

# Connecticut Guardian



VOL. 17 NO. 3

HARTFORD, CONNECTICUT

MARCH 2016

## Connecticut Welcomes 192nd Military Police

CTNG PUBLIC AFFAIRS OFFICE  
OFFICIAL RELEASE

More than 50 Connecticut Army National Guard Soldiers of the 192nd Military Police Battalion were reunited with their families at the Windsor Locks Readiness Center in Windsor Locks, Conn., Jan. 27.

The 192nd Military Police Battalion, based in Niantic and commanded by Lt. Col. Paul Deal of Hampton, departed Connecticut alongside the 143rd Regional Support Group in March and reported to Ft. Bliss, Texas for further training and validation. The unit then deployed to Cuba, responsible for detainee operations at Guantanamo Bay in support of Operation Enduring Freedom.

Prior to their sendoff, the 192nd Military Police trained at J.B. Gates Prison in Niantic on multiple occasions, thanks to an agreement with the Connecticut Department of Corrections.

“The success of the 192nd Military Police was built upon a set of skills honed right here in Connecticut, thanks to the commitment of the men and women who answered the nation’s call,” said Martin. “We are very proud of everything the unit accomplished while mobilized to Cuba.”

With the 192nd’s return, the Connecticut National Guard now has nearly 150 Guardsmen mobilized and deployed around the globe.

*Photos on pages 14-15*



*1st Lt. Nichole Pellerin of the 192nd Military Police Battalion is welcomed home by Lt. Gov. Nancy Wyman and Brig. Gen. Mark Russo at the Windsor Locks Readiness Center in Windsor Locks, Conn., Jan. 27. Pellerin, along with the 50-member unit returned home after a nine-month deployment to Guantanamo Bay, Cuba in support Operation Enduring Freedom. Pellerin was then greeted by her husband, Capt. Justin Giunto of the 143rd Regional Support Group who recently returned from a nine month deployment to Afghanistan. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs)*

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1st Battalion (OCS/WOCS), 169th Regiment (RTI)

## Officer Candidate School

OCS & WOCS OPEN HOUSE

### Information Brief

March 19, 2016

April 16, 2016

May 21, 2016

June 25, 2016

Report Time: 9:00 a.m.

9 – 12:00 p.m. Room 1113, RTI, Niantic

Uniform: ACUs with Patrol Cap or  
Business Casual (Civilians Only)

Staff and cadre will be on hand to answer  
questions and support administrative  
requirements.



Please RSVP through your chain of command and to:

CPT David Lord

[david.m.lord.mil@mail.mil](mailto:david.m.lord.mil@mail.mil)

CW3 Michael Mottolo

[michael.v.motollo.mil@mail.mil](mailto:michael.v.motollo.mil@mail.mil)



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If you move and want to continue receiving the *Connecticut Guardian*, you must change your address in one of the following ways:

**Retirees:** If you are a Retired Connecticut Army or Air Guardsman, please contact Sgt. 1st Class Ericka Thurman at [ericka.g.thurman.mil@mail.mil](mailto:ericka.g.thurman.mil@mail.mil) or 860-524-4813.

**Horse and Foot Guard** members must change your addresses with your respective units.

**Current Connecticut Army and Air National Guard Members:** You must change your address with your unit.

**All others** may contact the editor at [allison.l.joanis.civ@mail.mil](mailto: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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Assistant Adjutant General - Army  
Brig. Gen. Mark Russo

Assistant Adjutant General - Air  
Brig. Gen. Jon K. Mott

State Command Chief Warrant Officer  
CW5 Mark Marini

State Command Sergeant Major  
Command Sgt. Maj. John S. Carragher

State Command Chief Master Sergeant  
Chief Master Sgt. Robert Gallant

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First Company Governors Foot Guard  
Second Company Governors Foot Guard

The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. The *Connecticut Guardian* is published monthly in accordance with AR 360-1 and is printed through the Government Printing Office.

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# 2016 UPAR Course

## CT Guardsmen Learn How to Tell The Unit Story

CAPT. MIKE PETERSEN  
STATE PUBLIC AFFAIRS OFFICER

Although the Connecticut National Guard has a full-time staff dedicated to public affairs, it is not nearly enough to provide coverage of all the outstanding achievements and events happening every month.

Once a year, the public affairs staff members teach a two-day course to train Unit Public Affairs Representatives – Guardsmen and members of the state militia that can serve as their unit’s, “eyes and ears.”

The 2016 course graduated 25 students from 23 different units who are now armed with a better idea of how they can better tell the story of their unit through the Connecticut National Guard’s multiple media platforms.

“I would have to say (the biggest takeaway from the class) is the effect you can have on your organization by telling the story of the people and events,” said 1st Lt. Andrew Bartlett, Executive Officer of Headquarters and Headquarters Company, 1-102nd Infantry Battalion and 2016 UPAR graduate. “You can show off all the awesome stuff your unit is doing that is otherwise not shared with others in the organization.”



Capt. Mike Petersen, State Public Affairs Officer, teaches unit public affairs representative trainees how to interact with the civilian media during the 2016 UPAR training course at the Regional Training Institute at Camp Niantic, Jan 30-31. UPARs were also instructed on basic writing skills, unit social media conduct, developing story ideas and taking photos. (Photo by Allison L. Joanis, State Public Affairs Office)



Sgt. Marc Paquette, Connecticut Training Center, Pfc. Pranav Razdan, A Co. 1-102nd Infantry Regiment and Senior Airman Amy Dzielwowski, 103rd Logistics Readiness Squadron, attend the 2016 Unit Public Affairs Representative Training at the Regional Training Institute at Camp Niantic, Jan. 30-31. Guardsmen from more than 20 units of the Connecticut Army and Air National Guard and State Militia attended the course to learn how to assist the State Public Affairs Office in telling the Connecticut National Guard story. (Photo by Allison L. Joanis, State Public Affairs Office)

UPARs have made their presence felt in just the last 18 months alone.

Photo coverage of the 192nd Engineer Battalion preparing for a potential State Active Duty in response to Winter Storm Juno made the rounds on local civilian media, all thanks to the situational awareness of Sgt. Sylvia Papageorge. Papageorge’s photo of soldiers performing preventive maintenance checks and services on a military vehicle in January of 2015 was picked up by WTIC 1080 and other local affiliates during coverage of the storm response.

Blocks of instruction in the UPAR course included sections on public affairs policy, social media usage and photography tips. The class culminated with a practical exercise that required students to consider how civilian media might impact their training during potential real-world scenarios like ice storms and an open house.

“I think it is vital for units to provide their own coverage, as they are the subject matter experts in their own environment,” said Bartlett. “They typically have the pulse of the unit and know of the exciting things that are going on. They also greatly support the unit’s history, as to be better able to tell our story to future generations.”

If you are interested in becoming a UPAR, contact your chain of command and request to get in touch with the Connecticut National Guard Public Affairs Office. You may have missed the 2016 course, but that doesn’t mean you can’t help your unit by providing coverage of ongoing training and events.

**Contact your chain of command or the State Public Affairs Office for unit coverage, and story ideas.**

**(860) 524-4857**

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# Fresh Check Day Returns to Niantic

MEAGAN MACGREGOR  
SUICIDE PREVENTION PROGRAM MANAGER

The Connecticut Army National Guard's Behavioral Health Team and the Jordan Porco Foundation will join together for the second year to bring Fresh Check Day back to Camp Niantic.

The event, scheduled for May 22, 2016, was created by the Jordan Porco Foundation to bring mental illness and suicide awareness to the young adult population through creating an open and engaging atmosphere to examine the strong stigma surrounding these topics. The foundation's first event was in 2012.

All Connecticut National Guardsmen and their families are welcome to attend Fresh Check Day, free of charge. Cadre and recruits of the Recruit Sustainment Program as well as Air Guard student flighters will also be on hand.

The Jordan Porco Foundation is a Connecticut based non-profit founded in the memory of Jordan Matthew Porco, a young man who suicided during his freshman year of college. The Connecticut Army National Guard is proud to be the first military division to collaborate with JPF and bring Fresh Check Day to our recruits. JPF and the CTNG Behavioral Health Team will have nearly a dozen interactive booths set up for its event each with its own important message of overcoming stigma and creating meaningful dialogue about mental health and wellness.

Suicide continues to be the second leading cause of death in young adults ages 18-25. Since 2010, military suicide rates have exceeded the civilian suicide rate with the National Guard having the highest incidence suicide of any military branch. Recruits and student flighters participating in the Fresh Check Day will be empowered to become peer gatekeepers for their battle buddies and learn about the various and unique resources available to them as National Guard members.

Food, prizes, giveaways, and entertainment will all be provided to participants as well as engaging activities including an obstacle course and artistic expression. Event organizers and volunteers alike look forward to an exciting day which emphasizes the Connecticut National Guard's focus on not only the physical health and ability of our soldiers but also their mental health and resilience.

**For more information on this event, contact Suicide Prevention Programs at 860-969-7061 or to volunteer, contact Behavioral Health Support at 860-691-6023.**



*We Welcome You*

**freshcheckday®**  
checkin'-in with soldiers and airmen

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

**SUNDAY, MAY 22, 2016 | 1100 – 1400**  
**CAMP NIANTIC – PARADE FIELD**

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

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

For more information visit [freshcheckday.com](http://freshcheckday.com).  
To RSVP for the event, contact 1LT Luigina Facchini at [Luigina.t.facchini.mil@mail.mil](mailto:Luigina.t.facchini.mil@mail.mil) or call 860.655.9322.

If you or someone you know needs help, call now:  
Behavioral Health Helpline: 855-800-0120  
Veterans' Crisis Line: 1-800-273-8255 and Press 1

Fresh Check Day® is a program of the Jordan Porco Foundation, [rememberingjordan.org](http://rememberingjordan.org)

# Flying Yankee Marks Another Wing First

MAJ. JOHN SAUNDERS  
CHIEF OF WEAPONS AND TACTICS  
118TH AIRLIFT SQUADRON

There have been many “firsts” for the Flying Yankees since C-130s began to arrive at the Bradley Air National Guard Base in 2015.

Another milestone first came when the unit’s first C-130 instructor, Maj. Josh Linden, graduated from the prestigious United States Air Force Weapons School with the famed patch of a Weapons School Graduate.

