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Welcome Home 143rd RSG

Maj. Michael Jakubson of the 143rd Regional Support Group embraces his wife, Jade, upon return from his deployment to Afghanistan, Dec. 30. Jakubson, along with 30 other soldiers of the 143rd RSG spent nine months in Afghanistan in support of NATO's Resolute Support mission, providing command, control and administration to all base life support operations on post. The unit returned home just in time to ring in the new year with their families. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)

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2015: It Was a Very Good Year *Part Two of a Two-Part Series*

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

In last month's edition of the Connecticut Guardian, we left off on our annual review in June, the peak of a very busy annual training season. Connecticut National Guardsmen were in the midst of travel to Pennsylvania and New York to complete training and requirements, and here in the state, construction began on facility upgrades and soldiers and airmen stayed busy supporting community events.

Moving forward in 2015, the Connecticut National Guard continued to show support throughout the local,

national and international communities, participating in high-profile events and commemorations, and carrying out real world missions all over the globe.

July

Bradley Air National Guard Base in East Granby opened its gates and welcomed hundreds of visitors who celebrated the **Vietnam War 50th Commemoration Event**. Veterans, supporters and history buffs alike were treated to tours of multiple Vietnam-era

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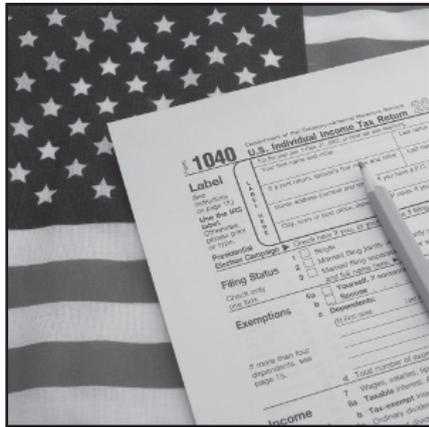


On the weekend of July 10, the gates of Bradley Air National Guard Base, East Granby, Connecticut, were opened for the public to celebrate and welcome home veterans from the Vietnam War era. (Photo by Master Sgt. Erin McNamara, 103rd Airlift Wing)

Free Tax Services Available to Military Members, Families

LISA FERDINANDO
DoD NEWS, DEFENSE MEDIA ACTIVITY

With the holidays now over, service members and their families might start looking toward another annual event, albeit one that generally garners far less excitement: filing taxes.



The Defense Department wants service members and their families to know they can get free tax consultations and tax-filing software through Military OneSource, according to Erika Slaton, program analyst for Military OneSource.

“The financial environment in which we live is very complex,” Slaton said. “When you combine that with the realities of military life that includes frequent moves and deployments, it can present some special challenges for service members and their families.”

The Defense Department, through Military OneSource, has teamed up, as it has in previous years, with H&R Block to offer the free tax services.

The services could save members and families hundreds of dollars, Slaton said. She encourages all those who are eligible to consider using the services.

“It’s extremely important because of those challenges [including] frequent moves and deployments, and because tax laws change every year,” she said.

Military OneSource tax consultants are available

January through April 15, seven days a week from 7 a.m. to 11 p.m. eastern time at 1-800-342-9647. After April 15, the consultants can be reached Monday through Friday, 8 a.m. to 10 p.m. eastern time.

While Military OneSource tax experts are available only via the phone, Slaton points out that other tax experts are available in person at military installations with a Volunteer Income Tax Assistance, or VITA, location.

The Military OneSource free tax software, which can be found at Caution-www.militaryonesource.mil, is available at VITA locations as well.

File Electronically

The software is self-paced and walks users through a series of questions to help them to prepare their return. It allows individuals to electronically file a federal return and up to three state tax returns.

“If at any time during the course of completing their return, the user has any questions about their own tax situation, they can call Military OneSource,” Slaton said.

Those eligible for the Military OneSource tax services include National Guard members, and active duty and reserve members of the Army, Air Force, Marines and Navy.

Immediate family members of those eligible and non-remarried survivors from any era can also use the services. Military members who retired or were discharged honorably are eligible up to 180 days after leaving the service.

Other groups are eligible, Slaton explained. She encourages people to check the website for further information or call Military OneSource to find out about eligibility.

Available Through June

The free tax preparation and

filing software is available through the end of June.

The Military OneSource tax software is secure, as the vendor uses industry-recognized security safeguards, she said. The vendor stands by the filer in the event of an audit or mistake.

Military OneSource, which is a confidential DoD-funded program, offers many other resources, Slaton said, including counseling and services related to family and relationships, finances, health and wellness, education and employment.

“We encourage service members and their families to call Military OneSource and just explore everything that Military OneSource has to offer,” she said. “They can call, click and connect with Military OneSource today.”

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All others may contact the editor at allison.l.joanis.civ@mail.mil or 860-524-4858.

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(Front Page American Flag photo by Buddy Altobello)

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New CSMS Officially Opened at Camp Hartell

OFFICIAL RELEASE
CONNECTICUT NATIONAL GUARD
PUBLIC AFFAIRS OFFICE

Members of the Connecticut National Guard leadership, and local federal and state officials formally marked the opening of the newly constructed Combined Support Maintenance Shop at a ribbon cutting ceremony inside the new facility at Camp Hartell in Windsor Locks, Jan. 14.

Lieutenant Governor Nancy Wyman and Senator Richard Blumenthal joined Major General Thaddeus J. Martin, Adjutant General of the Connecticut National Guard for the grand opening of the \$36 million, 112,000-square-foot facility.

“Ensuring that members of our military have properly maintained equipment so they are ready to respond at a moment’s notice is vital to our security at home and abroad,” Governor Malloy said in a prepared statement. “We stand ready to support members of our National Guard today, tomorrow and years after they leave the service. Our investments today honor their service and ensure that we become even more effective in future missions.”

The CSMS provides 12 tactical vehicle maintenance bays for Connecticut National Guard equipment, as well as specifically designed work spaces that address welding, electronics repair and calibration. It will support nearly \$325 million in vehicles and specialized equipment assigned to the Connecticut Army National Guard.

“Today we see the work our Connecticut National Guard troops do day in and day out to ensure their readiness to serve,” said Lt. Governor Wyman. “In Connecticut, we’ve seen time and again how critical these



Aerial view of the newly constructed \$36 million, 112,000-square-foot, Combined Support Maintenance Shop at Camp Hartell in Windsor Locks, Conn. The facility was officially opened at a ribbon cutting ceremony on Jan. 14. (Photo courtesy of the Connecticut National Guard Facilities Maintenance Office)

efforts are in protecting residents, and we know it is true for the troops deployed across the globe in defense of our national security as well. We are grateful for their service.”

The CSMS is staffed by over 60 full-time personnel, responsible for managing and completing all higher-level maintenance to the Connecticut Army National Guard’s more than 700 vehicles and thousands of pieces of specialized equipment located at facilities throughout the state.

“Camp Hartell has undergone major changes in the last decade, thanks to the efforts of those at both the state and federal level,” said Martin. “The maintenance shop is now the crown jewel of the post, and reaffirms our commitment to training, equipment readiness, and preparedness for both our federal and state missions.”

The project architect and engineer is AECOM, headquartered in San Francisco with local offices in Rocky Hill and Groton. The contractor is the Whiting-Turner Contracting Company, headquartered in Baltimore with Connecticut offices in New Haven and Shelton. Hill Engineering, headquartered in Dalton, Massachusetts, is the construction administrator.

Camp Hartell is named in honor of U.S.

Army First Lieutenant Lee R. Hartell of Danbury. Hartell was posthumously awarded the Medal of Honor for conspicuous gallantry on August 27, 1951 during the



The previously existing Combined Support Maintenance Shop at Camp Hartell in Windsor Locks, Conn. This structure was demolished to construct the new 112,000-square-foot CSMS that now stands in its place. (Photo courtesy of the Connecticut National Guard Facilities Maintenance Office)



Lt. Governor Nancy Wyman and U.S. Senator Richard Blumenthal join Maj. Gen. Thaddeus J. Martin, Adjutant General and Commander of the Connecticut National Guard to cut the ribbon and officially open the newly constructed Combined Support Maintenance Shop during a ceremony at Camp Hartell in Windsor Locks, Conn. on Jan. 14. (Photo by Ms. Allison L. Joanis, Connecticut National Guard Public Affairs Office)

Korean War while serving as a field artillery forward observer on Hill 700, near Kobansan-ni, Korea.

The new CSMS is the largest, but not the only construction project to take place at Camp Hartell. Multiple facilities around the post, to include the front gate, and other renovated structures are moving the post into the 21st century and providing the Connecticut National Guard with another state-of-the-art facility to better train Connecticut’s soldiers and airmen to serve the state and nation.

'The Give Back' to Children in Need

102nd Soldier Organizes Holiday Toy Drive

STAFF SGT. JEREMY LEWIS
HHC 1-102ND INFANTRY

Sgt. Anthony Tate, attached to the 1-102nd Infantry from the 186th Brigade Support Battalion, spent this holiday season giving back to children in need.

Tate and his friend, Jose Diaz, organized a toy drive for the Connecticut Children's Medical Center Foundation. Through their resourcefulness they brought people together to help families in need.

Tate met Jose earlier during the summer of 2015 and they turned their enthusiasm for motorcycles into a successful series of bike nights in Connecticut and Massachusetts. Later, in response to crime, they organized the "No Hate Showcase" concert series to promote stopping violence. As Christmas approached, the pair decided to continue using their talents in event organizing to help others.

In coordination with Certified Free Agents Entertainment and Tate's motorcycle club, the Battle Ryderz Motorcycle Club, Tate and Jose organized, "Rhyme for the Drive Hip-Hop XMas Winter Fest," which took place at the Vine Bar & Lounge in downtown Hartford Dec. 20. Their toy drive was hosted by J Starr and featured music by Tall Tee, along with over 20 other artists. By the end of the night, they collected over 150 toys, accomplishing their mission.

The duo's large donation to the Connecticut Children's Medical Center Foundation was warmly received.

"It was exciting and gave me a good feeling of what we call 'The Give Back'," said Tate. "Not a lot of people understand what some parents can't do for their children, so we figured we can help some. It gave me a sense of accomplishment. I love helping those that can't help themselves or who know how to pay it forward."



Jose Diaz (left) and Sgt.

CTNG Recognizes Soldiers and Airmen Through Diversity

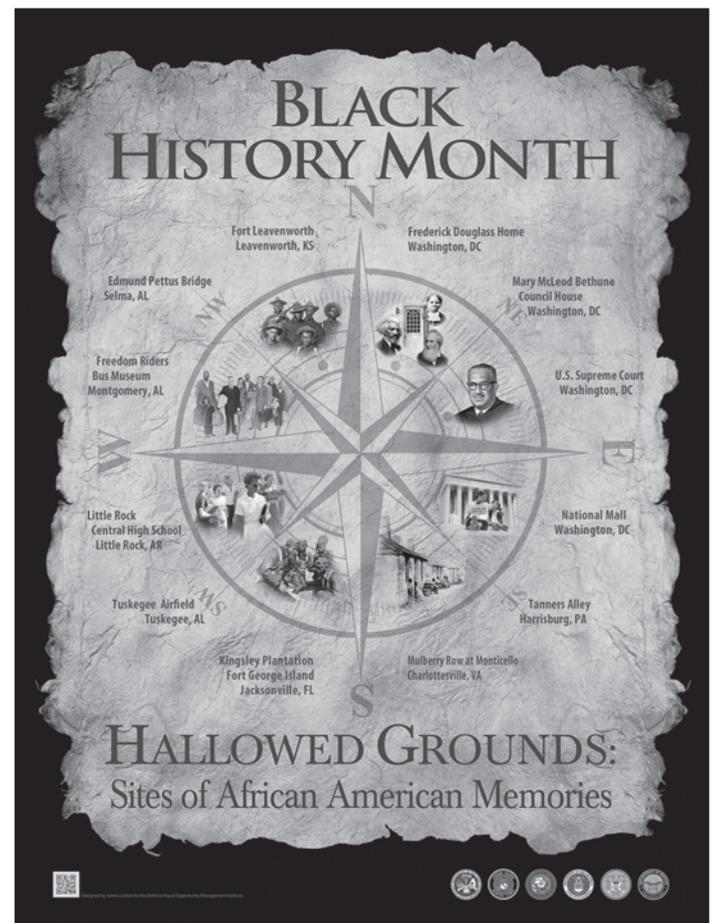
MAJ. KRISTINA L. GARUTI
STATE EQUAL OPPORTUNITY OFFICER

Maj. Gen. Martin, the Adjutant General of the Connecticut National Guard, signed into effect policy letter number 29, Equal Opportunity/Diversity Affinity Awards, Jan. 19.

This policy will require the major subordinate commands of the Connecticut Army and Air Guard to nominate soldiers and airmen for specific awards at the state and national levels. The specific awards are: the Federal Asian Pacific American Council Military Meritorious Service Award; the Society of American Indian Government Employees Meritorious Service Award; the League of United Latin American Citizens Excellence Award; the National Association for the Advancement of Colored People Roy Wilkins Renowned Service Award; the Federally Employed Women Recognition Award; the Blacks In Government Meritorious Service Award; the National Organization for Mexican American Rights Meritorious Service Award; the National Image, Incorporated Meritorious Service Award; and the Connecticut Excellence in Diversity Individual and Unit Awards.

