Broken, A Survivors Experience, Kevin Hines Seminar - West Hartford	24	25	26	27
28	29	30				

Connecticut Medics Train Together

STAFF SGT. JORDAN WERME
130TH PUBLIC AFFAIRS DETACHMENT

CAMP EDWARDS, JOINT BASE CAPE COD, Mass. – Soldiers from the 118th Multi-Functional Medical Battalion, 141st Ground Ambulance Company, and 142nd Area Support Medical Company travelled to the Cape Cod area for two weeks of annual training, July 12 through 25.

During the training period, National Guard medics and medical support staff completed numerous training activities, including “Table 8”; the medical community’s annual task evaluation and certification course. In addition, the Soldiers of the 118th, 141st, and 142nd completed numerous Army Warrior Tasks and a 72-hour Field Training Exercise designed to test unit procedures and competencies.

The event included simulated attacks at Tactical Training Base Kelley, the Forward Operating Base on Camp Edwards where the battalion was stationed for the FTX. The opposing forces attacked the gate using simulated small arms fire and explosives, providing the medical teams with the opportunity to rehearse and test their life-saving skills in a variety of realistic scenarios.

“I am super impressed with the level of competency shown in every Soldier,” said Sgt. Maj. Cindy Tranter, chief operations sergeant, 118th, and one of the evaluators for the FTX. “We had to keep stepping up our game to increase the Soldier and medical scenario challenges.”

Soldier tasks must be trained slowly so that we can operate smooth and fast; by the book, said Staff Sgt. Matthew Lagasse, treatment team leader, 142nd. The unit mission was to provide casualty support as closely as possible to the point of contact in order to assess and treat victims quickly and move them to the next level of treatment as necessary.

“The Soldiers did a great job and overcame all obstacles,” said 1st Sgt. Karl Souffront, 142nd. Souffront was impressed by the efficiency and professionalism demonstrated during the various exercises.

“Though it appeared chaotic, roles remained clearly defined and authority was exercised at every level of rank to get the mission accomplished,” said Tranter. “I saw [specialists] directing [sergeants first class] because that was their role. Egos were absent and the job got done ... well. I am very honored to have witnessed it and proud to be a part of this battalion.”

Additional reporting by Sgt. 1st Class Debbi Newton, Spc. Brian Holloran, Spc. Jyotsna Khattri-Chettri, and Spc. Tristan Roberts, 130th Public Affairs Detachment.



1st Lt. Michelle C...
after seeing sev...
Edwards, Mass...
exercise design...
during their ann...



Medics work to...
transporting the...
was the culmin...
Medical Compa...
to give patients...
Detachment)

Medics improvise by connecting their own uniform belts to secure patients to stretchers after running out of stretcher straps during a mass casualty exercise at TTB Kelley, Camp Edwards, Massachusetts, on July 22. The mass casualty scenario was the culminating event of a 72-hour field training exercise that tested the medics of the subordinate companies of the 118th Multi-Functional Medical Battalion. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)

together at Camp Edwards, Mass.



Cunningham, 142nd Medical Company, restrains an injured Soldier who became overwrought by the presence of his fellow Soldiers injured during an attack on the main gate of TTB Kelley, Camp Edwards, Massachusetts, during a mass casualty exercise July 22. The scenario was part of a field training exercise designed to test the skills of the subordinate units of the 118th Multi-Functional Medical Battalion during their annual training. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)



Medics stabilize victims of an attack on TTB Kelley, Camp Edwards, Massachusetts, before transporting them to the troop medical clinic for further treatment. The mass casualty scenario on July 22 was the culminating event for the 118th Multi-Functional Medical Battalion's annual training. The 141st Medical Company and the 142nd Medical Company are subordinate units of the 118th and worked together to provide timely, effective care. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)

An injured medic takes care of a more seriously injured Soldier during the aftermath of an attack on the gate at TTB Kelley, Camp Edwards, Massachusetts, during a mass casualty exercise July 22. The exercise was the culminating event of the 118th Multi-Functional Medical Battalion's annual training period. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)



A medic applies a tourniquet to a wounded Soldier's arm after an attack on TTB Kelley's main gate at Camp Edwards, Massachusetts, June 22. The medics on the ground stabilized patients and got them ready for transport to the troop medical clinic for further treatment during a 72-hour field training exercise for the 118th Multi-Functional Medical Battalion and its subordinate units during their annual training. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)

Around Our Guard



Maj. Justin Anderson, A Co. 1st Battalion OCS 169th REG (RTI) commander carries the guidon of OCS class 59 to a rack where it will join the prior graduated OCS class guidons, at the conclusion of OCS class 59's graduation, Aug. 16, Camp Niantic, Connecticut. (Photo by Staff Sgt. Benjamin Simon JFHQ Public Affairs)



Members of OCS Class 59 are given their oath by Brig. Gen. Mark Russo, Connecticut National Guard Assistant Adjutant General, during their graduation, Aug. 16, Camp Niantic, Connecticut. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Fenway Park and the Boston Red Sox celebrated Connecticut Day on Aug 17. As part of the celebration, the Color Guard of the Second Company, Governors' Foot Guard, presented the Colors for the national anthem before a sold out afternoon game between Boston and the Houston Astros. This is the third time in the past few years that the Second Company has presented the colors on the playing field of historic Fenway Park. Here, the Color Guard prepares to march onto the field at Fenway Park (Photo by Cpl. Leslie Amatrudo, 2GFG)



Pfc. Maria Barden, Sgt. Vanessa Machin and Spc. Katelyn Seaman of the 143rd RSG, at the National Training Center at Fort Irwin, California take a break in the Tactical Operating Center at FOB Santa Fe. The 143rd RSG conducted AT at NTC from Aug. 3 to Aug 23. (Photo by Maj. George Duggan, 143rd RSG PAO)

ATTENTION!

All Officers & Men ~ 1st Connecticut Volunteers

PLEASE SAVE THE DATE:

1ST BATTALION - 169TH INFANTRY REGIMENT

3RD ANNUAL REUNION

Saturday, 6 September 2014

Social Hour: 1200hrs. ~ BBQ: 1330hrs.

Lighted Pavilion ~ All You Can Eat Barbecue ~ Reasonably Priced Cash Bar
Fish Pond ~ Horse Shoes & Out Door Activities ~ Music ~ Raffles

catch up with old friends & reminisce the good ol' days of "The 169" while enjoying great BBQ music, memories, outdoor activities and of course...our traditional "169" Army Grog!

\$25.00 per Person ~ Advanced Registration Required ~ No Tickets
Please make checks payable to "Rich Provencher" @ 6 Oak Drive, Ashford, CT 06278 PH: (860) 617-2589
Event Location: Stafford Fish & Game ~ 52 Rockwell Road, Stafford, CT 06075



CHIEF MASTER SGT.
EDWARD GOULD

Enlisted Update

Welcome to the September edition of the Connecticut Guardian. I would like to discuss a matter of mutual importance to Airmen and Soldiers: pay and benefits.

In today's world of diminishing resources we have to be on guard to protect the benefits we have earned.

How can we protect these benefits?

We can protect them by joining professional organizations that are able to lobby our state and federal elected leaders.

The Enlisted Association of the National Guard of the United States, or EANGUS, is a national organization whose membership consists of smaller state groups, like the National Guard Association of Connecticut, NGACTION.

From Aug. 10 through Aug. 14, I had the opportunity to attend the 43rd Annual EANGUS national conference in Phoenix, Arizona.

The leadership of the National Guard appreciates the efforts of professional organizations, like EANGUS, enough that they attend and speak directly to attendees.

National Conference attendees, including Soldiers, Airmen and Retirees, had the opportunity to hear directly from their senior enlisted leadership, at the national level.

Attendees heard from the Army National Guard Command Sgt. Maj. Brunk Conley and Sgt. Maj. Mike Schultz, the Senior Enlisted Advisor assigned to the Office of the Assistant Secretary of Defense for Reserve Affairs.

Attendees also had the opportunity to hear directly from Command Chief Master Sgt. James Hotaling, and Chief Master Sgt. Mitchell Brush, Senior Enlisted Advisor to Gen. Frank Grass, a member of the Joint Chiefs of Staff.

EANGUS has championed the causes of National

Guard enlisted members, their families and Retirees, at the national level, since 1970. Similarly NGACTION has championed the cause of the enlisted members of the CTNG, their families and Retirees at the state level.

Air National Guard members should know that Air National Guard Instruction 36-2618 requires that Airmen in all three tiers of the enlisted force structure join professional organizations. All supervisors, NCOs and SNCOs should hold Airmen accountable to this instruction as they would any other ANGI.

Soldiers and Airmen that attended the EANGUS National Conference were able to participate in, and observe the details of the organization and how it interacts with the Army and Air National Guard.

The NGACTION website, www.ngaction.org, offers information regarding the legislative activities of the organization, membership requirements, dues, upcoming events and information about scholarships.