Linden endured nearly six months of rigorous training involving a very strenuous academic course of study in an extremely stressful setting while flying missions to the edge of the C-130’s capability. In becoming an expert in C-130 operations, Maj. Linden’s training also emphasized leadership and the integration of all Air Force weapons systems

According to a USAF factsheet, “The U.S. Air Force Weapons School teaches graduate-level instructor

courses that provide the world’s most advanced training in weapons and tactics employment. During the course, students receive an average of 400 hours of graduate-level academics and participate in demanding combat training missions. Weapons Officers serve as advisors to military leaders at all levels, both those in uniform or civilian government positions. Weapons Officers are the instructors of the Air Force’s instructors and the service’s institutional reservoir of tactical and operational knowledge. Taking the mantra, ‘humble, approachable and credible’ as their creed, they form a fraternity of trusted advisors and problem-solvers that leads the force and enables it to integrate its combat power seamlessly alongside those of other



military services.”

Although the wing has had patch-wearers from A-10, F-4, F-15, F-16 and B-52, this accomplishment is special as Maj. Linden was in the CTANG from selection to graduation; a feat that has not happened in three decades.

“Major Linden’s successful completion of the challenging Weapons Instructor Course is a tremendous achievement for him on a personal level and for the entire wing on a more strategic level,” said Col. Frank Detorie, 103rd Airlift Wing Commander. “It has been over 30 years since this wing produced an organic Weapons School graduate. The fact that we now have our own C-130 Weapons Officer after only two years in the mission is really remarkable. It’s an important next step in our effort to forge one of the finest airlift units in the United States Air Force. I am very proud of what Josh has done to make our wing better.”

As a fellow patch, I would like to welcome Josh home and invite all to join me in congratulating him on a job well done.



A Connecticut Air National Guard C-130H on the flightline at the 103rd Airlift Wing, East Granby, Conn. (Photo courtesy of Connecticut Air National Guard Public Affairs Office)

# The State and Region's Best to Compete in CT in 2016

CAPT. MIKE PETERSEN  
STATE PUBLIC AFFAIRS OFFICER

Each year, units of the Connecticut Army National Guard submit the names of their top soldiers to compete for the title of Best Warrior.

Over the course of four days, the mental and physical strength of competitors are tested with events taking place throughout Connecticut at Camp Niantic, Stones Ranch and East Haven Rifle Range.

"I am always amazed and humbled at the proficiency and determination of our soldiers," said Connecticut Army National Guard State Command Sergeant Major John Carragher. "The competitions showcase the very best of what it means to be a soldier."

The winners – one junior enlisted soldier and one noncommissioned officer – will then advance to face victors from seven other states: Maine, Vermont, New Hampshire, Rhode Island, New York, New Jersey, and Massachusetts in the Regional Best Warrior Competition, also to be held in Connecticut.

As of Feb. 1, 25 soldiers ranked private to specialist will compete for Soldier of the Year and 25 soldiers ranked corporal to sergeant first class will compete for NCO of the Year. There are 44 mentors with varying degrees of experience in the competition.

"The Connecticut Army National Guard's Best Warrior Competition is part of the process used to determine the Army's best warriors," said Carragher. "The competition is not only a great training event, it brings together



Staff Sgt. Andros X. Thomson III, D Company, 2nd Battalion, 104th Aviation Regiment, plots his points on a map before heading out on the land navigation course at the State Best Warrior Competition held at Camp Niantic and Stones Ranch Military Reservation in April of 2015. Thomson finished first in the State Competition and went on to represent the Connecticut Army National Guard as NCO of the Year in the regional competition held in Massachusetts in May of 2015. (Photo by Staff Sgt. (Ret.) Debbi Newton)



Spc. Jessica Abu-Hijleh finishes the 10-kilometer ruck-march alongside her mentors at the State Best Warrior Competition at Stones Ranch Military Reservation in East Lyme, Conn. in March 2015. Abu-Hijleh won the state competition as Soldier of the Year and went on to represent the Connecticut Army National Guard in the regional competition in Massachusetts in May of 2015. (Photo by Staff Sgt. (Ret.) Debbi Newton)

soldiers and NCOs from all of our units and fosters esprit de corps across the command."

Events will challenge competitors in every facet of being a soldier and/or NCO. Not only will competitors partake in events that are annual requirements – like a physical fitness test and M-4 rifle qualification – but they will also be required to complete a 12-mile ruck march with a 35-pound rucksack, take a 100-question exam based on army doctrine and perform Army Warrior Tasks that are to be determined by the cadre.

Some competitors will have experienced mentors to lean on, like Spc. Nicole Cammett, a Pay Specialist assigned to Joint Force Headquarters. Cammett's

mentor, Sgt. 1st Class Nickolas Drake, was crowned the 2009 NCO of the Year as a sergeant with the 14th Civil Support Team. He said that in his experience, a competitor is only as good as his or her mentor.

"A solid mentor is an NCO who possesses the necessary knowledge, patience and experience to impart upon their competitor leading up to and during the competition itself," Drake said. "It has been a gratifying experience mentoring JFHQ's competitor so far."

As a competitor, Drake said he put no less than three months of work into preparing for Best Warrior.

This year, Connecticut will also be hosting Region I's Best Warrior Competition. Each state will send a soldier and NCO to compete for a chance to represent the region (which includes the New England states and New York) at the national competition in Camp Edwards, Mass.

The regional event will be set up in a similar style to the state competition, utilizing the same locations.

**For more information and updates on the Best Warrior Competition, follow the Connecticut National Guard on Facebook**  
([www.facebook.com/connecticutnationalguard](http://www.facebook.com/connecticutnationalguard).)

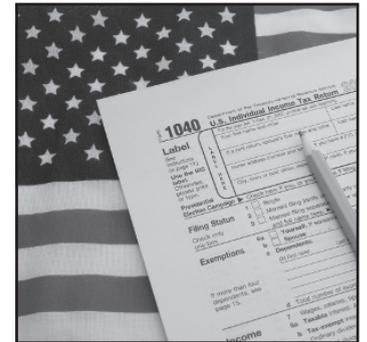
*Your Trash...  
Could be an Adversary's  
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## Taxpayers Beware, New Email Scam Targets CT Tax Information

OFFICIAL PRESS RELEASE  
DEPARTMENT OF REVENUE  
SERVICES



Connecticut taxpayers are being targeted by a new email scam. On-line thieves posing as the Department of Revenue Services (DRS) are using email to steal taxpayer information. These phishing attacks appear to originate outside of the United States.

According to DRS Commissioner Kevin Sullivan, taxpayers are receiving email messages about a "Connecticut state income tax verification exercise." Taxpayers are then directed to link to a phony website that looks like an official DRS website and asked to disclose confidential information. Disclosing the information results in identity theft and likely fraudulent income refund claims in the name of the taxpayer.

What taxpayers will see in their email is the following message:

"Due to routine check and validation of our new website, you are required to download the attachment CT STATE INCOME TAX VERIFICATION EXERCISE to validate your details on CT database to enable you log in and view your W2 for the oncoming 2015 Income Tax Return exercise.

Failure to update your details will result to termination of your account.

DRS Home CT.gov home FAQs Feedback/Questions  
State of Connecticut Disclaimer and Privacy Policy.  
Copyright C 2002-2015 State of Connecticut"

Commissioner Sullivan said, "DRS never contacts taxpayers this way. Don't get scammed. Do not open or reply to this email. Do not open the linked site however official it may look."

He is advising people that they can contact DRS at (860) 297-5962 or outside the Hartford calling areas at (800) 382-9463.

**Free Tax Services Available to  
Connecticut Military Members &  
Families**  
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Mid-Atlantic Detachment  
Naval Submarine Base New London  
Building 83 (860) 694-4069**

# Governor's Horse and Foot Guards

## 2nd Company Horse Guard Names New Commandant

A Jan. 31 change of command ceremony saw Maj. James Marrinan (pictured) named commandant of the Second Company Governor's Horse Guard, at the unit's facility in Newtown, Conn. The guidon was officially presented to Marrinan by former commandant, Maj. Gordon Johnson. Marrinan has previously served as Captain of Second Horse and said he looks forward to leading the unit in its mission to always be ready to serve the state and to preserve the traditions, history and service of one the last active mounted cavalry units in the nation. (Photo by Pfc. Jodi Fay, Second Company Governor's Horse Guard)



## 1st Company Horse Guard Graduates New Members



PHOTO & STORY SUBMITTED BY CPL. LOUISA KRAUSE  
1GHG UPAR

After 16 weeks of training in military bearing, horsemanship and equitation, the First Company Governor's Horse Guards of Avon, Connecticut, graduated Recruit Class 3-15. Victoria Haskins of Avon, Nadine Krause of Middletown, Kameron Alexandra Mele of Farmington, and Kendra Lynne Valliere of West Hartford received their spurs and were promoted to the rank of private during their graduation ceremony on Dec. 20, 2015.

Additional promotions included: Pfc. Bonnie Barile (Headquarters) and Louisa Krause (Riding Platoon) to Corporal; Cpls. Christina Meador and Brigitte Soucy to Sergeant; Sgt. Carol Martinoli and Pfc. Jennifer Jeandell were appointed to the position of 2nd Lieutenant in charge of the Riding Platoon and Quartermaster, respectively. 2nd Lt. Christopher Schoeneberger was promoted to the rank of 1st Lieutenant and will continue to serve as the Unit's Adjutant. While commissioning is pending for the latter three positions, these promotions are an indication of leadership and dedication to the unit.

The next recruit training class will kick off on Apr. 3. No military background, equestrian knowledge or riding skills are necessary for enlistment. If you are committed to upholding a 238-year tradition and becoming a member of the longest active cavalry unit in the nation, please call (860) 673-3525 for further information. Check out our unit during drill on Thursday evenings, 7:00 pm, or weekends, at 280 Arch Rd. in Avon, Conn.