Each award has eligibility criteria that will be forwarded to leadership as it is made available to the State Equal Employment Manager. Nominees must distinguish themselves by promoting the tenets of civil/human rights, equal opportunity, diversity, human relations, and/or public service. Unless the award criteria specifically narrows the applicant demographics, nominees can be from any racial, ethnic, or gender background as long as they are promoting the aforementioned tenets for the specific award. For example, the NOMAR Meritorious Service Award criteria stipulates the nominee significantly increased the opportunity for participation of Hispanic Serving Institutions in federal programs and enhance the capacity to build and develop infrastructure to increase participation in Department of Defense programs involving contracts and grants, student and faculty employment, Research and Development, and the Reserve Officer Training Corps. The criteria does not require the nominee be of Mexican or Hispanic decent, so anyone of any ethnic or racial background can be nominated for this award that meets the specified criteria.

Many soldiers and airmen of the CTNG are involved in their local communities, displaying exceptional character and distinguishing themselves as outstanding leaders, role models and mentors. They assist in overcoming discrimination and eliminating barriers that hinder equal opportunity for military and civilian members of our organization. These members create opportunities that support and contribute to the mentorship, development,



advancement and retention of all CTNG personnel.

Retired Master Sgt. Claire Potier of the Connecticut Air National Guard was one such airman, heavily involved in her local community promoting special emphasis awareness and community outreach. Although she is retired, she still communicates with the CTNG by informing our organization of local affinity and community special emphasis events.

On Feb. 21, 2016, Potier's church is hosting a Black History Month event themed, "The Lord Is My Light" at St. Michael's Church located at 7 Clark Street, Hartford, Conn. The event consists of a mass with guest homilist Father A. Gerard Jordan from Philadelphia, Pennsylvania, followed by light refreshments in celebration and honor of Black History Month. This event begins at 10 a.m. and is open to the public, free of charge.

If you have specific questions about this event, please contact the SEEM, Maj. Kristina Garuti, at telephone 860-613-7610 or via email at kristina.l.garuti.mil@mail.mil. Additionally, if you are involved in civil/human rights, equal opportunity, diversity, human relations, and/or public service, let your leadership know of your activities. If you are not currently involved but want to be, contact Maj. Garuti and she can provide information about CTNG and local community opportunities.

Regional Support Group Welcomes New Commander

SGT. 1ST CLASS JORDAN E. WERME
130RD PUBLIC AFFAIRS DETACHMENT

MIDDLETOWN, Connecticut – The 143rd Regional Support Group of the Connecticut Army National Guard held a formal change of command ceremony at the Maj. Gen. Maurice Rose Armed Forces Reserve Center, Jan. 24.

Col. Robert M. Nugent succeeds Col. Daniel C. Spineti, who is retiring from the Guard following a 30-plus-year career as a commissioned officer.

“Today is homecoming for me, to command a unit that I have been a part of in the past for many years,” said Nugent during his remarks to his new soldiers. “My deepest thanks goes to my family...for your sacrifices and support throughout my military career. Without your love and support there’s no way an assignment like this would be possible.”

“I commit to you that I do my best to ensure your success, support your development as leaders, and work together with you and your families to provide our nation and the state of Connecticut with our best possible service and support,” said Nugent.

Nugent’s previous assignments with the Connecticut National Guard include as company commander, Company B, 143rd Forward Support Battalion, instructor with 169th Leadership Regiment, executive officer, 143rd Combat Sustainment Support Group, and commander of the 169th Regiment Regional Training Institute.

He earned a Bachelor of Science Degree in mechanical engineering from the University of Connecticut in 1992, a Master of Science Degree in management from Rensselaer Polytechnic Institute in 1999, and a Master of Strategic Studies from the United States Army War College in 2013.

Nugent’s military awards include the Defense Meritorious Service Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, National Defense Service Medal with one star, Iraq Campaign Medal, Global War on Terrorism Service Medal, Department of State Meritorious Honor Award, and the Joint Meritorious Award.

Nugent lives with his wife, Cecilia, and their two sons, Julian and Nathan, in Windsor, Connecticut.

Among Spineti’s previous military assignments are as commander of 85th

Troop Command, deputy commander of the 143rd RSG, battalion commander of the 2nd Battalion, 169th Regional Training Institute, director of support operations for the 143rd Joint Support Group, and numerous staff officer positions within the 143rd ASG and 43rd Infantry Brigade.

“I said I would never use that term, ‘bittersweet,’ but for those that don’t know it is my last day in command here, and it is also my last day in uniform,” said Spineti. “So after 32 years and about 10 months or so this will be my last day in uniform and with this great organization. I do have to thank you all for the support I’ve gotten over the years.”

He has been a practicing attorney in Connecticut for more than 20 years, and holds a Bachelor of Arts from the University of Connecticut, a Juris

Doctorate from the Western New England College School of Law, and a Master of Strategic Studies from the United States Army War College.

Spineti lives with his wife, Marisa, and their three children, Isabella, Bianca, and Nina, in Farmington, Connecticut.



Col. Daniel C. Spineti, outgoing commander of the 143rd Regional Support Group, passes the unit colors to Brig. Gen. Mark Russo, Land Component Commander, Connecticut National Guard, during a Change of Command ceremony at the Maj. Gen. Maurice Rose Armed Forces Reserve Center, Middletown, Conn., Jan. 24. During the ceremony, the unit colors are passed from the sergeant major to the outgoing commander, then to the higher element commander and to the incoming commander before returning to the sergeant major, signifying the change of responsibility from one command to the next. (Photo by Sgt. Alicia M. Brocuglio, 130th Public Affairs Detachment, Connecticut National Guard)



The families of Col. Daniel C. Spineti and Col. Robert M. Nugent look on during the Change of Command ceremony at the Maj. Gen. Maurice Rose Armed Forces Reserve Center, Middletown, Conn, Jan. 24. Nugent, the incoming commander of the 143rd Regional Support Group, took command following Spineti’s retirement after a 32-year career. (Photo by Sgt. Alicia M. Brocuglio, 130th PAD, CTARNG)



Col. Robert M. Nugent addresses his soldiers for the first time as commander of the 143rd Regional Support Group during a Change of Command ceremony at the Maj. Gen. Maurice Rose Armed Forces Reserve Center, Middletown, Conn., Jan. 24. (Photo by Sgt. Alicia M. Brocuglio, 130th PAD, CTARNG)

Looking Back on 2015

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experiences and even a ride on a UH-1 Huey, flown by a crew that served in Vietnam.

The event was highlighted by **Mary Light and Francis McCann, American Gold Star mothers** who both lost a son in Vietnam. Light's son, a Huey pilot, had never seen the aircraft her son piloted and was treated to a ride in the UH-1.

The 130th Public Affairs Detachment traveled halfway around the world to Germany, where they spent three weeks at the Joint Multinational Readiness Center in Hohenfels. The PAD's mission was to tell the story of the exercise to both American and international audiences.

"JMRC does a great job providing a deployment simulation environment," said Sgt. 1st Class Jordan Werme, Public Affairs Operations NCO for the 130th PAD. "Having the chance to practice our MOS skills in that type of environment is important."

The 103rd Prime Base Engineer Emergency Force supported Operation Juniper Cobra by traveling over



Sgt. 1st Class Jordan Werme takes video of a C-130 test landing at the Short Take Off Landing strip at Hohenfels Training Area, July 29. The 130th Public Affairs Detachment provided public affairs support to the Joint Multinational Readiness Center at Hohenfels, Germany from July 25 to Aug. 14, 2015. (Photo by Joseph E. Brooks, 130th PAD)

6,000 miles to Hatzor Air Base in Israel. Over 19 days in the Mediterranean heat, Airmen worked to assist in the construction of four 10,000-square foot buildings for use during joint U.S.-Israel exercises. The buildings were also designed for use as a base of operations for real-world contingencies.

"As with any project of this scope, there were challenges along the way but the joint teamwork was amazing – and they offered solutions to every problem," said Master Sgt. David Surprenant, the Project Manager for the 103rd.

August

The Connecticut National Guard welcomed leadership from the **Uruguayan Armed Forces in a State Partnership Program Key Leader Exchange**, Aug. 3-7.

Uruguayan officials, including the Chief of National Defense, Commanders of the Navy and Army, the Defense Attaché to the United States, and their aides and wives, visited several CTNG sites, the State Capitol, and other military facilities around the state to get a better understanding of military capabilities in Connecticut.

"This isn't a one-sided relationship," said Capt. Nick Raphael, State



Members of the 103rd Civil Engineer Squadron utilize Trimble instruments to ensure square marks for a future wall location at Hatzor Air Base, Israel, The Civil Engineers traveled to Israel for 19 days in July of 2015. Their mission was to assist in building construction in support of Operation Juniper Cobra. (U.S. Air National Guard photo by Master Sgt. Robert Armstrong)



Mary Light (left) and Francis McCann posed with a UH-1 Huey. Both women are members of American Gold Star Mothers and lost their sons in Vietnam, Michael Light and James Carney, respectively. Michael Light was a Huey pilot and his mother had never even seen a Huey until the day before the event. On July 10, she and McCann had the opportunity to fly in one. (Photo by Master Sgt. Erin McNamara, 103d Airlift Wing)



Uruguayan Chief of National Defense, General Nelson Eduardo Pintos, is greeted by airmen at the Bradley Air National Guard Base, in East Granby, Conn., Aug. 5. The Uruguayan generals viewed static displays of the 103rd Airlift Wing equipment and watched airmen in action, performing maintenance and repair duties. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

Partnership Program Coordinator. "The 30 exercises undertaken with Uruguay have benefitted both of our nations...and this partnership will continue to get stronger and stronger for years to come."

Days later, the **169th Regimental Training Institute** graduated and commissioned nine second lieutenants as **Officer Candidate School Class 60** joined the ranks as the CTARNG's newest officers, Aug. 15.

Brig. Gen. (Ret.) Louis Preziosi delivered the keynote address, and told the Army's newest officers to, "stay grounded and dream high."

The Connecticut Air National Guard broke ground on a new **fuel cell and corrosion control facility** at Bradley Air National Guard Base, Aug. 20. The Flying Yankees transitioned to the C-130H Hercules aircraft mission in 2013, and are now renovating facilities to better support their mission.

"This ceremony, while focused on a specific facility, is not just about the construction of one building," said Maj. Gen. Martin, who presided over the groundbreaking ceremony. "It is an acknowledgement of everything the Connecticut National Guard is doing to modernize our facilities and become a state-of-the-art member of the C-130 community."

That same day, members of the Air Guard's **103rd Security Forces** and the Army Guard's **1-102nd Infantry Battalion**, completed the annual Connecticut SWAT Challenge, hosted by the West Hartford Police Department. The three-day event is considered one of

the elite challenges of its type in the United States. Both teams tied for 10th out of a 30-team field.

September

Still deployed to Kosovo, the **1-169 General Support Aviation Battalion** responded to forest fires in the mountains outside Dragash, near the Albanian border.

As part of Multinational Battle Group-East, the 1-169 GSAB fought the fires by dropping Bambi buckets from the air. Local authorities had the lead, but the 1-169 was ready to answer the call, and worked to extinguish the flames before any homes were affected.

"I think what we did (today) had a huge impact on the community," said Capt. Andrew O'Donnell, 1-169 Battle Captain. "The locals took control of the situation."

It wasn't all hard work for members of the 1-169, but they stayed busy, as some of the deployed unit organized a shadow run for the **Army 10-Miler** – an annual tradition every October in Washington, D.C. The 1-169 ran the race on Camp Bondsteel Sept. 27, just two weeks ahead of the actual competition.

Continuing with sport traditions, both retired and active members of the Connecticut National Guard teed it up for

Continued on Page 8 See **Looking Back**



Nine graduates of Officer Candidate School Class 60, Company A, 1st Battalion, 169th Regiment, RTI, prepare to receive their commissions as second lieutenants in the Connecticut Army National Guard at a ceremony on August 15 at Camp Niantic. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

Looking Back on 2015

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the **18th Annual National Guard Association of Connecticut Golf Tournament** at Hawk's Landing in Southington, Conn. Sept. 11.

The event was kicked off with the National Anthem performed by **Staff Sgt. Joseph Colavito** of the **102nd Army Band** and a tribute to those killed on 9/11, as well as the four CTARNG soldiers killed in action since then: **Staff Sgt. Joseph Phaneuf, Staff Sgt. Edwin Rivera, Sgt. Felix Delgreco and Spc. Robert Hoyt**. Winning the tournament and the TAG Cup was the **103rd Airlift Wing**, represented by **Lt. Col. Glenn Sherman, Lt. Col Bob Feher, Lt. Col Bill Neri, and Lt. Col (Ret.) Herb Ludwig**.

The Connecticut National Guard was ever-present for a record-breaking **Connecticut Day at the Big E**, Sept. 25. It was the highest-attended Connecticut Day in the



Gene Brown, Frankfurt, Short, Bruzza Architects; Patrick Dwyer, Cutter Enterprises, LLC; Lt. Gov. Nancy Wyman; Maj. Gen. Thad Martin, adjutant general; Gov. Dannel P. Malloy; Sen. Richard Blumenthal; Cong. Joe Courtney; and Col. Frank Detorie, 103rd Airlift Wing commander break ground with ceremonial gold shovels for the fuel cell and corrosion control facility being built at the Bradley Air National Guard Base in East Granby, Connecticut Aug. 20. (Photo by Sgt. 1st Class (Ret.) Debbi Newton)

Staff Sgt. John Cummings waits for teammates to come through tubes during a water obstacle at the Connecticut SWAT Challenge. (Photo by Sgt. 1st Class (Ret.) Debbi Newton)



The Connecticut Air National Guard team reaches the final obstacle of the Connecticut SWAT Challenge held at the West Hartford Reservoir in August of 2015. Both Connecticut Army and Air Guard teams participated in the annual event that was hosted by the West Hartford Police Department. (Photo by Sgt. 1st Class (Ret.) Debbi Newton)

event's history, and parade marchers included **the First and Second Company Governor's Foot Guards along with the First and Second Company Governor's Horse Guards.**

In national news, **U.S. Marine Corps Gen. Joseph Dunford** was sworn in as the 19th Chairman of the Joint Chiefs of Staff, as **U.S. Army Gen. Martin E. Dempsey** retired after 41 years of military service, Sept. 25.

