

Connecticut Guardian



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JULY 2015

Former Connecticut Air Guard Member Becomes Commandant, Air Force First Sergeants Academy

SGT. 1ST CLASS DEBBI NEWTON
STATE PUBLIC AFFAIRS NCO

Chief Master Sgt. Danny Doucette understands that he will go down in history as the first Air National Guardsman to be named commandant of the U.S. Air Force Academy, but he says there really is no difference between him and anyone else who has held the position.

The Air Force is moving towards an integrated force with Active, Guard and Reserve forces working together to strengthen and institutionalize relationships across the total force.

"It's all part of the 'One Team, No Seam' concept," said Doucette from his office at Maxwell Air Force Base, Gunter Annex, Alabama. "My selection doesn't really change anything. Everything is going as planned."

He says that so far, the transition has been smooth.

"The staff here is high speed, low drag," he said. "The caliber of instructors is very high. They run the day-to-day. I'm the navigator that steers this ship."

Commandant of the academy is a nominative position and nine commands nominated personnel for the position. Of that nine, three were called in for interviews with Doucette coming out on top.

As it turns out, Doucette is also the first former instructor from the academy to become commandant. He served as an instructor from October 2009 to September 2012, and in 2006, he was the distinguished graduate of the USAF First Sergeant Academy.

Doucette began his military career in 1991 first assigned after basic military training to Griffis Air Force Base, Rome, N.Y. He transferred to the Connecticut Air National Guard in May of 1993 and served as an information management specialist at Bradley Air National Guard Base until May of 1997, when he transferred to the N.Y. Air National

Guard. He was the Active Guard/Reserve first sergeant with the Northeast Air Defense Sector where he was selected as the New York First Sergeant of the Year in 2008.

He transferred back to the Connecticut Air National Guard in February 2009 and remained there until October 2009 as an AGR personnel apprentice.



Chief Master Sgt. Danny Doucette, a former Connecticut Air National Guardsman and new commandant of the United States Air Force First Sergeants Academy, talks with guests after assuming his current position at Maxwell Air Force Base, Gunter Annex, Alabama, May 27. Doucette became the first Air National Guard member to hold the position of commandant while the Air Force progresses towards total force integration. (Air National Guard photo by Master Sgt. David Eichaker)

After nine years as AGR, he accepted a Title 10 position as instructor at the First Sergeant Academy. Following a three-year tour, he became superintendent at the Total Force Service Center-Denver Air Force Personnel Center in Colorado. Before accepting his current position, he served as the ANG advisor to the BARNED Center

Commander, Maxwell-Gunter Air Force Base, Alabama.

As commandant, Doucette is responsible for the training and development of more than 500 Total Force First Sergeant annually through a blended, facilitated distance learning and in-residence program of instruction. Additional, he is responsible for the development and validation of the course curriculum, to include the material used to train additional duty first sergeants through the active duty, Air National Guard and Air Force Reserve components.

"We are responsible for writing and teaching all curriculum," said Doucette. "When changes are made to an AFI (Air Force Instruction), we immediately make the changes to the curriculum and begin teaching the new material."

Doucette had never really aspired to his current position, but education has been a large part of his life - he holds an Associate Degree in Applied Science, Human Resource Management; a Bachelor of Science in Justice and Law Administration; and two Masters degrees, one in Business Administration, Management and the other in Public Administration, Human Resource Management. He also was an adjunct professor at Columbia College.

Doucette is the 16th Air Force First Sergeant Academy commandant. The academy's mission is to develop through education and training, selected senior non-commissioned officers to serve as advisors to commanders on issues that impact Airmen in successfully accomplishing the Air Force mission through a standardized, state-of-the-art program.

Doucette said when he was asked to consider putting in for the position he did not hesitate.

"I was honored to be submitted forward," he said.

Doucette is married with two children, and when not working, he likes to travel with his family.

Senior Leaders Corner

SAFETY ALERT



NATIONAL GUARD BUREAU
111 SOUTH GEORGE MASON DRIVE
ARLINGTON VA 22204-1373

ARNG-ZA

MEMORANDUM FOR ALL STATES

SUBJECT: Indiscipline: The Hidden Enemy

INDISCIPLINE KILLS!

1. To date, FY 15 has been a tragic year for the Army National Guard with 109 accidents and 67 fatalities. Indiscipline attributed to 65 of the 109 total accidents (60 percent) and 40 of the 67 fatalities (60 percent). Indiscipline: A conscious decision to deviate from what is right or the established standard. This is unacceptable.
2. Our profession is inherently dangerous and we must refocus. Leaders must proactively avoid and mitigate unnecessary risk throughout the mission process; from briefing through final mission approval and execution. We must place a premium on sound judgment when selecting and assigning Soldiers to mission tasks. Situational awareness, strict attention to detail, crew coordination, team communication, and adherence to safe standards are critical to keeping Soldiers safe and alive.
3. Attention to detail, discipline, and moral courage could have prevented most of the fatal accidents. Leadership is key to preventing indiscipline. All Soldiers are responsible for the safe execution of our profession.
4. We must be relentless, regarding the safety of our personnel and equipment. I need your vigilance to keep our teammates alive and ready. We must compel immediate change to Stop the Loss!

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TIMOTHY J. KADAVY
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Director, Army National Guard

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360 Broad Street, Hartford, CT 06105-3795
Phone: (860) 524-4911, DSN: 636-7857
FAX: (860) 524-4902
E-Mail: debra.i.newton.mil@mail.mil
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Connecticut Guardian Managing Editor
Capt. Michael T. Petersen

Connecticut Guardian Editor
Sgt. 1st Class Debbi Newton

Contributors

130th Public Affairs Det., CTARNG
Maj. Jeff Heiland, 103rd AW/PAO
103rd Airlift Wing Public Affairs
103rd Air Control Squadron
103rd Communications Flight, CTANG
First Company Governors Horse Guard
Second Company Governors Horse Guard
First Company Governors Foot Guard
Second Company Governors Foot Guard

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Two 103rd Security Forces Squadron Members Aid Vehicle Accident Victim

TECH. SGT. JESSICA ROY
103RD SECURITY FORCES SQUADRON, UPAR

BRADLEY AIR NATIONAL GUARD BASE, East Granby, Conn. — Staff Sgt. Brian Davies, combat arms training and maintenance non-commissioned officer in charge assigned to the 103rd Security Forces Squadron, went off base for lunch during May training. Staff Sgt. Steven Young, one of his CATM troops, accompanied him.

Little did they know that on their way they would encounter a horrific car accident on Route 20. Davies did not hesitate to pull over, later saying, “I thought I could help.”

Security forces members get the standard self-aid and buddy care training from the Air Force along with blood borne pathogens training. Davies, being a prior corrections officer, tapped into all of his prior experiences to quickly render aid.

Young said that it, “did not look promising at first glance because the lady was unresponsive and appeared badly injured.” He credits his training with getting him through the severity of the situation. When emergency responders arrived, Young assisted with the cleanup of debris in the road while Davies aided the paramedics getting the patient out of the car and onto a gurney.

Both NCOs humbly kept quiet about the event when they returned to base. Security forces leadership found

out about what they did from an email from Capt. Charles Johndro, 103rd Medical Group. The email commended Davies and Young for the excellent first-responder care rendered to the injured woman involved in the car crash.

“The actions of Staff Sergeants Davies and Young were excellent (both medical and psychological/comforting care). Their actions reflect positively on the unit to the community/first responders/bystanders,” said the email.

Dr. Johndro stopped to assist when he saw the accident scene and noticed that emergency responders had not yet arrived. He discovered that Davies and Young had already assessed the patient’s closed head injury, large laceration to chin and open ankle fracture. Johndro found that the two were very comforting and reassuring to the victim and provided great care including wound management and spinal immobilization inside the vehicle in which she was trapped and needed extrication.

“I didn’t feel what I did was anything above and beyond what anyone else in our unit does every day in their civilian careers,” said Davies when asked why he didn’t speak up on what he did.

“I am proud of these Defenders and the support they provided following this traffic accident. Staff Sgt. Davies and Staff Sgt. Young exemplify the true meaning of what it takes to be a Citizen Airman,” said Lt. Col. Dan Janusz, 103rd Security Forces Squadron commander.



Staff Sgt. Brian Davies, combat arms training and maintenance non-commissioned officer in charge assigned to the 103rd Security Forces Squadron, Bradley Air National Guard Base, East Granby, Connecticut, along with Staff Sgt. Steven Young, one of his CATM troops, provided first responder emergency aid to a car accident victim during the unit’s May training assembly. (Photo courtesy of Tech. Sgt. Jessica Roy)

Dempsey Addresses Pay, Compensation in Online Discussion

JIM GARAMONE
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON - Questioners didn’t pull any punches during the Facebook town hall conducted by the chairman of the Joint Chiefs of Staff June 24.

In his fifth social media town hall, Army Gen. Martin E. Dempsey was asked if proposed changes to the pay and compensation package were a betrayal of those who have served faithfully and their families.

The questioner said she has seen erosion in the military pay, retirement and commissary benefits.

‘Our Profession Runs on Trust’

“Our profession runs on trust, and keeping faith with the men and women who serve in uniform and their families is non-negotiable,” Dempsey said.

The chairman went on to stress that he and the rest of the Joint Chiefs of Staff have made it clear that any changes to military retirement must be grandfathered.

Simply put, all currently serving service members would have the choice to retire under the present system or opt into the new system.

No one joins the military to get rich, the chairman

said, but a fair pay and compensation system is needed to ensure the services can recruit and retain the best people even in a budget constrained environment.



Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, sits at his desk in the Pentagon preparing for a Facebook town hall, June 24, 2015. The chairman holds periodic chats with the military world at large via social media. His first was in December 2013. (DoD photo by U.S. Navy Petty Officer 1st Class Daniel Hinton)

‘We are Working to Balance Manpower Costs’

“In today’s difficult budget environment we are working to balance manpower costs with training, modernization and operation costs,” Dempsey said.

“We’re doing it carefully and transparently, and we will continue to monitor fluctuations in cost of living to ensure our men and women in uniform remain fairly compensated.”

Changes have been proposed to the military retirement system as part of the proposed fiscal 2016 defense budget.

If Congress approves the budget and President Barack Obama signs it, about 85 percent of all service members will receive some form of a portable retirement benefit, a Joint Staff official said.

Those who serve 20 years would receive 80 percent of the current pension, according to the official.

“They will also have the opportunity to achieve nearly equivalent or better retirement benefits when they reach retirement age through a series of defined contributions to their Thrift Savings Plan account with DoD TSP matching,” the official said.

Running, Believing, Inspiring

SPC. JULISSA PEREZ
192ND MILITARY POLICE BATTALION UPAR

People young, old, civilian, military, and law enforcement officers worked together to support the Special Olympics June 3. The Law Enforcement Torch Run for Special Olympics is one of the movement's largest fundraisers and public awareness vehicles.

It is a running event that allows officers and athletes of all ages and backgrounds to come together and run the flame of hope to opening ceremonies of local Special Olympics competitions and state and national games.

In Connecticut, the torch run was initially a few legs converging onto the University of Connecticut campus. The run has now grown into a statewide event covering more than 500 miles and passing through more than 100 cities and towns.

The 192nd Military Police Battalion conducts training at the Gates Correctional Institution for Soldiers

throughout the year. Last year, the 192nd was invited to participate in running alongside East Lyme law enforcement for the Law Enforcement Torch Run. Members of the battalion and underlying companies were all enthusiastic about supporting the community and Special Olympics through this event.

After approximately four miles, the torch was passed on to students and staff of Waterford High school to continue the run.

A lot of the students were members of the track team and used participation in the event as a way to raise money for charity, raising \$400 to donate. Austin Schwartz, alongside many other excited students, participated in the run for an opportunity to run with the flame of hope and to support not only his community but a great cause.

The Law Enforcement Torch Run is a great thing to be a part of whether you're running alongside your local

high school students, service members, or policemen, or even just cheering them on from the sidelines.

"It was a great opportunity to be part of the Law Enforcement Torch Run this year," said 1st Sgt. Jimmie Smith of the 192nd Military Police Battalion. "As a representative of law enforcement in the Connecticut Army National Guard, I felt great pride in not only representing the CTARNG, but running together with the community of East Lyme, Department of Corrections and other Law Enforcement agencies.

"The most important thing for me was the ability to help raise funds for the Special Olympics. There is something special about having the ability to help raise funds for a cause that directly impacts people who have intellectual disabilities, promoting that we must be aware of everyone who has differences. I look forward to running next year with even more support from the 192nd Military Police Battalion."



1st Sgt. Jimmie Smith, 192nd Military Police Battalion carries the flaming torch as he leads members of his unit on a stretch of the Law Enforcement Torch Run for Special Olympics. (Photo by Spc. Julissa Perez, 192nd Military Police Battalion UPAR)



"It was a great opportunity to be part of the Law Enforcement Torch Run this year. As a representative of law enforcement in the Connecticut Army National Guard, I felt great pride in not only representing the CTARNG, but running together with the community of East Lyme, Department of Corrections and other Law Enforcement agencies."

1st Sgt. Jimmie Smith, 192nd Military Police Battalion



Members of the 192nd Military Police Battalion, Connecticut Army National Guard, participated in the 2015 Special Olympics Torch Run as part of the law enforcement community. The military police often use Gates Correctional Institution for training with Connecticut Department of Corrections Officers and this was a way to not only cement that relationship, but to give back to the community as well. In the photos, 1st Sgt. Jimmie Smith carries the torch. (Photos by Spc. Julissa Perez, 192nd Military Police Battalion UPAR)

143rd RSG, 192 Engineers, 118th Med

MAJ. GEORGE DUGGAN
143RD RSG PUBLIC AFFAIRS

The 143rd Regional Support Group, and supporting units left a permanent, positive impact during their annual training periods at Fort Indiantown Gap, Pennsylvania from June 13 to June 19.

Supervising the 192nd Engineer Battalion and the 118th Medical Battalion, units were given the opportunity to do what they do best.

Units of the 192nd had several large building operations that will affect the future of the post for years to come. The 248th Engineer Company built four culverts on a hilly road in the mountainous training area.

The culvert consisted of digging up the road, placing pipes, and then repaving the road. This job will save wear and tear on the road by having the water drain over the road, rather than flow over it and damage it.

The 248th also had a platoon build a 45-foot long and

8 foot deep tank ditch. This will be used as a training site for vehicle extraction practice, as large vehicles and tanks will intentionally get stuck in the ditch, and await extraction.