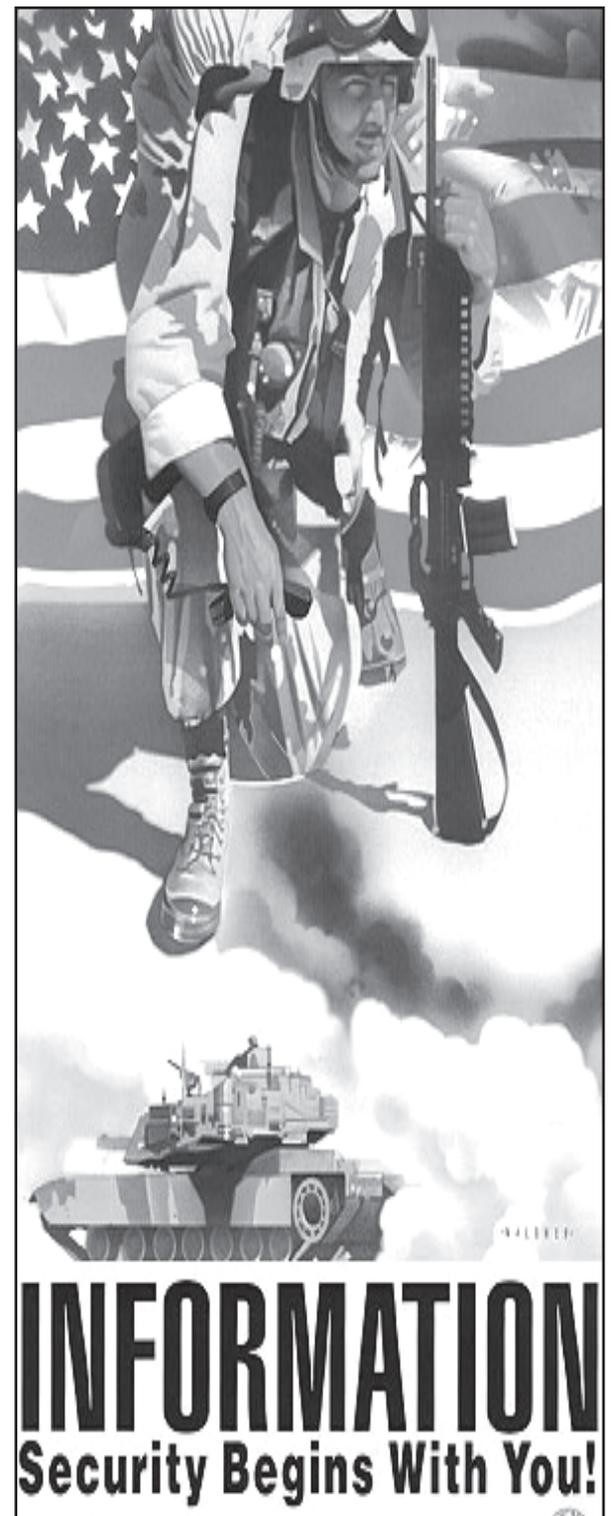
I encourage all supervisors, first sergeants, chiefs, sergeants major and commanders to visit the NGACTION website to view the breakdown of membership by unit. Some units have very robust membership and others have none.

EANGUS information can be found on their website at www.eangus.org.

Staff Sgt. Brian Shattuck, HHC 1-102nd Infantry, Spc. Aaron Heller, HHC 192nd MP Battalion and Senior Airman Micelle Saucier, 103rd Communications Flight, who all attended the EANGUS conference in professional development status can be contacted for more information on NGACTION and EANGUS.

In closing, I want to encourage Connecticut National Guard members to support professional organizations such as the NGACTION. There are many other professional organizations that work to support members of the military. A simple Google search can point you to the websites for these organizations.

It is in your best interest to get involved and protect the pay and benefits you have worked so hard to secure. These organizations can help.



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

Governor's Horse and Foot Guards

Annual Charleston Medal Drill Honors Skill and Longevity

**CAPT. RICHARD GREENALCH
UPAR, 2GFG**

On June 23, the Second Company Governor's Foot Guard held its annual Charleston Medal Drill and Presentation of Long Service Medals. Judges for the competition were Chief Warrant Officer 3 Francis Voity and 1st Sgt. Daniel Henderson of the Connecticut National Guard.

Two squads competed in the Drill Squad Competition: Squad A commanded by Sgt. John Garcia and Squad B commanded by Sgt. Walter Gradzik. At the end of the competition, the Adjutant General's Trophy, which was first given to the Second Company by the Adjutant General Maj. Gen. Frederick G. Reinke in 1951, was presented by the Second Company's Commander, Maj. Gary Stegina, to Gradzik and Squad B.

Next was the competition for the Charleston Medal, which is awarded annually to the best drilled enlisted Soldier in competition with his or her comrades. The original Charleston Medal was presented to the Second Company in 1888 by the Gate City Guard in Charleston, South Carolina as a token of friendship. After a very lengthy and tight competition between the final two candidates, the judges awarded the prize to Staff Sgt. Priscilla Wawrzeniak over runner-up Pfc. Susan Gozzo Anderson. The Charleston Medal was presented by Col. Eugene O. Moore, Jr., Chairman, Board of Directors,

Washington Light Infantry of Charleston, South Carolina. The Washington Light Infantry is the host unit for the Centennial Legion Annual Convention in Charleston this fall. In addition, Moore was made an Honorary Captain in the Second Company.

Finally, a number of members received Long Service Awards from the Second Company:

Capt. Albert Edwards	45 Years
Capt. Alton Hudson	35 Years
Sgt. 1 st Class John Elliot	30 Years
Maj. Francis Erff	25 Years
Cpl. Marvin Bottinick	25 Years
Sgt. Maj. Frederick Horn	20 Years
Sgt. Brian Kaplan	15 Years
Staff Sgt. Linda Weston	15 Years
Sgt. Robert Child	10 Years
Sgt. Thomas Ciarlo	10 Years
Pfc. Susan Gozzo Andrews	5 Years
Cpl. David Casanova	5 Years
Cpl. Deborah Fogg	5 Years
Sgt. John Garcia	5 Years
Sgt. Linda Garcia	5 Years
Sgt. Walter Gradzik	5 Years
Sgt. Bernard Lindauer	5 Years
Capt. Joan Morgan	5 Years
Cpl. Carolyn Raming	5 Years
Staff Sgt. Priscilla Wawrzeniak	5 Years



Col. Eugene O. Moore of the Washington Light Infantry congratulates Staff Sgt. Priscilla Wawrzeniak after presenting her with the Charleston Medal. (Photo by Pvt. Todd Ingarra, 2GFG)

Two Generations of Service



Capt. Walter Gradzik, Jr., B Co, 1-506 Infantry, 101st Airborne and his father, Sgt. Walter Gradzik, Second Company, Governor's Foot Guard, at the North Haven Memorial Day Parade, May 24, 2014. (Photo courtesy of the Second Company Governor's Foot Guard)

Entertaining at the Big Bash



The First Company Governor's Foot Guard Band, under the direction of Capt. David Carlson, performs at the Colt 200 Big Bash Festival in Colt Park earlier this summer. The band plays at many events throughout the year, entertaining thousands with their musical variety. (Photo courtesy of Lt. Col. John O'Connell, 1GFG)

Please Leave Your Guns At Home: TAG Personal Firearm Policy Has Not Changed

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

Thousands of Connecticut residents, service members and veterans have obtained pistol permits during the past few years as gun debates have again made news headlines. In 2013, the New Haven Register reported that 162,000 Connecticut pistol permits were issued in 2011 and 179,000 in 2012.

Gun laws vary state to state, and some states have more flexible/vague laws than others. In Alaska, Arizona, Arkansas, Vermont and Wyoming residents are allowed to carry firearms without permits.

Second amendment rhetoric, as well as horrific shootings in recent years, has blurred public

interpretation of state laws and military personal firearm policies.

In Connecticut, a state issued pistol permit is required for purchasing and carrying handguns.

A Connecticut pistol permit, however, does not grant a CTARNG member the right to carry a firearm while on duty, in a state armory, range or installation.

The CTARNG TAG Policy Letter Number 10, dated Jan. 7, 2008, states that members of the CTARNG are prohibited from carrying personally owned weapons while on duty status, to include travel to and from their duty station.

Even service members with valid Connecticut pistol permits are prohibited from carrying personally owned

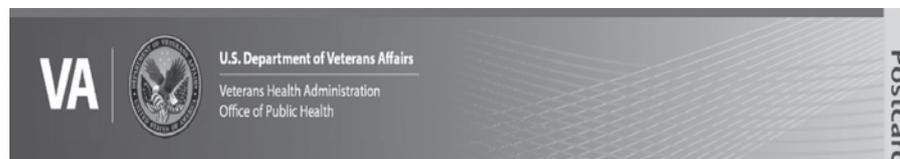
weapons while on duty.

The TAG policy letter exempts Connecticut peace officers from this policy if the policies of their respective law enforcement agencies require that they carry firearms.