October

The fiscal year started with a busy month, and kicked off with a unique travel announcement: If you have your bags packed and you're flexible, then Bradley Air National Guard Base's new **Space Available** travel program may be just what you're looking for. On Oct. 1, the 103rd Airlift Wing began offering "Space A" travel to eligible service members and their dependents.

On Oct. 3, **Sgt. Thomas Fletcher of the 928th Military Police Working Dog Detachment** took home the honor of Best Handler at the Western Connecticut Police K-9 Challenge in Newton, Conn. Along with his dog, **Schurkje**, Fletcher competed at the event alongside civilian counterparts from local police departments.

After nearly two years of construction, the **Combined Surface Maintenance Shop** re-opened its doors to personnel at **Camp Hartell** in Windsor Locks, Conn. Oct 20. The phased move-in is expected to be complete with a ribbon cutting held Jan. 14.

In an effort to educate state leaders on the Guard's capabilities, staff members for **Senator Chris Murphy, Congresswoman Rosa DeLauro and Congresswoman**



Deployed members of the 1-169th Aviation Regiment during the 2015 Army Ten-Miler Shadow Run held at Camp Bondsteel Kosovo on Sept. 27, 2015. The race was run two weeks before the annual Army Ten-Miler held in Washington D.C. on Oct. 11, 2015. Connecticut Soldiers in Kosovo also hosted and raced a Shadow Run for the Manchester Road Race in November 2015. The 169th Avn. Reg. is deployed to Kosovo with the MNBG-E Task Force Hurricane. (Photo by 1st Lt. Brian Coyle, 1-169th Avn. Reg., Task Force Hurricane)



A UH-60 Black Hawk helicopter from 1st Battalion, 169th Aviation regiment, a Connecticut National Guard unit out of Windsor Locks, Connecticut, and currently part of Multinational Battle Group-East's Task Force Hurricane, prepares to drop a Bambi bucket full of water on a wild fire Sept. 5, in the mountains of southern Kosovo outside Dragash. Kosovo Force emergency response elements from Multinational Battle Group-East, Multinational Battle Group-west, and Joint Readiness Detachment-South, including Slovenian, Swiss and U.S. Army aviation units responded to the fire in support of Kosovo institutions. (U.S. Army photo by Sgt. David I. Marquis, Multinational Battle Group-East)

Elizabeth Esty were treated to a day-long tour of Connecticut National Guard facilities, Oct. 15. The tour, conducted by Maj. Gen. Martin and members of his senior staff, gave many of the staff members their first opportunity to fly on a Connecticut Army National Guard UH-60 Black Hawk.

Stops included facilities in Danbury, Orange, Niantic and Windsor Locks.

Connecticut officially welcomed back its first two units to return from overseas deployment in 2015, as the **242 Engineer Detachment** and **Operational Support Command Detachment 6** were honored at a Freedom Salute ceremony Oct. 22. Governor Dannel P. Malloy and Lieutenant Governor Nancy Wyman delivered opening comments, thanking the two Army Guard units for their efforts before pinning end-of-tour awards on each soldier.

During the ceremony, **Col. John Whitford and Command Sgt. Maj. David Moorehead**, Commander and Command Sergeant Major of the 242 Engineers, respectively, were awarded the Bronze Order of the deFleury Medal. The deFleury is presented to individuals who have rendered significant service or support to an element of the Engineer Regiment.

November

The CTNG bid farewell to its fourth unit in the calendar year, with the **1109th Theatre Aviation Sustainment Maintenance Group** of Groton, deploying over 60 soldiers. Soldiers said goodbye to their families and boarded a plane to continue training in Texas on Nov. 1, before heading to Kuwait and Afghanistan.

The TASM-G, commanded by **Col. Vincent Vannoorbeek**, will provide rotary-wing maintenance in support of NATO's Resolute Support Mission.

Looking Back on 2015



A C-130 Hercules being directed on the flight line of the 103rd Airlift Wing at the Bradley Air National Guard Base in East Granby. The 103rd AW began offering "Space Available" travel to eligible service members and their dependants on October 1, 2015. (Photo Courtesy of 103rd Airlift Wing Public Affairs)

Looking Back from Page 9

The month was marked by the start of a new **multi-mission crew trainer (MMCT)** simulator for the **C-130H Hercules** at Bradley Air National Guard Base. Now, pilots and crews have a cost-effective way to train when equipment or weather may not cooperate.

"It's a great tool for us to use," said 1st Lt. Scott Duguay, pilot with the 118th Airlift Squadron. "Our guys can get the training they need without ever having to fire up an aircraft."

Connecticut is just one of three states to currently utilize the MMCT, along with Missouri and Ohio.

Connecticut's annual Officer Dining In, hosted by the 1-102nd Infantry Battalion, was punctuated with a guest speaker that had the ears and eyes of everyone in the room.

Lt. Gen. H.R. McMaster, Director of the Army Capabilities Integration Center and Deputy Commanding General, Future, U.S. Army Training and Doctrine Command, delivered the keynote address to the officers of the Connecticut National Guard at the Aqua Turf in Plantsville, Conn. Nov. 5.

McMaster, author of the 1997 book, "Dereliction of Duty," was honored in 2014 as one of Time Magazine's 100 Most Influential People.

The Connecticut Veterans Parade, New England's largest Veterans Day parade with more than 3,000 marching, celebrated generations of military service in Hartford, Nov. 8. The Army and Air Guard were represented with marching units, as were the Horse and Foot Guard units.



Sgt. Thomas Fletcher and his dog, Schurkje, of the 928th Military Police Working Dog Detachment, Connecticut Army National Guard, competes in an obstacle course at the Western Connecticut Police K-9 Challenge hosted by the Newtown Kennel Club and the Friends of the Second Company Governor's Horse Guard on Oct. 3, 2015 in Newtown. (Photo Courtesy of 2nd Lt. Ken Fay, 2nd Company Governor's Horse Guard)

Command Sgt. Maj. Orlando Anderson, senior enlisted leader of the 143rd Combat Sustainment Support Battalion, served as one of five honorary marshals for the parade. **Brig. Gen. (Ret.) Joseph Perkins**, a former member of the CTNG, was also a marshal.

The parade was highlighted with a moment of silence, followed by a flyover of a **Connecticut Air National Guard C-130H**. It was the parade's first flyover since 2008.

Lt. Governor Wyman once again showed her support of the Connecticut National Guard, as she joined Maj. Gen. Martin and Ms. Kim Hoffman, director of the Connecticut Service Member and Family Support Center, to kick off **Operation E.L.F.**, with a press conference at the State Armory in Hartford, Nov. 12.

Operation E.L.F. (Embracing Lonely Families), is an annual donation drive to assist the families of soldiers and airmen who are deployed during the holidays, providing a wide range of support throughout the year.

December

Operation E.L.F.'s donation drive spanned two months over the holiday season and raised nearly \$18,000 in gift cards and financial support. Hundreds of toys were also collected for Connecticut's military families.

Additionally, the Adopt-a-Family program saw 56 military families anonymously adopted by 46 donors that included local businesses, organizations and individuals.

The campaign was celebrated with a holiday party at the State Armory on Dec. 19 that was attended by more than 50 military families.



Members of the 242nd Engineer Detachment of Niantic and Detachment Six, Operational Support Airlift Command of Windsor Locks were honored at a Freedom Salute and Welcome Home Ceremony at the William A. O'Neill Armory in Hartford on Oct. 22. (Photo by Master Sgt. Erin McNamara, 103rd Airlift Wing Public Affairs, CTARNG)

Soldiers of the 1109th TASM-G board their plane for Fort Hood, Texas to continue training and validation prior to deployment to Kuwait and Afghanistan. The TASM-G is the fourth Connecticut Army National Guard unit to deploy in 2015, bringing the total number of deployed Connecticut Army Guardsman to 240 around the world. (Photo by Ms. Allison L. Joanis, CTNG Public Affairs Office)



The year came to a close on a positive note, as over 30 members of the **143rd Regional Support Group** returned to Connecticut after a nine-month deployment to Afghanistan, Dec. 30.

Family and friends gathered at the **Windsor Locks Readiness Center** to greet the unit, which spent Christmas in Texas during the demobilization, but made it home in time to ring in the New Year amongst loved ones.

"Being able to see my wife and kids after nine long

months overseas is something I looked forward to since the day we left for Afghanistan," said Lt. Col. Michael Falk, 143rd RSG Deputy Commander. "Nothing tells you you're home like that first hug from your loved ones."

Editor's Note: And with that, 2015 came to an end. From all of us at the Connecticut Guardian, we wish you and your families a happy and prosperous 2016!



Connecticut Army National Guard Joint Force Headquarters Soldiers march down Main Street in Hartford, Nov. 8, in the Connecticut Veterans Parade. JFHQ joined more than 3,000 marchers in the event. (Photo by Capt. Mike Petersen, CTNG Public Affairs Officer)

Health & Fitness

Eight Common PT Injuries - How to Avoid Them

GUARD YOUR HEALTH
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Physical training injuries that result from improper exercise techniques are a lot more frequent than many would think. Here is a list of eight of the most common PT injuries and steps you can take to avoid them. With these steps in mind, you might just end up passing that next PT test with flying colors.

1. Shin Splints

What Is It? Shin splint are caused by inflammation, or swelling, due to injury of the soft tissues in the lower leg and cause a sharp pain along the shin. Shin splints are most often caused by overtraining.

How to Avoid It? Try a moderate running routine. You can do this by varying your running terrain by running on softer surfaces, such as a trail, if possible (not just pavement or treadmill). Also, replace your running shoes every 300-400 miles and allow for plenty of recovery time before, during, and after workouts.

2. Calf Muscle Pull

What Is It? Calf muscle pulls occur when the calf muscle begins to tear away from the Achilles tendon. Calf muscle injuries can occur when high-intensity workouts, such as running or biking, are performed too frequently.

How to Avoid It? Avoid raising your exercise intensity by more than 10 percent each week. For example, if you ran for 30 minutes the first week, the next week you should increase your run to about 33 minutes, the week after should be 36 minutes and so on. Invest in athletic shoes with cushioned insoles to help reduce calf muscle stress. Also, allow extra time to warm-up before beginning any exercises.

3. Low Back Strain

What Is It? This injury occurs when the back muscles are stretched too far and can cause small tears in the tissue that could possibly affect the spinal cord.

How to Avoid It? Regularly do hamstring stretches after working out to prevent your back muscles from tightening. Always maintain good posture and proper form during exercise, and incorporate exercises that strengthen your core, such as planks and sit-ups, into your fitness routine.

4. Plantar Fasciitis

What Is It? A plantar fasciitis injury causes irritation to the plantar fascia ligament that runs along the bottom of the foot. The most common cause of plantar fasciitis is an overload of physical activity or exercise.

How to Avoid It? Choose shoes that are well-fitted and provide sufficient cushioning and support for the heel, arch, and ball of the foot. The cushioning and support will help to distribute weight evenly throughout the foot. Also, check your running form, as this type of issue can be caused by over-striding (heavy heel-striking).

5. Hamstring Strain

What Is It? A hamstring strain is what happens when one or more of the muscles located in the back of your thigh have been stretched too far.

How to Avoid It? Establish an effective warm-up routine before exercising to help loosen the muscles in your legs and prepare for your workout.

6. Achilles Tendinitis

What Is It? This injury happens when the large tendon, located in the back of the ankle, is inflamed. Achilles tendinitis most commonly develops when you increase your training intensity at a rapid pace. You are also likely to suffer from Achilles tendinitis if stretching is not incorporated into your physical training.

How to Avoid It? Only increase your exercise levels in small increments to gradually build up your intensity. Also remember to do dynamic stretches before your workout and static stretches after your workout.

7. Rotator Cuff Injury

What Is It? A rotator cuff injury can range in stages from a basic inflammation to a complete tear around the shoulder joint. While most rotator cuffs tear over time, they can also tear suddenly.

How to Avoid It? Stretch your arms after you warm up and after every workout session to strengthen the shoulder joint muscle to reduce the chances of a rotator cuff injury.

8. Groin Pull

What Is It? A groin pull is caused by putting too much stress on muscles located in the groin and inner thigh. Not warming-up enough and extreme overuse of inner thigh and groin muscles while performing squat

exercises can result in groin pulls.

How to Avoid It? Warm up before each workout and properly stretch after any squatting exercises that involve this muscle group.

Although these eight injuries are different, there is a common theme when it comes to prevention. Many of these injuries can be avoided by following proper warm-up and cool down techniques, allowing for plenty of rest between workouts, avoiding overuse or overtraining, and wearing the proper equipment.