The battalion also assisted in building a runway for drone operators to practice take offs and landings with equipment.

The 247th Engineer Detachment (Well Drillers), drilled down more than 400 feet for water and the well that was built by the 10-Soldier element will be used as fire water for the nearby ranges in case of emergency. It will also be used for a planned training site, specializing in mass casualty exercises.

The 118th Medical Battalion trained in a field environment, operating as a field hospital. They trained and rehearsed for several days in their common skills and tasks and concluded with a mass casualty exercise. The exercise started with the ambulances going to the

scene where there were multiple casualties, providing on the spot treatments where applicable and transporting the patients to the field hospital. At the field hospital, the patients received more thorough treatment.

Half of the RSG is currently deployed to Afghanistan, but the remaining force in Connecticut performed well at AT. The unit trained in a simulated exercise in a tactical training center. Many of the Soldiers were new to their positions and never trained in this type of exercise, but rose to the occasion.

Evaluators said they were going to use their procedures as examples for other units going through the same training in the future.

The successful annual training for the RSG and its subordinate units is a positive start to the summer, knowing Soldiers built their skills into tangible results to be used going forward as the units continue to train back in Connecticut.



Soldiers of 248th Engineer Company construct culverts on range roads, as part of improvement projects at Fort Indiantown Gap, Pennsylvania June 19. (Photo by Spc. Melody Lorello, HHC 192nd Engineer Battalion)



Soldiers of 248th Engineer Company work on a range road culvert project, as part of improvement projects at Fort Indiantown Gap, Pennsylvania June 19. (Photo by Spc. Melody Lorello, HHC 192nd Engineer Battalion)

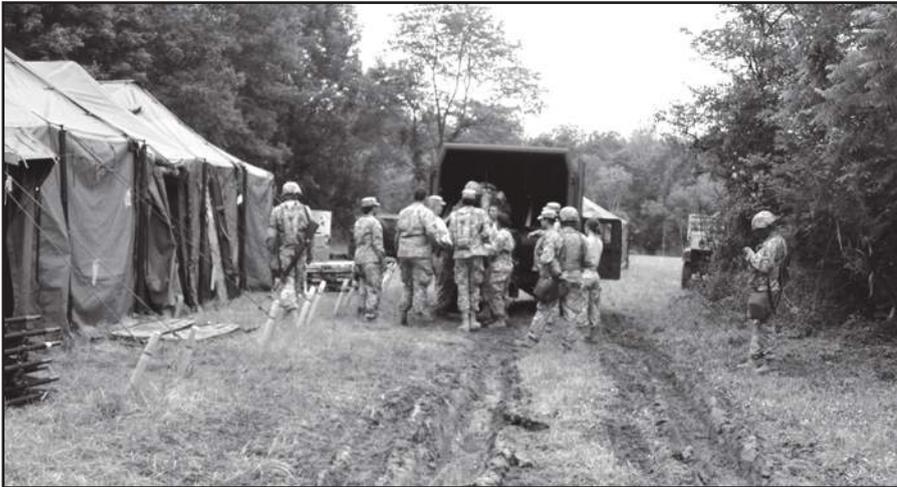


Pfc. Anton Cogger of 248th Engineer Company, utilizes engineering equipment in order to build a trench on a new range for vehicle recovery training during the unit's annual training period at Fort Indiantown Gap, Pennsylvania June 19. (Photo by Spc. Melody Lorello, HHC 192nd Engineer Battalion)



Sgt. Victoria Tuttle of the 248th Engineer Company, supervises scrapper work as part of a trench digging operation on a new range being built for vehicle recovery training at Fort Indiantown Gap, Pennsylvania June 19. (Photo by Spc. Melody Lorello, HHC 192nd Engineer Battalion)

Leave Lasting Mark at Indiantown Gap



Soldiers of the 118th Medical Battalion rehearse the movement of wounded patients from an ambulance during a mass casualty exercise at Fort Indiantown Gap, Pennsylvania June 20. (Photo by Maj. George Duggan, 143rd RSG Public Affairs)

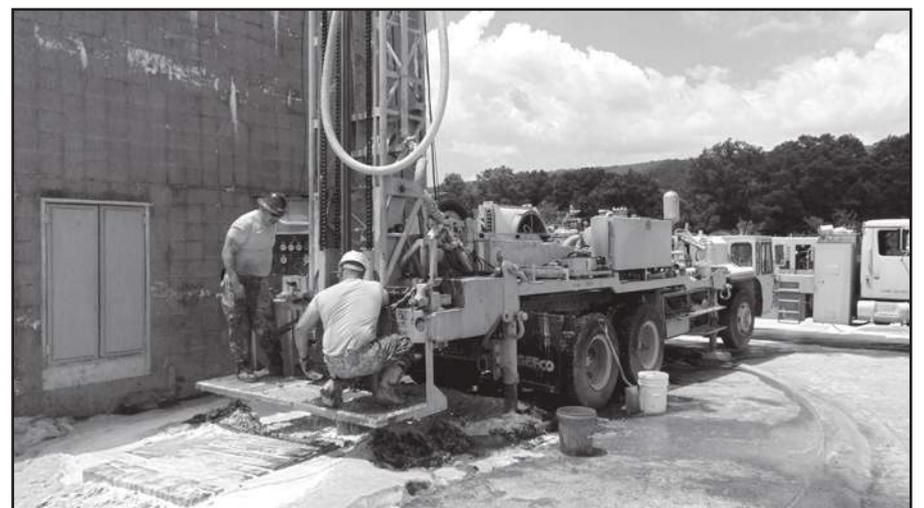
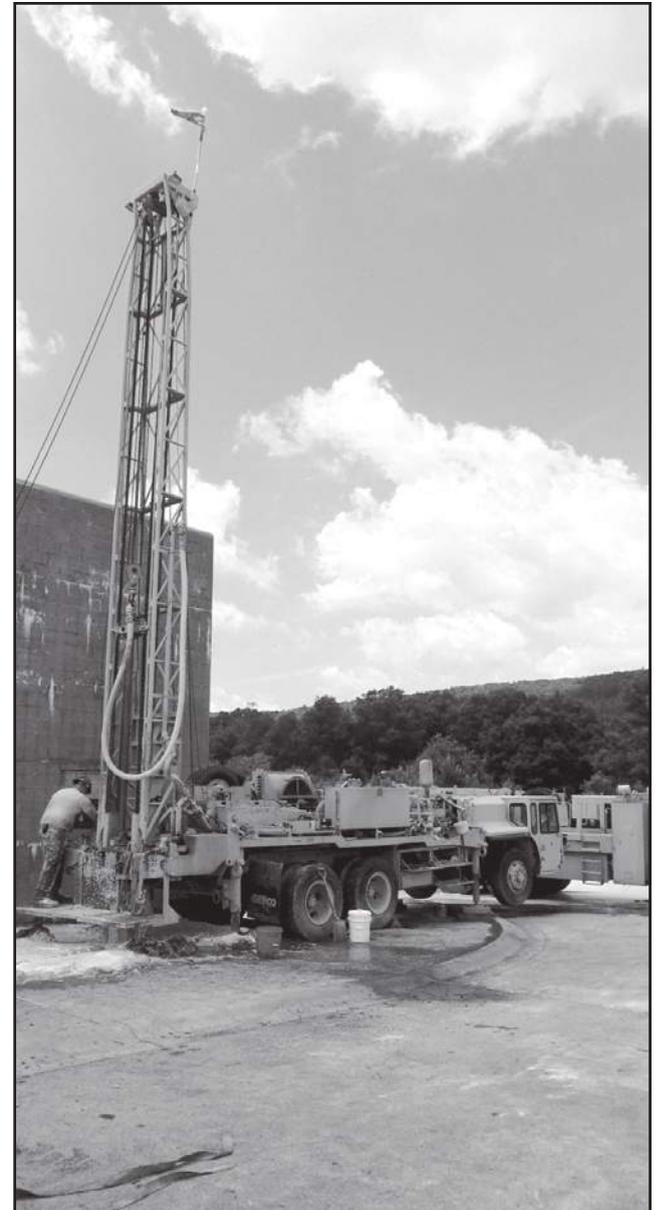


Soldiers of the 118th Medical Battalion carry a wounded patient from an ambulance to the treatment tent during a mass casualty exercise at Fort Indiantown Gap, Pennsylvania June 20. (Photo by Maj. George Duggan, 143rd RSG Public Affairs)



Soldiers of the 118th Medical Battalion train during a mass casualty exercise at Fort Indiantown Gap, Pennsylvania June 20. (Photo by Maj. George Duggan, 143rd RSG Public Affairs)

A water well drilled by the 247th Engineers Detachment during annual training at Fort Indiantown Gap, Pennsylvania, will be used at the installation for fire prevention at the mass casualty training area. (Photo by Maj. George Duggan, 143rd RSG Public Affairs)



Members of the 247th Engineer Detachment work to drill a well during annual training at Fort Indiantown Gap, Pennsylvania. The well drillers drilled down more than 400 feet to provide a permanent well to assist in fire fighting. (Photo by Maj. George Duggan, 143rd RSG Public Affairs)



Moose traveled all the way from Westport with his owner, Lauren Defoe, for the Fresh Check CTNG event. Moose, a longhaired German Shepherd, was extremely popular with Soldiers. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Soldiers in the 'Elephant In The Room' booth wrote their feelings on elephant shaped papers and taped the papers to the booth walls. The booth was filled with elephants, some with single words written on them, some with entire paragraphs. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Soldiers of the Recruit Sustainment Program wait in line at a Fresh Check Day booth. Numerous organizations and dozens of volunteers are needed to hold these events. Visit www.rememberingjordan.org, to volunteer or for more information. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Soldiers did their best to walk in a straight line while wearing beer goggles that simulated the effects of alcohol inebriation at the Know Your Limit booth. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Soldiers of the Recruit Sustainment Program wait in line at a Fresh Check Day booth. Numerous organizations and dozens of volunteers are needed to hold these events. Visit www.rememberingjordan.org, to volunteer or for more information. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Maj. Javier Alvarado and Sgt. Maj. James Sypher raced in a bounce house relay while dozens of Soldiers and Fresh Check Day volunteers watched. Despite Sypher's best efforts, Alvarado was victorious. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

You Are Not Alone in This Fresh Check Removes Suicide Stigma at Camp Niantic

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

NIANTIC — Jordan Porco was a freshman at St. Michael's College in 2011 when he took his own life in his dorm room. An avid snowboarder, he was loved tremendously by friends and family, and his death was a shock to those that knew him.

Sadly, the Connecticut National Guard has become familiar with events like this, and has taken many steps to help its service members and Veterans heal the invisible wounds from which many are suffering.

The first Jordan Matthew Porco Memorial Foundation, CTNG Family Program, Fresh Check Day event, for suicide awareness, prevention and mental health promotion, was held June 7, at Camp Niantic.

Jordan's mother, Marisa Porco, founded the foundation following her son's death to help raise awareness about mental health resources. Dozens of Fresh Check Events have been held on campuses all over the United States, but this was the first to take place with the National Guard.

Marisa Porco said it was inevitable that the two organizations would join together to promote suicide prevention as they share a similar mission. She said she is proud to have these events for Soldiers and wants the foundation's message to reach as many people as possible.

The weather was perfect and sunny on the parade field, and numerous booths were set up, including a bounce house relay race. Free food was offered, music was provided by a local radio station and prizes were given to Soldiers who participated.

More than 100 Recruit Sustainment Program Soldiers and dozens of drilling Soldiers and Airmen were on hand, and all seemed thrilled by the positive and uplifting atmosphere and the enthusiasm of the volunteers.

Alejandro Echavarria, who will go on to serve with C Co., 1-102nd Infantry, enjoyed the free ice cream provided by local vendor, Flavor King, but also said he was happy to see that so many civilians cared about helping.

Justin Folston, who will join the 142nd Medical Company, said he was unaware of the rate of military suicides, and said he now feels much more informed and prepared to assist fellow service members.

One of the Fresh Check booths was called, "The Elephant In The Room." Soldiers in the booth were instructed to write on a piece of elephant shaped paper, things in their lives that hurt them, and then tape the papers to the booth walls. The booth was filled with elephants, some with single words written on them, some with entire paragraphs.

At the "Pledge" booth, Soldiers signed their names to a large poster, pledging to educate themselves about mental health and the warning signs of suicide. At the "Know Your Limit" booth, Soldiers wore goggles to obscure their vision and were asked to pass balls to one another, and navigate short obstacle courses in order to understand the importance of alcohol safety.

Numerous volunteers from the national volunteer

organization, Pet Partners, brought their dogs to the event to meet Soldiers and enjoy the nice weather. Moose, a Long Haired German Shepherd, was extremely popular. He traveled all the way from Westport with his owner, Lauren Defoe. Defoe said when she heard about the event, she couldn't miss it. She said she knew Moose would bring smiles to Soldiers' faces.

Members of various Connecticut mental health organizations sit on the Connecticut Suicide Advisory Board, including members of the CTNG Behavioral Health Team. The meetings are held monthly at the Middletown Armed Forces Reserve Center. The Fresh Check event was discussed and planned at these meetings. The first was scheduled for last year, but had to be postponed.

Behavioral health team leader, Maj. Javier Alvarado, said being able to finally hold this event was the result of a lot of work by a great group of proactive organizations and individuals who all care about helping Soldiers. He

also hinted that more CTNG Fresh Check Events may take place in the near future.

Alvarado raced Sgt. Maj. James Sypher in a bounce house relay while dozens of RSP Soldiers, and Fresh Check Day volunteers cheered. Marisa Porco watched as well and smiled. It seemed she knew that the day's event was a success. Her foundation had made dozens of Soldiers happy, while also communicating to them the importance of suicide prevention and awareness.

The mission statement of her foundation is: To prevent suicide in the college, college entry, and high school student populations that is often the end result of significant emotional disorders triggered by stress and/or not recognized within the person until it is too late. We do this in the name and spirit of Jordan Matthew Porco, who died by suicide in 2011. YOU ARE NOT ALONE IN THIS.



Soldiers take a moment to relax in the "Check In and Chill Out" booth. This booth provides information on anxiety, and suggestions for its prevention, like meditation, massages and the utilization of stress balls. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Odierno: End-Strength Issue Still Unsettled

C. TODD LOPEZ
ARMY NEWS SERVICE

WASHINGTON — When the Army's chief of staff retires this August, he said one thing he will be leaving for his successor is the unfinished business of how big the Army will be and how it will be appropriated.