Most federal installations also prohibit service members from carrying personal firearms on bases— but the policies dictating these provisions are determined by the respective provost marshal offices.

Service member personal firearm possession policies may vary from state to state, and from branch to branch, but the CTARNG TAG policy letter is very straightforward:

No personal firearms on duty, to and from duty, in uniform, in armories or installations.



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.

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

Postcard Flyer

Postcard Flyer



DEPARTMENTS OF THE ARMY AND THE AIR FORCE
JOINT FORCE HEADQUARTERS - CONNECTICUT
NATIONAL GUARD ARMORY, 360 BROAD STREET
HARTFORD, CONNECTICUT 06105-3795

REPLY TO
ATTENTION OF:

CTNG-TAG 7 January 2008

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: **Policy Letter Number 10 – Personally-Owned Weapons***

1. Members of the Connecticut National Guard are prohibited from carrying on their person, or possessing in any fashion, personally owned weapons while in a duty status with the Connecticut National Guard, to include time of travel to and from their duty station, unless exempted under the provisions of paragraph 3 below. This prohibition extends to all ranges, training facilities, armories, and state and/or federal facilities utilized by the Connecticut National Guard.
2. Personnel holding a valid permit to carry pistols or revolvers issued by the State of Connecticut – or any other state – are not to be considered exempt from this policy.
3. Sworn peace officers, as defined under Connecticut State Statutes §53a-3(9), are exempt from this policy to the extent necessary to comply with the policy requirements of their respective law enforcement agency.
4. Only military-issued weapons, drawn from the individual soldiers' unit arms room, will be utilized for parade details, firing squads, range firing and qualification, or other instances where weapons are required. Such weapons will be appropriately issued and transported in accordance with current State Regulations.



THADDEUS J. MARTIN
Major General
The Adjutant General

DISTRIBUTION:
A+

* This Policy Letter supersedes Policy Letter Number 10 and Policy Letter Number 14 dated 1 June 2000

Healthy Lifestyles

Quit the Dip: Smokeless Tobacco Will Kill You

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

Former Major League Baseball outfielder and Hall of Famer, Tony Gwynn, died on June 16. He was 54 years old.

Gwynn suffered from salivary gland cancer. He began using smokeless tobacco (chew, dip) when he entered the major leagues in the early 1980s.

As common as smokeless tobacco use is in professional baseball, it may be more popular in the U.S. military.

According to health.mil, the official website of the Military Health System and Defense Health Agency, 12.8 percent of U.S. military service members use smokeless tobacco (that's 10 percent higher than civilian use).

Lt. Col. Kathy King, CTARNG Occupational Health Nurse, said Connecticut Guard service members should quit now before it's too late.

According to oralcancerfoundation.org, 43,000 Americans are diagnosed with oral cancer annually, and 8,000 Americans die annually from the disease.

To put that number into perspective, according to the

Centers of Disease Control and Prevention, approximately 3,000 Americans/year die in house fires.

127 American service members died in Afghanistan in 2013.

33 Americans/year on average are killed by lightning strikes.

King said that many smokeless tobacco users may not experience negative effects of tobacco use sometimes until after decades of use, but that Connecticut service members are occasionally seen for leukoplakia (pre-cancerous lesions). These lesions signal a high potential for cancer growth, said King.

Tony Gwynn was only 54 years old.

It's time to quit.

Here's a few tips directly from health.mil:

- Instead of using a nicotine patch, think about using nicotine gum or a nicotine lozenge. You'll need something else to do with your mouth instead of chewing dip.

- Make a list of what's most important to you, and look at it every day. Watching your daughter grow up, reaching a tenth anniversary, smiling with a full set of white teeth

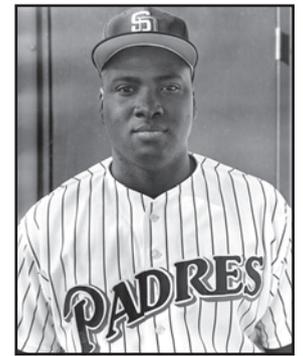
– all of these are being jeopardized by smokeless tobacco.

- Exercise is one of the best ways to keep a craving at bay. Working out regularly will make you healthier overall and help you beat your nicotine addiction.

- Find a support group and talk to someone about quitting. You're twice as likely to be successful in your mission if you get support.

Visit <http://www.health.mil/> for further info and resources on how to improve your health.

Contact Lt. Col. Kathy King for assistance and resources from the CTARNG: kathleen.king@us.army.mil.



Baseball legend Tony Gwynn died June 16 from salivary gland cancer most likely caused by his use of smokeless tobacco.

Master Fitness Trainer Course Available

STAND-TO!

U.S. Army Training and Doctrine Command's Master Fitness Trainer Course (MFTC) trains selected non-commissioned officers and commissioned officers in all aspects of the Army's physical readiness training system.

This training allows selected Soldiers to advise units on physical readiness issues and monitor unit and individual physical readiness programs.

The instruction includes exercise science, training principles, prescription, leadership, physical fitness assessment and unit physical readiness programs aligned with current Army doctrine and regulations.

An additional skill identifier of 6P for officers and P5 for NCOs will be awarded upon successful course completion.

The MFTC mission is to meet the Army Chief of Staff's intent to provide certified master fitness trainers and advisers to commanders from division down to company level.

Why is this important to the Army?

MFTC is an academic course with college-level content that focuses on the concepts of physical fitness and readiness to propel the Army to a more agile and ready force.

The program provides balanced training geared to increase Soldier physical readiness, decrease accession losses, reduce injury rates, standardize unit training in accordance with Army training doctrine and provide easier integration of new Soldiers into operational units.

What has the Army done?

The Center for Initial Military Training is changing how Soldiers take the MFTC course. Instead of a four-week mobile training team, the course is now a two-phased learning experience.

Phase 1 is a self-paced distance learning course that must be completed prior to the Phase 2, two-week resident course.

The course is open to active and reserve Soldiers, sergeant through captain, who are recommended by their battalion commanders or equivalent and can score a 240, with a minimum of 80 points in each event, on the Army Physical Fitness Test.

Soldiers 40 years and older can attend, but must pass a medical screening prior to attendance and participate in a physical readiness training program for at least 90 days prior to course start date.

What efforts does the Army plan to continue in the future?

Active-duty Soldiers will attend the resident course at the U.S. Army Physical Fitness School at Fort Jackson, South Carolina.

Reserve Soldiers will attend the resident course at Fort Knox, Kentucky. National Guard Soldiers will attend the resident course at either Yakima, Washington, Camp Mabry, Texas, or at a site taught by the Army National Guard Warrior Training Center, Fort Benning, Georgia.

Those selected by their command to attend will need to meet with their training officer or NCO to reserve a course allocation.

The signs are all around
it's up to **YOU** to recognize
and act on them

**PLS DNT
TXT & DRV**

KNOW WHAT'S RIGHT
**know the
signs**
DO WHAT'S RIGHT

**Training, Discipline
and Standards**

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.

ARMY STRONG
U.S. ARMY CENTER FOR MILITARY SAFETY
<https://safety.army.mil>

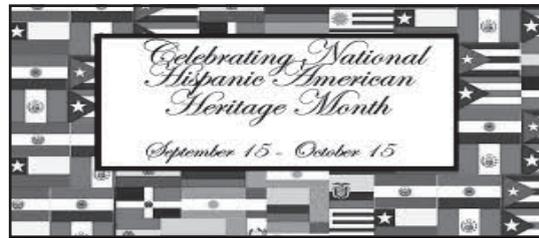
Diversity: Celebrating the Legacy of Hispanic Heritage

Sgt. 1st Class Daniel N. Freeman
JFHQ Equal Opportunity Advisor

Did you ever wonder why Hispanic Heritage month is celebrated beginning each September 15th? This is due to the fact that Sept. 15 is recognized as "Independence Day" in five Latin American nations: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate the anniversaries of their independence from Spain during this month, on Sept. 16, Sept. 18, and Sept. 21, respectively.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988 with the approval of Public Law 100-402.

This year's Department of Defense Hispanic Heritage Month theme is "*Hispanics: A legacy of history, a present of action and a future of success.*" Many Hispanic Americans trace their roots to the cultures of the indigenous peoples of the Americas — including the Arawaks (Puerto Rico), the Aztecs (Mexico), the Incas (South America), the Maya (Central America), and the



Tainos (in Cuba, Puerto Rico and other places). Some trace their roots to the Spanish explorers — who in the 1400s set out to find an easier and less costly way to trade with the Indies. Other Latinos trace their roots to the Africans who were brought as slaves to the New World. The term Hispanic or Latino, as defined by the U.S. Census Bureau, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.

Although Spain was unable to establish enduring colonies in North America, the early attempts at exploration and settlement did have a lasting impact. However, the majority of Hispanic-Americans have arrived in the U.S. since the 1930s.