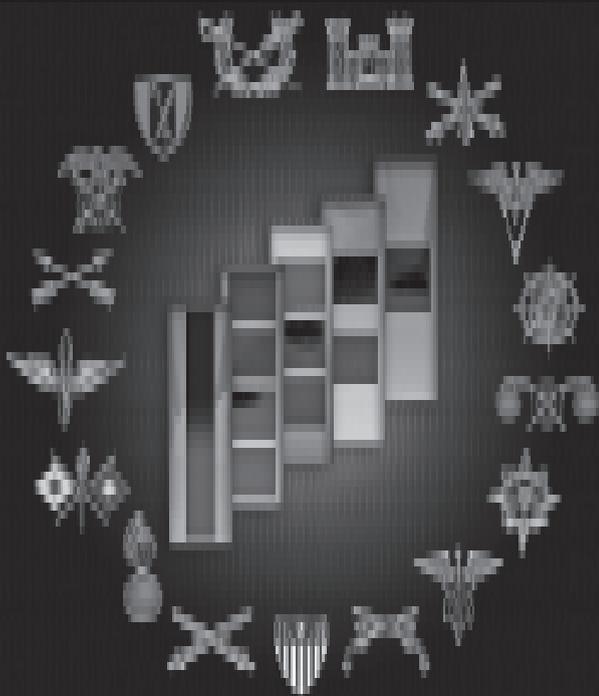




WARRANT OFFICER

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

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TAKE THE CHALLENGE TODAY, CONTACT:

CW3 JOHN NERKOWSKI

WARRANT OFFICER STRENGTH MANAGER

203.410.0828

john.v.nerkowski.mil@mail.mil



Become a Subject Matter Expert in Small Arms Marksmanship

WHO: Soldiers with a need or desire to become a primary weapons instructor for the pistol and/or rifle

What: Unit Marksmanship Trainer Course (UMTC)

When: February 27-28

Where: Camp Niantic and Salem Indoor Range

Why: To provide commanders with a Subject Matter Expert in small arms marksmanship.

Attendees will graduate with all the necessary skills needed to employ both non-electric and electric training simulators in the instruction of marksmanship training for their fellow unit personnel.

Contact your training NCO for details (reference CTNG Circular 350-16-19)

143rd Regional Support Group Returns From Afghanistan

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Deployment is never convenient.

We are required to drop everything and prepare for a mission that will take us away from our families, friends and careers for up to a year. We miss birthdays, anniversaries, holidays and a number of other life events.

The 30 members of the 143rd Regional Support Group, who were given very short notice that they would deploy to Afghanistan, returned to the United States in December.

They may have had to spend Christmas in Texas, but they were back on American soil undergoing the demobilization process before flying back to Connecticut, where they were reunited with family and loved ones at the Windsor Locks Readiness Center on Dec. 30.

“Being able to see my wife and kids after nine long months overseas is something I looked forward to since the day we left for Afghanistan,” said Lt. Col. Michael Falk, 143rd RSG Deputy Commander. “Nothing tells you you’re home like that first hug from your loved ones.”

Upon leaving their demobilization location, the 143rd RSG splintered into five separate chinks, or groups, that flew home on commercial aircraft. Some flew directly, others had a bit more of an adventure, with delays at major airport hubs thanks to weather and heavy holiday traffic.

Despite the late-night flights, over 30 members of the senior staff showed up to support their brothers- and sisters-in-arms. Many stayed for all five chinks. Even Lieutenant Governor Nancy Wyman showed her support, finding the time in her schedule to spend over two hours talking with family members and shaking the hands of each arriving soldier.

You couldn’t sum it up any better than Sgt. 1st Class Gary Foran did after reuniting with his family and taking a moment to speak with the media.

“It’s awesome,” Foran told NBC Connecticut’s cameras. “I’m happy to be home.”

With the RSG’s return, the Connecticut National Guard now has slightly more than 200 members deployed around the world.



Family members wait anxiously for the return home of the 30 members of the 143rd Regional Support Group at the Windsor Locks Readiness Center on Dec. 30. The 143rd RSG spent nine months in Afghanistan in support of NATO’s Resolute Support mission, providing command, control and administration to all base life support operations on post. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)



Sgt. 1st Class Gary Foran of the 143rd Regional Support Group sees his son for the first time in nine months as he returns from deployment at the Windsor Locks Readiness Center, Dec. 30. Foran, along with 30 other members of the 143rd RSG, returned in time to ring in the new year. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)



Sgt. Christopher Cruz of the 143rd Regional Support Group, returns home after a nine-month deployment to Afghanistan at the Windsor Locks Readiness Center, Dec. 30. Cruz, along with 30 other members of the 143rd RSG returned to their loved ones just in time to ring in the new year. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)



Sgt. 1st Class Doug Morton of the 143rd Regional Support Group poses with his family after returning from a nine-month deployment to Afghanistan at the Windsor Locks Readiness Center, Dec. 30. Morton, along with 30 other Connecticut National Guardsmen, were deployed to Afghanistan in support of NATO's Resolute Support mission, providing command, control and administration to all base life support operations on post. (Photo by Capt. Mike Petersen, State Public Affairs Officer)



(left) Private 1st Class Maria Lynn Barden of the 143rd Regional Support Group, greets her family after returning home from a nine-month deployment to Afghanistan at the Windsor Locks Readiness Center, Dec. 30. Barden along with 30 other Connecticut National Guardsmen, returned to their loved ones just in time to ring in the new year. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)



Sgt. 1st Class Gary Foran of the 143rd Regional Support Group greets his family after returning home from a nine-month deployment to Afghanistan at the Windsor Locks Readiness Center, Dec. 30. Foran along with 30 other Connecticut National Guardsmen, returned to their loved ones just in time to ring in the new year. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)

Recruiting & Retention

The Importance Behind Soldier Retention

Sgt. MAJ. GEORGE V. BARROW, JR.
RECRUITING & RETENTION NCOIC

Welcome to this month's installment from your Recruiting and Retention Battalion. When it comes to retention, some things you may know, some you may not. This information is important and needs to be emphasized regularly.

Webster's College Dictionary defines retain (root of the word retention) as: to keep possession of; to keep in mind; remember; to hold in place or position.

In the increasingly complex and fiscally restrained environment the military operates in, it must be uppermost in our minds to retain our deserving soldiers.

It makes good fiscal sense to retain a viable soldier; the approximate cost to train a soldier at Inactive Duty Training is \$70,000. It makes even better tactical sense to retain a fully qualified soldier in our organization; approximate time to enlist, train and handoff a soldier to their unit is 12-15 months.

Now that we have talked about the "may know" and "may not know," let's discuss the important items that require regular engagement: expiration term of service counseling and Final Formation. ETS should be discussed often with soldiers previous to them reaching their extension window of 12 months prior to ETS. Optimally, leaders at the unit level should be engaging eligible soldiers at about 18 months prior to ETS. In this way leaders are engaged, know their soldiers and are proactive in assisting their soldiers as it pertains to career management and retention.

The fiscal year 2016 CTARNG Strength Maintenance Plan outlines minimum mandatory counseling intervals and by whom. In case you haven't had to opportunity to read the SMP, it specifies the following counseling: 18 months prior to ETS with first line leader; 12 months prior to ETS with Unit Retention NCO; six months prior to ETS with first line leader and Unit Retention NCO; three months prior to ETS with unit's Retention and Recruiting NCO.

The application that goes hand in hand with the counseling is the Retention Management System. This application allows leadership to track all upcoming ETS and then counseling them accordingly. RMS has templates available to the user to assist in the counseling process and keeps a historical record of all counseling sessions logged along with any documentation. Training and assistance is available from RRB personnel throughout the year. To schedule training or ask for assistance, send requests up the chain of command to Sgt. 1st Class Staniszewski at john.l.staniszewski.mil@mail.mil or (860) 613-7501.

Additionally, small unit leadership is critical to effective retention. A unit with well-planned and resourced training/operations that keep soldiers engaged and motivated in the performance of their duties as it relates to each MOS is a crucial retention tool. Tough, realistic training within the parameters of what can be resourced is key and is expected

by all soldiers. All efforts should be exhausted to ensure this happens.

The last important point, or program, is Final Formation. This program is benefits-based and discussed in detail in CTARNG Training Circular 350-16-13.

The program's purpose is twofold; first, it is focused on soldiers who have met their contractual obligation and to ensure he or she is prepared for transition out of the CTARNG. The second mission is to make a united effort to retain those who are retainable, but haven't re-enlisted. Soldiers in the last 90 days of their contractual obligation are required to attend. The atmosphere of this event is low stress, informative, and completely about taking care of soldiers.

I invite all commanders, command sergeants major, and first sergeants to attend one of our two remaining Final Formation programs in Fiscal Year 2016 on April 2 and July 9. For more information on this program reference the training circular or contact a retention NCO in your chain of command.

I would like to close in thanking all soldiers who have extended and the unit leadership who stressed the importance of retention this fiscal year. Please continue to talk with your leadership, or if you are a leader, continue to train, mentor and counsel our soldiers. Talk to people outside of our organization and introduce them to a CTARNG Recruiter, we have a lot to offer them and ask very little in comparison.



New CTARNG HH-60M MEDEVAC Detachment Seeks 68W Flight Paramedics

Selection board will be held 7-11 March 2016 for two
68W Flight Paramedic positions.
Opportunity open to all qualified or prospective 68Ws with the
ranks of Specialist thru Staff Sergeant

Applications must include:

- Chain of Command Endorsement
- Last three NCOERs or E-4 evaluations
- Current DA Forms 705 and 550

And if applicable:

- Copy of National Registry Qualifications
- Soldier letter of intent
- Availability to attend training for 68WF3

Submit applications through your chain of command NLT 8 February

For more information contact Command Sgt. Maj. Anthony Savino at
(860) 292-4513 or anthony.v.savino3.mil@mail.mil

Enlisted Update 2016 Changes to Enlisted Personnel Management



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Happy New Year! I hope everyone had an enjoyable and peaceful holiday season.

As we settle in for what always seems like a long winter season, please make sure you are maximizing your available time with your soldiers and airmen. Get as many important administrative requirements completed during these months so

you have the maximum possible time available during the prime months for focused training.

Last year ended with the welcoming home of members of the 143rd Regional Support Group from their deployment to Afghanistan. The unit deployed on very short notice and did an outstanding job. We are all glad to have them home and look forward to their reintegration into the family.

We also look forward to the return of the 192nd Military Police Battalion from Guantanamo Bay and the 1st Battalion, 169th Aviation Regiment from Kosovo early in 2016. The 1109th Theatre Aviation Sustainment Maintenance Group has hit the ground running in Kuwait, among several other locations, and its members are decisively engaged in their current deployment. Please keep all of our deployed soldiers and airmen, as well as their families, in your thoughts and prayers.

The new year brings some significant changes to Army enlisted personnel management. First, we have a new method of evaluating the performance and potential of our noncommissioned officers. This change is the first major change to our evaluation system since 1989. All evaluations with a thru date of Jan. 1, 2016 must be processed under the new system. The team from the G-1 has done a fantastic job training, over 1,500 soldiers on the new system.

I believe there are two keys to success for this initiative: establishment/maintenance of the rating chain and personal involvement by all members. Accurate evaluations are critical to increased readiness because it ensures that the best soldiers are selected for military education and promotion. If you don't know who your rater or senior rater is or have not had your initial counseling, ask your first sergeant why. As leaders, we owe our people an honest, well-developed evaluation.

The second major change that came with the new year is the linkage of military education to enlisted promotions. Under the Select, Train, Educate, Promote career management model, soldiers must complete

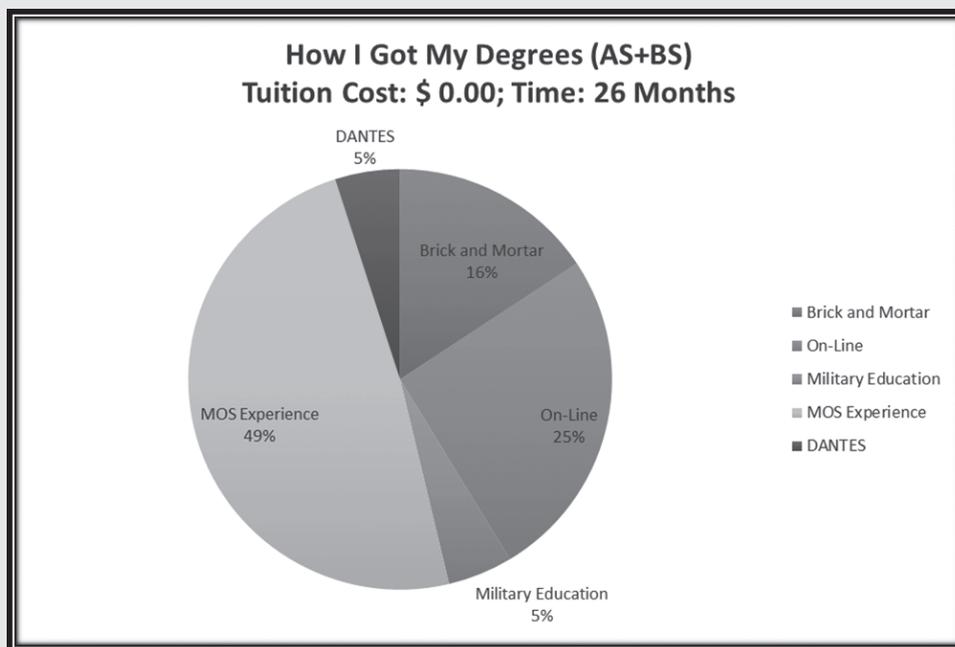
formal military education before being promoted. In order to be promoted to Sergeant, you must complete the Basic Leader Course; Staff Sergeant, the Advanced Leader Course; Sergeant First Class, the Senior Leader Course.

This may seem new to many, but it is really a return to the way it used to be. This is a critical component of readiness because units must have qualified leaders. Commanders and first sergeants must actively manage their schools program and give their soldiers the resources, especially time, to get to the appropriate military education course.

I wanted to take a moment to highlight a couple of benefits that our people may not be taking full advantage of. The first is Tricare Reserve Select medical and dental insurance. The monthly premium for TRS (Medical) is \$47.90 for a single individual and \$210.83 for a family. The dental premium is \$29.19 for single, \$87.59 for family only, and \$116.98 for sponsor and family. If you do not have medical/dental insurance or you are paying significantly more than the above premiums, I encourage you to take a look for more information at the Tricare Reserve Select website: <http://www.tricare.mil/trs/>.