# AROUND OUR GUARD

*A Glimpse at Connecticut Guardsmen and Events*

State Command Sgt. Maj. John Carragher, left, recognizes Pfc. Janice Sierra and Pvt. Kadijah Newell of Echo Company, 1-169 General Support Aviation Battalion for actions they took in helping a diabetic civilian pulled over in an emergency lane on the highway. A letter submitted to the Hartford Courant by a Middletown, Conn. man detailed his encounter with two "young female soldiers stationed in Windsor Locks," in December as they provided him with assistance prior to the arrival of an ambulance. Sierra and Newell, a food service technician and refrigerator repair technician, respectively, did not ask for recognition, but were coined by the state sergeant major for their actions and selfless service on Feb. 21. (Photo by 1st Lt. Jamie Cuticello, CTARNG)



## Horses For Little Heroes

**Date:** Saturday, March 5, 2016

**Time:** 9:00 AM to 12:00 Noon

**Location:** 1st Company Governor's Horse Guard, 280 Arch Road, Avon



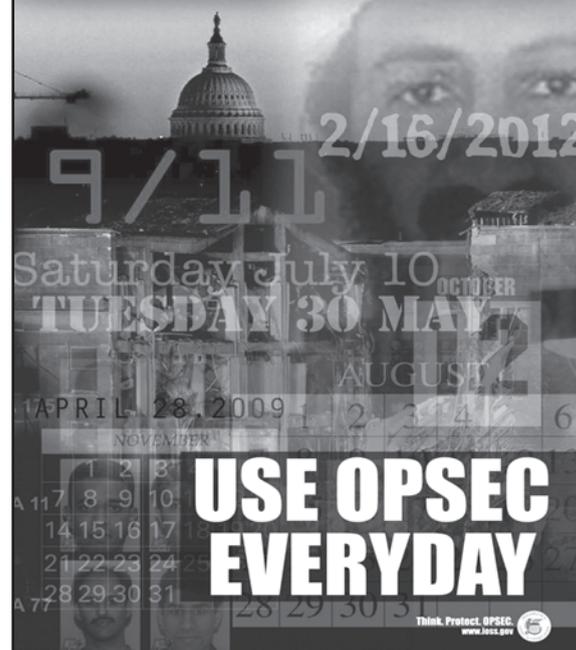
The CT National Guard Child & Youth Program in partnership with the 1st Company Governor's Horse Guard (1GHG) are excited to bring you a new program for military connected **youth ages 5 and older!** This will be the first event of the 8 month program! Children will learn all about horses from mucking the stalls to riding! Registration is **REQUIRED** at the link below, use the **password Horses2**



<https://horses-mar-2016.eventbrite.com>



there are plenty more dates on the calendar...



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# Upcoming State Training Courses



Connecticut Army National Guard soldiers participate in the Combat Lifesaver Course in Jan., 2013 at the Regional Training Institute, Camp Niantic, Conn. (Photo courtesy of the State Public Affairs Office)

SUBMITTED BY CAPT. JUSTIN COPELAND  
G-3 TRAINING SPECIALIST, CTARNG

The following are a list of upcoming courses put on within the state and in most cases are available to all Connecticut Army National Guard Soldiers.

- **April 6, 2016 - Heartsaver AED Certification**  
Room 1112, RTI, Camp Niantic, Conn.  
Register by: **March 22.**
- **April 13, 2016 - Army Substance Abuse Prevention (ASAP)**  
Room 318C, MAFRC, Middletown, Conn.  
Register by: **March 14.**
- **April 13-14, 2016 - Applied Suicide Intervention Skills Trainer Course (ASIST)**  
Room TBA, MAFRC, Middletown, Conn.  
Register by: **March 14.**
- **May 14-15, 2016 - Applied Suicide Intervention Skills Trainer Course (ASIST)**  
Room TBA, MAFRC, Middletown, Conn.  
Register by: **April 14.**
- **May 21-22, 2016 - Unit Prevention Leader (UPL)**  
Room 1138, RTI, Camp Niantic, Conn.  
Register by: **April 21.**
- **June 1, 2016 - Army Substance Abuse Prevention (ASAP)**  
Room 1151, RTI, Camp Niantic, Conn.  
Register by: **May 2.**
- **July 13, 2016 - Heartsaver AED Certification**  
Room TBA, AASF, Windsor Locks, Conn.  
Register by: **June 28.**

#### FEATURED COURSE: Heartsaver AED Certification

Advances in technology have provided several innovative opportunities to prevent unnecessary disability and death. American Heart Association's (AHA) "Chain of Survival" is designed to optimize a patient's chance for survival. There are four links in the chain: (1) early access, (2) early CPR, (3) early defibrillation, and (4) early advanced cardiac life support.

Heartsaver® CPR/AED is a classroom, video-based, instructor-led course teaching CPR and AED use, as well as how to relieve choking on adults, children, and infants. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills. Certification is good for two years. Certification does not obligate the trained employee to respond to emergencies requiring CPR or use of an AED.

**For More Information, contact your Training NCO.**

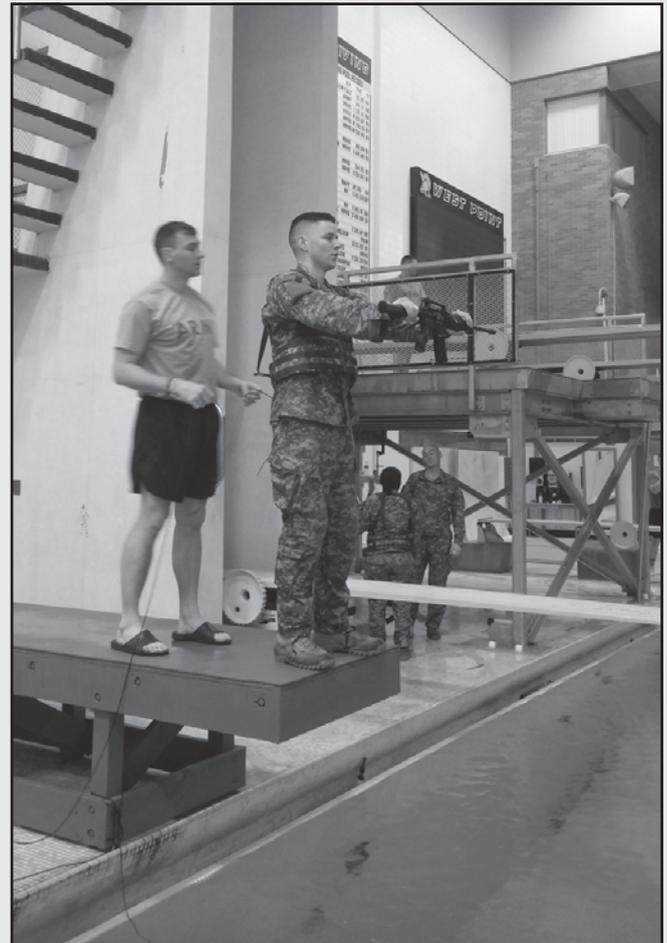
# INSIDE OCS

## Combat Water Survival Test

(right) Capt. Jordan Hyatt, cadre member of the 169th Regional Training Institute, leads Officer Candidate Melissa Maciag, blindfolded, to the end of the three-meter platform as part of the Combat Water Survival Test, Feb. 20 at the United States Military Academy, West Point, N.Y. (Photo provided by Maj. Alyssa Kelleher, Commander of the A Co. 1/169 OCS Battalion)



(far right) Capt. Timothy Pasto of the New York Army National Guard, looks on as Officer Candidate Noah Blanco prepares for the equipment drop portion of the Combat Water Survival Test, Feb. 20 at the United States Military Academy, West Point, N.Y. (Photo provided by Maj. Alyssa Kelleher, Commander of the A Co. 1/169 OCS Battalion).

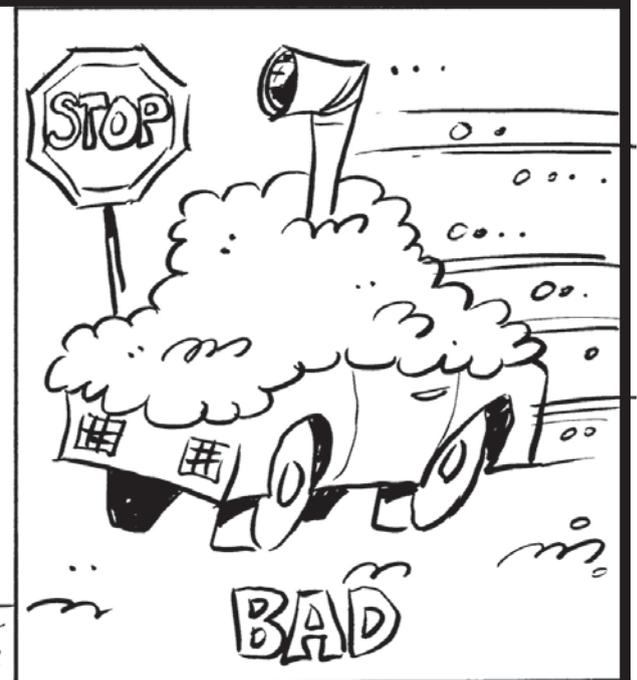


### Safety First

**Clear the Snow and Ice off Your Vehicle or Face a Fine**

Receive a \$75 citation for not removing snow and ice before driving on any Connecticut roadway

**Connecticut National Guard  
Safety Office  
(860) 292-4597**



# Health & Fitness

## New Dietary Guidelines for Americans

HUMAN PERFORMANCE  
RESOURCE CENTER STAFF

The 2015–2020 Dietary Guidelines for Americans were recently released. They offer the government's best advice on healthy eating. How can they help you?

The U.S. Departments of Agriculture and Health and Human Services just released the 2015–2020 Dietary Guidelines for Americans. These guidelines help shape policies for school lunch and breakfast programs, Woman, Infants, and Children, and nourishment programs for the elderly and military. The skinny is that they're based on evolving nutrition science. They offer practical guidance on how to develop a nutrition plan too. Remember you can also seek a dietitian's help to meet your goals towards healthy eating and performing well.

### Tip #1: Think about your overall way of eating.

Your eating pattern reflects how you usually eat. Each day doesn't stand alone—so eating less whole grains one day balances your diet when you eat more whole grains on a different day. The U.S.-Style Eating Pattern includes a variety of colorful fruits and vegetables, low-fat dairy, whole grains, and lean protein (especially more fish). While similar, the Vegetarian-Style Eating Pattern consists of plant-based protein, more legumes, nuts, and seeds. Some vegetarians also eat eggs and fish. The Mediterranean-Style Eating Pattern includes slightly more fruit and seafood, and slightly less dairy.

### Tip #2: Select a variety of vegetables.

Choose vegetables from all 5 groups—dark green, red/orange, dried beans and peas, starchy, and others (light green, purple, yellow, and tan). To ease shopping and storage, purchase all forms: fresh, frozen, canned, and dried. Try vegetables in new ways: grilled, roasted, and raw. Add spinach to a breakfast omelet, munch on carrot sticks at lunch, and toss several veggies into your pasta dinner. Be creative, use fragrant spices, and enjoy new choices.



Shown here are portion control plates to assist in healthier eating practices. (U.S. Air Force photo by Senior Airman Brittany Paerschke-O'Brien) [www.health.mil](http://www.health.mil).

### Tip #3: Choose whole grains.

Usually higher in fiber and important minerals like iron, whole-grain foods include oats, brown rice, popcorn, and quinoa. Select whole grains for at least half of your grain choices. Look for “whole-wheat flour” as the first ingredient when buying breads, pasta, or other grain foods. Replace white flour with winter-white wheat flour; it's easy and barely noticeable.