As a reminder, the Connecticut National Guard has a

community special emphasis event attendance policy applicable to technicians, AGR, and ADOS individuals during their Monday-Friday duty hours, but not applicable to individuals on IDT or during AT periods. A maximum of four hours of official time per calendar month, with a maximum of twenty-four hours per calendar year, are authorized to attend in duty uniform events that are reviewed by the State Equal Employment Manager (SEEM) and found to follow federally-recognized special emphasis month themes. Please contact Maj. Kristina Garuti at (860) 613-7610 or at kristina.l.garuti.mil@mail.mil if you have any questions about utilizing this attendance policy.

If you know of a special emphasis event occurring in your community, please contact Maj Garuti to determine if the event meets the attendance policy applicability. Upcoming Hispanic Heritage community special emphasis events include:

- The Discovery Museum & Planetarium located at 4450 Park Avenue, Bridgeport CT 06604 – FREE admission on Hispanic Heritage Celebration Day, Sept. 15.

- Puerto Rican Parade, Springfield, Massachusetts – Sept. 14.

Legal: Upholding the Oath Through Knowledge

Lt. Col. Kyle Siegel
CTANG JA

As members of the National Guard, we take two oaths of office before joining the ranks of those defending these United States.

We repeat these oaths during formal ceremonies marking each successive reenlistment or promotion. Although the oaths differ for enlisted members and officers, common to each oath is the solemn pledge to support and defend the United States Constitution.

While most members have a basic familiarity with the Constitution, such as its role in establishing the structure of the federal government or protecting individual rights, most are unfamiliar with the structure of government itself, the limitations on its powers, or the nature of individual rights the Constitution protects *against* the exercise of governmental power. This lack of knowledge is unfortunate as the Constitution defines the condition of Americans as a free, sovereign people, and illuminates that which we pledge risking our lives to defend.

Americans were once universally educated in public schools on the Constitution and its philosophical forerunner, the Declaration of Independence. They learned about James Madison, "Chief Architect of the Constitution," and Gouverneur Morris, "Penman of the Constitution." They recited The Federalist Papers and studied The Anti-Federalist Papers as contemporary sources providing context and meaning to the document's importance. They memorized quotes from Thomas Jefferson, Alexander Hamilton and George Washington, who warned of the dangers to liberty posed by those

who sought to exercise governmental power in ways violative of individual rights.

As a result of formal public education, generations of Americans who joined the U.S. military or the various state militias customarily had a strong understanding of the Constitution and that which they pledged to support and defend. Due to protracted shifts in American culture and education, that is no longer the case.

A common complaint among our warriors today is the perception that much of our mandated training has little if anything to do with developing the warfighting skills necessary to bring superior firepower to bear on our nation's enemies. They sometimes observe that mandated training is often driven by special interest groups whose membership rosters include few if any veterans, and who are further divorced from the unique culture of our nation's defenders.

Depending on the case, these concerns may or may not be legitimate. It should be of equal if not greater concern, however, that warriors who risk their lives during hostile engagements and who often pay the ultimate price are generally deprived of knowing why they do so in the first place.

Unlike the oaths taken by military members of foreign nations, those we take are not oaths of allegiance or fealty to some executive or sovereign. Instead, our solemn oaths are to the document which preserves our liberty by formalizing the relationship between the people and the limited government we elect to perform specified functions. Losing sight of that fact posits the risk of becoming a mercenary force executing the will of an

unresponsive, unaccountable sovereign. Understanding our oaths and what they truly mean precludes the threat of that occurring.

The best way to ensure that we fulfill our oaths of office by supporting and defending the Constitution is to actually learn about that venerated document and the circumstances in which it was drafted, adopted and ratified. If we read its words and understand them, and we recognize how they guarantee our liberty by structuring the relationship between the people and our elected government, we become the bulwark against tyranny that the oath is designed to embody.

In the absence of formal military training, a wide variety of sources are available to service members who want to edify themselves about the Constitution. There are formal courses offered online, many of which cost money, but some of which are absolutely free. One of the most popular free online courses on the Constitution is offered by Hillsdale College at <https://online.hillsdale.edu/>. There are also a variety of both paid and free apps available for smart phones and tablets, including indexed versions of the Constitution, the Declaration of Independence, and The Federalist Papers, among others. A quick search in the iTunes store or Google Play results in a number of readily available downloads.

Ultimately, as we become more familiar with the Constitution, our knowledge will make us better suited to fulfill our oaths of office. As James Madison observed, "The advancement and diffusion of knowledge is the only guardian of true liberty."



National Guard Association of Connecticut (NGACT)

NGACT Honors 2014 Scholarship Recipients at Reception

KENDRA ROSS
NGACT SCHOLARSHIP COMMITTEE CHAIR

NGACT is pleased that the amount of scholarship applications has doubled since 2013. With that being said, competition was even tougher this year. We would like to once again congratulate the following individuals as the 2014 NGACT Scholarship award recipients:

James Rolstone for the amount of \$1,000.00

Staff Sgt. Pagiell Critchley for the amount of \$1,000.00

Erin Detorie for the amount of \$1,000.00

Katherine Wilcoxson for the amount of \$1,000.00

Julian Nugent for the amount of \$1,000.00

USAA also contributes funding towards scholarships through NGACT and the winner of this award is **Sgt. Edward Knoeckel** for the amount of \$900.00.

All winners were invited to attend a reception at the Wood-n-Tap in Hartford. NGACT Board members were able to put a face to the application package and send the students off with a little extra cash in their pockets for the upcoming school year.

We would also like to recognize **Alicia Morgan**. She was selected as the 2014 EANGUS scholarship recipient for the amount of \$2,000.00 which was announced at the EANGUS Conference in Phoenix, Arizona.

Best wishes to all of the 2014 applicants and we look forward to seeing even more applications in 2015.

Please visit www.NGACT.org to become a member and check out our upcoming events.



From left: NGACT Vice-President, Enlisted, Andrew DiSilvestro, Katherine Wilcoxson, James Rolstone, Staff Sgt. Pagiell Critchley, Erin Detorie and NGACT Scholarship Committee Chair Kendra Ross. (Photo courtesy NGACT)

Connecticut Attends EANGUS Conference

ANDREW DISILVESTRO
NGACT VICE-PRESIDENT, ENLISTED

PHOENIX - More than 1,000 National Guard members from around the country assembled Sunday, Aug. 10 through Aug. 13 at the Phoenix Convention Center for the 43rd Annual National Conference and Expo of the Enlisted Association of the National Guard of the United States, or EANGUS.

The association represents the interests of enlisted National Guard members to the Pentagon and Congress by advocating for legislation to increase or preserve manpower, pay, benefits, entitlements, equipment and facilities.

The national conference, hosted in a different state each year, brought delegates to Arizona from all 50 states as well as Guam, Puerto Rico, the U.S. Virgin Islands, and the District of Columbia to set a course for the next year and beyond. Connecticut had three present for the conference.

Connecticut also had an additional eight people attend, three in a professional development status.

"The national conference brings together our membership to hear about what is going at the national level," said Master Sgt. Daniel Reilly (CT), Area One Director. "We also receive resolutions from the states and we vote on them to set legislative priorities for the year ahead - what we are going to bring to Congress on behalf of our members."

EANGUS' most-critical initiatives are focused on

maintaining the National Guard as a cost-effective operational force in light of current defense budget challenges. The association also wants Congress to pass legislation that exempts dual-status military technicians - the bulk of the Guard's full-time work force - from future furloughs should the federal government face a shutdown as it did in 2013.

Apart from legislative matters, the national conference is a platform for senior National Guard leaders to speak candidly with enlisted members.

The list of conference guest speakers included Arizona Gov. Jan Brewer; Gen. Frank Grass, chief of the National Guard Bureau; Lt. Gen. Stanley Clarke, director of the Air National Guard; Chief Master Sgt. Mitchell Brush, senior enlisted advisor to the chief of the National Guard Bureau; Command Sgt. Maj. Brunk Conley, command sergeant major of the Army National Guard; and Command Chief Master Sgt. James Hotaling, command chief master sergeant of the Air National Guard.

Additional this year happened to be the election year for the "At Large" Directors position in all seven areas and for the National Officers of the Executive Council. In Connecticut's area, Area One, Command Sgt. Maj. (Ret) Mike Rice of New Hampshire was elected for another two-year term as the "At Large" Director. As far as the National election: John Harris (LA) was elected as President, Scott Evans (UT) was elected Vice-President, Karen Craig (AZ) was elected Secretary and Brad Howell (UT) was elected Treasurer.

Save the NGACT Date

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

September 17
NGACT Executive Board Meeting
NGACT Office, Hartford Armory
Open to all

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

November 19
NGACT Executive Board Meeting
NGACT Office, Hartford Armory
Open to all

Plan - Prepare - Execute: Making Training Happen

Plan Resources to Execute Scheduled Training

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

(Editor's Note: This is the fifth 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 is a breakdown of major "T-Month" activities to use as a guide for units to follow in the development of training events. Keep in mind that each major training event would fall into the T-Month concept at different points in time on the training calendar.