I also want to highlight civilian education. We are privileged in the Connecticut National Guard to enjoy the tuition waiver (and the waiver for veterans) for our state colleges and universities. Unfortunately, we all can't go to school full time. I would ask the soldiers out there to take a look at the federal tuition assistance program. The Army will pay for up to 16 credits per year at a maximum cost of \$750. Federal tuition assistance is limited to the first degree at each level, through a masters. There are many accredited, online schools where you can take one class at a time. Most of the schools are very military friendly and will award you the maximum number of credits for your military education and experience.

The chart above outlines how a Connecticut Army National Guard senior NCO completed two degrees (one associate, one bachelor) using all of the available options. It makes no sense to leave this valuable benefit on the table. There are currently some restrictions on federal tuition assistance related to time after the soldier has



completed training. Enlisted leaders across the country and several professional military organizations are working to change those restrictions. The place to start is with Go Army Education at their website www.goarmyed.com. If you have any questions, please contact the Education Services Office.

These professional military organizations are the groups that work on your behalf for the issues that are important to you. In addition to their advocacy role, these organizations are an important part of the social fabric that is our Guard family. This year, the Connecticut National Guard Association is sponsoring a dinner and dance on Feb. 13. in conjunction with their annual conference. This is a great opportunity to meet with airman and soldiers, as well as their spouses and significant others in a social setting.

Please continue to be safety conscious and keep an eye out for your battle buddy/wingman. We all need our brothers and sisters to have our back each and every day.

Quote of the Month:

"When a thing is done, it's done. Don't look back. Look forward to your next objective."

-General of the Army George C. Marshall
15th Chief of Staff, United States Army
50th Secretary of State
3rd Secretary of Defense

Command Sgt. Maj. Carragher
"Any Soldier, Any Issue, Any Time"

2016 CONNECTICUT NATIONAL GUARD RETIREES OF FLORIDA ANNUAL REUNION

Friday to Sunday, 4 - 6 March 2016

La Quinta Inn, Orlando Airport West, 7931 Daetwyler Drive, Orlando, Florida 32812

Hotel Reservation Information: Telephone — 407-857-9215. Listen to the telephone prompts and **PRESS 4** to reach the front desk. Refer to **Connecticut National Guard Retirees** with a daily rate of \$73 plus tax.

SCHEDULE OF EVENTS

FRIDAY MARCH 4th	0800	Golf Tournament – Royal St. Cloud Golf Links Hospitality room will be open
	1900	Pizza Party and snacks
SATURDAY MARCH 5th	1030	Annual Meeting followed by lunch and open hospitality room
	1745	Bus departs for Sleuths Mystery Dinner show Hospitality room opens upon return from the restaurant
SUNDAY MARCH 6th	0700	Volunteers meet to clean up meeting rooms – sale of leftovers

The 2016 golf tournament will be held at the Royal St. Cloud Golf Links. The cost is \$60 per player and includes green fees, cart, a sleeve of golf balls and prizes. Rene has reserved tee times of **0848, 0856** and **0906** so it will be first come, first served. Those wishing to play, please forward your \$60 payable to Rene Provost, and mail to 29411 Cranes Roost Circle, Leesburg, FL 34748. Rene needs your firm commitment **prior to 20 February 2016**. If you need further information, you can call Rene at 352-323-5746 or email him at rozreneovorp@embargmail.com.



2016 REGISTRATION FORM

			<u>Amount</u>
Hospitality Room	\$ 12.00 per person	No. of Persons _____	\$ _____
Friday evening pizza/snacks		No. of Persons _____	
Sleuths Mystery Dinner show	\$ 54.00 per person		
Cornish Hen		No. of Persons _____	\$ _____
Baked Cheese Lasagna with or without meatballs		No. of Persons _____	\$ _____
Prime Rib Dinner	\$ 60.39 per person	No. of Persons _____	\$ _____
CNGROF Cap	\$ 7.00 each	No. of Hats _____	\$ _____
Raffle Tickets (3 drawings) (FOR NON ATTENDEES ONLY)	\$ 1.00 each	No. of Tickets _____	\$ _____
Dues \$5.00 Annual			\$ _____
GRAND TOTAL ENCLOSED			\$ _____

Make your check payable to **ARTHUR FINNEGAN, CNGROF** and mail to him at **87 CYPRESS DRIVE, SAFETY HARBOR, FL 34695** to arrive **NLT 7 February 2016**. PLEASE provide your email address, as we are now publishing our newsletters via email. **Reminder:** Golf players are to deal directly with Rene Provost. Any questions, please call Art at 727-725-1206.

Name: _____ Email Address: _____

Street: _____ Telephone Number: (____) _____

City: _____ State: _____ ZIP+4 _____ - _____

RETIREE VOICE

2016 National Defense Authorization Act: What it Means For You

CHIEF WARRANT OFFICER 4 (RET.) JOHN GOODBURN
RETIREE AFFAIRS COLUMNIST

President Obama signed into law the 2016 National Defense Authorization Act (NDAA) Nov. 25. In the 2016 NDAA, there are several changes to existing laws that should be of interest to retirees.

2016 NDAA Changes SBP Coverage: The 2016 NDAA fixed a quirk in the Survivor Benefit Program that prevented divorced retirees from transferring the benefit to a new spouse if their ex-spouse died.

SBP is an annuity paid to survivors of retired service members; retirees pay a portion of their retired pay to enroll in the program. Upon a retiree's death, eligible beneficiaries can receive up to 55% of the veteran's retired pay.

From 1972 until 2013, retirees were able to transfer their SBP eligibility to a new spouse upon the former spouse's death. A May 2013 legal decision removed that capability. The new interpretation affected cases in which SBP had been awarded to an ex-spouse as part of a divorce

settlement. The thinking behind this decision was that because the benefit would be considered part of the ex-spouse's property, the benefit would then expire upon the ex-spouse's death.

With passage of the 2016 NDAA, Congress reaffirmed the retiree's ownership of their SBP benefit, and returned control of the distribution of SBP to the veteran who earned it. The new law is retroactive to the 2013 legal decision.

It is not immediately known when procedures to implement the new law will be announced, but for retirees that are affected by this change, be aware that there are time limits to make one's election:

A military retiree who was married at the time of an ex-spouse's death, has one year from the ex-spouse's death to request transfer of the SBP coverage to their new spouse.

If the retiree remarries after the ex-spouse dies, they have one year from the date of the marriage to request transfer.

For those retirees whose ex-spouse died before November 25, 2015 (the date the President signed the 2016 NDAA), they have until November 25, 2016 to request transfer.

As for the cost (premiums), a person electing to participate in this plan will be responsible for payment of all premiums due from the effective date of the election.

Repeal of Retiree COLA Cuts: The Bipartisan Budget Act of 2013 imposed crippling retiree Cost of Living Adjustment cuts for retirees under the age of 62. At that time (as a stop-gap measure) numerous veterans and retiree organizations banded together to convince Congress to delay these cuts until 2016. However, with the passage of the 2016 NDAA, Congress completely repealed these COLA cuts.

According to the United States Army Warrant Officer Association, it is estimated that these cuts, if implemented, over a lifetime would have cost the average Warrant Officer more than \$100,000 in retirement pay.

Join the CTNG Golf League

Slots for Regular Golfers and Substitutes Still Available

Who: Members - current and former - and employees of the Connecticut National Guard.

When: Regular play expected to begin in late April (weather permitting). Regular tee times will begin Thursdays at 3:30 p.m.

Where: Keney Park Golf Course
471 Tower Avenue Hartford, Conn.

Details: Two-person teams competing in match play each week, in round-robin rotation.

Green fees for 9 holes will be \$17 to walk, plus dues.

Contact: Chief Warrant Officer 4 (Ret.) John Goodburn at home: 860-489-0736, cell: 860-491-6063 or cjgodburn@gmail.com. Expect response by late February.



The new par 3, 13th hole at the Keney Park Golf Course in Hartford, Conn. (Photo Courtesy of Chief Warrant Officer 4 (Ret.) John Goodburn)

Off the Bookshelf: Crow Killer - The Saga of Liver-Eating Johnson: *The Real Jeremiah Johnson*

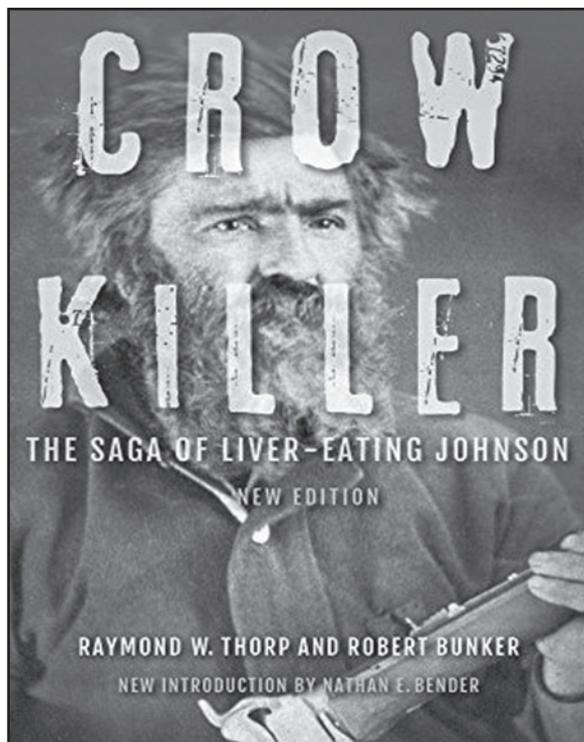
STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

An 1822 Missouri newspaper advertisement called for enterprising young men to trap and take part in the fur trade in the Rocky Mountains. Thousands of men answered this call in the decades following, including John Johnson, whose exploits were immortalized in camp fire stories and mountain man lore, and most famously fictionalized in the 1972 Sydney Pollack film, "Jeremiah Johnson."

Pollack's film is a 'G' rated, politically correct melodrama about family values and Christian virtues in contrast to the real story of Johnson, detailed in Raymond W. Thorp and Robert Bunker's 1958 non-fiction narrative, "Crow Killer: The Saga of Liver-Eating Johnson." In their tale, Thorp and Bunker capture an unforgiving Rocky Mountain landscape infested with marauding tribes of Native Americans, murderous frontiersmen, grizzly bear attacks, war, cannibalism and overall savagery.

There is nothing sweet, romantic or pacifying about the path Johnson tread after he entered the mountain wilderness sometime in the 1840s. Johnson discovered quickly that he could make a living selling fur but that scalps were worth more. Thorp and Bunker's book is less than 200 pages in length, but accounts for more than four decades of Johnson's incessant battles with Indians. Even detailed is his break from his trade in the 1860s to enlist and fight on the side of the Union in the Civil War.

According to the authors, Johnson did not make his



foray west for the sole purpose of fighting. He was forced into his profession by American Indians who dedicated their lives to killing him. This is the most politically incorrect portion of Thorp and Bunker's story. Killing was a very normal occurrence in the wilderness in which Johnson and his fellow mountain men inhabited, and

American Indians and whites practiced it without needing provocation. Johnson's pregnant wife, whom he acquired in a trade, was victim of this unwritten wilderness charter. To make a long story short, Johnson lived into old age. Hundreds of his adversaries did not.

Johnson and his contemporaries preferred their own company to the company of others not of their ilk. Their shared bond was tinged with homoerotic undertones, and they were appalled by the thought of returning to civilization or sharing space with members of the opposite sex. In Thorp and Bunker's book, these men seem out-of-date and antiquated, even in the mid-19th century. But perhaps as outcasts from their hometowns and cities, they had more in common with each other than is written in record or passed down in story and woodsman legend.

These tough societal outcasts earned their nicknames by their exploits: Bear Claw, collected grizzly bear claws. Hatchet Jack, preferred hatchets as weapons. Bald Head Pete, was scalped as a child. Liver-Eating Johnson...was known to bake the best biscuits of all the mountain men in the Rocky Mountains, according to Thorp and Bunker.

In 1900, natural causes finally did what hundreds of arrows, tomahawks, blades, and bullets failed to do. Johnson was buried in a VA cemetery outside of Los Angeles following a short period of decline.

The savage no-holds-barred decades preceding his death burial in, "Crow Killer: The Saga of Liver-Eating Johnson" are well worth a good trade and a seat by the fire.

The Connecticut Guardian
ONLINE
<http://ct.ng.mil/Guardian>

THE CONNECTICUT NATIONAL GUARD
OFFICIAL WEB AND SOCIAL MEDIA

<http://ct.ng.mil/>
Official CT National Guard Website

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The Official CT National Guard Twitter

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

Military History: Connecticut's War Games

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

In 1912, Connecticut hosted one of the largest "war games" in U.S. history. Two armies of 10,000 men each gathered to simulate an attack through Boston to New York City, over ten days in August.

Farmland pasture of Paradise Green in Stratford served as the airfield for the Blue Army. Skirmishes occurred in Oxford and Redding as well as the Walnut Tree Hill section of Shelton's White Hills. The culminating battle of this exercise took place in Newtown, with the Red Army attacking straight up the hill of Route 34 at Great Ring farm. The umpires called a victory for the Red Army, although they were unaware that the Blue Army had successfully repulsed the Reds to the north. In the end, the Battle of Newtown was declared a draw and New York had been "saved."