"I thought by now we would have had that resolved," said Odierno, adding that uncertainty about the final size of the Army has brought "angst to our Soldiers."

Odierno spoke, May 28, during a media roundtable with the Defense Writers Group in Washington, D.C.

The final end strength of the Army - the total number of Soldiers that will be allowed to serve - is still "up in the air," Odierno said. It is "based on what happens with the Congress and the president as they continue to wrestle what the budget would be."

He predicts the issue will still be a concern for the new chief of staff for two to three years to come.

The general said that while popular consensus might hold that the Army is now at rest because it is largely out of Iraq and Afghanistan - the opposite is true. The Army has 143,000 Soldiers forward-stationed and deployed throughout the world today, he said.

Odierno told journalists that continued cuts to defense must stop, "with the world the way it is today ... this is not the right time. We've taken enough out of defense. Let's stop and move forward."

Continued cuts will damage the Army's modernization efforts and readiness into the next decade, the general said.

"If we don't get the dollars and continue down the road of sequestration, it's going to affect readiness," he said. "It's going to put us in a readiness hole for five years. It's going to put us in a modernization hole for 10 years. And our ability to continue to meet the current mission is going to be challenged."

Iraq

Security issues, such as the city of Ramadi being taken last week by the Islamic State - and Iraqi security forces fleeing instead of fighting - persist in Iraq. Just five years ago, the general had been optimistic about the future of the country.

"The violence in Iraq was at the lowest levels it had ever been. We saw the economics were starting to grow. Oil was being exported at a higher rate. I felt very good. I thought we were on the right track. But then again, the political piece of it has not taken. They have not been able to overcome the mistrust they have between sects."

The general said that mistrust and conflict between

Sunni and Shia, for instance, represents the kind of fractures in Iraqi society that demand a leader strong enough to pull them together to create a stable country.

That continued mistrust, he said, continues to degrade the success that had been achieved in Iraq early on.

"It is incredibly disappointing to me, personally, what I have watched happen," he said. "I felt in, September 2010, when I left, that we were on the right track. And I really believed at that time, that in five years, that Iraq would be doing very well. But frankly they have fallen apart."

The general said he does not support sending combat formations to provide security to the country - a task he said the Iraqis themselves are best suited for. He did say additional advisors would be okay, if those on the ground who are observing the mission of those advisors were to say that additional advisors are needed.

"Right now they feel we are okay with the numbers we have," he said. "If they felt we need to increase that, I'd be supportive."



Army Chief of Staff Gen. Ray Odierno speaks to Soldiers, assigned to Task Force 2-10th Assault Helicopter Battalion, 10th Mountain Division, at the Joint Readiness Training Center, La., April 22, 2015. (Photo courtesy Army News Service)

Odierno also said that he believes that "embedded advisors," which means U.S. Soldiers embedded with Iraqi combat units, could increase the effectiveness of those units - and make the U.S. effort there more successful.

"That puts us at much more risk," he said. "We have not made that decision yet, and I don't think that Gen. Austin [Gen. Lloyd Austin, commander of U.S. Central Command] has asked for that capability."

Joint Light Tactical Vehicle

The Army has said it plans to purchase 49,099 joint light tactical vehicles, or JLTVs, and Odierno said the Army has "not walked away" from that commitment.

He said the JLTV is a vehicle the Army absolutely needs, that it includes enough space for Soldiers and communications gear, and that it provides adequate protection for occupants.

"I feel really good about what we've done with the JLTV," he said. "I think the way we've developed the requirements, the way it is moving forward, is a really important step for us. I think as we move forward it will be a central piece of the Army."

Odierno also said the Army might be looking for an ultra-light vehicle that will help move airborne Soldiers, who land as part of forcible entry operations. The Army might also be looking for a light reconnaissance vehicle, as well as "mobile-protected fire power" in light, medium and heavy versions.

He also mentioned vertical lift, an infantry fighting vehicle, and "a lighter, tank-like vehicle."

Using the Army Operating Concept, or AOC, as a guide, the general said, the Army has been reviewing 20 warfighting challenges and has identified "where the gaps and seams are" in terms of capability.

The effort is more holistic than it has been in the past, he said. The Army is looking across all branches and centers of excellence, rather than at functional "stovepipes."

"I think we are coming up with much better solutions. I think what you are going to see here, one of the things I am proud of is, we have established this AOC, we've looked at these 20 warfighting challenges, and I think now we can ease the way forward on how we start identifying near-team, mid-term and long-term gaps that we can now invest in.

In terms of future modernization and acquisition, Odierno criticized the Army's previous concepts of acquisition, saying that the service had always looked for the best right up front.

"I think one of the problems we've had in the past is that we tried to build a perfect vehicle," he said.

"The requirements are so high, and they were difficult to meet, and it ended up being over budget and sometimes we found we couldn't meet them."

Now, he said, he believes that program development might "leave room for improvement" in new systems and that the Army tries to "become iterative in development of a program."

He suggested a new system, where the first iteration of a new system might meet 80 percent of what the Army wants. Later iterations would reach a goal of 90 percent, and then 100 percent.

"That 80 percent is much better than what we have today," he said. "And it's easier to attain."

JFHQ Hits the Field for Annual Training 2015



Soldiers of Joint Forces Headquarters worked on team building skills utilizing the Leadership Reaction Course at Stones Ranch Military Reservation during their annual training. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Team members discuss the best way to get themselves and equipment across an obstacle on the Leadership Reaction Course during Joint Force Headquarters annual training. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Sgt. Calvin Exum (rear) and Staff Sgt. Matthew Hall take aim during basic rifle marksmanship training at Camp Niantic. Both are members of Joint Forces Headquarters and were on duty during the unit's annual training period. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Sgt. Katherine Falcones, Joint Forces Headquarters, practices a good kneeling position during basic rifle marksmanship training at Camp Niantic, Niantic, Connecticut during the unit's annual training. (Photo by 1st Sgt. Daniel Henderson, JFHQ First Sergeant)



Under the watchful eye of the Leadership Reaction Course Safety, Soldiers of Joint Forces Headquarters work to come up with a way to cross an obstacle during annual training at Stones Ranch Military Reservation. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Staff Sgt. Silvan Blake (left) coaches Sgt. 1st Class Mirta Martell during basic rifle marksmanship training at Camp Niantic, Niantic, Connecticut. The two are members of Joint Forces Headquarters and were at Camp Niantic for annual training. (Photo by 1st Sgt. Daniel Henderson, JFHQ First Sergeant)



Soldiers of Joint Forces Headquarters use a rope to tie two planks together as they work to cross an obstacle on the Leadership Reaction Course at Stones Ranch Military Reservation. (Photo by 1st Sgt. Daniel Henderson, JFHQ First Sergeant)



Joint Forces Headquarters Soldiers evacuate a 'casualty' during a field training exercise at Stones Ranch Military Reservation. The Soldiers were conducting annual training at the time. (Photo by 1st Sgt. Daniel Henderson, JFHQ First Sergeant)

Around Our Guard



Air Force Tech. Sgt. Steven Sevigny, a jet engine mechanic assigned to the 103rd Maintenance Squadron, shares his knowledge about a C-130 Hercules aircraft engine to Civil Air Patrol cadets visiting the 103rd Airlift Wing, Bradley Air National Guard Base, East Granby, Connecticut, June 5. The cadets are with the 801st CAP Cadet Squadron out of New Fairfield. (U.S. Air National Guard photo by Maj. Jefferson S. Heiland)



Air Force Lt. Col. Kristen Snow, commander of the 103rd Aircraft Maintenance Squadron, talks with Pack 7 Cub Scouts from Clinton about the unit's C-130 Hercules mission during a tour of the 103rd Airlift Wing Bradley Air National Guard Base in East Granby, Connecticut June 7. (U.S. Air National Guard photo by Maj. Jefferson S. Heiland)



Air Force Senior Airman Kaitlin Cardello, a loadmaster with the 118th Airlift Squadron, demonstrates a restraining harness in the back of a C-130 Hercules aircraft to members of Cub Scouts Pack 7 from Clinton during a tour June 7 of the 103rd Airlift Wing Bradley Air National Guard Base, East Granby, Connecticut. (U.S. Air National Guard photo by Maj. Jefferson S. Heiland)



Loadmasters assigned to the 118th Airlift Squadron explain the workings of a C-130 Hercules aircraft to Civil Air Patrol cadets visiting the 103rd Airlift Wing, Bradley Air National Guard Base, East Granby, Connecticut, June 5. The cadets are with the 801st CAP Cadet Squadron out of New Fairfield. (U.S. Air National Guard photo by Maj. Jefferson S. Heiland)



Air Force Staff Sgt. Jason Beaudry, a flight engineer with the 118th Airlift Squadron, explains the workings of a C-130 Hercules aircraft to Civil Air Patrol cadets visiting the 103rd Airlift Wing, Bradley Air National Guard Base, East Granby, Connecticut, June 5. The cadets are with the 801st CAP Cadet Squadron out of New Fairfield. (U.S. Air National Guard photo by Maj. Jefferson S. Heiland)

Task Force Hurricane Takes Fort

1ST LT. KRISTA YAGLOWSKI
TF HURRICANE S2; UPAR
HHC 1-169 AVN

After months of anticipation, several aviation units from across the country have said their final goodbyes to families and loved ones to join forces at Fort Hood, Texas. Here the intent was to finish mobilization training and validation in order to successfully deploy as one Task Force to Kosovo.

Now known as Task Force Hurricane, the units are comprised of two National Guard and two Army Reserve elements: Connecticut Army National Guard's 1st Battalion, 169th Aviation Regiment of Windsor Locks; Louisiana Army National Guard's 769th Engineer Battalion of Baton Rouge; F Company, 5th Battalion, 159th Aviation Regiment, of Clearwater, Florida, and A Company, 2nd Battalion, 238th Aviation Regiment, of Los Alamitos, California.

The Task Force arrived at North Fort Hood mid-April with 144 Soldiers and nine aircraft. Since then, the weather has been a shock to all. Connecticut Soldiers loved the snowless scene, while Florida, California and Louisiana Soldiers still wondered why we did not conduct any training in their beautiful home states. Central Texas' weather this spring has been extremely wet with consistent waves of thunderstorms, forecasted hail and one day with a tornado warning. While flight time has been impacted, it did not stop our training.

The first week here was a continuation of the pre-mobilization training that we started in January at Camp Niantic, Niantic, Connecticut. A few briefings were remaining, as well as M16/M4 and M9 qualifications. Refreshers on aircraft systems and capabilities were given to all pilots and crew members. After the required blocks were completed, the Task Force transitioned to focusing on aviation operations and the mission at hand.

The battalion staff set up their workstations and dove right into internal battle drills, finding and strengthening weaknesses, while simultaneously supporting air missions. Alpha Company completed aerial gunnery training as well as multiple Air Mission Briefings for day and night multi-ship air assault, crowd riot control, and sling load missions. Fox Company's focus has been medic training, medical evacuation (or MEDEVAC) hoist missions and night operations.

Between missions, routine and repair maintenance of the aircraft are high priorities. After a certain amount of flight hours, each aircraft require standard services. Delta Company provides these services while our small Echo slice of the Task Force is busy fueling our aircraft at the airfield by cold refuel and at the Forward Arming Refueling Point (FARP) conducting hot refuel. Both entities are the reasons the aircraft remain mission capable and crews are able to fly.

While each individual part of Task Force Hurricane has their own purpose and function, all personnel work together to successfully complete our mission and achieve the commander's intent. Notional situations,



Members of the 1st Battalion, 169th Aviation Regiment, made up of units from Connecticut, California, Florida and Louisiana, conduct medevac training with members of the Dutch Army at Fort Hood, Texas. (Photo by 1st Lt. Krista Yaglowski, TF Hurricane S2; UPAR, HHC 1-169 AVN)

both friendly and enemy oriented, were given to us by our validation team on top of real life situations.

As a cohesive unit with many moving parts, we were able to execute our battle drills effectively. Communication has been key and it is the largest lesson learned we have had throughout this validation process. Our newly integrated Task Force has been built with a solid foundation, filled with eager and motivated Soldiers ready to move forward into our Kosovo rotation.

Now, Task Force Hurricane has begun their recovery phase. We were given well wishes and support from our home stations, chains of command and other VIPs that visited our Area of Operation during our time here at

North Fort Hood. As we finish turning in buildings, packing and final preparations, our commander, Lt. Col. Jeffrey LaPierre, would like all home stations and families to know that all is well.

"I am confident in the capabilities, training and professionalism of all Soldiers in Task Force Hurricane and I am proud to be the commander of such an exceptional group of Soldiers from across the country and from multiple Army components (Guard and Reserve)," LaPierre said. "I want to thank the families for their continued support; we could not do this without you."

(Editor's note: Since this article was written, the Task Force has arrived safely at its deployed duty station.)

Conne
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Hood by Storm, Heads to Kosovo



Connecticut and Florida Army National Guardsmen from the 1st Battalion, 169th Aviation Regiment train together at Fort Hood, Texas, during mobilization training. Lt. Col. Jeffrey LaPierre and Sgt. Christine Vu practice victim hoist lifting prior to deploying to Kosovo. (Photo by 1st Lt. Krista Yaglowksi, TF Hurricane S2; UPAR, HHC 1-169 AVN)



Left: Sgt. 1st Class Glen Nelson and Spc. Cristian Cabrera of Headquarters/Headquarters Company, 1st Battalion, 169th Aviation Regiment, man the ammo point at Fort Hood during the unit's mobilization training. (Photo by 1st Lt. Krista Yaglowksi, TF Hurricane S2; UPAR, HHC 1-169 AVN)



Soldiers from Headquarters/Headquarters Company, 1st Battalion, 169th Aviation Regiment of the Connecticut Army National Guard, joined units of the battalion from Florida, California and Louisiana on the range at Fort Hood, Texas for mobilization training before deploying to Kosovo. (Photo by 1st Lt. Krista Yaglowksi, TF Hurricane S2; UPAR, HHC 1-169 AVN)



Members of the 1st Battalion, 169th Aviation Regiment from Connecticut and California work with members of the Dutch Army to plan a multiship training mission at Fort Hood, Texas. (Photo by 1st Lt. Krista Yaglowksi, TF Hurricane S2; UPAR, HHC 1-169 AVN)



Sgt. John Powers, Capt. Demetrius Treadway and Chief Warrant Officer 2 Kevin Powell brief an First Army officer on a personnel recovery exercise. The Connecticut and California Soldiers are part of the 1st Battalion, 169th Aviation Regiment deploying to Kosovo. (Photo by 1st Lt. Krista Yaglowksi, TF Hurricane S2; UPAR, HHC 1-169 AVN)



Soldiers of Headquarters/Headquarters Company, 1st Battalion, 169th Aviation Regiment begin loading gear for their deployment to Kosovo at the conclusion of mobilization training at Fort Hood, Texas. (Photo by 1st Lt. Krista Yaglowksi, TF Hurricane S2; UPAR, HHC 1-169 AVN)

Online Conduct - Think, Type, Post

STAND-TO!