### Tip #4: Limit the calories you get from added sugars.

A healthy eating plan is difficult to achieve when you consume too many sugar-sweetened beverages, snacks, and sweets. This goes for all forms of sugar (honey, molasses, agave, etc.) The recommendation is to take in less than 10 percent of total calories from sugar. For a 2,000 calorie diet, that's 200 calories. Divide by four to get grams (50 grams) and by four again to get teaspoons (12 teaspoons.) Read food labels to figure out where your sugar is coming from, and then cut back. To give you an idea, just one can of soda contains about 40 grams of sugar.

### Tip #5: Lower saturated fat to less than 10 percent of daily calories.

What does this mean? A 2,000-calorie daily diet should

include less than 20 grams of saturated fat. Check the nutrition facts label to see the total saturated fat content in your favorite foods. Most saturated fat comes from whole milk, cheese, butter, and fatty meats. Choose healthier fats such as olive, corn, soy, or safflower—these contain poly- and mono-unsaturated fats. Swap whole milk with 2 percent milk and easily save 3 grams of saturated fat in an 8 ounce serving.

### Tip #6: Reduce sodium.

In an average diet, most sodium comes from processed foods. The biggest culprits include pizza, canned soups, cured meats, and store-bought breads. Even though whole grains are encouraged, bread is a source of sodium. What are some easy ways to lower sodium? Rinse canned vegetables before adding them to your recipes. You might also try new spices (curry powder, garlic, and ginger) when preparing foods—and always taste before adding salt.

*Playing in a sporting league? Participating in a race?  
Involved in a fitness challenge? See yourself in print!  
Submit your health & fitness photos and stories to  
[allison.l.joanis.civ@mail.mil](mailto:allison.l.joanis.civ@mail.mil).*

# TAKE THE FIRST STEP

Managing the stress of military life can affect the toughest warrior and you don't have to go it alone. Keeping your mind and body fit can lead to a happier and healthier life.



## TALK WITH SOMEONE IN PERSON

### REACH OUT TO SOMEONE AT A MILITARY TREATMENT FACILITY

- Primary Care Manager
- Internal Behavioral Health Consultant
- Recovery Coordination Program
- Department of Behavioral Health
- Mental Health Clinic
- Alcohol and Substance Abuse Program
- Family Advocacy Program

### CONNECT AT AN INSTALLATION

- Chaplains
- Military Family Life Counselors
- Family Readiness System

### TALK WITH

- Family
- Friends
- Peers
- Leadership

THE MILITARY HEALTH SYSTEM HAS 600+ CLINICS TO PROVIDE CARE TO SERVICE MEMBERS

# Tips to Manage Your Stress

MILITARY ONE SOURCE



Stress is an interesting animal. A little stress isn't always bad: it can be an effective motivator, and the adrenaline that stress creates can help improve both mental and physical performance. But too much stress can negatively affect your performance on duty, your relationships, and your physical and mental health. Fortunately, there are many ways to control and reduce stress and increase health and wellness. You can learn and apply stress management techniques to help limit your stress and stay more relaxed in your military and home life.

Manage your stress

- **Take good care of yourself.** Get enough sleep and exercise, eat healthfully and be sure to drink water throughout the day.
- **Build a positive outlook.** Try to maintain a "can-do" attitude. Focus your energy on things that make you feel good.
- **Laugh often.** Laughter can help you to stay upbeat. Watch a funny movie, share jokes with friends and look for the humor in everyday life.
- **Learn how to relax.** Take a few deep breaths and envision yourself in a peaceful place. You can also take a walk, listen to soothing music or read a good book.
- **Make time for activities you enjoy.** Schedule "me time" to do something fun.

• **Learn to recognize when you're stressed.** Excessive stress can cause symptoms like neck or back pain, headaches, upset stomach, trouble sleeping and fatigue. Try to recognize these signals before they become overwhelming.

• **Focus on the things you can control.** When you feel anxious, ask yourself, "Is there anything I can do to change this situation?" If the answer is no, try to let it go.

• **Simplify your life.** Get organized at home. File paperwork, clean out the kids' rooms and get rid of anything you don't need or use. Learn to say "no" to obligations and activities that will overload your schedule.

If your efforts to control your stress don't seem to be working, you might find it helpful to talk to a professional. You can get free confidential, non-medical counseling from Military OneSource via telephone at 800-342-9647. Military and family life counselors are also available through your Military and Family Support Center.

## GET 24/7 ASSISTANCE

**CALL/TEXT/CHAT** if you or someone you know is in a crisis at **800-273-8255**, press 1, text **838255** or **militarycrisisline.net/chat**

**CALL** the TRICARE Nurse Advice Line for health advice and to help you find a doctor at **800-874-2273**, press 1

# 71%

of service members report that they seek emotional support from family and friends\*



THE DCoE OUTREACH CENTER IS AVAILABLE

# 24/7

BY PHONE, EMAIL AND LIVE CHAT

Call/chat with a health resource consultant  
**866-966-1020** or **realwarriors.net/livechat**

## THE TOP STRESSORS

RELATED TO THE MILITARY LIFESTYLE ARE DEPLOYMENT OR SEPARATION, FINANCIAL, EMPLOYMENT OR WORK, AND ISOLATION FROM FAMILY\*



# 30%

OF SERVICE MEMBERS FEEL STRESSED MOST OR ALL OF THE TIME\*

## LEARN MORE ONLINE

**REAL WARRIORS CAMPAIGN**  
[realwarriors.net](http://realwarriors.net)

**AFTERDEPLOYMENT**  
[afterdeployment.dcoe.mil](http://afterdeployment.dcoe.mil)

**MISSION READY APPS**  
[t2health.dcoe.mil/mobile-apps](http://t2health.dcoe.mil/mobile-apps)

**INTRANSITION**  
[intrransition.dcoe.mil](http://intrransition.dcoe.mil)



Seeking care early can decrease your likelihood of developing a more serious psychological health concern, and can lead to positive outcomes

\* SOURCE: BLUE STAR FAMILIES

# Welcome Home 192nd MP Battalion



(Above) The family of Capt. Carmelo Pena, Jr. of the 192nd Military Police Battalion, waits in anticipation for the arrival of the 50 MPs at the Windsor Locks Readiness Center in Windsor Locks, Conn., Jan. 27. The MP's spent the previous nine months in Guantanamo Bay, Cuba where they conducted detainee operations in support of Operation Enduring Freedom. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)



(Above) Lt. Gov. Nancy Wyman visits with the family of Staff Sgt. Gregory Walsh of the 192nd Military Police Battalion at the Windsor Locks Readiness Center in Windsor Locks, Conn., Jan. 27. Friends, family members and state officials gathered to welcome home more than 50 members of the Connecticut Army National Guard unit who spent nine months in Guantanamo Bay, Cuba conducting detainee operations in support of Operation Enduring Freedom. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)



(Above) The family of Sgt. Dennis Stone Jr. to include his uncle, Brig. Gen. (CT-Ret.) Daniel McHale (far right) and Stone's wife Allison (holding sign), await the arrival of Stone and the 50 members of the 192nd Military Police Battalion at the Windsor Locks Readiness Center in Windsor Locks, Conn., Jan. 27. The MPs spent the previous nine months in Guantanamo Bay, Cuba where they conducted detainee operations in support of Operation Enduring Freedom. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)

(Right) Sgt. 1st Class Jessica Torres of the 192nd Military Police Battalion is visited by Governor Dannel Malloy at the welcome home of the MP unit at the Windsor Locks Readiness Center in Windsor Locks, Conn., Jan. 27.

Malloy, along with Lt. Gov. Nancy Wyman, was present to welcome home the 50 Connecticut Army National Guardsmen who spent the last nine months in Guantanamo Bay, Cuba conducting detainee operations in support of Operation Enduring Freedom. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs)



Sgt. Aaron Heller of the 192nd Military Police Battalion is welcomed home by his family at the Windsor Locks Readiness Center, Jan. 27. Along with Heller, 50 other members of the MP Battalion were greeted by their families and friends after a nine month deployment to Guantanamo Bay, Cuba in support of Operation Enduring Freedom. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)



1st Lt. Christopher Lalime receives a warm welcome when he arrived at the Windsor Locks Readiness Center, Jan. 27. Lalime is one of 50 members of the 192nd Military Police Battalion that were welcomed home after a nine-month deployment to Guantanamo Bay, Cuba in support of Operation Enduring Freedom. (Photo by Ms. Allison L. Joanis, State Public Affairs Office)



Staff Sgt. Jamie Stone is welcomed home by his four-legged family member when he returned to the Windsor Locks Readiness Center, Jan. 27. Stone is one of 50 members of the 192nd Military Police Battalion that were welcomed home after a nine-month deployment to Guantanamo Bay, Cuba in support of Operation Enduring Freedom. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs)

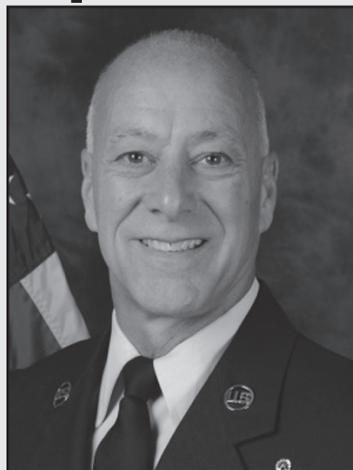
View and download all of the photos from this event on the  
Connecticut National Guard Flickr Page

[www.flickr.com/photos/ctnationalguard/albums](http://www.flickr.com/photos/ctnationalguard/albums)





# Enlisted Update Inspire Through Leadership and Mentorship



**CHIEF MASTER SGT.  
ROBERT GALLANT**

Greetings Airmen and Soldiers. Spring is almost upon us - at least that's what the ground hog is claiming.

As some of you already know, Chief Master Sgt. Ed Gould, the previous State Command Chief has been selected for a position in the Office of Complex Investigations at

the Air National Guard Bureau Readiness Center at Joint Base Andrews in Maryland. We all wish him well and great success in his new endeavor.

I am Chief Master Sgt. Robert Gallant and I will assume the roles and responsibilities as the State Command Chief for the Connecticut Air National Guard. I was previously the Wing Command Chief for the 103rd Airlift Wing at Bradley Air Base. I plan to bring my many years of leadership experience and knowledge to next level, as well as learn from each of you so we all develop as better leaders.

One of the main goals for every airmen and soldier at every level is to continue to develop and succeed not only their skill levels to be the best at their job, but to develop their skill sets as a person, mentor and leader. I know this is not a new concept by any means, however, I believe it is an important factor we all need to keep in front of us. It is a mindset and behavioral change we need to maintain to help keep it as part of our developmental process. It is everyone's responsibility to help drive the development process

for all, no matter what rank we wear or what job we do.

I had the opportunity to attend a chief's executive course in 2015. This is a week-long course put on by the Office of the Command Chief for the Air National Guard. It is designed to continue the development process mostly for newly assigned chief master sergeants. It was an excellent and exciting course that provided materials and group sessions to better our leadership skills.