Twenty thousand troops, including all branches of the regular army and the National Guard, were involved in the Connecticut Maneuver Campaign in the summer of 1912. The campaign, which the newspapers called the "big war game," was intended as a training exercise and a demonstration of up-to-date warfare. New technology

showcased during the Connecticut Maneuver Campaign included the first official use of aircraft in a U.S. Army exercise. Photographs taken from planes were used to update battle maps and airplane squadrons were used for spotting opposing troop positions. The wireless telegraph and machine gun also made their debut. The Connecticut Historical Society has one of the specially-prepared maps supplied to officers to show the limitations of the field of movements.

The exercise was planned by 1st Lt. George C. Marshall, a graduate of the Virginia Military Institute and future Chief of Staff of the Army. Marshall was a member of Brig. Gen. Tasker H. Bliss's staff at the time.

Bliss, also a future Chief of Staff of the Army, wrote to Marshall, "...it is recognized that a very great measure of the success of the maneuvers is due to the skillful manner in which you planned the various situations of the campaign. I wish to thank you personally and officially for your efficient services and to express the belief that such ability as you have shown in this task will surely result in high honor to yourself and to the military profession."

An officer serving as an umpire called Marshall, "the

busiest man on the field." One of Marshall's greatest concerns was integrating the National Guard units into the exercise.

During an interview after the exercise, he said, "you can't take a man from behind the counter in a store, put him in heavy marching shoes the next day, and expect him to be able to trudge about the country without just taking all the hide off his feet."

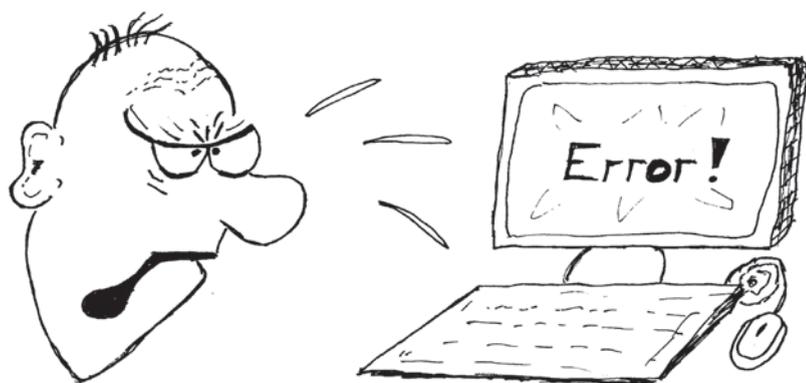
This logic led him to limit road marches to four miles. Using the lessons he learned in Connecticut almost 30 years earlier, Gen. Marshall focused considerable time and energy on the 1941 Louisiana Maneuvers, calling them, "a combat college for troop leading," and a laboratory to test the "new armored, antitank and air forces that had come of age since 1918."

Editor's note: The information contained in this article is from The Adjutant General's annual report of 1912. For those looking for more information, search the Connecticut Maneuver Campaign online.

Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th Grade Humanities in Stamford. He may be reached at rmcody@snet.net.

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ENERGY
MANAGEMENT

Resilience:
"Skill of the Month"



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james.sypher.mil@mail.mil

Just
the
Facts

What does it
mean to
"manage" my
energy?



For every task or performance, there is an ideal level of energy activation required to perform optimally:

Making a golf putt - vs. - Taking the APFT

↓ Requires less energy ↑ Requires more energy

Because we want to perform well, it's essential that we develop self-awareness of our own "Individual Zone of Optimal Functioning" (IZOF) and current energy activation levels to alert us to when our energy is too little or too much and to develop tools to help us self-regulate our levels of energy activation.

Recovery is essential for optimal performance.

- "Deliberate Breathing" is a self-regulation technique that includes physical, mental, and emotional components.
- We breathe most efficiently (i.e., we get the greatest quantity of oxygen into our blood) when we breathe all the way into the bottom of our lungs.
- Try breathing rhythmically (in/out with about a 5-second cadence) while thinking positive thoughts or images for 10-20 minutes a day for maximum benefits.

What is the skill?

Energy Management is effectively utilizing, sustaining, and restoring energy to thrive under extreme stress.

Key Principles

Enhance control: You can regulate your physical state, thinking, and emotions to perform more optimally.

Increase efficiency: Deliberate Breathing causes your body to use energy more efficiently, giving you more energy when you need it.

Practice: Getting the full benefits from Deliberate Breathing takes practice.

National Guard Association of Connecticut (NGACT)

2016 Calendar of Events

NGACT Work Night	10 February
Annual Conference and Ball	13 February
Board Meeting	17 February
Board Meeting	16 March
Board Meeting	20 April
Board Meeting	18 May
Board Meeting	15 June
Board Meeting	20 July
Board Meeting	27 July
Work Night	4 August
Retiree Picnic	10 August
Scholarship Banquet	17 August
Board meeting	20-25 August
EANGUS Conference	31 August
Work night	2 September
NGACT Golf Tournament	9-12 September
NGAUS Conference	19 October
Board Meeting	16 November
Board Meeting	14 December



National Guard Association Of Connecticut
360 Broad Street. Hartford, Ct 06105-3795
www.ngact.org

Nov 15th, 2015

Dear Friend of the Guard,

The National Guard Association of Connecticut's 22nd Annual Conference and FIRST ever military ball committee is asking you for your support. We are requesting raffle prizes in an effort to increase our donations to the National Guard Association of Connecticut Scholarship program. Because of supporters like you, we are able to make sizable contributions to this cause.

The event will be held on **February 13th 2016** at The Sheraton Hartford South Hotel, 100 Capital Blvd. Rocky Hill, CT.

The National Guard Association of Connecticut Scholarship program began several years ago to assist National Guard members and their families in their pursuit of higher education. The fund was established by initial contributions from USAA and USBA, who share our charter to support the Soldiers and Airmen of the Connecticut National Guard.

NGACT is a 501(c)19 organization and your contribution is tax deductible.

This year's committee thanks you for your support of this worthwhile event and has included a conference registration form. Should you have any questions please contact committee chairman Kendra Ross at 860-986-1591 or kendra.ross@yahoo.com

Thank You

The 2016 NGACT Conference Committee

Follow NGACT on Social Media

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Twitter



LinkedIn



Visit the NGACT Website at www.ngact.org



**22nd Annual
Connecticut National Guard Association
Conference & Ball**



**Saturday, February 13th, 2016
Sheraton Hartford South Hotel, 100 Capital Blvd, Rocky Hill**

Conference 4pm-6pm & Ball 6pm-11pm

Dress to Impress! Civilian Attire!

\$55 Per Person. Includes Conference, Ball, Buffet Dinner & Dancing

Register Online at WWW.NGACT.ORG or Complete Registration Form Below:

Email questions about conference to: ngactexecutivedirector@gmail.com . \$55 per person

22nd ANNUAL NGACT CONFERENCE & BALL REGISTRATION

Mail in form and check or Visit our website at www.NGACT.org

Name: _____ **RANK:** _____

UNIT: _____ **Phone:** _____

Mailing Address: _____

Civilian Email: _____

Guest 1:

Name: _____

Guest 2:

Name: _____

Name: _____

Must Register by 13 Feb 2016

Make checks payable to "NGACT" and mail to: NGACT, 360 Broad Street, Hartford CT 06105-3795

Hotel room reservations can be made by calling 888-627-8263 (ref: NGACT). NLT 13Jan2016 to lock in \$117 rate

Email questions about conference to: ngactexecutivedirector@gmail.com



EDUCATION BENEFITS Federal Tuition Assistance (FTA)

1. What is it?

- FTA is financial assistance provided for voluntary off-duty education programs in support of a Soldier's professional and personal self-development goals (Reference: AR 621-5).

2. How Do I Qualify?

- Currently serving in the Army National Guard, and
 - Have completed at least one year of service from your AIT/BOLC graduation date
 - Do not have an ETS or MRD prior to completion of course(s)
- Service Obligation
 - Officers and Warrant Officers are subject to a four year Reserve Duty Service Obligation (RDSO) OR two year Active Duty Service Obligation (ADSO)

3. What Do I Get?

- FTA will pay up to **\$250 per semester hour up to 16 SHs per fiscal year**
- Lifetime limit of 130 Undergraduate semester hours
- Lifetime limit of 39 Graduate semester hours
- FTA may pay towards the cost of **tuition ONLY IF**:
 - The college/university is regionally or nationally accredited AND is a GoArmyEd participant
 - The funded course(s) meets a requirement in your documented degree plan from the school (this can include prerequisite courses)
 - Maintain an undergraduate GPA of 2.0 for FTA-funded courses
 - Maintain a graduate GPA of 3.0 for FTA-funded courses
 - Is NOT used in conjunction with Chapter 1606 MGIB-SR or Chapter 1607 REAP
- FTA may pay toward one credential at each of the following levels:
 - Undergraduate level certificate/certification
 - Associate Degree
 - Bachelor Degree
 - Graduate level certificate/certification
 - Must NOT have already earned a Master Degree to be eligible
 - Exceptions: Initial state teacher certifications, Transitioning Soldiers, Chaplain Certification, or pre-requisites for the IPAP program may be eligible after receiving a Master's Degree
 - Master Degree
 - First Professional Degrees NOT eligible (i.e. doctorate degrees, juris doctorates, etc.)
 - If you have used any FTA for a Bachelor's Degree (even 1 credit hour) you must complete ten years of service prior to using FTA for a Master's Degree

Programs NOT Eligible for FTA

- Courses leading to a credential that is lower or lateral to the highest credential you have already been awarded
 - Example: if you have a Bachelor's Degree (even if you came in the Guard with one), you cannot use TA to pursue a second Bachelor's or an Associate's Degree
- Any program that bundles tuition and fees together into a lump sum
- Continuing Education Units (CEUs) or courses that do not meet degree requirement

4. How Do I Apply?

- Create a GoArmyEd Account
 - Go to www.goarmyed.com and establish a GoArmyEd Tuition Assistance account, by clicking on "New User" button and entering in all required data
- Once you have a GAE account, you can begin requesting FTA, a few tips to remember:
 - You can apply for FTA up to 60 days prior to the start of your courses and must be APPROVED prior to course start date. We recommend signing up as early as possible as funding is based upon availability
 - You will submit a TA request for each individual course for which you want FTA to pay
 - If your school goes by quarter hour or clock hour, GoArmyEd will automatically convert them into semester hours on the application
 - If your school has not been fully integrated into GoArmyEd (i.e. you have to physically enter your courses into each FTA request) then you will need to provide the following documentation, uploaded into your Education Record eFile:
 - Cost Verification Statement: document such as a billing statement/invoice specific to you that breaks out the cost of tuition separately
 - Class Schedule: document that shows all of the courses with their name, start date, end date, course number, and number of credit hours
 - All of these documents MUST have your name on them and the name of the school on them and cannot be in an editable format
 - After you complete six semester hours of FTA-funded coursework, you will need to provide a documented degree plan/student agreement to GoArmyEd
 - This document should list the courses required for completion of your degree, as well as the existing credits already applied toward your degree

For More Information:

- ❖ Go to www.goarmyed.com
- ❖ Visit us On-Line: www.nationalguard.com/education
- ❖ Contact your State Education Services Office:
 - Available at www.nationalguard.com/contacts/eso

 **Follow us on Facebook!** www.facebook.com/arngeducation

Editor's Note: The NGB Education Services Branch updated and published 17 flyers designed to help you better understand your education benefits for FY 16. The flyers are a great resource for units and the Soldiers they serve. Each month the Connecticut Guardian will run one flyer, as seen above. To receive copies of each flyer, contact the State Education Services Office, 860-524-4962.

Guard Foundation 2016 Scholarships

The Connecticut National Guard Foundation Inc announces its 2016 scholarship program. This year the foundation will award a total of **eight** scholarships.

- **Two \$4000.00 scholarships honoring Sgt. Felix Del Greco Jr.** will be awarded to the son or daughter of a member of the Connecticut Army National Guard.
Please note that a special application is required for the Del Greco scholarship which may be obtained from: <http://www.conncf.org>. No other application will be accepted.
- **One \$2000.00 scholarships and Five \$1,000.00 scholarships** will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses. Application forms may be found on the Foundations web site at: www.ctngfoundation.org

Additional Information:

- Complete application packets must be postmarked no later than **March 15, 2016**
- The selection committee will choose students based on achievement and citizenship.
- You must be enrolled in, or planning to enroll in, a regionally or nationally accredited degree or technical program.
- Mail application form (CTNGFI Scholarship Only) and completed package to:

CTNG Foundation Inc.
Attn: Scholarship Committee
360 Broad Street, Hartford Armory
Hartford, CT 06015

Contact the foundation at (860) 241-1550 or email ctngfi@sbcglobal.net for further details.

Legal Issues

Consumer Credit Rights

How To Build Better Credit Through A Credit Report

CAPT. DONNIAL HINDS
ASSISTANT JUDGE ADVOCATE, 143RD RSG

The world of consumer credit is murky and filled with sharks alleging that they can provide quick fixes and short term solutions to building a better credit report and history.

Unfortunately, many of these so called programs to fix and repair your credit cannot do what they promise and are only a temporary fix to a long-term problem. Only time, a deliberate effort and a plan to repay your bills will improve your credit as indicated in your credit report.

Your consumer credit rights are governed by the Fair Credit Reporting Act (15 USC § 1681 et seq.). Under the Fair Credit Reporting Act, all individuals have the following rights:

1. The right to be told if information in your credit report has been used against you;
2. The right to know what is in your file;
3. The right to ask for a credit score;
4. The right to dispute incomplete or inaccurate information;
5. The right to have inaccurate, incomplete or unverifiable information corrected;
6. The right to have outdated information removed from your credit report;

7. The right to limit access to your report;

8. The right to seek monetary damages from agencies or persons who violate the Fair Credit Reporting Act.

An active duty military member is permitted to place an "active duty" alert on their credit report when serving away from their regular duty station to help further prevent identity theft. An active duty alert lasts 12 months and removes the service member's name from preapproved offers of credit or insurance for a period of two years. An active duty alert requires that businesses have to take extra steps before granting credit in the service member's name.