The U.S. Army defines **online conduct** as the use of electronic communications in an official or personal capacity that is consistent with Army Values and Standards of Conduct.

Online misconduct is the use of electronic communication to inflict harm; examples include, but are not limited to: harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermines dignity and respect.

Electronic communications is considered the transfer of information (signs, texts, images, sounds, or data) transmitted by computer, phone or other electronic device. Electronic communications include, but are not limited to text messages, emails, chats, instant messaging, screensavers, blogs, social media sites, electronic device applications, and web/video conferencing.

What has the Army done?

The Army has initiated a campaign to educate and

inform the Army Family on the proper use of electronic communications. The Army understands the importance of treating everyone with dignity and respect — it is part of the Army being trusted professionals. Being online does not change this.

The Army is reinforcing a climate where members of the Army Team — including current and future Soldiers, Army civilians, contractors, and Family members — understand that online misconduct is inconsistent with Army Values.

Why is it important to the Army?

Army senior leaders know that awareness must be raised and that as members of the Army team, the individual interactions offline and online are reflections of the Army and the values it upholds.

It is crucial that the Army Family act responsibly and understand that the Army standards of conduct apply to all aspects of our life, including online conduct. Harassment, bullying, hazing, stalking, discrimination,

retaliation, and any other type of misconduct that undermines dignity and respect are not consistent with Army Values. Individuals who participate in or condone misconduct, whether offline or online, may be subject to criminal, disciplinary, and/or administrative action.

What efforts does the Army have planned for the future?

The Army will modify future Army regulation updates to further clarify electronic communications and online conduct. Current contracts and agreements already contain language that covers misconduct; future updates beyond 2016 will further clarify electronic communications and online conduct.

The Army will also modify the standardized Army program of instruction and training plans on equal opportunity, equal employment opportunity, and treatment of persons to include discussion points and vignettes with respect to electronic communications and online conduct.



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CHIEF MASTER SGT.
EDWARD GOULD

Enlisted Update

Greetings and welcome to the 101 days of summer we will have in 2015. By the time this article goes to print, we will be approximately half way through this crucial time of year. These 101 days, from May 22 through Sept. 5, are traditionally more dangerous than other times of the year.

The increased danger is due to the increased outdoor activity that we participate in. Whether it is a leisurely ride on your motorcycle, a day at the beach, a day spent boating, playing softball or other sports, we can often find ourselves trying to do things, without conducting an internal risk assessment.

During these 101 critical days of summer more Airmen and Soldiers are injured or killed in off-duty accidents than at any other time of year. We must step up and be excellent Wingmen and Battle Buddies. You, our Airmen and Soldiers, are the Guard's most valuable asset.

Safety is absolutely paramount during this critical stretch and it demands our added vigilance. Each year, the Air National Guard convenes its Executive Safety Summit, with this year's edition held at Volk Field Combat Readiness Training Center, Wisconsin. This year's topics included safety, resilience, mishap prevention and training.

Every day, we evaluate and mitigate risk as much as possible, and press on with our mission and duties. We should also conduct this same type of risk assessment when we participate in the activities mentioned at the beginning of this article.

While I enjoy riding my motorcycle, I also consider risk each and every time I ride. I always consider the fact that riding my motorcycle is statistically more dangerous simply by being on it after dark. Combine poor weather, or other annoyances and distractions, and you are inviting disaster.

Needless to say, I never ride without all the required personal protective equipment and I never mix alcohol with riding. We cannot eliminate all the risk associated with riding motorcycles, but I consider whether or not those risks are worth accepting, or delay the ride to another day. Taking steps to reduce risk is key to safely accomplishing the mission at hand, or enjoying the summer weather.

In my civilian life, I am a captain in the Connecticut State Police and have been a Trooper for more than 28 years. I can assure you that I have seen, repeatedly, the gruesome and devastating results of people being careless.

Whether it is a motor vehicle crash caused by someone texting while driving or a crash caused by an impaired operator, there is always a common denominator: careless or reckless behavior. Note the use of the word, "crash," instead of, "accident." Using the word accident denotes that nothing could have been done to avoid it. In the great majority, that is not the case. This also includes water sports activities involving boats and other personal watercraft.

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

We have all had the opportunity to step in and help someone. Whether that means giving a fellow Airman or Soldier a ride home from the club or talking with him or her about a difficult family situation, we have all had the chance to be there for someone in need. We need to educate ourselves on the resources available to become a better Wingman or Battle Buddy to make sure our brothers and sisters in arms are getting the help they need and deserve.

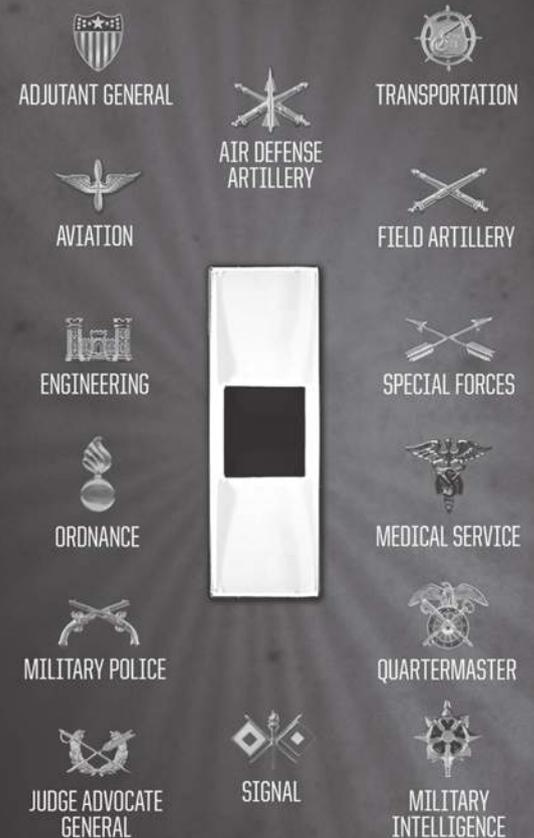
During the Air National Guard's June training period, I had the opportunity to conduct a Town Hall-style meeting with Airmen and Junior NCOs. We discussed many topics, including the new free Air National Guard app for smart phones and other hand held devices called, "READY AIRMAN."

One option the app has is to establish your, "Fearless 5," with features very similar to the "Circle of Six" app.

This app allows you to utilize an online resource center area, customizable for your unit or location, to find support personnel such as your Chaplain. Wingmen reminders is a great way to remind you to reach out to other Airmen that may be facing a tough situation such as a change in marital status or deployment. There is also a relaxation mode with a variety of nature sounds to help you unwind or relax. Other available features include a video center with links to support systems for Airmen and their families across the Air National Guard enterprise.

Airmen and Soldiers can visit readyairman.org where they will find information for National Guard personnel. Remember, "*Don't let your Guard down.*"

BECOME A LEADER AND
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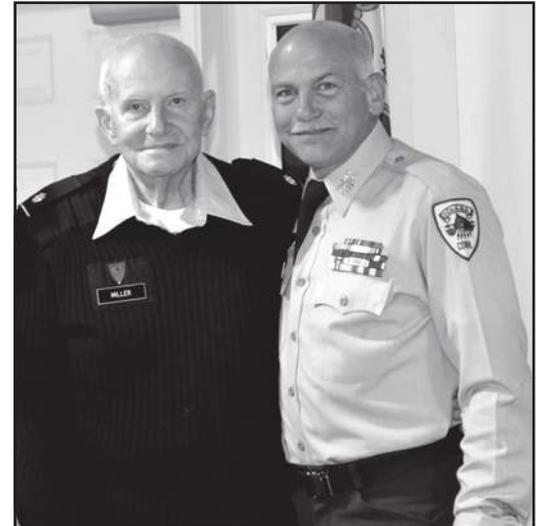
PREVENTSUICIDE.ORG

News From The Governor's Horse and Foot Guards



Father/Son Command Team

The First Company Governor's Horse Guards of Avon, Connecticut held a Change of Command ceremony May 14. For the first time in its 237-year history, the Troop elected the son of a former major commandant to lead the unit. Capt. Christopher G. Miller was elected to step into the role formerly occupied by now retired Maj. Commandant Edward Henfey. Retired Maj. Commandant David Miller sat proudly and watched as his son was honored in this prestigious ceremony. When it came time to pin the newly elected major, Maj. Miller did the honors as the Troop and several spectators watched. (Photos by Pfc. Paula Deutz, 1stCo. GHG UPAR)

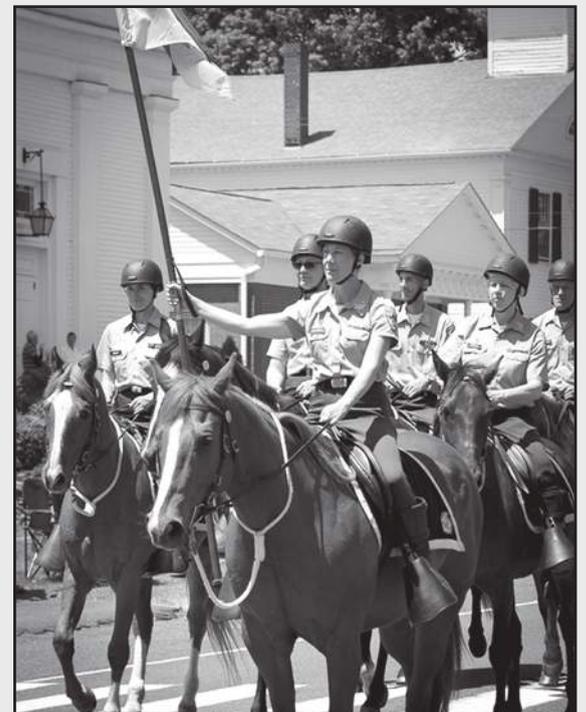


New Troopers Graduate, Join Second Company, Governor's Horse Guard



The Second Company Governor's Horse Guard held its Graduation Exercises for the recruit class of 2015 in Newtown, Connecticut June 7. Seven new Troopers joined the ranks after successfully completing a rigorous, 22-week training program that began in February. The graduates capped the occasion by successfully opening a bottle of champagne using a cavalryman's saber, a long-standing cavalry tradition. As the Second Horse continues with its mission to educate, serve, and preserve the history and heritage of the cavalry; these new troopers will add their many talents to the unit and help to uphold the legacy of being one of the last horse mounted troops in the nation. The newly graduated troopers are from left: Pvt. Barbara Spremullo, Pvt. Brandi Betts, Pvt. Marion Lynott, Pvt. Nicholas Thomas, Pvt. Nathaniel Palkewick, Pvt. Serena Salmeiri and Pvt. Anilton Aviz. For more information about the Second Company Governor's Horse Guard visit www.TheHorseGuard.Org. (Photo by Pfc. Jodi Fay, 2nd Company Governor's Horse Guard)

Ceremonial Duties Call 1st Company GHG to Tolland



Members of the 1st Company Governor's Horse Guard ride in the Tolland Memorial Day Parade, May 24. The Troop is the oldest continuously serving cavalry unit in the United States. (Photo by Pfc. Paula Deutz, 1st GHG UPAR)

New 'Peer' Consultation Service Debuts at Military OneSource

TERRI MOON CRONK
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON, June 19, 2015 – A “peer-to-peer” specialty consultation service that began June 15 offered by Military OneSource is the newest resource to support and connect service members and their families with professionals who understand the military life, a Defense Department personnel and readiness official said.

In an interview with DoD News, Air Force Lt. Col. Tammy S. Hinskton, director of the non-medical counseling office in personnel and readiness, said peer consultants are or have been connected to the military and have a minimum of a master’s degree.

The military’s unique life, in which deployments, relocations and transitions are a commonplace, makes it essential to find consultants with similar life experiences, she said.

“Service members and their spouses want to talk with others who are military and understand them,” Hinskton said.

Service Now Just a Call Away

Peer Consultants are now accessible at 800-342-9647, she said, adding that MilitaryOneSource.mil will consider adding different methods of delivery as the program grows.

“We anticipate the service will get better and bigger, and we will add to it as we learn new things and continue to improve it,” Hinskton said.

The consultants are military Retirees, reservists, Guardsmen, spouses and separating service members, all of whom have trained in best-support practices at the Defense Centers of Excellence, she said.

No Waiting to Talk

Available for calls at three centers around the United States, consultants are ready for discussions that could range from an urgent need to just a friendly chat, Hinskton said.

Working around the clock, callers never get an answering service. “You’ll talk to a live person every time you call,” she said.

And because Military OneSource offers a wide and growing array of resources, consultants can connect callers to the information outlets they might need. “We can provide help in other areas callers didn’t know was available to them,” Hinskton noted.

Service Has Broad Eligibility

Active-duty service members, Guardsmen, reservists—regardless of activation status—and family members are eligible to call the service, she said.

Veterans who have been separated from military service for up to 180 days also are eligible, Hinskton said. If a Veteran calls after the 180-day cutoff, “we will give them a warm handoff to [the Department of Veterans Affairs] and connect them to the support they require there,” she said.

“Although we’re not a crisis line, if someone calls in crisis, safety is our number one priority. We will never

turn away a person in crisis, but will use all the resources at our disposal to ensure callers get the help they need,” said Hinskton.

Strong Service Members Essential to DoD

DoD officials believe the peer consultation service is important because anything that makes a military member stronger, more resilient and ready makes a person able to successfully accomplish the DoD mission, Hinskton said.

“When you have stressors going on that occupy your mind, the consultants will address some of those issues and make referrals [to] further help you deal with them and be able to focus on your mission, which is DoD success,” Hinskton said.

The peer consultant’s goal is to help military people deal with stress, “before the stressors get out of control,” she said. “It’s preventive maintenance for your mental health.”

Engaged Families
The strength of our Soldiers comes from the strength of their Families.