During one of the sessions, Chief Master Sgt. James W. Hotaling, Command Chief of the Air National Guard, shared, "Notes to Inspire," a daily inspirational email sent by the author Simon Sinek. I followed suit and signed up to receive the email to see how I could use it as a developmental tool for myself, my civilian work, and as an enlisted leader in the Connecticut National Guard.

Here are two inspirational examples:

"When we tell people to do their jobs, we get workers. When we trust people to get the job done, we get leaders."

"Leadership is not about being in charge. Leadership is about taking care of those in your charge."

Receiving daily inspirations can fit into everyone's lives and can be important and effective for two reasons. First, we all need to be inspired on a consistent basis to develop our own behavioral thought processes and drive success and second, inspiration can be a great tool to pass onto you airmen and soldiers to help keep them motivated and to build their behavioral growth. As a civilian, I manage a team in the sales profession and I use these inspirations to build up my team and to encourage positive attitudes.

There is nothing like getting an inspirational charge every morning to start your day.

Another developmental tool that we do not really use to the fullest potential is mentoring. It is an essential ingredient in developing well-rounded, professional, and competent leaders.

Mentors are advisors and guides who share knowledge, experiences and advice to the mentee to achieve their

career and personal goals. The first level of mentoring is done in an informal way. We have people around us that we have learned from or that we helped to guide even when we do not realize. Simply being there for a person as they develop can be seen as playing the role of mentor. We will also try to emulate successful people to learn what skills they possess so we can be successful too. This all part of the development process that we go through while trying to reach our goals.

The next level of mentoring is through a formal process. The U.S. Air Force has Air Force Manual 36-2643 (Air Force Mentoring Program) and the U.S. Army has a web-based mentorship program developed in 2005 found at <http://www.armyg1.army.mil/HR/mentorship/default.asp>.

These programs have specific guidelines and criteria to help facilitate and develop our airmen and soldiers within the mentorship process. In 2015, the U.S. Air Force also introduced a new web based program called, "My Vector" (<https://afvec.langlely.af.mil/myvector/>). This program is designed to reach out to fellow airman regardless of service component.

My Vector has a real-time mentoring plan, discussion forums, and a bullet tracker to document accomplishments, and the ability to dialogue online with your mentor. A resource page is also available to assist both parties with mentoring questions and relationships. The first step in the success of "My Vector" is for airmen to volunteer to be mentors to share their experience and expertise with other airmen.

I think the following statement by Deborah Lee James, Secretary of the Air Force, sums up the importance of the mentorship programs: "Mentoring represents an investment — one where we may not know the impact until many years later."

**CONNECTICUT  
NATIONAL  
GUARD**

## IS YOUR SOCIAL MEDIA SAFE?

- Check your Privacy Settings
- Don't post Personal Identifying Info
- Be selective who you connect with
- Watch for OPSEC violations
- Turn off Geotagging on your devices
- Post with common sense!

**Be sure to check and adjust your settings!**

# Use Your Extra Day to Leap into Retirement

ROBERT G. RODRIGUEZ  
PUBLIC AFFAIRS SPECIALIST  
SOCIAL SECURITY ADMINISTRATION

It's leap year and that means one thing — you can add one extra calendar day to your February schedule. Many people are preparing for the upcoming elections. Others might be getting a jump on spring cleaning. What will you do with your extra day?

You could use a few of your extra minutes to check out what Social Security offers at [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices). There, you can:

- Apply for retirement, disability, and other benefits.
- Get your Social Security Statement.
- Appeal a recent medical decision about your disability claim.
- Find out if you qualify for benefits.

If you're planning or preparing for retirement, you can spend a fraction of your extra 24 hours at my Social Security. In as little as 15 minutes, you can create a safe and secure my Social Security account. More than 21 million Americans already have accounts. In fact, someone opens one about every 6 seconds. Join the crowd and sign up today at [www.socialsecurity.gov](http://www.socialsecurity.gov).

With a personalized my Social Security account, you can:

- Obtain an instant, personalized estimate of your future Social Security benefits;
- Verify the accuracy of your earnings record — your future benefit amounts are based on your earnings record.
- Change your address and phone number, if you receive monthly Social Security benefits.
- Sign up for or change direct deposit of your Social Security benefits.
- Get a replacement SSA-1099 or SSA-1042S for tax season.
- Obtain a record of the Social Security and Medicare taxes you've paid.

And if you have a little time to spare, you can always check out our blog, Social Security Matters, at [blog.socialsecurity.gov](http://blog.socialsecurity.gov). There, you will find guest posts by Social Security experts, in-depth articles, and answers to many of your questions about retirement, benefits, and healthcare. Each post is tagged by topic so you can easily search for what matters most to you.

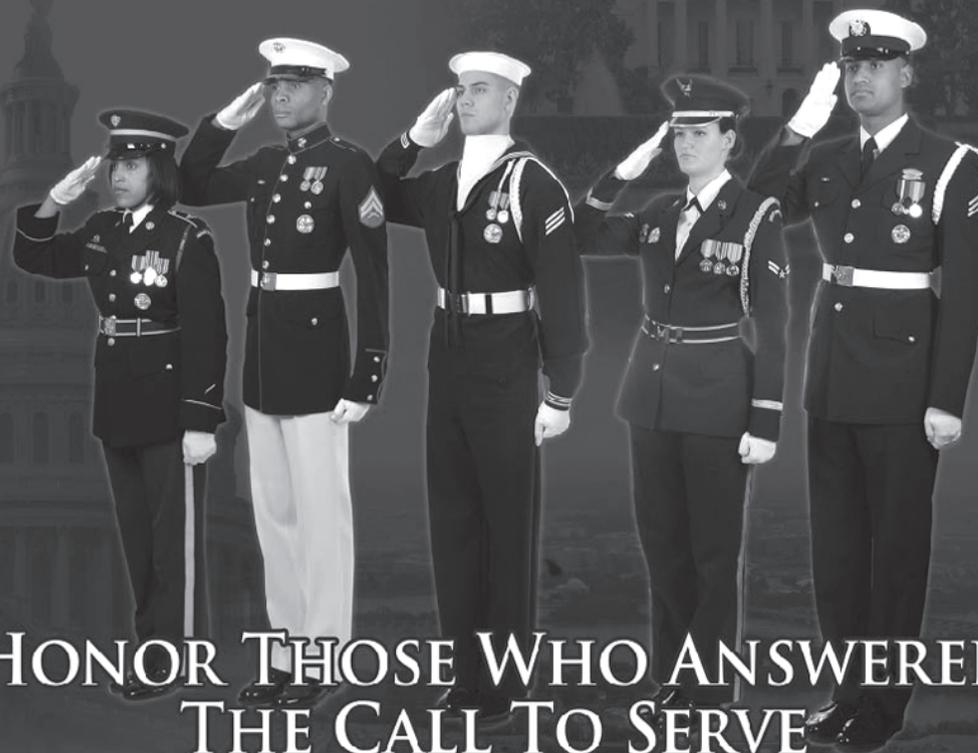
Leaping from webpage to webpage, you can see that Social Security has you covered all year long, not just on that extra day in February. Remember, you can access our homepage that links to our wide array of online services any day of the week at <http://www.socialsecurity.gov>.

# ARMED FORCES DAY

## ★★★★★LUNCHEON★★★★★

SAVE THE DATE

MAY 20, 2016 ★ AQUA TURF CLUB ★ 11:00 A.M.



## HONOR THOSE WHO ANSWERED THE CALL TO SERVE

FOR MORE INFORMATION, CONTACT

SFC WILLIAM BLAKE ★ (860) 493-2750 ★ [WILLIAM.D.BLAKE14.MIL@MAIL.MIL](mailto:WILLIAM.D.BLAKE14.MIL@MAIL.MIL)

OR VISIT

[FACEBOOK.COM/CTARMEDFORCESDAY](https://www.facebook.com/CTARMEDFORCESDAY)



## RETIREE VOICE

# Charitable Giving: *To Give or Not to Give?*

Sgt. 1st Class (Ret.) Stephanie Cyr  
Retiree Affairs Columnist

These days, it seems like every charity and non-profit is asking for donations. Almost every day, this retiree receives mailings, emails, and phone calls from all kinds of groups asking to make their cause the donor's cause.

Sorting through these requests can be overwhelming and often go directly to recycling, or lead to a telephone hang-up. Retirees are often targeted by groups that view them as emotional targets with disposable income. Ability and willingness to give should be an informed decision. It is your money and you should know how organizations use it.

Certain organizations use your donations more wisely than others. Emotional giving is not to be condemned, but if giving to veterans' causes strike your heart, choose a group with less overhead and a track record of ensuring your donation actually goes to the program recipient, rather than fundraising marketing or administration.

Know the charity. Knowing the charity is probably the most important tip for giving. Do your research and ensure you have the information and confidence that you know the organization's legitimacy and intentions. Many groups adopt names very similar to well-respected ones in the hopes of pulling the wool over the eyes of potential

donors. If you have even the slightest doubts, the IRS maintains a list of all registered organizations.

If you question legitimacy, inquire or don't give. If you know the group and its work, you will know with some degree of confidence how your gift is used. Consumer Reports' December 2015 article, "Best and Worst Charities for Your Donations," lists its top 100 charities – a good place to start when beginning your research. There are other internet-based resources that you can use to further your research.

How does the charitable organization use a donation? One can feel cheated if most of your gift went to pay the salaries of top officers, marketing efforts, or other non-direct expenses. Highly rated charities spend at least 65% of donations on the cause they support.

Do you plan to claim the donation as a tax deduction? Some charities and nonprofit organizations are not tax deductible, so always ask a representative and always maintain a record of donation receipt(s).

Charity Watch and Charity Navigator websites are databases that can provide more in-depth information about charities. Charity Navigator gives more specific charity information, permitting researchers to search for a charity by name or category. For example, three charities this writer received a lot of mail from were the American

Red Cross, Wounded Warrior Project and American Cancer Society. All three are very noble causes, and I used Charity Navigator to look up how much of each dollar each charity spends on what it promises to deliver.

I quickly found that American Red Cross yields the fact that 90.3% of every donation dollar, on average, is spent on the programs it delivers, but Wounded Warriors Project spends only 59.9% on programs. The American Cancer Society spends 60.6% on programs. Websites like the ones mentioned above let users search by different categories and compare organizations side-by-side.

Volunteering is another way to donate to organizations. Your time and talents can go a long way to help local chapters of nationally-acclaimed organizations. Local social services that provide meals for the hungry and shelter for the homeless can always use donations and help.