Month T-9 - Conduct resource planning and submit initial resource requests. Major resource requirements are stated in the UTP and major facilities are earmarked between months T-21 to T-13. Now the unit must conduct the detailed planning for every class of supply to support both the administrative and tactical execution of the training event. General resource requirements and information can be found in the Combined Arms Training Strategies (CATS) listed under each of the collective tasks. The commander can modify these general requirements based on the desired end-state of training and/or the local training environment.

Month T-8 - Execute recon/ lock-in resources. After determining the training environment and required training support resources, an initial reconnaissance of the training site(s) and facilities must be conducted. The purpose of this reconnaissance is to ensure that the

training environment provides the necessary conditions to allow the training of the collective tasks to the level of fidelity needed. This will facilitate identification of details to complete the plan, specifically the simulations architecture, possibilities and

limitations. This reconnaissance helps identify any previously overlooked resources and other issues – to include security issues, traffic control and possible route concerns. Minimum personnel required on the recon are: leaders, evaluators, trainers, Observer-Controllers/Trainers (OCTs) and OPFOR.

Following initial reconnaissance, re-confirm that all resources are locked-in (request receipts verified) to ensure all equipment, facilities and supplies are available for training. Training resources are often managed via annual, quarterly and monthly conferences and/or meetings (training meetings, etc). Always check for the local installation requirements.

Next month will feature **Month T-7, publish OPORDs for training events.**



Maximize Training Resources Through Distance Learning

1ST LT. ANDREW SHETLAND
DISTRIBUTED LEARNING PROGRAM COORDINATOR

The Distributed Training Technology Project (DTTP) was created to reduce the costs of training and provide Soldiers better access to information systems. This program is now referred to as the Distributed Learning Program (DLP). Our mission is to provide multiple distributed learning methods and technologies to improve the readiness of Soldiers and units of the Connecticut Army National Guard through the flexible delivery of standardized individual and collective training at the point of need.

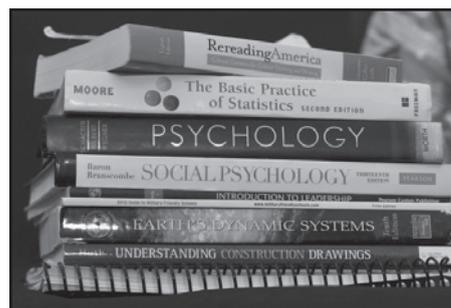
In order to accomplish this, the DLP has three Computer Laboratory Information Network (CLIN) classrooms. These CLIN's are located in the Hartford Armory room 102, the Middletown Armed Forces Reserve Center (MAFRC) room 318C, and the Niantic Regional Training Institute (RTI) room 1151. Each CLIN is equipped with 20 to 32 computer workstations that are connected to either the Distance Learning Network or the GuardNet Network, enabling access to most DOD information systems. Each CLIN is also equipped with an instructor lectern capable of projecting material for educational, individual training, collective training, recruiting and retention, family support or mission command needs. The lecterns are also capable of video conferencing, further enhancing the unit's ability to communicate across the state and nation (unsecured only). Additionally, there

are two video tele-conference (VTC) rooms located in the Hartford Armory.

The DLP has undergone some recent improvement this year. The Hartford CLIN was upgraded

in July, enhancing the video-teleconferencing equipment from an analog-digital system to an all digital high-definition system. The system is also capable of recording video-teleconferences for future playback. These upgrades can greatly enhance a unit's training and readiness by allowing Soldiers to view and share content after it has been recorded. The VTC2 in Hartford recently underwent an upgrade that removed a wall mount projector and replaced it with a high-definition flat screen television, increasing clarity and picture quality.

These resources can be used all the way down to the lowest level for any required online instruction, Structured Self Development (SSD) courses, NCOER/OER completion or for drill readiness planning and preparation. We encourage all Soldiers interested in utilizing this



resource to contact your Training NCO to set up an appointment to use this resource. Unit's requesting access to these resources should go to https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/G3/SitePages/DL/Main.aspx to submit requests.

As training funds become more limited and the ability to travel to resident courses becomes more difficult, DLP training will become an even more valuable resource to our Soldiers and units. The Guard currently provides course content through GuardU at <https://guardu.ellc.learn.army.mil/akologin/login> and the National Guard Professional Education Center (PEC). Content is also available from all of the Branch Centers of Excellence, the Army Training Network, and Army eLearning skillports just to name a few. When developing your training plans, we encourage you to consider how DLP resources may enhance and enable those plans.

The DLP has plans to obtain a Mobile Distributed Learning Classroom (MDLC) in the upcoming year in order to better meet the needs of the units in the state by bringing this resource to outlying units that may find it difficult to travel to the three fixed CLIN sites. There is also the possibility of deploying brigade or battalion-sized elements to submit a request for a Mobile Deployable Campus (MDC) that can be taken downrange to provide Soldier's these same benefits in austere environments. Requests for the MDC can be made directly to 1st Lt. Andrew Shetland at Andrew.f.shetland.mil@mail.mil.

Off the Bookshelf : 'Taliban'

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

"Taliban," by Thomas Dworzak is mostly a book of pictures. It is a very strange book, but also very realistic.

I believe that "Taliban" adequately captures parts of the strange complexities and ironies that American Soldiers experience in Afghanistan.

The contradiction, I believe, that baffled many service members in Afghanistan (myself included) was the contrast between the strict fundamentalist culture that we expected to encounter, and what we actually encountered.

Using the word, 'effeminate' is probably not appropriate, in that such terms are Western concepts—so it's not fair to project these concepts onto non-Western cultures.

Nevertheless, witnessing Afghan males, behave effeminately with one another was surprising to me in 2006, and again in 2010.

What I'd learned about their conservative beliefs did not seem to fit the Afghan men and Soldiers I met in Afghanistan—many who habitually smoked hashish, had flowers in their hair and routinely danced with one another.

These were not the hardnosed rough farmers and fighters that the U.S. media told us about. They weren't the men that we learned about during weeks of lessons and briefings.

But then again, they were.

Dworzak presents this dichotomy of conceptions and reality in photographs wonderfully.

Dworzak has photographed wars, uprisings, elections and numerous global events for decades. His work has been published in many publications, including the "New Yorker" and "National Geographic."

Interestingly, in "Taliban," he is not the photographer.

He found these pictures in downtown Kandahar in a row of photo studios that had previously been shut down by Taliban Commander Mullah Omar, but re-opened to produce Taliban member identification cards.

Most of the pictures portray Taliban members posing with their weapons, and one another, in front of really strange Switzerland, Alpine, countryside backgrounds. They were taken in Nov. 2001.

Most of the portraits have flowers, and the colors of the Swiss

backgrounds are over-saturated with 1970s-ish Technicolor tones.

Very bizarre.

Dworzak states that the Taliban members requested flattering portraits taken secretly and decorated as well as possible.

The ages of the men seem to range from pre-pubescent to middle-age.

Most did not return to the photo studios to retrieve their pictures.

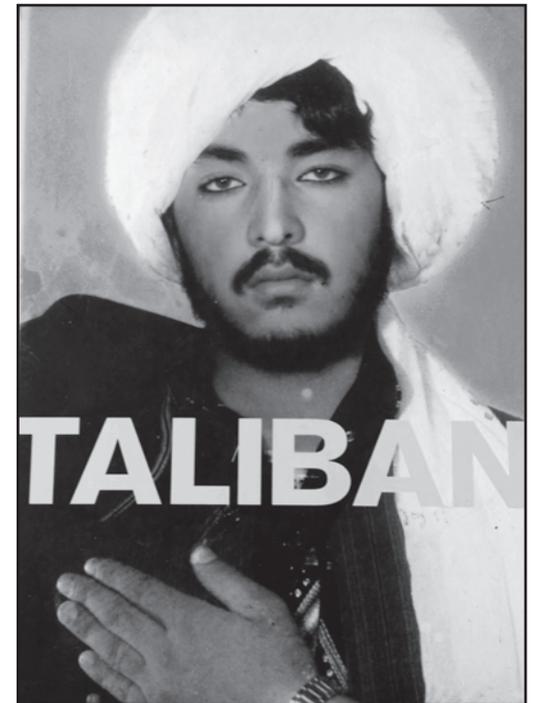
Later in 2001, Dworzak purchased these photographs and put them together into a book with a short introduction about the history of Taliban fighters—about their having been orphaned in Afghanistan, raised in Pakistani refugee camps and educated in madrassas where they had virtually zero contact with members of the opposite gender.

In Afghanistan, my preconceptions about the country and its people eventually dissolved.