Family
Family Safe & Family Strong!

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Resilience: "Skill of the Month"

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

REAL-TIME RESILIENCE

Just the Facts

How can “Real-time Resilience” help me?

What is the skill?
Real-time Resilience (RTR) is an internal skill used to shut down counterproductive thinking, build motivation, and focus on the task at hand.

Key Principles

- Accuracy over speed; does your statement pass the “gut test?”
- RTR takes practice
- Pitfalls are common
- Optimism is a primary target of Real-time Resilience

1. Real-Time Resilience involves proving your thoughts false (*fighting back*) with *evidence*, thinking *optimistically*, & *putting the situation in perspective*.

FIGHT BACK!

SITUATION: You’re about to give a big presentation to your Command. You must *fight back* against any counterproductive thoughts that you might have:

“I feel unprepared to do this.”

“That’s not completely true because I have my notes and outline ready to go.”

“They aren’t going to care about what I have to say.”

“A more optimistic way of seeing this is that if they didn’t care, they would not have given me time.”

“What if I forget to talk about a key point?”

“The most likely implication is that I may get off-track, but I can use my notes to find my place.”

Diversity: Human Trafficking by an Ohio National Guard Member

MAJ. KRISTINA GARUTI
SEEM/SARC

The Department of Homeland Security defines human trafficking as, "a modern-day form of slavery involving the illegal trade of people for exploitation or commercial gain."

With regards to child adoptions, there is a quiet practice by a few adoptive parents known as "re-homing," when the adoptive parent decides to find a new home for their adopted child without notifying or consulting any authorities. Think of the term as being associated with pet adoptions where animal shelters and pet owners often seek to re-home animals.

According to the website Humantraffickingsearch.net (HTS), the global resource and research database on human trafficking, "although no money is exchanged between the adoptive parents, re-homing is an underground network used to obtain children illegally without their consent, making it a form of human trafficking."

In 2011, a Haitian female teenager was re-homed from one American family into the family of Maj. Jean Paul Kruse, an information-technology specialist with the Ohio National Guard. The Kruse family included five biological children and four adopted children.

At least three of the adopted children were young girls. The teenager lived with the Kruse family until 2012, and during that time the three girls disclosed to the teenager that they were being molested by Kruse. Although the teen feared being sent away again, she told people about the abuse accusations and immediately the Kruse family put her on a plane back to her previous adoptive family. According to a March 2013 article on Reuters.com written by Megan Twohey, the teen was sent away to ensure she "would not be around to answer questions or participate in the resulting investigation."

The HTS website states it is legal to re-home an adopted child, similar to when a parent of a biological child that cannot take care of the child legally grants guardianship to another family. The majority of child re-homing is

done using Internet websites like Yahoo Groups and Facebook. Most times it is not even necessary for a lawyer to be involved, just a short document signed by both sets of parents is enough to transfer guardianship and avoid state involvement.

On June 3, 2015, Twohey wrote that Maj. Kruse was found guilty on charges of raping and sexually abusing his three adopted daughters. He received five lifetime sentences without parole for his crimes. He also received 30 months incarceration for intimidating a witness, (the Haitian teenager that revealed the abuse).

This is another example of human trafficking, one less discussed, the adopting of children or re-homing children for the purpose of sexual exploitation. DoD has a zero tolerance for any military member involved in trafficking of human persons. If you are aware of any act of human trafficking, please inform your chain of command immediately, or call the National TIP Hotline at 1-888-373-7888.

HERE IT COMES *are you ready?*

- Only use fireworks outdoors.
- Obey local laws.
- Always have a water hose or bucket nearby.
- Don't try to alter or combine fireworks.
- Wear safety glasses.
- Never allow children to handle fireworks.
- Never use homemade fireworks.
- Never relight a dud firework. Soak it in water after 20 minutes.

READY OR NOT?

Ready ... or Not? is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?

ARMY STRONG <http://safety.army.mil>

Critical
101[^] Days of Summer Safety
Think Before You Drink

Alcohol and Water Sports Don't Mix

Summer is here and friends are heading to pools, beaches, and lakes for summer fun. Whether you are swimming, kayaking, waterskiing, or diving, water sports and alcohol never mix. Alcohol impairs judgement, balance, vision and coordination and can put yourself, your friends and your family in grave danger.

Never go out alone.
It's always best to have a partner when in the water. For day trips, you should also set up check-ins and the time you expect to return with a trusted friend.

Always wear a lifejacket.
The American Canoe Association estimates that almost 70% of drownings involving canoes, kayaks and rafts could have been avoided if a personal floatation device was worn.

Check weather conditions.
Even on beautiful days, the ocean can be unforgiving and conditions can change very quickly. Pay attention to wind, fog, rip currents, and incoming storms before heading out on the water.

Low Risk Guidelines

One Standard Drink = 1.5 oz. of 80-proof spirits; 5 oz. of wine with 7-12% alcohol content or 12 oz. beer with 4-6% alcohol content.

● if you are underage, pregnant, at risk for alcoholism or operating a motor vehicle
1 is the maximum number of standard drinks in one hour
2 is the maximum number of standard drinks in one day for daily drinkers
3 is the maximum number of standard drinks in one day for occasional drinkers

For more information, call Jennifer Gonzalez-Smith (PC) at 860-549-2838

Accenture Federal Services

Legal: Incarceration of Veterans in Connecticut

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

Military Veterans have a lower rate of incarceration than non-veteran peers and the vast majority are living productive lives in the civilian population. Yet, approximately 10 percent of incarcerated individuals are Veterans according to a Bureau of Justice Statistics Special Report entitled "Veterans in State and Federal Prison, 2004."

Statistics illustrate that the incarcerated population has relevance for all members of society. The 2015 Connecticut Office of Policy and Management report produced in accordance with Public Act 05-249 shows that the prison population in this state is around 16,000 at any given time. In a state of approximately 3.5 million people per 2012 U.S. Census data, this translates into one out of 200 people incarcerated, and around 1,600 incarcerated Veterans in Connecticut today.

Resources available to Veterans in Connecticut facing incarceration include the Veterans Jail Diversion Program, a partnership of several agencies working to identify and divert justice-involved Veterans with behavioral health needs to treatment and supportive services (www.ct.gov/

dmhas/VJDP). Veterans in this state also may be able to use Connecticut's Pretrial Accelerated Rehabilitation Program twice (<https://www.jud.ct.gov/Publications/cr137P.pdf>).

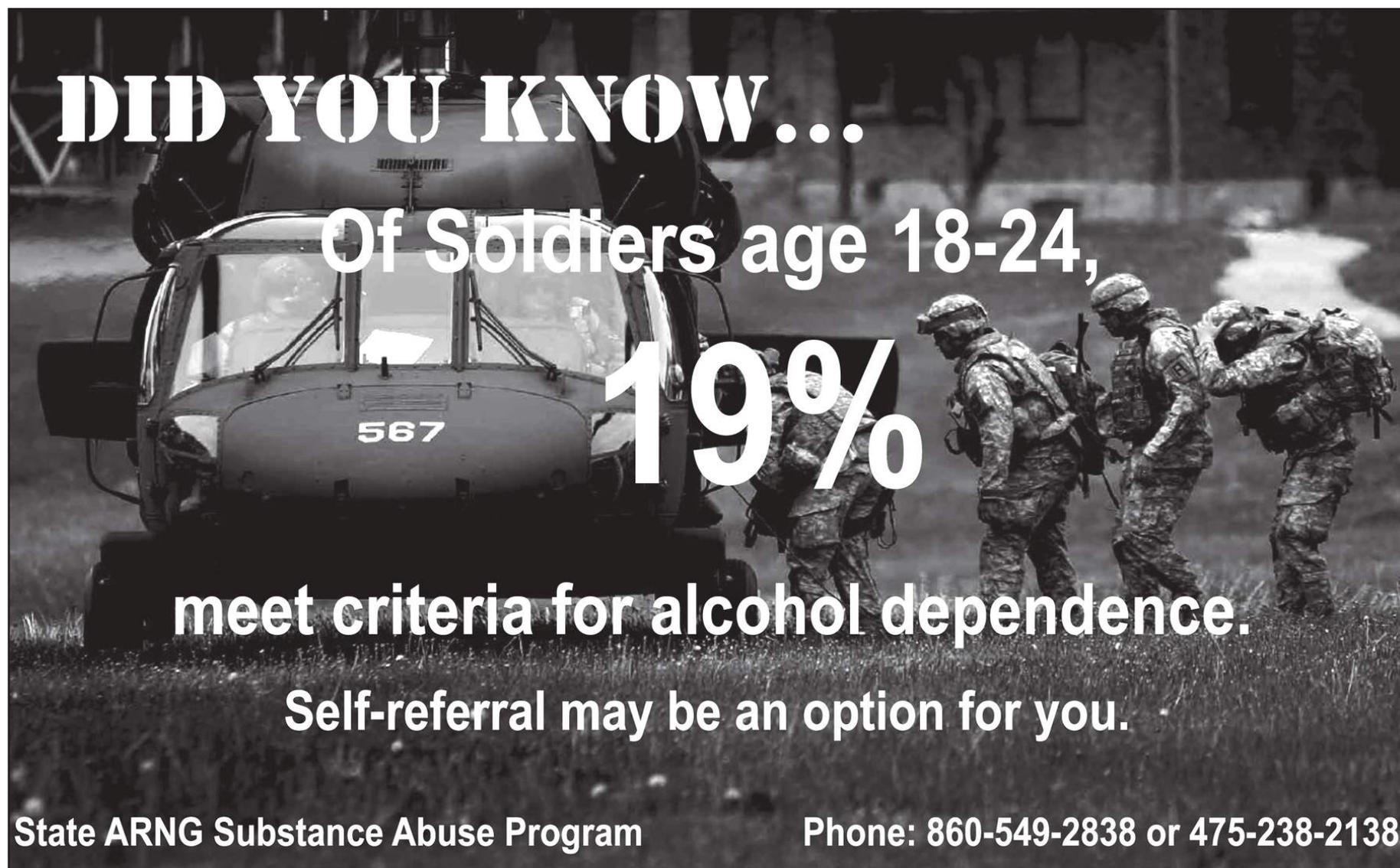
After incarceration, rehabilitation and re-integration of incarcerated individuals is a societal challenge that confronts individuals across categories. According to the 2011 Annual Recidivism Report by the State of Connecticut Office of Policy and Management's Criminal Justice Policy and Planning Division dated February 15, 2011, approximately 40 percent of inmates released by the Department of Corrections were re-arrested within two years and approximately 25 percent were re-incarcerated within two years.

Yet current statistics only tell part of the story. Programs that emphasize education, substance abuse treatment, behavioral modification and faith-based religious programming can offer incarcerated individuals corrective opportunity and motivation to fulfill unrealized potential for themselves and society upon release. Programs such as these have demonstrated success in reducing recidivism (likelihood of re-incarceration) and facilitating reintegration upon release, according to the Connecticut

Department of Corrections. Reducing recidivism and facilitating successful reintegration into the community upon release are goals to benefit the sizable incarcerated population, to include Veterans, and society as a whole.

Two legal organizations that may be able to assist Veterans with overcoming legal barriers associated with incarceration include the Connecticut Veterans Legal Center (www.veteranslegal.org) and the Yale Law School Veteran Legal Services Clinic (www.law.yale.edu/academics/vlsc_CTvetlegalcenter.htm). The Veterans' and Military Affairs Committee of the Connecticut Bar Association (www.ctbar.org) is another legal resource for the Veterans of this state.

Given the size and composition of our prison population and the challenges it presents to Veterans and others, developing an awareness of this part of our society is important for all of us. Connecticut National Guard members who are arrested are morally obligated to report pending criminal charges to their commander, as deployability is affected. Those convicted of criminal offenses are likely to be separated, as Americans expect our armed forces to obey the law.



DID YOU KNOW...

Of Soldiers age 18-24,

19%

meet criteria for alcohol dependence.

Self-referral may be an option for you.

State ARNG Substance Abuse Program **Phone: 860-549-2838 or 475-238-2138**



National Guard Association of Connecticut (NGACT)

Not Just Any Old Picnic: Come Find Out For Yourself

MASTER SGT. (RET) FRANK ALVARADO
CTANG

When is a picnic not just a picnic? When you can get information on benefits you might have earned as a result of your service in the Connecticut National Guard.

Such is the case when you attend the Annual National Guard Association of Connecticut Retiree Picnic on Aug. 6 at The Point on Camp Niantic. Two years ago, I invited my good friend and fellow Retiree from the 103rd Air

Control Squadron, Master Sgt. Cliff Potter, who had also recently retired from the Southern New England Telephone Company (SNET) to attend and get some information on benefits that might be available to him and his family, which includes a disabled dependent.

After attending the Retiree Benefits Update Briefing, Cliff decided to visit each of the vendor tables and speak to their representative in order to get information for his specific case. On hand that day were representatives

from the Veterans Administration, Association of the U.S. Army, TRICARE, both Medical and Dental and the National Guard Association of Connecticut.

Master Sgt. Potter tells me that by the end of his visit to each representative he had gotten information on programs and services available to him and his family that he had no idea about. To this day he and his family are benefitting from the information that he was able to gather and apply for.

This year's picnic will be no different. In addition to the great chowder, food and beverages served, we will once again be holding a Retiree Benefits briefing starting at 10:30 a.m. at The Point and this year representatives from the VA, TRICARE, USAA, AUSA and NGACT will again be available to meet with you one on one to answer any questions that might have on benefits and services. NGACT representatives will also be on hand to take your membership application and to answer any questions that you might have on NGACT.

The cost for this year's picnic is \$25.00 per person before July 31 and \$27.00 per person for those folks who wish to pay at the door. A registration form can be found in this edition of the Guardian or your checks can be mailed to NGACT Retiree Picnic, 360 Broad Street, Hartford, CT 06105. Checks should be made payable to NGACT and should include your name, address, rank, Army or Air Guard, phone number and e-mail address.

Come and join us as we say hello to old friends and meet new ones.

**CONNECTICUT ARMY & AIR
NATIONAL GUARD
RETIREES' PICNIC & BENEFITS
UPDATE BRIEF**

THURSDAY, AUGUST 6, 2015 @ 12:00 Noon
CAMP NIANTIC, NIANTIC CT

Active Duty Welcome

Pass the word

Meet old friends

New Facilities



Chowder All Day

Food & Beverage

Bring a guest

Card Games

VA, TRICARE, USAA & AUSA Reps

Mark your calendar and join as for the fun!