Choosing to make a charitable donation should be an informed decision, not hastily made based on an emotional phone call, appealing television advertisement or fancy brochure. Remember, never give personal information to requesting groups, especially over the phone. Make comparisons and make the choice, because it is your money, and you deserve to know how it is spent.

## Join the CTNG Golf League



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

**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, Connecticut.

**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 Godburn at home: 860-489-0736, cell: 860-491-6063 or [cjgodburn@gmail.com](mailto:cjgodburn@gmail.com).

**Slots for Regular Golfers and  
Substitutes Still Available**

# Off the Bookshelf:

## The Last of the Doughboys

### *The Forgotten Generation and Their Forgotten World War*

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS OFFICE

A number of terms used regularly today originated during the long and brooding years of World War I.

A “cootie” was slang for a louse. A “funk” was an opening in the wall of a trench in which tired Soldiers could relax. “Over the top,” of course, meant to rise out of a trench and charge towards the enemy. To, “push up the daisies,” is pretty straightforward. There’s “trench coat,” and “trench foot,” and a “dugout” was a position dug into a hill. There were numerous nicknames for soldiers. “Jerry,” (from Germany) was a nickname for German fighters. “Frogs” were French troops, and “doughboys” were Americans.

Numerous theories exist about the origin of the term “doughboy,” which may have first been used decades prior to the Great War. Doughboys were, perhaps, nicknames for working class and immigrant baker apprentices who joined the Army; or named for the manner in which American troops cooked their floury rations over campfires; or named for the buttons worn by troops resembling balls of dough; or the appearance of American troops covered in dust and dirt marching into Mexico during that war.

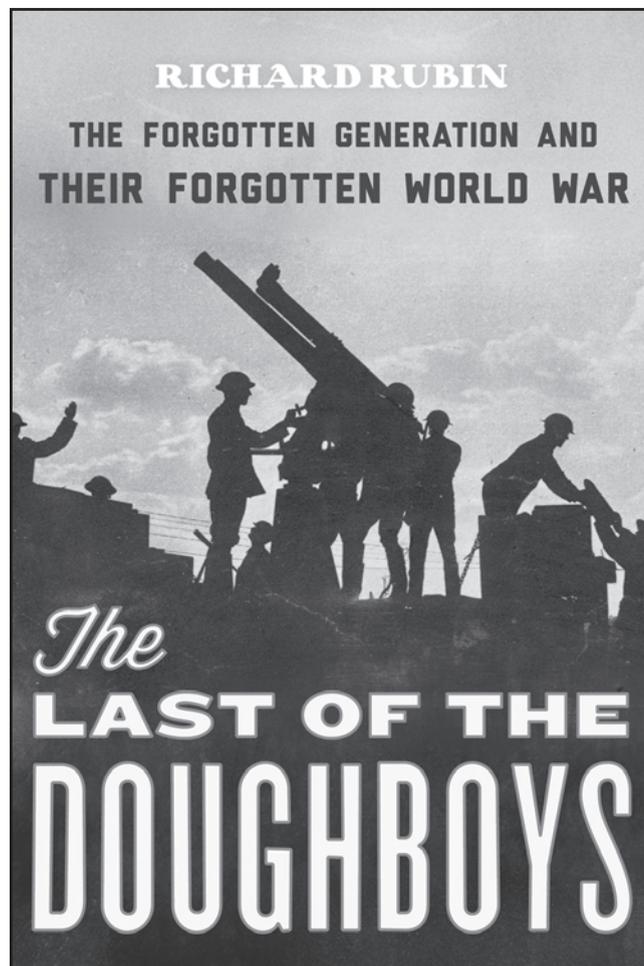
In “The Last of the Doughboys,” Richard Rubin admits to the term’s mysterious genesis. He mentions, however, that the moniker may have something to do with doughnuts distributed to soldiers by the Salvation Army.

Rubin’s 2013 book covers much more than the origin of, “doughboy.” The New York author’s second nonfiction work retells the stories of the last surviving American doughboys from World War 1, including Connecticut infantrymen, and the last American survivor of World War 1, Frank Buckles, who passed away in 2011 at the age of 110.

Rubin details many facets of the war and its connections to Connecticut soldiers, including when the 102nd Infantry Regiment replaced 26th Infantry Regiment, 1st Division troops commanded by Teddy Roosevelt, in the Toul Sector of France in 1918. The 102nd was subsequently attacked and overrun by German forces, resulting in the wounding of mascot, “Stubby,” and capture of 200 Connecticut infantrymen.

The last survivor of that battle, J. Laurence Moffitt, died in 2004 at the age of 106, but not before granting an interview to Ruben.

“I worried only when I was in danger, and I wasn’t in



danger most of the time. I was perfectly safe in the dugouts or in trenches. The people at home had reason to worry—they didn’t know when I was safe and when I wasn’t safe.”

Moffitt, Rubin makes clear, was extremely modest. In a separate interview he associated his longevity with not letting things in life bother him. However, never far from the action in France, he was wounded by shrapnel and routinely exposed to poisonous gas.

Fortunately, Moffitt and his fellow doughboys’ (and doughgirls’) stories survive in Rubin’s text. Rubin makes it easy and enjoyable to retrace their footsteps during the war and in the decades following, as many returned to full civilian lives, families, and careers in the U.S.

By the way, a “dump,” in World War 1, was a temporary supply depot. “Cold feet,” referred to soldiers’ tentativeness in battle due to trench foot, and to be “up against the wall,” meant death by firing squad.

### THE CONNECTICUT NATIONAL GUARD OFFICIAL WEB AND SOCIAL MEDIA

[www.ct.ng.mil/](http://www.ct.ng.mil/)  
Official CT National Guard Website



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



[twitter.com/ctnationalguard](https://twitter.com/ctnationalguard)  
The Official CT National Guard Twitter



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



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



Connecticut National Guard Public Affairs Office  
Social Media Submissions and Information  
(860) 524-4857  
[ctngpublicaffairs@gmail.com](mailto:ctngpublicaffairs@gmail.com)

## The Connecticut Guardian ONLINE

<http://ct.ng.mil/Guardian>



# Military History: America's Ghost Army

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

There is no question that deception has always been a part of warfare.

Most are familiar with the Greeks' ultimate sneak attack on the city of Troy. After a ten-year siege, with no end in sight, the Greek army departed, leaving only a large wooden horse outside the gates of Troy. Reluctantly, the "gift" was brought into the city and its hidden cargo of Greek soldiers overcame the gate guards, allowing the rest of the Greek army to conquer the city.

In World War II, the allies traded wooden horses for rubber tanks and planes. The Ghost Army was officially known as the 23rd Headquarters Special Troops. From June 1944 to March 1945 its 1100 soldiers staged 20 battlefield deceptions, beginning in Normandy and ending along the Rhine River.

The deceivers employed an array of inflatable equipment such as tanks, trucks, jeeps, and airplanes. Some of these blow-up decoys were made at the Inflatable Products Company in West Haven, Connecticut.

The unit also used sound trucks, phony radio transmissions and even playacting to fool the enemy. Soldiers dressed as U.S. Army General Officers carried on conversations at local establishments, knowing that enemy ears were listening.

In 2013, a PBS documentary called, "The Ghost Army," about the 23rd Headquarters Special Troops was produced. More information about the documentary can be found at <http://www.pbs.org/program/ghost-army/>.

In summer 2015, an announcement informed the public that a major motion picture featuring the Ghost Army was in development by the same team that produced American Sniper. Retired General Wesley Clark called the actions of the 23rd HST, "the highest kind of creativity in the art of war."

As an endnote, I wish to thank Master Sgt. (ret.) Frank Carrano for his assistance with this article and share a humorous vignette that he shared with me. In May 1993, the New York Times published an article entitled, "Remembering Connecticut's Inflatable Army," which touched on the contributions made by the Inflatable Products Company in West Haven. Carrano was the Readiness NCO of Alpha Company, 1-102nd Infantry Battalion and also served as the curator of the New Haven Grays museum at the now-closed New Haven Armory on Goffe Street. He assisted the author, Robert Hamilton, with the article. After publication, he received phone calls



Photo: "The Ghost Army" documentary, <http://www.pbs.org/program/ghost-army/>

thanking for him for getting the Ghost Army soldiers the recognition they deserved. One call was not so flattering: A colonel from the Pentagon called Carrano demanding to know who authorized him to give classified information to the New York Times, as it turned out the exploits of the 23rd Headquarters Special Troops were still classified.

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](mailto:rmcody@snet.net).



## State Substance Abuse Program

### Limited Use Policy

If you think you may have a problem with alcohol or drugs, it is best to admit the concern to your chain of command so they can help before you get caught.



If you admit your abuse and request help, the Limited Use Policy could limit the negative consequences of your drug or alcohol abuse.

#### Under the Limited Use Policy:

- The characterization of discharge is limited to "Honorable"
- Your commander is not required to initiate separation proceedings
- For more information, see AR 600-85 or talk to your ADCO and PC



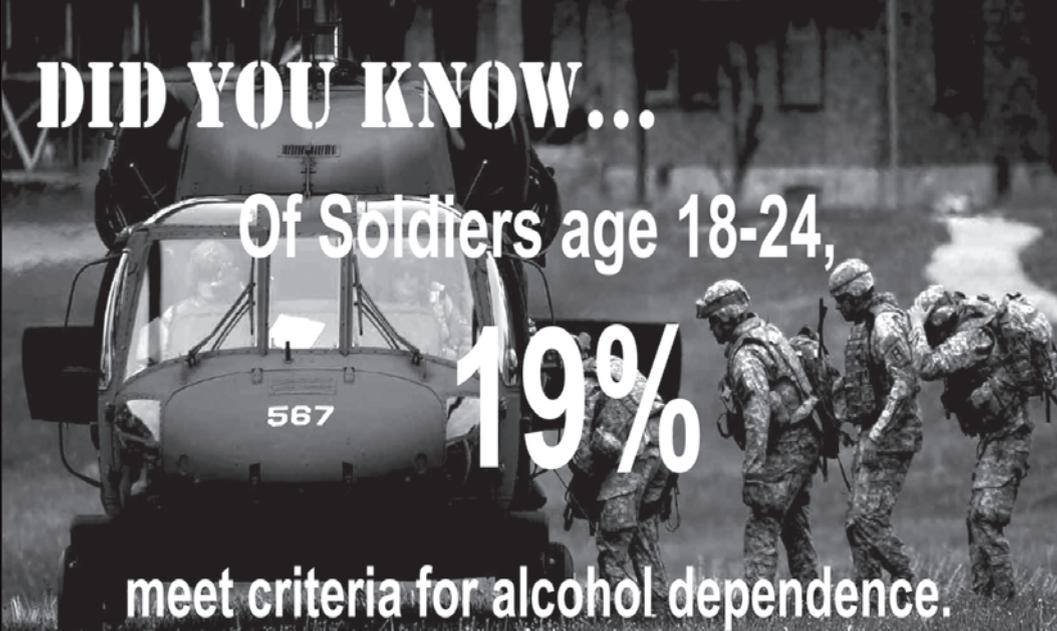
Strong Choices is the Commander's tool for universal prevention education for all ARNG Soldiers. Talk to your ADCO or PC to set up your required annual training

**CONTACT INFORMATION**

**Dr. Steve Langehough**  
Alcohol and Drug Control Officer  
steven.o.langehough  
@accnturefederal.com  
Cell: 475-238-2138

**Jennifer Gonzalez-Smith**  
Prevention Coordinator  
J.m.gonzalez-smith  
@accnturefederal.com  
Cell: 860-549-2838

CT ARNG Armory  
360 Broad Street, Rm 103  
Hartford, CT 06105



## DID YOU KNOW...

# Of Soldiers age 18-24, 19%

## meet criteria for alcohol dependence.

### Self-referral may be an option for you.

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

# National Guard Association of Connecticut (NGACT)

## NGACT Hosts 22nd Conference & Inaugural Ball

KENDRA ROSS  
NGACT BOARD MEMBER

The National Guard Association of Connecticut capped off their annual conference with a gala in Rocky Hill, Feb. 13.