The first step in improving your credit report is obtaining a copy of your report. It is everyone's responsibility to look over and ensure that the report contains accurate and complete information. Although many people check their report only once a year, it often times is better to monitor it at least two to four times per year with a credit monitoring service. If there is anything that is not accurate, then this is where the challenge will begin. The longer you wait to correct problems the more difficult and time consuming it may be to correct.

To correct any inaccuracies, you must contact the credit agency and provide them with documentation to support your position. The credit reporting company must

investigate the item in question. If the investigation doesn't resolve the dispute you can request that a notation of dispute be made in your file.

When negative information in the report is accurate, only the passage of time can assure its removal. Most accurate negative information can only be reported for seven years, however bankruptcies can be reported for up to ten years. If it has been longer than the prescribed period of time you can request to have this information removed by contacting the respective credit bureau.

It is also a good idea to make sure your credit file reflects all credit accounts, especially those in good standing or those which have been paid off. Having accounts in good standing has the potential to raise your credit score which in turn can put more money in your pocket. The better the credit report, the better deals and opportunities may be offered.

For more information, www.ftc.gov is a great resource to assist in building better credit. It provides sample dispute and inquiry letters available for general use. Your local legal assistance Judge Advocate can also assist in drafting letters of dispute, letters of settlement and negotiations with creditors.

The road to better credit starts with you.

2016 Military Dependent Scholarships

- **CT National Guard Foundation (Accepting applications through March 16th)** <http://www.ctngfoundation.org/scholarship.asp>
- **National Guard Association of Connecticut (usually announce in late winter and due June 1st)** <http://www.ngact.org/scholarships>
- **Fisher House Foundation (aka Defense Commissary Agency Scholarship) (Accepting applications through February 12)** <http://www.militaryscholar.org/>
- **The ThanksUSA Scholarship Program (Accepting applications April 1-May 15)** <http://www.thanksusa.org/scholarship-program.html>
- **2016 Sergeants-Major Scholarship (Accepting applications through March 1)** <http://amra1973.org/Scholarship/>
- **The Bernard E. Dillon Vocational Skills Scholarship (Accepting applications through March 1)** <http://amra1973.org/Scholarship/>
- **Military Officers Association of America (MOAA) (Opens in November and closes March 1st)** <http://www.moaa.org/loans/#Scholarships-and-Grants>
- **American Veterans Scholarship (Accepting applications January 18-April 30)** <http://www.amvets.org/programs/scholarships/>
- **American Patriot Freedom Scholarship Award for Military Dependent Children (Application period is subject to close at any time, early submission suggested.)** <http://www.homefrontamerica.org/index.php/programs/scholarships/>

- **Veteran's United Foundation Scholarships (Accepting a LIMITED number of applications March 7-April 1; will close early if maximum number of applications is met prior to April 1)** <http://www.enhancelives.com/scholarships>
- **Army Scholarship Foundation (Accepting applications through May 1)** <http://www.armyscholarshipfoundation.org/scholarships.html>
- **Scholarships4Students (A list of very specific scholarships offered to military dependents; various application periods)** http://www.scholarships4students.com/scholarships_for_the_military.htm
- **National Military Family Association, Scholarships for Military Spouses (Main scholarship application accepted through January 31)** <http://www.militaryfamily.org/spouses-scholarships/>
- **The American Legion Legacy Scholarship (For dependents of active duty personnel of the United States military and National Guard, and military reservists who were federalized and died on active duty on or after September 11, 2001; Accepting applications through April 1)** <http://www.legion.org/scholarships/legacy>

Additional Resources

Military OneSource www.militaryonesource.mil or 1-800-342-9647

This list is not all inclusive and was compiled by the Connecticut National Guard Child and Youth Program (CTNG CYP) for the benefit of members of the Military, Veterans, and their Families. It is intended for informational purposes only and does not constitute an endorsement



Wood & Pellet Stove Safety

As the temperature drops outside, wood and pellet stoves may be fired up inside the home. What you may not realize is that heating equipment is one of the leading causes of home fires during the winter months.

- »» Have a QUALIFIED professional install stoves, chimney connectors, and chimneys.
- »» Stoves should have the LABEL of an independent testing laboratory.
- »» In wood stoves, burn only DRY, seasoned wood. In pellet stoves, burn only dry, seasoned wood pellets.
- »» Have your chimney and stove INSPECTED and cleaned by a certified chimney sweep every fall just before heating season.
- »» CLEAN the inside of your stove periodically using a wire brush.
- »» Allow ashes to COOL before disposing of them. Place ashes in a covered metal container. Keep the container at least 10 feet away from the home and other buildings.
- »» Keep a CLOSE EYE on children whenever a wood or pellet stove is being used. Remind them to stay at least 3 feet away from the stove.
- »» Stoves need SPACE. Keep anything that can burn at least 3 feet away from the stove.
- »» INSTALL and maintain **carbon monoxide alarms** (CO) outside each sleeping area and on every level of the home. For the best protection, interconnect the CO alarms. When one sounds, they all sound.

SMOKE ALARM SENSE

Install and maintain smoke alarms on EVERY level of your home, outside each sleeping area and inside each bedroom. For the best protection, interconnect the alarms. When one sounds, they all sound. TEST all smoke alarms at least monthly.



Your Source for SAFETY Information
 NFPA Public Education Division • 1 Estabrook Park, Quincy, MA 02269
www.nfpa.org/education

HERE IT COMES

Are you ready to hit the road?

- Accelerate and decelerate slowly
- Increase your following distance eight to 10 seconds to provide more room to stop
- Know your brakes
- Don't power up hills and don't stop while going uphill unless necessary
- Take a fully charged cellphone, food, water and warm clothing
- Don't go out unless absolutely necessary



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. <https://safety.army.mil>

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

Laudat, Jamus
 Alvarezsantiago, Jose R.
 Santoro, Christopher A.
 Whitney, Joshua D.
 Ruiz, Angel J.
 Jones, Roshane C.
 Timmons, Ashley N.
 Collins, Yuki S.
 Sterling, Jayson J.
 Ruscoe, Zachary A.
 Roldan, Daniel
 Alexander, Nemar R.
 Fillmore, Sadesia M.
 Smith, Todd W.
 Albero, Kendall D.
 Lugodeltoro, Abner X.
 Peck, Alan T.
 Poole, Isabel J.

To Private First Class

Bennett, Travis T.
 Matos, Isiah A.

Peters, Samantha M.
 Marte, Jeffrey
 Valliere, Carlos N.
 Rosado, D.
 Hanlon, Ryan A.
 Buchanan, Stephen P.
 Valdez, Walter A.
 Baker, Andrew S.
 Chamorro, Felix I.
 Addae, Christian A.
 Alaqel, Ahmed M.
 Guiheen, Sean F.
 Dorvil, Jeremiah V.
 Papadopoulos, Shantea T.
 Goldenbroughton, Kawonna
 Cianci, Samantha L.
 Saunders, Howard B. III
 Walker, Morrell L. IV
 Busgith, Travis C.

To Specialist

Beckford, Deshawn J.
 Chambers, Kyle D.
 Daniels, Darius A.
 Perez, Marilyn M.

Hernandez, Kevin
 Earle, Shaneece S.
 Cimalanga, David M.
 Mercado, Luis A.
 Cassese, Michael T.
 Ireland, Courtney L.
 Raniolo, Antonino
 Daguilh, John S.
 Roberts, Javon J.
 Fazzino, Ryan D.
 Blesso, Nathan J.
 Scarfi, Andrew P.
 Cadiz, Matthew
 Salmeron, Jose L.
 Starr, Aaron S.
 Miller, Colby S.
 Ingalls, Joshua M.

To Sergeant

Dora, Shannon A.
 Cadorette, Brian R.
 Barney, Tucker L.

To Staff Sergeant

Leon, Jacob

Dziewaltowski, K.
 Wooten, Richard C.
 Larkin, Christopher M.

To Sergeant First Class

Mena Franz

To Chief Warrant Officer 2

Rojasvazquez, Shanette

To Chief Warrant Officer 3

Serbyn, Daniel J.
 Peterson, Anthony J. II
 Ostasiewski, Leonard F.
 Conklin, Peter G.

AIR



To Technical Sergeant

Sledge, Adam M.

To Master Sergeant/First Sergeant

Descheneaux, Ernest L.
 Rawlinitis, Jessica L.



Congratulations to All!



Coming Events

February

February 7
 Super Bowl Sunday

February 9
 March Guardian Deadline

February 10
 Ash Wednesday

February 12
 Lincoln's Birthday

February 13
 NGA CT Annual Conference & Ball

February 14
 Valentine's Day

February 15
 Washington's Birthday (President's Day)

February 20
 143rd RSG Yellow Ribbon Event

March

March 7
 April Guardian Deadline

March 13
 Daylight Savings Begins

March 17
 St. Patrick's Day

March 26
 Breakfast with the Easter Bunny

March 27
 Easter Sunday

March 31
 CTARNG Best Warrior Competition begins

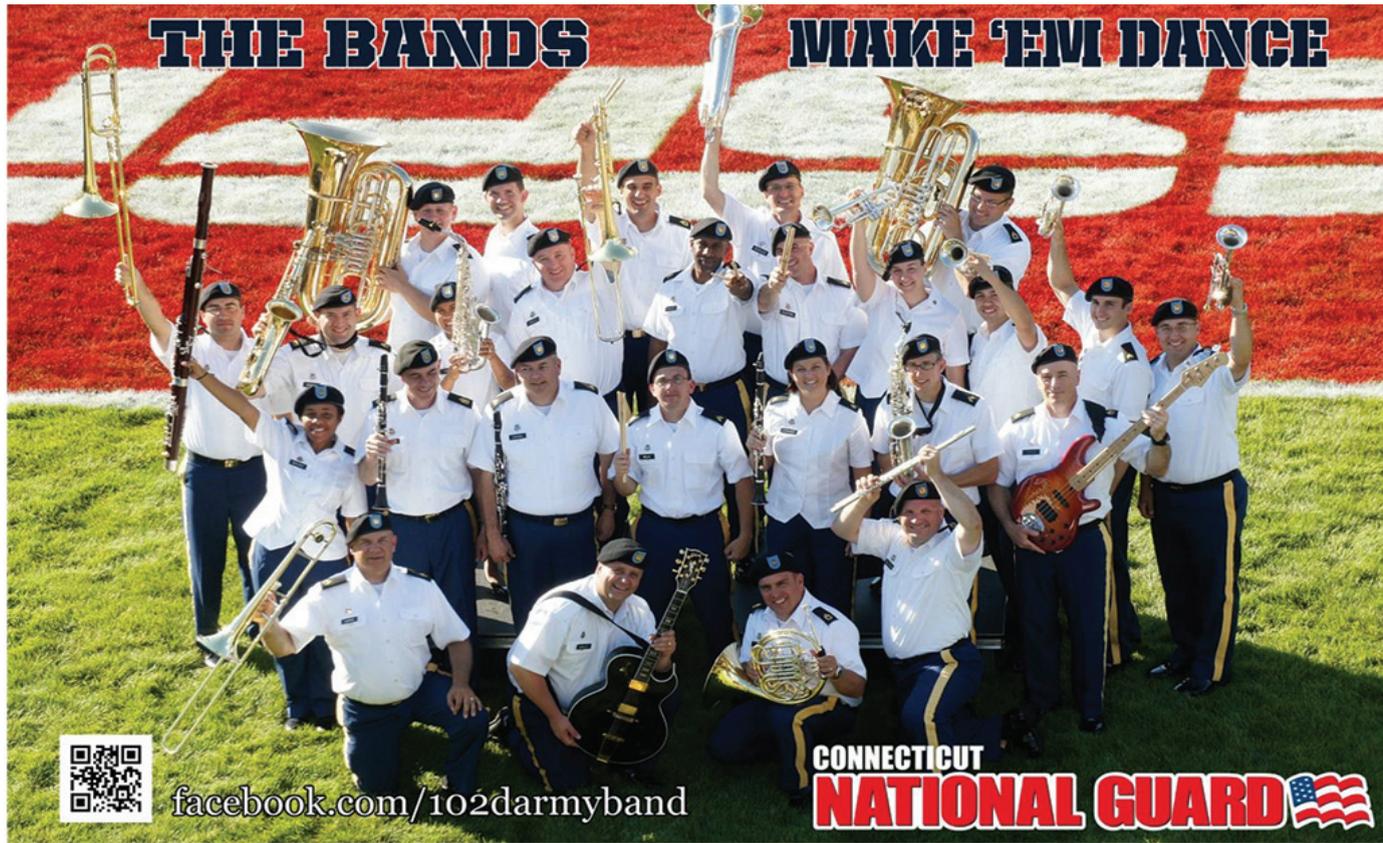
April

April 1
 April Fools Day

April 15
 Tax Day

April 22
 Passover Begins

Deadline for March Issue of the
 Guardian is February 9
 Deadline for the April Issue of the
 Guardian is March 7, 2016



2016 CT 102D Army Band OPEN HOUSE!

When: May 21st-22nd, 2016

Where: 120 West St., Rockville, CT

Time: 9:00am – 4:00pm

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Please RSVP: By May 13th

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Connecticut FAMILY Guardian



VOL. 17 NO. 2

HARTFORD, CONNECTICUT

FEBRUARY 2016

Deployment Kits Available for CT Military Children

Mrs. Wendy Hagen
CTNG Family Readiness Support Assistant

Recently at the send off event for the TASM-G, the USO provided service member's children with a "Deployment Kit". These kits contained a stuffed bear

a named "Cuzzie" a family guidebook, an animated DVD titled "With You All The Way!",



Deployment Kits available
(call 512-337-CREW)

postcards to decorate to send to their service member and a guidebook/journal. Children and families were delighted with the kits as it helps to ease the transition when their service member departed.