\$25.00 by July 31st, 2015 & \$27.00 at the Door

Name _____ Rank _____ Army _____ Air _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Retiree Benefit Update Brief will be held at 10:30 at The Point
Make checks payable to NGACT and mail to NGACT Retirees' Picnic,
360 Broad Street, Hartford, CT 06105



Save the NGACT Date

Aug. 6
NGACT Retirees Picnic

Aug. 8-13
EANGUS Conference
Indianapolis, Indiana

Aug. 19
NGACT Executive Board Meeting
NGACT Office, Hartford Armory
5:30 p.m. Open to All

Sept. 10-13
NGAUS Conference
Nashville, Tennessee

Sept. 11
Annual NGACT Golf Tournament
Hawk's Landing Country Club, Southington

Military History: Connecticut's State Capitol

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

Just up the street from the William A. O'Neill Armory is our very impressive state capitol. The building and grounds are a treasure trove of icons of our state's past. The present building on Trinity Hill (the former site of Trinity College) is the third to serve as our seat of government. Construction began in 1871 and was completed in time for the General Session in January 1878. The building was declared a National Historic Landmark in 1972.

Around the gold leaf covered dome are six statues representing Agriculture, Commerce, Education/Law, Force/War, Science/Justice and Music. The plan was to have 12 statues, but funding ran out and two of each statue were produced instead.

Over each entrance of the building are spaces for 16 tympanas (carved scenes) that show important events in American and Connecticut history. The first shows the famous Charter Oak, and eight of the spaces are still empty.

Also around the building's exterior are 26 gothic niches for statues of our state's notable citizens. Notable figures including Roger Sherman who is noted for being the only person to sign all four great state papers of the United States: the Articles of Confederation, the Declaration of Independence, the United States Constitution and the Continental Association. Jonathan Trumbull, Connecticut's Revolutionary War governor, is another figure immortalized via statue.

Connecticut's first female Governor, Ella Grasso, was

added in 1987.

Around the capitol grounds are statues of Israel Putnam and Thomas Knowlton, who have been featured in previous articles.

There is also a statue of Maj. Gen. Clarence Edwards, commander of the 26th Yankee Infantry Division during most of World War I.

The inscription states that the division was from Connecticut, when in fact it included National Guard units from all six New England states.

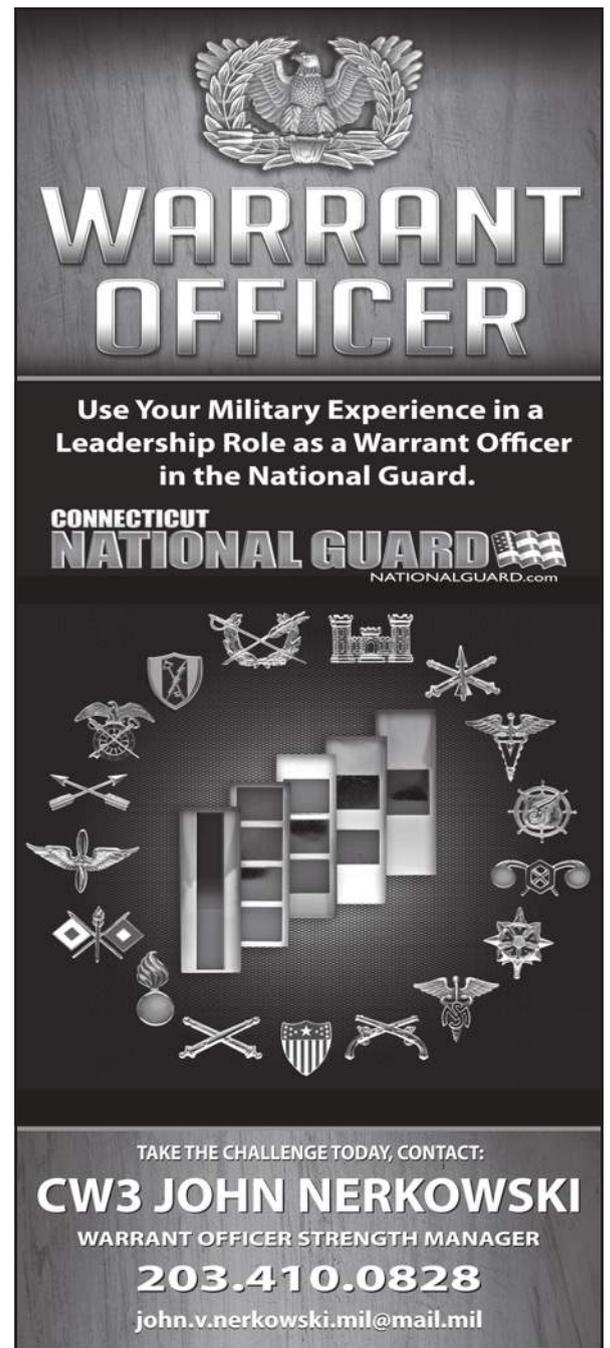
The Yankee Division was the first to reach France in WWI and the first complete division to be engaged. A short distance from Edward's statue is the "Andersonville Boy." This statue is dedicated to the Connecticut men who suffered in military prisons during the Civil War.

At the corner of Washington Street and Capitol Avenue is a statue honoring the Marquis de Lafayette. Lafayette was a French Army Officer who came to America to help train the Continental Army.

He met with General Washington on at least two occasions here in Connecticut and was named an honorary citizen of Hartford. Across the street from his statue is a 13-inch seacoast mortar that was used in the siege of Petersburg from 1864 to 1865.

Inside the capitol is a statue of our state hero, Nathan Hale, the 21-year-old school teacher from Coventry who served as a captain in Knowlton's Rangers and was "detached for special service" that would cost him his life.

Brig. Gen. Cody may be reached at rmcody@snet.net for comments or article recommendations.

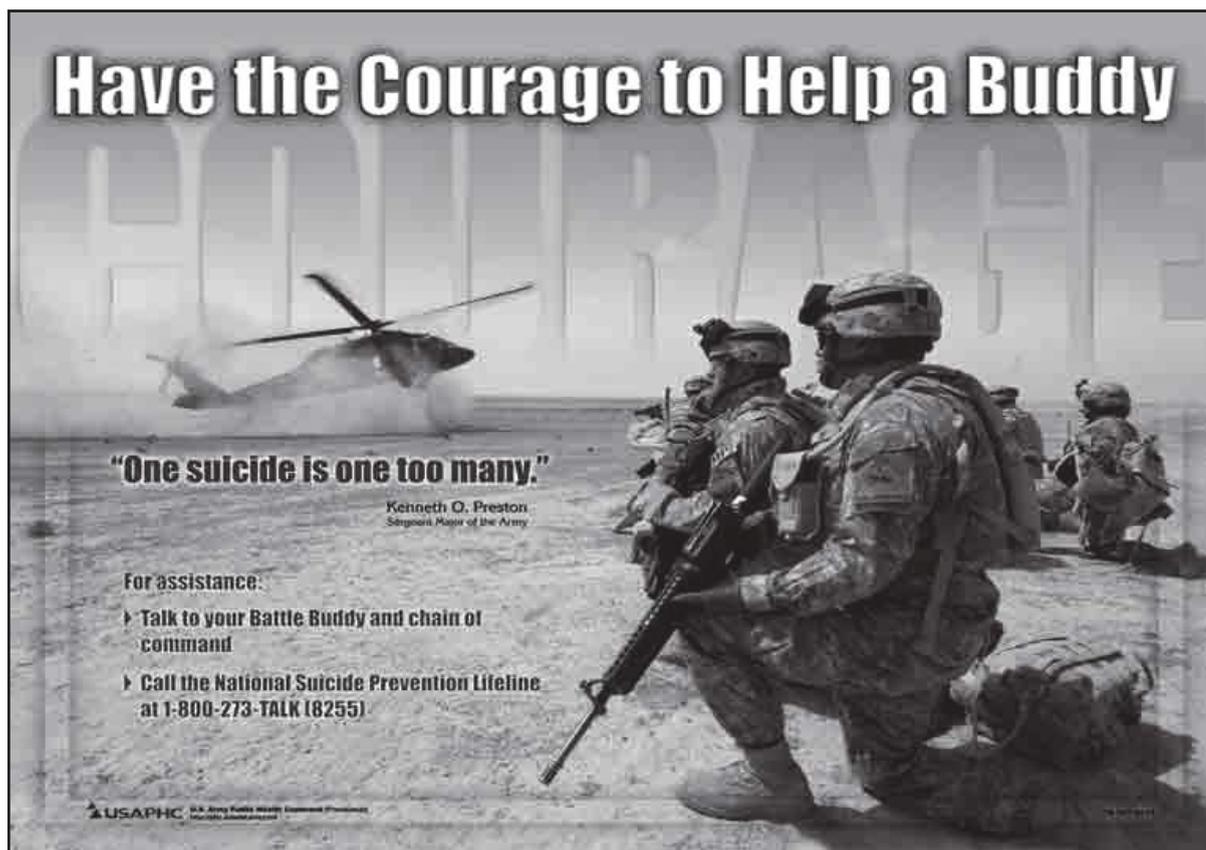


WARRANT OFFICER

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

CONNECTICUT NATIONAL GUARD
NATIONALGUARD.com

TAKE THE CHALLENGE TODAY, CONTACT:
CW3 JOHN NERKOWSKI
WARRANT OFFICER STRENGTH MANAGER
203.410.0828
john.v.nerkowski.mil@mail.mil



Have the Courage to Help a Buddy

"One suicide is one too many."

Kenneth O. Preston
Sergeant Major of the Army

For assistance:

- ▶ Talk to your Battle Buddy and chain of command
- ▶ Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

USAPHC U.S. Army Public Health Command (Prevention)



Live 1-on-1 Help Confidential Worldwide 24/7

DoD Safe Helpline
Sexual Assault Support for the DoD Community

Help is just a *Click, Call or Text* away!

Click www.SafeHelpline.org Call 877-995-5247
Text* 55-247 (INSIDE THE U.S.) 202-470-5546 (OUTSIDE THE U.S.)
*Text your location for the nearest SARC

Off the Bookshelf: Jane Eyre - For Gentle Readers

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Why bother reading?

There are countless television shows to watch. The internet offers a variety of content, too wide to articulate, and can provide summaries of novels in short paragraphs and colorful GIFs. Even if we're able to ignore technology for a little while, it's now summer and the sun is still peeking out until 9 p.m. We are having barbecues that extend into early evenings, taking walks in order to listen to crickets and peep frogs. Of course, there's also family to spend time with, and friends, and work, and school assignments and an infinite variety of other responsibilities.

However, you never know when the next occasion is that you'll have spare hours (deployment). And if you do end up with a plethora of time, it's best to be prepared. I recommend purchasing Charlotte Bronte's "Jane Eyre," just in case.

Unlike her sister's "Wuthering Heights," "Jane Eyre" will take longer than a day to read. "Jane Eyre," is like a walk in the early evening with the company of crickets, peep frogs and thoughts of loved ones. Perhaps there is something to encounter during the walk, perhaps not. But it is extremely enjoyable.

There is more fodder written about "Jane Eyre" than almost any other novel. It has been dissected, bisected and deconstructed thousands of times. Hundreds of academic theories have been applied to it to form countless dissertations and theses. Author, Jean Rhys,

wrote a prequel to "Jane Eyre," even before prequels were popular. Of course, there are also numerous movie adaptations.

Honestly, there is nothing extra to ascertain from this novel than what it is, plainly. "Jane Eyre" is the story of a young woman who falls in love with an older man. He has a little baggage, but she accepts it. She is a romantic, and he is too (and perhaps everyone was a romantic in the mid-19th century). Their home is large, and gothic, and mysterious in the wide open English rocky countryside where it is always cloudy.

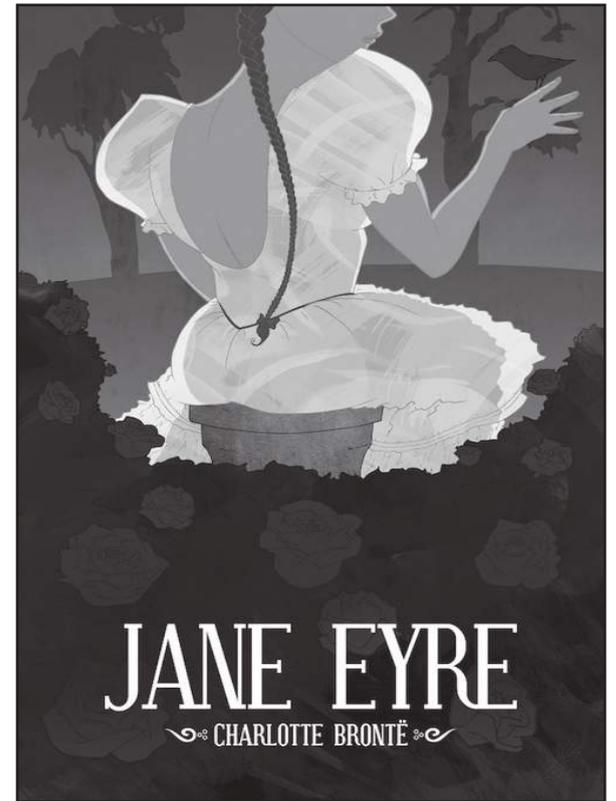
Before reading Jane Eyre, I recommend closing one's eyes and imagining mid-19th century Victorian England: its mechanization, dismalness, and the few bright souls that may have inhabited it. Imagine Charlotte Bronte at the World's Fair (The Great Exhibition) in 1851 in London, rubbing shoulders with Samuel Colt, Charles Darwin, Queen Victoria and countless others—discovering new plots, stories and worlds to write about, new lovers to kiss, and new walks to take in the early evenings.

Why bother writing?

Wouldn't it have been enough for Charlotte Bronte to keep those deep seated feelings and the ideas that moved her so much, to herself: Mr. Rochester, wide open spaces, candlelit chambers, walks on rocky paths, the few bright souls she encountered...?

"Gentle reader, may you never feel what I then felt!"

Stick "Jane Eyre" in your rucksack, for just in case.



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



Retiree's Voice: Space A (Available) Travel – Is it worth it?

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

Recently, retired friends of mine from another service branch told me that they are going to try Space A travel this summer. Having never utilized Space A, but always looking for ways to save on travel, I did some research. Here is a synopsis of what I discovered about traveling Space A.