Held at the Sheraton Hartford South Hotel, the 22nd annual conference was a chance for members to get together and discuss business before unwinding and getting to know each other on a more personal level at NGACT's inaugural ball.

"As a previous NGACT Scholarship winner, I am excited to be a part of such a great event. It's nice to be able to spend quality time getting to know everyone in this type of setting," said



National Guard Association of Connecticut President Francis Evon, left, swears in (from left to right) Michelle DeVeau, Anthony Beatman, Robert Nugent, Shawn Pyer, Dawn Surprenant, Kim Rolstone and Andrew DiSilvestro as members of the NGACT Board, Feb. 13 at the Sheraton Hartford South Hotel in Rocky Hill, Conn. (Photo courtesy of Kendra Ross, NGACT Member)



NGACT members listen intently during the business session meeting of the 22nd Annual NGACT Conference, held at the Sheraton Hartford South Hotel in Rocky Hill, Conn., Feb. 13. This year's conference preceded the first annual NGACT Ball, held at the same location that evening. (Photo courtesy of Kendra Ross, NGACT Member)

Allie Morgan, daughter of 1st Sgt. Daniel Morgan, First Sergeant of Alpha Company, 1-102nd Infantry Regiment

Speakers at the conference included Fran Evon, President of NGACT, who expressed the importance of strength in numbers, and how NGACT members are all responsible for the future of our force.

Anthony Beatman, NGACT Treasurer, briefed the current financial standing of NGACT. Kendra Ross, NGACT Scholarship Chair, briefed NGACT Scholarship eligibility, application requirements and the Jun. 1, 2016 suspense date for all applications to be received.

At the ball, raffles were held throughout the night with proceeds benefitting the NGACT scholarship program. Donations to the organization, which supports soldiers and airmen of the Connecticut National Guard, are tax deductible.

For more information on becoming a NGACT member, or future NGACT events, visit [www.ngact.org](http://www.ngact.org).

# 2016 NGACT Calendar of Events

Board Meeting	16 March
Board Meeting	20 April
Board Meeting	18 May
Board Meeting	15 June
Board Meeting	20 July
Work Night	27 July
Retiree Picnic	4 August
Scholarship Banquet	10 August
Board Meeting	17 August
EANGUS Conference	20-25 August
Work Night	31 August
NGACT Golf Tourn.	2 September
NGAUS Conference	9-12 September
Board Meeting	19 October
Board Meeting	16 November
Board Meeting	14 December



# 2016 MINUTEMAN SCHOLARSHIP

## BENEFITS

- **Four (4) Year Scholarships Available** (two and three year scholarships also available)

- **Receive Full Tuition and Fees** (uncapped) **OR Room and Board** (capped at \$10,000 per year)

- **Receive Cadet Monthly Stipend**  
\$300 for Freshmen; \$350 for Sophomores;  
\$450 for Juniors; \$500 for Seniors

- **Annual \$1,200 Book Stipend**  
\$600 per Semester

- **Recipients are Eligible for State Education Benefits**  
\$4500 annually

- **Receive Monthly E5/Cadet Drill Pay through Army ROTC Simultaneous Membership Program (SMP)**  
\$210+ per month

## QUALIFICATIONS

- Be a US Citizen
- Have a valid MEPS or DODMerb Physical
- Currently enlisted in the CT Army National Guard
- Complete a SF86 to obtain secret security clearance
- Pass a valid APFT
- In compliance with AR 600-9 Height/Weight Standards

- Pass TAG interview
- Pass PMS interview
- Proof of acceptance into participating university of attendance
- Proof of academic major
- Proof of SAT/ACT score



OFFICE (860) 613-7499

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## Follow NGACT on Social Media

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Visit the NGACT Website at [www.ngact.org](http://www.ngact.org)



## RESERVE EDUCATIONAL ASSISTANCE PROGRAM Chapter 1607 (REAP)



### 1. What is it?

- Chapter 1607 is an educational program for active members of the Selected Reserve and Individual Ready Reserve who served on active duty in support of a contingency operation or a national emergency declared by the President or Congress. (Reference: Title 10 USC Chapter 1607; DoDI 1322.30)

### 2. How Do I Qualify?

- Serve at least 90 consecutive days:
  - on Active Duty in support of a contingency operation on or after 11 Sep 2001; or
  - under Title 32 USC, Section 502(f) for Operation Noble Eagle, between 11 Sep 2001 and 31 May 2002; or
- Serve 30 consecutive days and separate due to a service related injury incurred while serving in a qualifying period of service
- Once eligible, you can use anytime while still in a Reserve Component

### 3. What Do I Get?

- A monthly payment paid directly to the Soldier based on the amount of consecutive active duty time served

Consecutive Service on or after 11 September 2001	Payment Tier
At least 24 consecutive or 36 cumulative months	80%
At least 12 months but less than 24 months	60%
At least 90 days but less than 12 months	40%

- Maximum monthly payment based on full-time enrollment (Effective October 1, 2015):
  - 80% tier = \$1,431.20
  - 60% tier = \$1,073.40
  - 40% tier = \$715.60
- Payments are limited by several factors, including:
  - Payment Tier
  - Rate of pursuit (if you are going to school full time, half time, etc.)
  - Active Duty or Drilling Status

### ➤ The Buy Up program:

- You may contribute up to \$600 while actively serving. The contribution will increase your monthly benefit up to \$150 per month

### ➤ This benefit is available for use up to ten years after your ETS date if:

- You complete an eight-year service obligation in drilling status and discharge from the Selected Reserve directly into a civilian status,
- You receive a General Discharge or higher; or
- You receive a medical discharge (not due to misconduct)

### ➤ Important!

- Ch1607 cannot be combined with Federal Tuition Assistance (FTA) for the same course but may be combined with State Tuition Assistance based on State Law

### 4. How Do I Apply?

- ✓ Go to <http://vabenefits.vba.va.gov/vonapp/> and submit the Veterans Online Application
- ✓ Notify the VA Certifying Official at your school so they can certify your enrollment
- ✓ Continue to verify your enrollment each month online at: <https://www.gibill.va.gov/wave>
- ✓ To enroll in the optional Buy-Up program contact the GI Bill Support Team at [arnge.sc.ch1607@mail.mil](mailto:arnge.sc.ch1607@mail.mil)

### For More Information:

- ❖ Visit us On-Line: [www.nationalguard.com/education](http://www.nationalguard.com/education)
- ❖ Contact your State Education Office:
  - Available at [www.nationalguard.com/contacts/eso](http://www.nationalguard.com/contacts/eso)

 Follow us on Facebook! [www.facebook.com/arngeducation](http://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](http://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](mailto:ctngfi@sbcglobal.net) for further details.

# Legal Issues Connecticut Law: Pardons and Erasures

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

## Pardons

*"A pardon is an act of grace, proceeding from the power entrusted with the execution of the laws, which exempts the individual on whom it is bestowed from the punishment the law inflicts for a crime he has committed."*<sup>1</sup>

Individuals who have been convicted of crimes in Connecticut can make an application to the Connecticut Board of Pardons and Parole to be pardoned. The Board of Pardons and Paroles has regulations underway to implement an expedited pardon process established in Connecticut Public Act 15-2.

According to their website, the Board of Pardons and Paroles' primary considerations when deciding to grant an application are, "the rehabilitation of the offender applicant, the severity of the offense, the impact on the victim and the victim's input, past criminal history and how much time has passed since the commission of the most recent offense, and whether the public interest is served by erasing a criminal record." The board considers references, work history, and community service.

The Connecticut Board of Pardons and Paroles hears applications, which must be submitted no earlier than

three years after the last misdemeanor conviction and five years after the last felony conviction. The Board of Pardons and Paroles grants pardons, certificates of employability, and clemency. More information about pardons and instructions for the pardon application process may be found at [www.ct.gov/bopp](http://www.ct.gov/bopp).

## Erasures Pursuant to Connecticut General Statutes Section 54-142a

*"...to protect innocent persons from the harmful consequences of a criminal charge which is subsequently dismissed."*<sup>2</sup>

Individuals who were wrongfully convicted or convicted of crimes in Connecticut that were later decriminalized can petition for an order of erasure directing that all public records pertaining to that conviction be destroyed.

Connecticut General Statutes Section § 54-142a grants wrongfully convicted individuals or those convicted of a crime which was later dismissed an opportunity to clear their record. Individuals may also petition a court where a conviction was entered for an order of erasure directing that all public records pertaining to the conviction for an offense that was decriminalized by the legislature be destroyed in accordance with Connecticut General Statutes § 54-142d.

One sort of conviction that was decriminalized and may be erased pursuant to this statute is possession of less than one half-ounce of marijuana. This underlying offense was decriminalized in 2011 when the legislature enacted No. 11- 71 of the 2011 Public Acts (P.A. 11-71), subsequently codified as General Statutes § 21a-279a. In 2014, the Connecticut Supreme Court held in *State v. Menditto* (SC 19272) that P.A. 11-71 decriminalized the possession of less than one-half ounce of marijuana for purposes of Connecticut General Statutes § 54-142d.

## Military Considerations

Prior convictions can bar individuals from eligibility for military service and can block the career progression of currently serving individuals by limiting positions wherein they can serve. Pardon Applications and Petitions for Erasure under Connecticut law should be considered for service members with pardonable offenses when the member is able to articulate reasonable grounds for a pardon. Although legal assistance attorneys are limited by their availability, service members may wish to seek their counsel in regards to pardons and erasures.