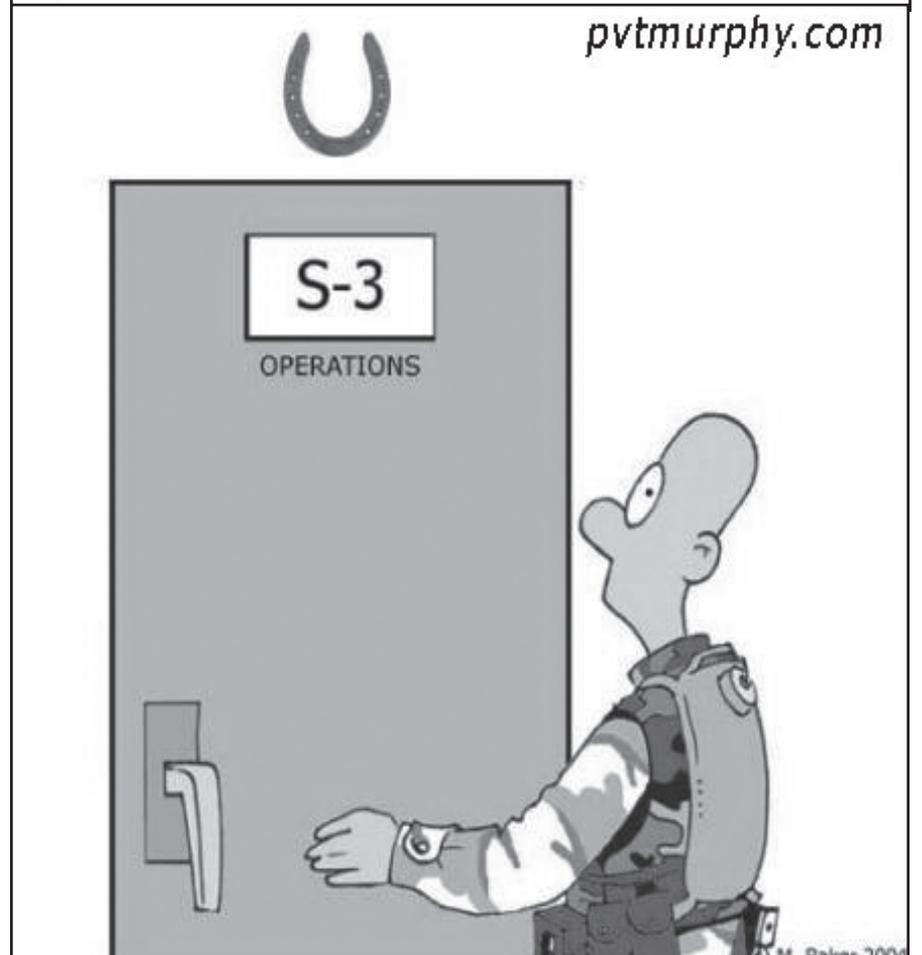
I was still surprised by all of the complexities, ironies and weird contrasts, but was left with the feeling that I was receiving a very good education about the world outside of the U.S.

Dworzak's book cannot replace experiencing all of Afghanistan's uniqueness in person, but it is a great substitute.

The United States Army Combined Arms Center, Center for Army Lessons Learned (CALL) newsletter 10-64 published Sept. 2010, chapter four, discuss Afghanistan's cultural uniqueness.



pvtmurphy.com



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Retiree's Voice: 'Soldier for Life' Website for Retirees

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

The Army's "Soldier for Life" (SFL) website is designed to be a new online home for retired Soldiers. The Army's current web portal – Army Knowledge Online or AKO, has been available to Retirees and family members for many years. But that is about to change. The Army is transitioning to a more secure enterprise network for Soldiers, Army civilians and contractors. Retirees will no longer have access to AKO as this transition progresses.

Retirees will continue to be able to access important information about the Army, and information pertaining to health, retirement and employment and education benefits online at www.soldierforlife.army.mil. At this website, Retirees can also opt-in to receive a newsletter that lets them know what is going on in the Army, with its primary focus on the news that retired Soldiers are interested in.

It should be noted that the Army Soldier for Life program is about more than just Retirees, and the website reflects this. The concept of SFL is about the entire

'lifecycle' of being a Soldier: from basic training (Start Strong); to the first command (Serve Strong); transition to civilian life (Reintegrate Strong); to the final separation/retirement (Remain Strong). To reinforce this concept, the Army recently moved the Army Retirement Services Office under the SFL program.

The Soldier for Life website is new and the Army plans future improvements and enhancements. One upgrade under consideration is a 'white pages' feature similar to what is available on AKO. Another idea under consideration is a "Retired Soldiers Blog." This blog would provide three-way communication: the Army to retired Soldiers, retired Soldiers to the Army, and retired Soldiers to other retired Soldiers. But whatever enhancements come, the Army says the new site will be easier to use than AKO, which saw many Retirees stay away because it was too complex and hard to use.

E-mail changes

As part of the transition from AKO to SFL, Retirees and family members can no longer send email from their AKO accounts or read emails within the AKO site. What they are still able to do however is instruct AKO to forward

any emails they might receive to a commercial account. The AKO website will continue forwarding emails to commercial accounts until Dec. 31.

If you are a Retiree and have not set up a commercial email account, I encourage you to do so immediately. There are a number of free commercial accounts that can replace what AKO used to provide for you. When setting up such an account, be sure to let family members, friends, professional contacts, businesses or other websites where you may have used AKO in the past, know of the change.

One site in particular to update is the Defense Finance and Accounting Service (DFAS) and in particular, MyPay. Retired Soldiers should visit the MyPay site and ensure that their new commercial (non-AKO) email address is listed. By Army estimates, some 500,000 Army Retirees have MyPay accounts; but of those, about 350,000 are still registered there with their AKO email address. By not signing up for a commercial email service and not updating your business accounts, you run the risk of not receiving important notifications, or worse, having pay problems.

Retirement Service Officer Notes and Upcoming Events

SGT. 1ST CLASS REBECCA AVERY
RETIREMENT PROGRAM MANAGER

Filing for your Retirement Pay: Congratulations! This is the day you have worked so hard for. It is now time to receive your retire pay.

Some retirees think the pay is automatic and will show up in their bank accounts. Unfortunately, it is not, and you will need to forward your application to HRC, Ft. Knox, Kentucky.

The good news is that the application process for retire pay is easy and I am here to help you. No matter what age you are, you can begin prepare your application today.

If you are a retiree and fall in one of these three categories, do not wait - call me today to help you prepare your retirement application:

(1.) You are age 59 or over, you need assistance completing and forwarding your packet to HRC.

(2.) You are eligible for your pay earlier than age 60 (Reduced Age Drop) due to your Title 10 service after Jan. 29, 2008 and you would like assistance on how to claim this on your application. or

(3.) You are a Gray Area Retiree and you would like to prepare the application for when you are eligible to submit it.

I have enjoyed researching and preparing all sorts of pay applications for retirees and I look forward to assisting you. Always remember: you are always welcome to come to our Retirement Briefings. See future dates listed below, and submit all changes to your Survivor Benefit Plan within one year from occurrence (unless otherwise specified in the regulation). In the event you want to complete your packet and submit changes on your own, be sure to visit the HRC website

for guidance: <https://www.hrc.army.mil/>

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

Retirement Briefings: Would you like to attend a retirement briefing? 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@mail.mil.

The Guardian Address Changes: please send me an e-mail if you would like to update your address, make any corrections to your Name or Rank, or if you would like to be removed from the Retiree Database.

Upcoming Events:

· **Monthly Retiree Breakfast:** Thursdays, Sept. 25, Oct. 30, Nov. 20, and Dec 18, 8:30 a.m. at Charlie's Place, West Main Street, Niantic. Cost is \$15. POC- Frank Perry.

· **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.

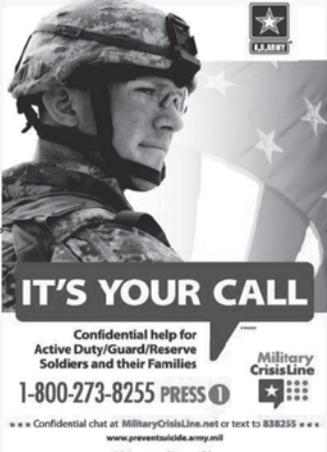
· **Nike Reunion 9:** Monday, Sept. 8 – Wednesday, Sept. 10 at Clarion Inn, 269 N Frontage Rd, New London, CT.

· **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.

· **Groton Sub Base Annual Retiree Seminar:** Saturday, Oct. 18, Groton Sub Base. Register by calling the Sub Base Retiree's Office at 860-694-3284, or e-mail at: raosubasenlon@navy.mil. Groton Retiree Appreciation Day has been moved from June 28 to October 18.

Point of Contact for Air National Guard Retirees: Retirees from the Air National Guard can contact the full-time POC for Traditional Air-Guard Retirees, Master Sgt. Lisa Todaro at lisa.todaro@ang.af.mil; or call (860) 292-2573 or email 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@mail.mil. If you have a question you would like answered in the Guardian, please send an email to the above address.



"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).

IT'S YOUR CALL

Confidential help for Active Duty/Guard/Reserve Soldiers and their Families

1-800-273-8255 PRESS 1

Military CrisisLine

*** Confidential chat at MilitaryCrisisLine.net or text to 838235 ***

www.preventsuicide.army.mil

U.S. Department of Veterans Affairs



The signs are all around

it's up to **YOU** to recognize and act on them

KNOW WHAT'S RIGHT

know the **signs**

DO WHAT'S RIGHT

Training, Discipline and Standards

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.