Space Available Travel is better known as Space A or a military hop. When all required military cargo and personnel are accounted for on a flight, the available space left can be assigned to individuals based on six hierarchical categories. Eligible National Guard Retirees fall into the sixth and lowest category.

Space A travel has undergone a great deal of change since 9/11. There are not as many flights and it is harder to access. In the past, it was easy to access schedules, but security issues have changed it. There are fewer Space A gateways or bases where you can get flights. There is no centralized booking process, and Retirees have to do extra diligence to work the system. However, if you have time and flexibility, not having to pay for air fare can be a real savings.

Here's how Space A works. First, determine the gateway from which your travel will originate. At most bases, you sign up by submitting a completed AMC Form 140, on-line registration, fax or in person.

You will need to provide the following information:

name, grade/rank, social security number, branch of service, category of eligibility, number of passengers traveling with you, their names and social security numbers and up to five destinations. Documentation to be presented at flight time are military ID card(s), passports, immunization records and visas when necessary.

After you register, an email will be sent to the selected departure location and to your email address. You will compete for seats within Category VI based on the date and time of your registration. This determines your selection on all flights to your selected destination.

When you get to your final destination, sign up immediately for your return travel. This will give you the "best" date and time for competing for return flights. You can sign up for multiple gateways. A list of gateways can be found online.

Once registered, you remain registered for 60 days, the duration of travel, or you are selected for travel, whichever comes first.

If you are going to try Space A travel, you should consider the following tips. Ask around your unit to find someone who has used Space A before to find out which flights are typically available. Before considering Space A to a destination, check commercial airline travel to see if there are bargains available that outweigh the possible uncertainties of Space A.

Space A flights do not always keep to a set schedule,

so it is recommended that you add a least two days to your travel in case of any contingencies, and be prepared with extra funds for unanticipated meals and lodging. Be prepared to have to change plans and possibly fly commercial air for some legs of travel.

Give some thought to backup plans in case the flight doesn't end up at your target destination. Bases with high traffic volume such as McCord, Travis, Dover and Ramstein may be better choices. Traveling between major gateways may get you to your destination faster.

Military flights do not have the amenities of commercial flights. Be prepared for nonstandard seating and temperature changes of extra hot or cold. It is usually colder at higher altitudes, and if your flight is diverted, you may need different clothing than your original destination.

Bring your own snacks, reading material, electronics or whatever you need for waiting in the terminal and the flight. Earplugs for flights are often provided, but you might wish to have your own just in case.

This is only the tip of iceberg when considering Space A travel. Search the internet to find more information than this summary. Have a good attitude. Being prepared is a key term for Space A.

Remember, Space A travelers are not military priority. Be patient and relax. Look at Space A travel as an adventure, not fixed travel and embrace possible changes as a part of the adventure.

Retirement Service Officer Notes: Retirement Briefings

SGT. 1ST CLASS ERICKA THURMAN
RETIREMENT PROGRAM MANAGER

Retirement Briefings are available for Soldiers who are in any of the four stages of retirement:

1. Receiving the Notice of Eligibility (NOE) at either 20 years or 15 years of service;
2. Retiring from the National Guard and entering the "Gray Area" of retirement;
3. Turning the age of 60 and needs help with their retire pay packet; or
4. A Soldier who at any time wishes to receive a briefing because they need a refresher or never received a briefing at the previously mentioned milestones in their career.

At the briefing the following providers or Soldiers speak to the Retirees: TRICARE Medical, Ms. Virginia Hanke; TRICARE Dental, Mr. Doug Shobel or web audio; Transition Assistance Advisor, Brig. Gen. (CT-Ret.) Dan McHale; Employer Support of the Guard & Reserve (ESGR), Joshua Mead, Ted Graziani (former state representative and Vietnam Veteran); State Sponsored Life Insurance (SSLI); Social Security Administration, Brig. Gen. (CT-Ret.) Gary Ottenbreit; Small Business Administration (SBA), Mr. Frank Alvarado, Senior Area Manager/ Veterans Affairs Officer); State Command Sergeant Major, Command Sgt. Maj. Carragher; Retirement Point Administration Manager, Sgt. Kayla Nieves and Retirement Service Officer, Sgt. 1st Class Ericka Thurman.

Retirement briefings are held at the William A. O'Neill

Armory, 360 Broad St., Hartford, Connecticut.

Briefings are conducted to help each Soldier and spouse transition to the Retired Reserves with as much information, tools and resources as possible. Retirement briefings open an avenue of communication between the Soldiers and the Retiree Point Accounting Manager in the event corrections are needed on their Retiree Point Account Statement. Retirement briefings are helpful to let spouses know that this office is available in the event they lose their Soldier and need assistance for an annuity claim.

At the briefing, Soldiers who have completed 20 years of service are given their Notice of Eligibility, and guidance on options for the Reserve Component Survivor Benefit Plan (RC-SBP). Their elections are made in a timely manner to avoid an automatic election.

The Soldiers who are entering or in the gray area of retirement are transitioned with a prepared retired pay application containing all the necessary forms and instructions on how to fill out their retired pay application when they turn age 60 or prior if eligible for the Early Retired Pay due to deployments after January 2008. All data concerning the ERP is annotated and logged onto their Retiree Point Account Statement and a letter from the DSCPER is published as per National Guard Bureau guidance.

The Soldiers who are turning age 60 or those who are applying for pay early due to ERP are provided a completed packet prepared by the RSO ready for

signature. After completion, a copy of this packet is forwarded to the Historical Department for record keeping, and the original is mailed to HRC. All Retirees are presented with a flag, lapel pin and decals reading, 'Retired Army' for their window or car.

Briefings are held on the Sundays of the Joint Forces Headquarters drill weekend from 8 a.m. to 4 p.m. Light refreshments are provided by donation. There is a one hour lunch break, however, lunch is not provided. There is a microwave available as well as a local restaurants within walking distance. Briefings are not scheduled during the months of June, September and December due to annual training, Family Day and annual briefings. The briefing dates for the remainder of 2015 are: July 12, Aug. 2, Oct. 4, and Nov. 7.

To sign up for the retiree briefing, contact Sgt. 1st Class Ericka Thurman, at (860) 524-4813, or via email at ng.ct.ctarng.list.g1-rso@mail.mil.

Upcoming Events

- Monthly Retiree Breakfast: Thursday, June at 25 9:00 a.m. at Charlie's Place, West Main Street, Niantic. POC- Frank Perry.

- Vietnam 50th Anniversary: July 10-12 at the Connecticut Air National Guard Base in East Granby and New England Air Museum. The three-day event features vehicle and aircraft displays, helicopter rides in the UD-1D Huey, a USO Concert, a six-aircraft rescue demonstration and much more. For more information contact Eileen Hurst at hurst@ccsu.edu.

THE 102D ARMY BAND



WANTS YOU

TO AUDITION!

The 102d Army Band is looking for experienced musicians between the ages of 17 and 35 to audition now!

IMMEDIATE openings for:

**French Horn • Clarinet • Guitar
Bass Guitar • Trombone • Saxophone**

All other band instruments will also be considered!

Get the chance to perform at Community and Guard events, honor ceremonies, concerts, sporting events and much more!

Contact a local recruiter or 102nd Army Band RNCO Staff Sgt. Tomasz Durnik
tomasz.d.durnik.mil@mail.mil or (860)375-1801.

Find us on FACEBOOK! [facebook.com/102dArmyBand](https://www.facebook.com/102dArmyBand)

The Connecticut National Guard needs you to help tell the Soldier's story.

The 130th Public Affairs Detachment is looking for qualified, motivated Soldiers interested in writing, photography, video production, or media relations.

For information on vacancies and requirements, please contact Sgt. 1st Class Jordan Werme
jordan.e.werme.mil@mail.mil or (203) 568-1730



Veterans Services and Where to Find Them

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the VA.

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started.

http://www.va.gov/opa/publications/benefits_book/

Health Care

VA's health care offers a variety of services,

information, and benefits. As the nation's largest integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliaries, readjustment counseling centers, and various other facilities.

Benefits & Services

VA administers a variety of benefits and services that provide financial and other forms of assistance to Veterans, their dependents, and survivors. Major benefits include Veterans' compensation, Veterans' pension, survivors' benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance coverage.

Burial and Memorials

Burial and memorial benefits are available for eligible service members, Veterans, reservists, National Guard members, and eligible family members. Service include interment, headstones and markers, and Presidential memorial certificates. VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 Soldiers' lots, confederate cemeteries, and monument sites.

Veterans Benefits Fact Sheets

<http://www.vba.va.gov/VBA/benefits/factsheets/#BMI>

Connecticut National Guard Promotions Army

To Private 2

Blanc, Patrice D.
Chamorro, Felix I.
Drane, Joseph D.
Christino, Brandon A.
Sweikert, Samuel T.
McLeod, Keith E. Jr.
Llano, Jackelyn A.
Avery, Jacob G.
Dossantos, Nicholas E.
Kobialka, Valerie A.
Oliverospipkin, Nicholas
Springer, Ross J.
Paige, Davonta S.
Cortes, Kenneth A.

To Private First Class

Ericson, Connor A.
Roman Miguel M.
Peeler, Alexander J.
Bocuzzi, Thomas W.
Ferreira, Cody J.
Peltz, Christopher M.
Jimenez, Dennis
Litke, Griffin P.
Litke, Collin C.
Symon, Lauren C.

Parke, Austin R.
Rismay, Jamal J.
Mitchell, George M.
Martin, Darien S.
Karch, Aaron M.

To Specialist

Aldrich, David J.
Conway, Briana D.
Cook, Samuel G.
Bell, Michael D.
Toschi, Niko P.
Mohammad, Wali
Feng, Vincent W.
Gartley, Jamie L.
Iannelli, Richard J. III
Hanley, Jeffrey T.
Gonzalez, Felix M.
Lisitano, Justin E.
Cretens, Thomas A.
Jones, Bobby D.
Cavanna, Daniel J.

To Sergeant

Charles, Angel M.
Rousseau, Corey M.
Honeychurch, Joshua D

Sanford, Joshua J.
Akwokem, Francis B.
Heller, Aaron M.
Potter, Joseph W.
Fabaspicer, Alexander M
Monteleone, Jeffrey M.
Chapman, Michael A.
Maselek, Raymond R. III
Bennett, Dustin A.
Barshalom, Michael M.
Foster, Alex R.
Oldham, Kyle W.
Albert Andrew J.
Delrosario, Pascual Jr.
Baxter, Nathan J.
Bakos, Nicholas M.
Forrester, Ryan C.
Kinney, Jareb
Vanacore, Stephen R.
Cichy, Ashley N.
Davidson, William R. III
Jewett, Dana M.
Kirkland, Rebecca C.
Camacho, Sergio A.
Vento, Michael J.
Robinson, Kendall W.
Farren, Jeremiah J.

Air

To Senior Airman

Baker, Amber N.
Meskell, Daniel J.
Ramos, Jesus A. Jr.
Salter, Nathaniel G.
Masse, Nicholas A.

To Staff Sergeant

McEntire, Lucas A.

To Technical Sergeant

Perez, Marvin
Angieri, Peter V.

To Staff Sergeant

Verner, Rashae L.
Siwanowicz, Robert J.
Gonzalez, Julio
O'Neill, Trevor C.
Miller, Jessica S.
Costa, Kevin A.

To Sergeant First Class

Damicol, Michael J.
Stuart, Lindsay M.
Zito, Raymond L.

To Master Sergeant

Nugent, Michael J.
Zarzycka, Katarzyna B.

To Master Sergeant

Hughes, Stephanie D.

To Senior Master Sergeant

SanCartier, John H.

Coming Events

July

July 4

Independence Day

July 11-12

Vietnam 50th Celebration Weekend
Bradley Air National Guard Base

July 15

NGACT Executive Board Meeting

July 21

August Guardian Deadline

July 31-August 2

TAG Match

August

August 6

NGACT Army & Air Guard Retirees'
Picnic

August 9-12

EANGUS National Conference
Indianapolis, Indiana

August 15

OCS Graduation

August 18

September Guardian Deadline

August 19

NGACT Executive Board Meeting

September

September 7

Labor Day

September 10-13

NGAUS Conference, Nashville,
Tennessee

September 11

NGACT Golf Tournament

September 15

October Guardian Deadline

September 16

NGACT Executive Board Meeting

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

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)**

THE 102D ARMY BAND



INVITES YOU



TO OUR CONCERT!

DATE: TIME: EVENT LOCATION:

2 July	1900hrs	SOUTH WINDSOR- Evergreen Walk, 501 Evergreen Way
11 July	1930hrs	HARTFORD- Riverfront Recapture, 300 Columbus Blvd
20 July	1900hrs	NEW BRITAIN- Walnut Hill Park, 200 Grand Street
21 July	1830hrs	PLAINVILLE- Norton Park, 197 South Washington Street
22 July	1900hrs	MANCHESTER- MCC Band Shell, 60 Bidwell Street
23 July	1900hrs	CANTON- Mills Pond Park, 10 East Hill Road
24 July	1200hrs	YNHH- Yale New Haven Hospital lawn
24 July	1900hrs	WEST HAVEN- Old Grove Park, 190 Kelsey Ave
25 July	1600hrs	LITCHFIELD- Litchfield Town Green
27 July	1900hrs	BRISTOL- Memorial Blvd Band Shell
9 Aug	1300hrs	MOOSUP- "VJ DAY" Parade, 66 Prospect Street

[facebook.com/102dArmyBand](https://www.facebook.com/102dArmyBand)

YouTube Clip: <https://www.youtube.com/watch?v=GMOqnIGAVU4>

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Connecticut FAMILY Guardian



VOL. 16 NO. 7

HARTFORD, CONNECTICUT

JULY 2015

Youth Training Weekend Brings Guard Kids Together for Leadership, Resiliency, Team Building, Fun, Friendship

MICHELLE McCARTY
LEAD CHILD AND YOUTH PROGRAM COORDINATOR

The Connecticut National Guard's Child and Youth Program hosted its third annual State Youth Training weekend at Camp Niantic on May 29. More than 30 military youths signed up for a busy weekend of leadership training, resiliency, teambuilding and fun.

The weekend began with the youths checking out the Fire Arms Training System with Staff Sgt. Gerald Santos, experiencing the type of safety training their parents go through. Saturday began with the Leadership Reaction Course at Stones Ranch, where participants used their bodies and minds to figure out each challenge. Working together and supporting one another, many groups were able to successfully navigate each obstacle.