Military parents with school-aged children who are dealing with deployment, homecoming or transition can have access to a free toolkit through Comfort Crew, an organization that partners with the USO.

"All of the kits have this core message emphasizing helping kids prepare for the challenges, communicate with each other and helping the kids be able to express their feelings," said Angie McDonald, a spokesperson for the organization.

Aimed at kids ages seven and up, the comfort kits would make a great gift for helping a military kid navigate some of the bigger military life challenges. The organization produces four types – one for homecoming, one for deployment, one for injury and one for grief. All of the kits contain a DVD, a journal, a parent guide and a comfort item like a teddy bear. The kits are free for military families.

If you're looking to help get them to your unit, work with your local USO chapter or contact Comfort Crew directly, according to McDonald. If you're looking to get them just for your own family, you can also simply give them a call at 512-337-CREW.

100 FEDERAL RESERVE NOTE
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B2
MILITARY AMERICA Saves \$
START SMALL. THINK BIG.
FEBRUARY 21ST - 27TH

Military Saves Week: February 22-27

Mrs. Linda B. Rolstone
CTNG Family Readiness Support Assistant

What is Military Saves? It is a component of the nonprofit America Saves and a partner in the Defense's Financial Readiness Campaign. It seeks to motivate, support, and encourage military families to save money, reduce debt, and build wealth. The research-based campaign uses the principles of behavioral economics and social marketing to change behavior. Military Saves encourages all service members, their families, and civilian employees to take the Military Saves pledge and for organizations to promote savings year-round and during Military Saves Week.

Savers who take the pledge can opt to receive a monthly e-newsletter from Military Saves, as well as a quarterly e-newsletter from America Saves. Military Saves also works with FINRA (Financial Industry Regulatory Authority) Investor Education Foundation, the defense credit unions, military banks, other non-profit organizations to promote savings and debt reduction.

Please visit the "Military Saves" web page for more helpful information and to take the pledge at: <http://www.militarysaves.org/>.

As part of Military Saves Week, the service member and Family Support Center is planning "Lunch and Learn"

opportunities for Service Members and adult family members to attend. They will be held at several locations around the state. Topics will include social security, tax preparation, fraud & identity theft credit report & repair and more. Check with your local Family Assistance Center for a brochure with all event specifics and registration instructions or call us at 1-800-858-2677.

The 2016 Financial Expo to recognize America Saves Week and Military Saves Week. It is sponsored by the Department of Banking, in coordination with the Connecticut Saves Coalition.

Date: Wednesday, February 17, 2016

Event Time: 10:00 a.m. to 1:00 p.m.

Location: Legislative Office Building, 300 Capitol Avenue, Hartford, CT 06106

Don't forget about our military youth! There will be limited giveaways to take home for your children at the "Lunch and Learns". It's never too early to start teaching your children about money and saving.

Two helpful websites to use with your children are:

<http://www.moneyasyougrow.org/#> and <http://www.themint.org/>

Both sites break down their information and activities by age group, to include young adults.

Words Are Powerful Tools, Use Them to Declare Good Things



CATHERINE GALASSO-VIGORITO

Sir Winston Churchill once remarked, "Words are the only things that last forever." Words have real power. Words create. Words will affect others. Like an indelible ink marker, words can leave a lasting impression.

So what do your words convey? Before you speak, are you choosing your words correctly?

In the Old Testament, beginning in Genesis 25:29, I read about Isaac's two sons named Esau and Jacob. Esau was the firstborn; and in those days, the family name, spiritual position, and a double portion of the inheritance belonged to the eldest son. It was called the birthright, and it was a sacred blessing.

However, Jacob did everything he possibly could to get his father to speak the blessing over him, rather than his brother Esau. For Jacob knew that the spoken word had incredible power to bless and sanctify his future. As a result, Jacob devised a scheme. His father, Isaac, was advancing in years, and his eyes were weak. So, Jacob went to him and pretended to be Esau. Then, his father spoke, and Jacob received his father's blessing that was intended for his brother.

Words are powerful tools, so use them to declare good things. It says in Ephesians 4:29: "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Just as an artist paints his or her masterpiece, you are a creator; and with the words you speak, you are creating your life. God has big plans for your future. You were born to excel, to make a difference in the lives of others, and achieve your goals bringing about what God has called you to accomplish. Therefore, really think about what you say on a daily basis about yourself and others. For kind, inspiring, reassuring words may take only a few minutes to write or utter. Yet, in the heart and mind of a person, they can last a lifetime. People's self-esteem, their hopes and dreams can be influenced by what you say. For every affirmative word

that you offer to another can be one of the most enduring and long-lasting gifts you can ever give to them.

Let's try this: For the next 24 hours, express only words of love, hope, good wishes and positive remarks to others. Erase all thoughts of negativity and acknowledge 'the positive' at every possible moment. I know a woman who did this little experiment and reported, "By just changing my speech in a positive, constructive way, I noticed a profound difference in the way I felt, how I behaved, and in my family's attitude." And as she continued in this manner for a few weeks, she told how speaking constructive words helped her to defuse unconstructive situations. Instead of complaining about problems that arose, with an optimistic outlook, she looked for productive ways to solve the issues. "There is always an abundance of good things to do and say," she declared.

Remember; speak only of good for the next 24 hours. And then... see what happens. Are you all set to begin?

Wake up each morning, and utter, "Thank you, God. This is going to be a fantastic day." Repeat positive phrases, programming your subconscious mind to act in accordance to your high aspirations. Reiterate sentences such as, "I am getting better and better," "God is working right now in my behalf," and "My situation is turning around successfully." Keep your focus on God and hold a vision in your mind of good things coming to pass.

Always express thankfulness for the people in your life. Affirm, "I'm grateful for you," "You're a blessing," and "I love you." The more you express aloud your appreciation and love, the more love and appreciation you will feel.

Call and talk to a friend and offer words of comfort. A few loving words can bring God's peace. Extend sincere compliments or admiration to those you meet along the way. Your voice's potential for good is boundless. At the office, pass on praise and applaud another's efforts. If you can, give someone a fine recommendation. For that reference can be the break that is needed to open a new window of opportunity.

God has given you special gifts and strengths. And He has chosen you to make a profound difference. So don't let anything keep you from being a great influence in the lives of your fellow human beings. Reader, Steve

Etzel wrote, "It's always great to help, love, encourage others. As we get our heads off of ourselves and into others, God blesses us, and it opens the door for Him to work more and more in our lives."

In the center of our town, there is a charming bed and breakfast. And instead of a 'no vacancy' sign, when they are at full capacity they have a signpost that reads, "Happily Filled." That is how you will feel when you offer affirmative words of praise, love and support to others..."Happily Filled!"

Hence, brighten someone's day. Leave people better off than they were before seeing you. And as God has done for me, in sending people to offer the right words at the right time, God will always bring a person across your path to help you in your time of need. God will send someone to encourage you and to lift you up with a reassuring word. So, today allow me to be the one to convey:

- God is with you.
- Do not underestimate your strength, your worth, or your potential.
- Never quit, there is something great for you in the future.
- Your dreams can come true.
- And don't ever forget, "You are wonderful and are worth every good thing that happens to you."

The best part of your life is still in front of you. There is so much ahead. So find someone to be good to and speak blessings over them every single day. The world needs your radiance to shine brightly to make it a better place. Thus, look forward to what God has in store for you with joy and anticipation. Speak faith, hope and love. And you'll live in victory all the days of your life.

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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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

WE WANT YOU



The Connecticut National Guard Service Member and Family Support Center wants you!

Take a moment to rate your interactions with our Team using the link below or scan the QR code to be taken directly to our survey.



[http://www.ctpurplepages.com/
publications/forms/ctng-service-
member-and-family-support-center-
customer-feedback/](http://www.ctpurplepages.com/publications/forms/ctng-service-member-and-family-support-center-customer-feedback/)

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

Returning to Work Post Deployment

MILITARY ONE SOURCE
WWW.MILITARYONESOURCE.MIL

Going back into the civilian work force after a long absence and intense experiences in a combat zone may have its challenges. While an adjustment period is often inevitable, you can make the reintegration process easier for yourself by preparing ahead of time and knowing what to expect.

Your return home may be met with a lot of change. From new employees, to policies and procedures or even unfamiliar programs, things may be different. And most importantly, your military experiences may cause a change in your perceptions and attitudes. It is normal for all this sudden change to seem a bit overwhelming, and it's ok to need a period of adjustment to feel connected to your work and your coworkers again.

When coming back from deployment, you may feel out of place, miss the intensity and emotional commitment of combat duty, have mixed feelings about how your job was handled while you were gone or lack the enthusiasm and motivation you once had for your job. These feelings are part of the process of readjusting to civilian employment after military deployment.

But there are some things that you can do to make your work transition as smooth as possible.

Meet with your supervisor.

Contact your supervisor before you return to work to discuss your responsibilities and what's new on the job. Knowing what to expect can make your first day back easier.

- Know your rights. The Uniformed Services Employment and Re-employment Rights Act protect employed National Guard and reserve service members called to active duty. Through the Employer Support of the Guard and Reserve website, you can learn about your rights and how to get help from ESGR if you feel your rights have been violated.

- Take time to settle in. It may take some time to feel at ease again in your job. Work with your supervisor on plans to reintegrate with coworkers and when you'll take over responsibilities again.

- Show your appreciation. Praise the people who filled in for you during your deployment. Their support and insight can help get you up to speed, and your goodwill can make it easier for them to adjust to their new roles.

- Understand how your combat experiences may change the way you see your job. Returning to a civilian job after service in a combat zone may change the way you feel about your day-to-day work. Your job may not seem as exciting, interesting or meaningful as what you were doing on active duty. A military-style approach to solving problems may not work well at your civilian job.

You may have rushed back to work without giving the readjustment process enough time or you may be dealing with ongoing physical or emotional issues that interfere with your job performance. Don't be afraid to reach out if you need help. Sometimes, simply talking to a trusted friend, fellow veteran or family member is enough to help you gain perspective about work-related concerns. Many employers will work with veterans to find accommodations that allow them to continue working or they may offer the services of an employee assistance program. And as a National Guard or reserve service member, you can receive confidential, non-medical counseling and support through Military OneSource regardless of your activation status.

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)

Presidents Day Word Scramble

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

EEBTRACLE

OHONR

RHEWAT

DIOLHYA

EISDEPRTNS

AEVRGESIT

TYDRABHI

HPSEEC

NLCILNO

UPRPEL ERHTA

MEMNOUTN

SARLPHEIDE

RDEPAA

GNIHWANOTS



KEY: CELEBRATE, WREATH, PRESIDENTS, BIRTHDAY, LINCOLN, MONUMENT, PARADE, HONOR, HOLIDAY, GRAVESITE, SPEECH, PURPLE HEART, LEADERSHIP, WASHINGTON

Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory - 360 Broad Street, Hartford, CT 06105 - Open Mon-Fri. Fax: (860)493-2795</i>			
State Family Program Director	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyenne.c.baber.mil@mail.mil	(860) 548-3276 (desk) (860) 883-2515 (cell)
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ARNG Yellow Ribbon Program Coordinator	SSG Clint Shivers	clinton.r.shivers.mil@mail.mil	(860) 493-2796 (desk) (860) 538-5639 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254 (desk) (860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.macata.ctr@mail.mil	(860) 548-3258 (desk) (860) 394-8748 (cell)
Military OneSource Consultant	Chris Rouleau	christopher.rouleau@militaryonesource.com	(860) 502-5416 (cell) (860) 493-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nutt	david.c.nutt.mil@mail.mil	(860) 548-3240 (desk) (860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk) (860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Josh Mead	jmead.ctesgr@live.com	(860) 548-3295 (desk)
Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
<i>Windsor Locks Readiness Center - 85-300 Light Lane, Windsor Locks, CT 06096 - By Appointment - (800) 858-2677</i>			
Family Assistance Center Specialist	Joshua Hamre	email forthcoming	
<i>Veterans' Memorial Armed Forces Reserve Center - 90 Wooster Heights Road, Danbury, CT 06810 - Open Mon-Fri.</i>			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk) (860) 883-2746 (cell)
<i>New London Armory - 249 Bayonet Street, New London, CT 06320 - Open Mon-Fri.</i>			
Family Assistance Center Specialist	Van Nessa Foster	vannessan.foster.ctr@mail.mil	(860) 772-1422 (desk) (860) 883-2720 (cell)
<i>103rd Airlift Wing - 100 Nicholson Road, East Granby, CT 06026 - Open Mon-Fri.</i>			
Airman and Family Readiness Program Manager			(860) 292-2730 (desk)
Air Wing Integrator	Jessica Rawlinitis	jessica.l.rawlinitis.ctr@mail.mil	(860) 292-2730 (desk)
<i>Niantic Readiness Center - 38 Smith Street, Niantic, CT 06357 - By Appointment - (800) 858-2677</i>			
Family Assistance Center Specialist	Timothy Hesney	email forthcoming	
<i>103rd Air Control Squadron - 206 Boston Post Road, Orange, CT 06477 - By Appointment - (800) 858-2677</i>			
<i>Waterbury Armory - 64 Field Street, Waterbury, CT 06702 - By Appointment - (800) 858-2677</i>			
<i>Norwich Armory - 38 Stott Avenue, Norwich, CT 06360 - By Appointment - (800) 858-2677</i>			