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<https://safety.army.mil>



Engaged Families

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Family
Family safe is Family strong

ARMY SAFE IS ARMY STRONG

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Sunday, November 2, 2014
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Connecticut National Guard Promotions Army

To Private 2

McGuinness, Sean T.
Conway, Briana D.
Colonberrero, Luis O.
Marchand, Zachary S.
Holmes, Karyna P.
DeSilva, Konrad D.
Robbins, Kerry L.
Esannason, Tyquil A.
Nason, Kayla M.
Rueda, Suleimi J.
Holcomb, Steven K.
Griffith, Kelsey H.
Douthit, Timothy D.
Cimbalanga, David M

To Private First Class

Olivasanchez, John S.
Kundahl, Keith E.
Gill, Danny M. Jr.
Pagel, Garrett P.
Dinse, Brian A.
Amarillo, Michael J.
Jones, Geoffrey M.
Melendez, Isai J.
Khon, Anthony D.

Lopez, Christina M.
Jimenez, Grace L.
Reagan, Jacob D.
Bajjo, Stephan J.
Stringer, Michael R.
Hary, David O.
Andrade, Jackson M.
Wei, David D.

To Specialist

Hock, Kristina L.
Hallowell, Luke R.
Mclean, Shankae D.
Quintana, Aleesha M.
Boatman, Aaron W.
Narvaez, Sergio J.
Contreras, Jessica M.
Dora, Shannon A.
Soares, Leonardo F.
Cook, Bailey J.IV
Cornish, Anthony W.
Smith, Chaz A.
Jackson, Richelle A.
Delamata, Eduardo J.
Clemmons, Alexander C.
Carterwalker, Jp C.
Platonychev, Andrey A.

Motasantos, Luis D.
Estrada, Blaze A.
Taylor, Leanne J.
Stone, Dennis Jr.
Lebron, Thomas A.
Leduc, Collin W.
Bernier, Elizabeth D.
Hernandez, Hector L. Jr.
Gaerner, Felisha
Rivera, Luis A.

To Sergeant

Mallon, Megan E.
Falcon, Camacho R.
Mull, Stephen F.
Crews, Estelle A.
Machin, Vanessa M.
Jones, Denwayne A.
Sousa, Kenneth J.
Andrews, Tobias A.
Sturgis, Nathaniel M.
Tolentino, Elizer C.
Tautkus, Jason K.

To Staff Sergeant

Lawrencebynum, Altia L.
Forte, Venroy K.

Streigle, Joseph Wa.
Moll, Christopher J.
Santiago, Jose A.
Alejosmendoza, David
Walker, Kevin M.
Brefort, Christopher J.
Reyes, Jean P.

To Chief Warrant Officer 2

Smith, Michael F.
Lyman, Paul A.

To 1st Lieutenant

Alvarez, Michael C.

To Captain

Devito, Robert M.
Lucana, Boris J.
Nida, Angela D.
Schlusemeyer, Steven G.
Shippee, Kieran A.
Tapper, David I.

To Major

Rivera, Peter J.
McCarthy, Kevin S.

Air

To Airman

Moss, Marcus G.
Pyrdol, Richard A. Jr.

To Airman

1st Class

Pavel, Cassandra K.
Ventura, Jennifer

To Senior Airman

Cass, Kathleen K.
Weisbrich, Petra J.
Haythe, Sean W.

To Staff Sergeant

Hernandez, Juan A.
Stanhope, Theresa R.

To Technical

Sergeant
Pascarell, Jennifer M.
Stephens, Michael P.

To Master

Sergeant

Rivard, Jason D.

Coming Events

September

September 1

Labor Day

September 5

NGACT Golf Tournament

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 15

NGACT Executive Board Meeting

October 23

Guardian Deadline for November

October 31

Halloween

November

November 2

Daylight Savings Time Ends - Turn

Your Clocks Back One Hour

November 2

Veterans Day Parade, Hartford

November 4

Election Day

November 6

Officer Dining-In

November 11

Veterans Day

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)

**Deadline for the October Issue of
the Guardian is September 18
Deadline for the November Issue
of the Guardian is October 23**



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Active Duty/Guard/Reserve
Soldiers and their Families**

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Connecticut FAMILY Guardian



VOL. 15 NO. 9

HARTFORD, CONNECTICUT

SEPTEMBER 2014

Back to School Bash a Hit with Guard Children, Parents

MICHELLE McCARTY
CHILD AND YOUTH PROGRAM COORDINATOR

The Connecticut National Guard Child and Youth Program hosted its second annual Back to School Bash in August.

The event was a huge success and had more than 200 participants. Each child in attendance received a backpack filled with school supplies donated by Aetna and CT Operation Military Kids.

Extra school supplies were donated by Operation Homefront's Back to School Brigade and Dollar Tree. Each student had an opportunity to visit the school store to gather additional school supplies.

The event didn't stop there!

The day included face painting, bounce houses, crafts and several providers attended and offered useful education information for parents and students.

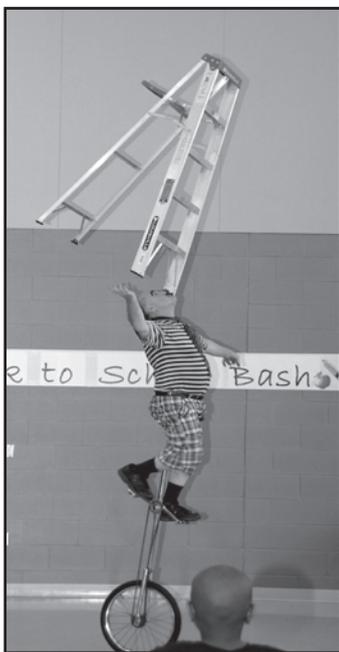
Retired circus performer from Ringling Brothers, Barnum and Bailey Circus, Mark Stolzenberg, gave a special presentation.

His circus act was very entertaining but also contained an important message about anti-bullying and anti-violence. The children were captivated by his performance.

We hope that our guests and participants had a great time and look forward to repeating this event next year.



Julia Kathrop has her face painted by Hannah McGuire during the Connecticut National Guard Child and Youth Program's Back to School Bash in Middletown in August. The event drew more than 200 participants to the day's festivities. (Photo courtesy of the Child and Youth Program)



Retired Ringling Brothers, Barnum and Bailey Circus performer Mark Stolzenberg wowed the attendees of the second annual Back to School Bash with his antics and imparted anti-bullying and anti-violence messages to the children and their parents. (Photo courtesy of the Child and Youth Program)



Children and parents go "shopping" in the school store during the Second Annual Back to School Bash hosted by the Connecticut National Guard Child and Youth Program in August. In addition to receiving a backpack filled with school supplies, the children were able to choose additional items from the store. (Photo courtesy of the Child and Youth Program)



CATHERINE GALASSO

God Has the Answer for You

Off the shore of Ireland, three miles under the sea, a group of American treasure hunters discovered bars of silver. As they plunged in the ocean's depths, they found 110 tons, 2,792 valuable silver bars. In fact, there was over 77 million dollars'

worth. For years, the precious metal was hidden. It remained concealed, until someone located it, and brought the silver up to the surface.

Has something happened to make you feel insignificant? Did you experience a setback and now are your heart's aspirations lying dormant? Or, are you concealing your abilities and not reaching your full potential because of fears, worries or guilt?

Then, as the darkening shadows of the evening come in, are self-destroying thoughts covering your mind? Are they trying to persuade you that, "Circumstances will never get better, no one will want you now," or "you're not good enough," until eventually, you just settle for defeat, recoil, and quit?

But this is a new day. Make peace with yourself. And as the treasure hunters brought the bars of silver up to the surface, allow me to bring your great worth to light:

You're a treasure. You have extraordinary value, unique talents and unlimited potential. God has amazing plans for your future, and they are good, real and definite plans. He sees who you are today and, moreover, what you are capable of becoming tomorrow.

So put down the burdens that you have been carrying. Let go of the past hurts, errors, and break away from anything that is weighing you down. God wants to do mighty things for you, with you, and through you. And His divine plan is not disregarded because of what someone said about you, a closed door or a past mistake. No matter what you are facing, don't sell yourself short and talk yourself out of your miracle.