Following the LRC, educational speaker Josh Gunderson spoke with participants about cyber bullying and social media safety – a topic that is a challenge for both children and adults.

Training continued in the afternoon with the University of Connecticut New Haven County 4-H extension center, who conducted a team building activity making roller coasters for marbles, followed by an evening of capture the flag, s'mores on the fire and a neon-themed dance party.

The 4-H club joined the participants again Sunday and worked on building future goals, explaining how to chart a course for life leading up to college. Training wrapped up with brainstorming ideas for a Service Learning Project the group can participate in over the coming months.

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



Connecticut National Guard teens learn leadership and teamwork at the Leadership Reaction Course at Stone's Ranch during the State Youth Training Weekend in May. Participants used their bodies and minds to figure out each challenge. Working together and supporting one another, many groups were able to successfully navigate each obstacle. (Photo courtesy Michelle McCarty, Lead Child and Youth Program Coordinator)



The Connecticut National Guard's Child and Youth Program hosted its third annual State Youth Training weekend at Camp Niantic on May 29. More than 30 military youths signed up for a busy weekend of leadership training, resiliency, teambuilding and fun. (Photo courtesy Michelle McCarty, Lead Child and Youth Program Coordinator)



CATHERINE GALASSO

With God, You Can Overcome Anything

One summer afternoon, a little boy was flying a kite at the beach. A person walking by saw the child running back and forth on the sand and curiously asked, "What are you doing?" The boy, holding the kite's string in his hands, answered, "I'm flying a kite."

However, since the kite was so high in the air, the passerby could not see it. So he questioned, "But how do you know the kite is still there?"

Politely, the boy responded, "I know the kite is there, because I can feel the tug on the string."

Do you feel abandoned, lost or hopeless? Or, perhaps, are you consumed with worry thinking that your situation is without a solution.

But similar to this little boy flying a kite that a passerby couldn't see, feel the tug of assurance in your heart from God. For He is whispering to you today: "Do not fear. I am with you. And I will help you."

You're not alone. God is there for you. You may not see Him. Yet, God is with you every day; shielding, defending, delivering, and leading the way to victory.

"It is the Lord who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed." (Deuteronomy 31:8).

So, "Cast all your care upon Him; for He careth for you." (I Peter 5:7).

Hence, do not be overtaken by challenges. With God, you can overcome anything. So keep your focus on Him and open your heart to what He can do. God has dozens of ways to help you and to bless you, so leave the question of 'how' to Him. For God, "...who formed the earth and made it..." (Isaiah 45:18) "...who by himself spread out the heavens..." (Job 9:8) and "...called out the stars, and they all appeared in order..." (Isaiah 48:13) can reposition you and bring to you what you need the most.

A while ago, a dear reader wrote to me and described how he had overcome a serious illness. "I have learned many lessons... the most important being that God truly does care for me and for all of us."

Then, he recalled a miraculous experience, "One night, I was driving all alone, and I started thinking a lot about what was going on with my health. I was a little scared... a little sad... then, I thought of all the love and prayers people all have sent me. As silly as it may sound to some, I simply asked quietly, 'God, can you give me strength?'"

"Not even five minutes passed and my phone rang. The man on the other end said, 'Hello, a mutual friend of ours told me to call you.' He went on to tell me how he has been disease free for 17 years, and we talked for a long time. I felt great when we hung up the phone. So, 'just ask.' I did, and it worked!"

His letter continued, "God loves us, cares for us and He is with us every day, any time. All we have to do is seek Him, ask Him, and pray to Him."

God's eye is watching even the tiniest sparrow. Thus, surely, He will take care of you and supply your needs.

In the Old Testament, it tells how King Nebuchadnezzar threw Shadrach, Meshach and Abednego in a fiery furnace since they stood up for truth, did what was right and wouldn't bow down to an image of gold. On the surface, it appeared as their situation was hopeless. But they relied on God to give them strength, and believed for Him to do the impossible.

Shadrach, Meshach and Abednego said to the king, "O Nebuchadnezzar, we do not need to defend ourselves before you in this matter. If we are thrown into the blazing furnace, the God we serve is able to save us from it, and He will rescue us from your hand, O king." (Daniel 3:16-17).

God honored their faith and they emerged from the furnace unharmed. Nebuchadnezzar then set them free, and he declared the greatness of their God.

I think of Daniel in the Bible, a great man of patience, faith and prayer. The Lord did not prevent the wicked plotting of his adversaries, as Daniel was thrown into a den of hungry lions. Yet, at all costs, Daniel kept his trust and loyalty to God, and God sent an angel to protect him all through the night. In the morning, the King came to the den and called out to him, wondering if he were alive. Daniel answered him saying, "My God hath sent his angel, and hath shut the lions' mouths, that they have not hurt me" (Daniel 6:22).

God moves in mysterious ways. His specialty is doing the impossible. No matter how small or large your needs may be, don't get discouraged. For God is getting you ready to take you into a new area of blessings. Trust His timing. And persevere onward with unshakeable faith. Soon, your prayers will be answered. Out of the blue, adverse circumstances will turn around. Suddenly, everything can change for the better in your life. And you'll come forth stronger and better than ever.

If you were to close your eyes while you were flying a kite, holding the kite's string in your hand, you'd feel the tug of assurance on the string, so you would know that the kite was still there. Right now, feel the tug of gentle assurance in your heart from God that says:

- * "I am here. Leave your cares and worries with Me."
- * "I have great plans for you."
- * "Miracles are in your future."
- * "New joys are just ahead."
- * "And amazing opportunities are to come."

The sky is truly the limit where you are concerned. It is not over for you for anything. You have a lot of time and lots for which to look forward. Only the best waits for you.

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

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 socialmedia.DEFENSE.GOV
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 **Office of the Chief of Public Affairs**
Online & Social Media Division

Summer Activities for Teens: Jobs, Sports, Social Events

SUBMITTED BY CHRIS ROULEAU
MILITARY ONESOURCE

Summer can mean a lot of things to your teen - a chance to unwind and socialize after a long school year, a chance to build a resume before applying to college or simply a chance to relax and enjoy local surroundings. Help your teen make the most of the summer months with the following Morale, Welfare and Recreation facilities and activities:

- **Summer jobs** - summer vacation can mean that teens suddenly have free time. If your teen is ready for some added responsibility and a little extra income, check out the employment opportunities offered through your Morale, Welfare and Recreation; applications may even be available online.

- **Volunteer opportunities** - Volunteering is another great way for teens to learn responsibility, add experience to their resumes and give back to the military community. Opportunities vary by installation, so check with your installation's Morale, Welfare and Recreation for opportunities and requirements.

- **Organized sports** - Encourage your teen to join a team during the summer as a fun way to stay fit, active and accountable. Team availability varies by installation, so check locally to find out what is available during the summer months for your teen's age bracket.

- **Concerts and shows** - There are frequently low or no-cost concerts and other performances right on the installation - often open only to Department of Defense families. Your teen might enjoy a night of music or a comedy act with friends, so check frequently with your local Morale, Welfare and Recreation for upcoming events.

- **Information, Tickets and Travel** - Sometimes an adventure is waiting in your own community. Encourage your teen to explore the area surrounding your installation

with the help of Information, Tickets and Travel. Here your teen can find discounted admission to local attractions, like theme parks, museums or sports venues.

- **Installation recreation centers** - summertime isn't all about the outdoors; depending on where you are, you may be looking for fun ways to beat the heat indoors. Look no further than your installation's recreation center. Here your teen can access computers, gaming systems, craft projects and special events. Volunteer opportunities may also be available here for teens during the summer.

- **Libraries** - Another escape from the summer heat is your installation's library. Your teen can browse newspapers and magazines or check out an interesting book to read at home or on the beach. Books are also available for download through the online library resources or your service's library portal.

- **Equipment rentals** - Your installation's Morale, Welfare and Recreation offers outdoor recreation equipment rentals that can turn a boring afternoon into a soccer game or volleyball tournament. Teens may also be able to rent equipment, like golf clubs, tennis rackets or life jackets to use at a fitness facility or installation park.

- **Installation parks, picnic areas, water access and family camps** - Chances are your installation has a park or water access, like a marina, beach, lake or river available to military families for all types of adventures. Teens can spend a summer day at the beach without ever leaving the installation. Availability varies depending on where you are, but you can explore your options by contacting your local Morale, Welfare and Recreation to find these areas.

- **Graduation parties** - If your teen is graduating this year, Morale, Welfare and Recreation can help you plan an unforgettable graduation party. Inquire locally for possible venues and catering options.

Wear Your SEAT BELT

Narrow, unimproved roads and heavy vehicles don't always mix.

RECON

Wearing seat belts and properly executing emergency rollover drills saves lives.

ARMY SAFE IS ARMY STRONG

U.S. ARMY
ARMY STRONG

U.S. ARMY COMBAT READINESS CENTER
<https://safety.army.mil>

CONNECTICUT MILITARY DEPARTMENT

Military Relief Fund

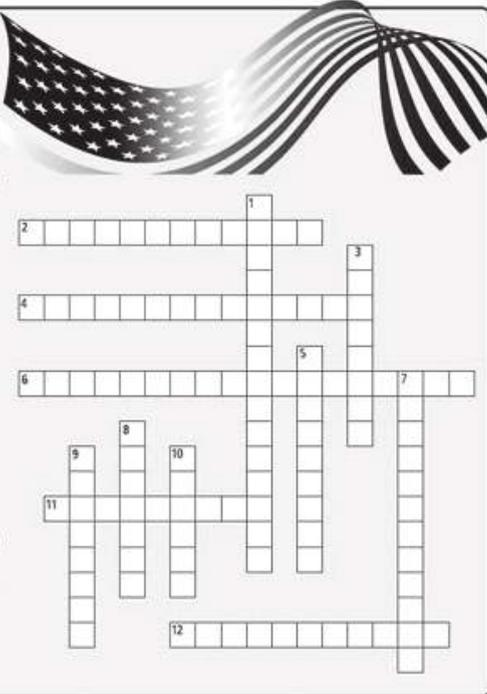
Supporting Connecticut's Military Community

The Connecticut Military Relief Fund is a state funded program designed to assist Connecticut's military personnel and their families who are experiencing a financial hardship

Go to our website:
www.ct.gov/mil/mrf
or call:
(860) 524-4968
for more information

Fourth of July Crossword

Test your knowledge of July 4 facts with this crossword puzzle.



ACROSS

- The final draft of the Declaration of Independence was signed in this American city
- In 1776, the American colonies declared independence from this country
- The Declaration of Independence was signed while this war was occurring
- Many people watch displays of these on the night of July 4
- This person had the largest signature on the Declaration of Independence

DOWN

- This person is considered the author of the Declaration of Independence
- Activity popular with American families on July 4
- This second president of the United States of America also signed the Declaration of Independence
- Colonists wanted to gain this from Great Britain
- An "unalienable right" according to the Declaration of Independence
- Number of American colonies in July 1776
- The king of England in 1776 was _____ III

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)

ANSWERS
 2. PHILADELPHIA
 4. GREAT BRITAIN
 6. REVOLUTIONARY WAR
 11. FIREWORKS
 12. JOHN ADAMS
 1. THOMAS JEFFERSON
 3. PICNICS
 5. GEORGE WASHINGTON
 7. BREAD
 8. UNALIENABLE RIGHTS
 9. 13
 10. KING GEORGE III

Service Member and Family Support Center Staff Directory

William A. O'Neill Armory - 360 Broad Street, Hartford, CT 06105 - Open Mon.-Fri.			
State Family Program Director	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Lead Family Assistance Center Coordinator	Andrea Lathrop	andrea.e.lathrop.ctr@mail.mil	(860) 524-4938
Family Assistance Center Specialist	Rita O'Donnell	lerita.m.odonnell.ctr@mail.mil	(860) 493-2797
Family Assistance Center Specialist	Mitch Foreman	mittchell.d.foreman.ctr@mail.mil	(860) 524-4821
Family Assistance Center Specialist	Jessica Koehler	jessica.w.koehler.ctr@mail.mil	(860) 524-4969
Senior Family Readiness Support Assistant	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 548-3283
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4963
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920
ARNG Yellow Ribbon Program Coordinator	Staff Sgt. Clint Shivers	clinton.r.shivers.mil@mail.mil	(860) 493-2796
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254
Family Program Technician	Staff Sgt. Melody Baber	melodycheyenne.c.baber.mil@mail.mil	(860) 548-3276
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.macsata.ctr@mail.mil	(860) 548-3258
Military OneSource Consultant	Chris Rouleau	christopher.rouleau@militaryonesource.com	(860) 502-5416
Military Family Life Consultant (Adult)	Judith Charles	nghartfordctsurge@magmflc.org	(860) 471-7286
Military Family Life Consultant (Youth)	Pearl Pappas	nghartfordctsurge@magmflc.org	(860) 471-7133
Personal Finance Consultant	Ernie Lacore	elacore@mflc.zeiders.com	(860) 372-6404
Windsor Locks Readiness Center - 85-300 Light Lane, Windsor Locks, CT 06096 - Open Mon.-Fri.			
Family Assistance Center Specialist	Troy Walcott	troy.a.walcott.ctr@mail.mil	(860) 292-4602
Family Assistance Center Specialist	Michael Cortes	michael.cortes1.ctr@mail.mil	(860) 292-4601
Veterans' Memorial Armed Forces Reserve Center - 90 Wooster Heights Road, Danbury, CT 06810 - Open Mon.-Fri.			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050
New London Armory - 249 Bayonet Street, New London, CT 06320 - Open Mon.-Fri.			
Family Assistance Center Specialist	Van Nessa Foster	vannessa.n.foster.ctr@mail.mil	(860) 772-1422
103rd Airlift Wing - 100 Nicholson Road, East Granby, CT 06026 - Open Mon.-Fri.			
Airman & Family Readiness Program Manager	Donna Rivera	donna.rivera.civ@ang.af.mil	(860) 292-2730
ANG Yellow Ribbon Program Coordinator	Rick Uliano	richard.uliano.ctr@ang.af.mil	(860) 292-2730
103rd Air Control Squadron - 206 Boston Post Road, Orange, CT 06477 - Open Mon. & Fri. - (203) 795-2961			
Niantic Readiness Center - 38 Smith Street, Niantic, CT 06072 - By Appointment - (800) 858-2677			
Waterbury Armory - 64 Field Street, Waterbury, CT 06072 - By Appointment - (800) 858-2677			
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