· You say: "It's impossible." God says: All things are possible. (Luke 18:27)

· You say: "I'm too tired." God says: I will give you rest. (Matthew 11:28)

· You say: "Nobody really loves me." God says: I love you. (John 3:16)

· You say: "I can't go on." God says: My grace is sufficient for you. (2 Corinthians 12:9)

· You say: "I can't figure things out." God says: I will direct your steps. (Proverbs 3:5-6)

· You say: "I can't do it." God says: You can do all things. (Philippians 4:13)

· You say: "I'm not able." God says: I am able. (2 Corinthians 9:8)

· You say: "It's not worth it." God says: It will be worth it. (Roman 8:2)

· You say: "I can't forgive myself." God says: I forgive you. (1 John 1:9)

· You say: "I can't manage." God says: I will supply all your needs. (Philippians 4:19)

· You say: "I'm afraid." God says: I have not given you a spirit of fear. (2 Timothy 1:7)

· You say: "I'm always worried and frustrated." God says: Cast all your cares on Me. (1 Peter 5:7)

· You say: "I don't have enough faith." God says: I've given everyone a measure of faith. (Romans 12:3)

· You say: "I'm not smart enough." God says: I give you wisdom. (1 Corinthians 1:30)

· You say: "I feel all alone." God says: I will never leave you or forsake you. (Hebrews 13:5)

Unknown Author.

As God's word can be transformative, the words you speak can positively change your situation and the lives of others. For if you are going to accomplish your dreams, if you are going to overcome your challenges, if you are going to influence people, and live a full, blessed life... you have to talk, act and work 'as if' it's going to happen.

Scripture tells us to speak aloud what we are believing God to do. The believer "shall have whatsoever he saith." (Mark 11:23). Years ago, I interviewed a woman in her 90s for an article who radiated health and vitality. Every day was an adventure to her. So I asked the secret to her joy-filled, active life. Smiling, she replied, "Several times a day, I affirm statements such as, "God is alongside me, I'm strong, I am healthy, and I'm energetic." I responded to her acknowledging that she has indeed become what she affirmed.

Accordingly, talk faith and speak blessings into your future. Send your words in the direction you would like your life to go, and like a boomerang, they can come back to you in kind.

Circumstances may have knocked you off of your feet. Yet, get back up again. Keep on trying and say, "There are better opportunities in my future."

All the odds may be against success. But don't give up. Continue to persevere, and utter, "I will achieve my dreams."

Someone might have offended you. Move past it and declare, "I have many gifts and talents to be used for the good of others."

There is so much more ahead for you. God is not finished with you yet.

Often, I play a little game with my youngest daughter. I put my hands behind my back and hide pennies in one hand. Then, I show her my two fists and ask her to guess in which hand the pennies are. When she finds the pennies in the correct hand, she can keep the coins. To my daughter, the pennies are a treasure.

Today, God has treasures He wants to pour out upon you. God is loving and just, and His Word will never fail you. So stand upon and confidently trust His promises.

In bold faith, ask for your heart's desires. Listen to what He says, for in His perfect time, God's power can turn the tide of any circumstances. And as the 2,792 bars of silver were each brought to the surface, you too, will rise higher and higher, and live the meaningful, purposeful, joyous life that God wants you to live.

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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 flickr.com/SOLDIERSMEDIACENTER
The Official U.S. Army Flickr

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

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

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

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

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

MOS: Mentoring: Guiding, Directing and Advising

CHRIS ROULEAU
CT MILITARYONESOURCE CONSULTANT
CHRISTOPHER.ROULEAU@MILITARYONESOURCE.COM

If you are a military spouse who has completed the first two lifecycle phases of the Spouse Education and Career Opportunities program - Career Exploration and Education and Training - you are now ready to venture into the next lifecycle phase: Employment Readiness. In this lifecycle phase, you will begin to develop and improve your employment skills to advance your career. Did you know that more professionals these days are actively seeking the help of mentors, who can guide, direct and advise them in learning about their career field?

Mentoring is a relationship between two people who are seeking mutually beneficial professional and personal development. Although the mentor is usually an experienced individual who shares knowledge, experience and advice with a less experienced protégé, both individuals have positive growth experiences. A mentoring partnership, based on mutual respect and trust, may be between two people within the same company, industry, organization or network.

Benefits of mentoring

Mentors become trusted advisers and role models supporting and encouraging their protégés by providing information, suggestions and knowledge, both general and specific. The benefits of mentoring may include:

- Receiving valuable advice. Mentors can offer valuable insight into your career field. They can help you decide the best courses of action for situations you may

encounter and can teach you how to work more effectively.

- Developing your knowledge and skills. Mentors can assist you in identifying the knowledge and skills that will help you advance in your career field.

- Improving your communication skills. Mentors can teach you the language of your career field and develop ways for you to communicate effectively with others in occupations of particular interest.

- Learning new perspectives. By working with someone more experienced in your career field, you will learn new ways of thinking that will help in your work life as well as your personal life. Because you may be new to your career, your perspective may offer your mentor an opportunity to see your career field from a fresh point of view as well.

- Building your network. Mentors can help you expand your existing network of personal and professional contacts.

- Advancing your career. Mentors can help you stay focused on your career path by offering information about upward mobility opportunities, fellowships, shadowing experiences, inter-agency exchange programs and leadership development programs.

Finding a mentor

In recent years, many organizations have expanded their programs to provide mentoring services to veterans and military families. Some mentoring programs require a specific time commitment or a specific number of communications per month for the relationship to be

beneficial to each participant. Some programs require participants to meet face-to-face and others support a virtual format. Take some time to explore each program listed below and find the right program fit for you.

- The MilSpouse eMentor Leadership Program (<http://www.ementorprogram.org/p/milspouse/about>) provides a dynamic online community where spouses can connect with experienced spouses, career mentors and employers to receive career guidance, advice and support.

- Joining Forces for Women Veterans and Military Spouses Mentoring Plus provides resources, mentors, subject matter experts and online connections to help military spouses obtain meaningful employment and build their careers. www.joiningforcesmentoringplus.org

- In Gear Career (<http://www.ingearcareer.org/>) local chapters provide career-minded spouses with networking opportunities, professional development programs, community involvement and peer-to-peer mentoring.

- Military Spouse Foundation provides one-on-one mentoring, community discussions and expert forums with a focus on career planning and entrepreneurship.

Explore your options for requesting a mentor or volunteering to become a mentor today. (<http://www.militaryspousefoundation.org/>)

The SECO certified career counselors are ready to assist you in all areas of career exploration, education and training, employment readiness and career connections. Call 800-342-9647 or visit MySECO for additional information.

THE CONNECTICUT NATIONAL GUARD
OFFICIAL WEB AND SOCIAL MEDIA

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

 [facebook.com/connecticutnationalguard](https://www.facebook.com/connecticutnationalguard)
The Official CT National Guard Fan Page

 twitter.com/ctnationalguard
The Official CT National Guard Twitter

 [instagram.com/ctnationalguard](https://www.instagram.com/ctnationalguard)
The Official CT National Guard Instagram

 [flickr.com/ctnationalguard](https://www.flickr.com/photos/ctnationalguard/)
The Official CT National Guard Flickr

 vimeo.com/ctnationalguard
The Official CT National Guard Vimeo

 [youtube.com/ctnationalguard](https://www.youtube.com/channel/UCtngpao)
The Official CT National Guard YouTube

 [pinterest.com/ctngpao](https://www.pinterest.com/ctngpao)
The Official CT National Guard Pinterest

 [slideshare.net/connecticutguard](https://www.slideshare.net/connecticutguard)
The Official CT National Guard Slideshare

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

**Connecticut
National Guard
HELPLINE**

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

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

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

**HELPLINE
1-855-800-0120**

Labor Day Crossword: Who Does This Job?

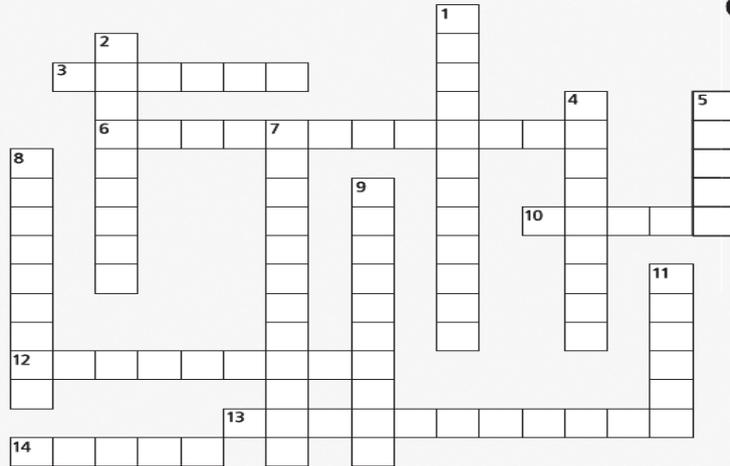
Test your knowledge about different kinds of workers in your community with this crossword puzzle in honor of the Labor Day holiday.

ACROSS

- 3. Person who grows food
- 6. Person who delivers letters
- 10. Person who performs in plays or movies
- 12. Person who goes into space
- 13. Person who puts out fires
- 14. Person who flies planes

DOWN

- 1. Person who cares for sick animals
- 2. Person who builds houses
- 4. Person who runs a school
- 5. Person who makes breads, cakes, and cookies
- 7. Person who fixes cars
- 8. Person who works in a library
- 9. Person who takes care of children
- 11. Person who takes care of sick people



**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)

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.