<sup>1</sup> *United States v. Wilson*, 32 U.S. 150 (1833)

<sup>2</sup> (Citations omitted; emphasis omitted; internal quotation marks omitted.) *State v. Morowitz*, supra, 200 Conn. at 451

## 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](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](http://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*



## 2016 CT 102D Army Band **OPEN HOUSE!**

*When: May 21st-22nd, 2016*

*Where: 120 West St., Rockville, CT*

*Time: 9:00am – 4:00pm*

*Meet us, Perform, Master Classes & More!*

*Offering **FREE** in state college tuition*

*& many more benefits to join!*

*Please RSVP: By May 13th*

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

**Priority to CLARINETS and FRENCH HORN!!**

The 102D Army Band is  
NOW HOSTING AUDITIONS!

Check us out on YouTube: 102D Army Band  
<https://www.youtube.com/watch?v=GMOqnIGAVU4>

Learn More About Us, Please Contact:  
SSG Tomasz Durnik  
860-375-1801  
[Tomasz.d.durnik.mil@mail.mil](mailto:Tomasz.d.durnik.mil@mail.mil)  
[facebook.com/102dArmyBand](https://www.facebook.com/102dArmyBand)



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

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

For information on vacancies and requirements, please contact Sgt. 1<sup>st</sup> Class Jordan Werme  
[jordan.e.werme.mil@mail.mil](mailto:jordan.e.werme.mil@mail.mil) or (203) 568-1730



# Veterans Services and Where to Find Them

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

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

[http://www.va.gov/opa/publications/benefits\\_book/](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

Fedoryszak, Andrzej P.  
George, Joseph T.  
Echevarria, Jessica  
Perkins, Dandre M.  
Lenaku, Geri  
Creaven, Nicholas P.  
Kozo, Michael G.  
Birkbeck, Mercedes S.  
Smutnick, Lee W.  
Barnes Foust, Kevin M.  
Schneider, William J.

### To Private First Class

Stevens, Armani M.  
Young, Carnel A.  
Wilkerson, Kori A.  
Soto, Daniel R.  
Sierra, Brandon E.  
Corcoran, William P. II  
Royster, Colin A.  
Fitzgerald, Mark S.  
Bernadel, Allen P.  
Soto, Emmanuel  
Spruielle, Janicia M.

Christino, Brandon A.  
Barnick, Riley M.  
Arroyo, Ronaldo F.

### To Specialist

Liscinsky, Brandon T.  
Colonbarbosa, Erick B.  
Felicien, Diallo A.  
Algarinvasquez, Y.  
Mclain, Jesse R.  
Berg, Kyle A.  
Lee, John S.  
Ramos, Darien X.  
Abbott, Ralph W. I  
Booth, Tahj M.  
Roman, Felix L.

### To Sergeant

Lopez, Javier H.  
Small, Kareem A.  
Cruz, Jose L.  
Owens, Dannie W. Jr.

### To Staff Sergeant

Deveau, Michelle R.  
Dowd, Michael D.  
Giolli, Nerina A.  
Alvarez, Steven M.  
Petersen, Timothy J.

### To Sergeant First Class

Brittall, Trevor R.  
Dahl, Elysia E.

### To Master Sergeant

Ekmalain, Keith V.

### To Chief Warrant Officer 2

Anderson, Luke C.

### To Chief Warrant Officer 3

Luther, Stephanie A.  
Hrinda, Peter M.

### To Chief Warrant Officer 4

Thomas, Jacqueline T.

### To 2nd Lieutenant

Biesiadecki, Timothy J.

### To Captain

Blanda, Stephen J.  
Higgs, Alexander D.

### To Lt. Colonel

Boski, Matthew C.  
Jaworski, Charles K. Jr.

## AIR

### To Senior Airman

Coppola, Alexis R.  
Stgeorge, Gerard R.  
Werkhoven, Hunter V.  
Hannagan, Jacob D.  
Bartow, Jeremy A.  
Ruiz, Marissa  
Cerri, Matthew R.  
Fuhrmann, Nicole R.

### To Airman 1st Class

Pyrdol, Richard A. Jr.

### To Staff Sergeant

Gasiorek, Brandon P.  
Catalan, Carlos J. Jr.  
Dumouchel, David W.  
Pennell, Joseph A.

Koba, Ross A.

### To Technical Sergeant

Cangemi, Christopher M.  
Davila, Daniel  
Digiovanni, Henry C.  
Potvin, Jeffrey D.  
Salahudin, Ramadan

**Congratulations to All!**



## Coming Events

### March

#### March 8

\*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 3

CTARNG Best Warrior Competition ends

#### April 12

\*May Guardian Deadline\*

#### April 15

Tax Day

#### April 22

Passover Begins

### May

#### May 2-6

Regional Best Warrior Competition

#### May 8

Mother's Day

#### May 10

\*June Guardian Deadline\*

#### May 20

Armed Forces Day Luncheon

#### May 21

Armed Forces Day

#### May 30

Memorial Day

Deadline for April Issue of the Guardian is March 8

Deadline for the May Issue of the Guardian is April 12, 2016

# BREAKFAST WITH THE

# Easter

# BUNNY

Saturday, March 26, 2016  
William A. O'Neill Armory  
360 Broad Street  
Hartford, CT 06105

Registration begins at 9:30 AM  
(please no early birds)  
Breakfast is served from  
10:00 to 11:00 AM  
(pancakes, bacon, sausage, etc.)  
Egg hunts start at 11:00

Cost per FAMILY is \$5.00  
(to help cover the cost of breakfast)

Service Members and their dependents  
only are welcome and reservations are  
REQUIRED no later than March 21st.  
Please visit the following link and use  
password: BWEB16

<https://bweb-2016.eventbrite.com>

Egg Hunt for ages infant to  
10 years old! The Easter Bun-  
ny will join us! Don't forget  
your cameras!

\*\* PLEASE BRING YOUR BASKET AS THEY  
ARE NOT PROVIDED FOR THE EGG HUNT \*\*



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# Connecticut FAMILY Guardian



VOL. 17 NO. 3

HARTFORD, CONNECTICUT

MARCH 2016

## Get the Most Out of Military Kids Connect

### MILITARY ONE SOURCE

No matter where you are in the world, no matter what time of day, you can find others like you on Military Kids Connect®. From graphic novels and games, to tours of your next installation, Military Kids Connect® was created just for you.

### The experience.

Log on Military Kids Connect to find games, videos and more for kids, tweens and teens. You'll be sent to the homepage for your age group, where you can:

- Watch videos of military kids telling their personal stories.
- Check out social message boards for tweens and teens (you just need your parent's approval to register).
- Play games.
- Explore interactive world maps.
- Make a personal virtual scrapbook.
- Have your own virtual space with an avatar you can personalize.

Remember, Military Kids Connect® is just for you. It's meant to be a safe online space where you can connect with others just like you and talk about what life's like as a military kid.

### The stuff for parents and teachers.

Military Kids Connect® is your site, but there's some stuff that your parents and teachers might like, too. Tell them to check out these things:

- Military culture videos and lesson plans for teachers, school counselors and educators to better understand the differences between military and civilian youth.
- New modules for children and parents on handling tough stuff, like grief, loss and physical injury.
- Information on common behavioral responses to deployment by age group and methods to cope with these behaviors.
- Information about website safeguards and parental controls.

So, what are you waiting for? Check out Military Kids Connect® and find out what you've been missing.



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

Family  
Family safe is Family strong!

ARMY SAFE  
IS ARMY STRONG

ARMY STRONG

## Happy Birthday Dr. Seuss!

The CT Youth Council would like you to join us in celebrating Read Across America Day and Dr. Seuss' Birthday!! There will be face painting, bounce houses, crafts, a photo booth and more. Light refreshments will be provided to include a birthday cake!

**Date:** March 2, 2016  
**Time:** 6:00 PM  
**Location:** William A O'Niell Armory  
360 Broad Street, Hartford CT

**RSVPs are required; visit:**  
<http://seussbday2016.eventbrite.com>  
Password: bday16

Everyone gets a FREE Book!!

child & youth program  
CONNECTICUT NATIONAL GUARD



CATHERINE  
GALASSO-VIGORITO

# Your Life has Tremendous Purpose

“Every single one of us has a good work to do in life. This good work not only accomplishes something needed in the world, but completes something in us.” Elizabeth O’Connor.

Elizabeth Blackwell was the first woman to graduate from medical school in the United States. Born in Bristol, England in 1821, to Hannah Lane and Samuel Blackwell, Elizabeth was almost a teen when her father brought the family to New York.

Then, they settled in Cincinnati. But a few weeks after the move, Elizabeth’s father died leaving the family practically penniless.

To support themselves, Elizabeth’s mother opened up a school, and Elizabeth and her sisters became teachers to help with the family’s finances. Time passed, and it was purported that one of Elizabeth’s closest friends got very sick. The friend told Elizabeth that she believed that her suffering would have been less if she could have been treated by a woman doctor. So, the friend urged Elizabeth to study medicine. She believed that Elizabeth had the personality, altruistic love, as well as the intelligence, needed to be a great physician.

Elizabeth could have played it safe and stayed where she was in her comfort zone. Yet with compassion for her friend’s suffering, Elizabeth decided to release her God-given gifts, maximize her potential, and pursue this goal. Having no idea how to go about becoming a physician, she spoke to several doctors about her dream. They all told Elizabeth, “It’s a fine idea... but impossible. It is too expensive,” and “Such an education is not available to women.”

The probability looked hopeless. All the odds seemed to be against her. And many vastly discouraged Elizabeth from studying medicine. In spite of that, rather than becoming bitter or listening to negative forecasts, thinking, “I’m not qualified,” or “I don’t have the right background to succeed,” and letting discouragement seep into her heart until she quit, Elizabeth was bold. She was determined to try, believing in the abilities that God instilled in her. “There must be some way to do it,” she contemplated.

With an unwavering, can-do mindset, Elizabeth applied

to medical school. Then came the first rejection. She continued applying to schools. And, soon, she received more refusals and unconstructive responses.

Elizabeth was persistent. She refused to quit and applied again. The answer was, “no.” Over and over, her application was declined.

During this time of challenge, it would have been easy for Elizabeth to lose her patience, get sidetracked and think, “If my dream is going to materialize, it would have already happened.” Then, she could have become so dispirited that she would have stopped her pursuit. Nevertheless, there were no ‘giving up’ thoughts on Elizabeth’s mind.

Is there something that you have just about given up on achieving? Or some goal that you don’t seem able to reach?

Are you discouraged because so much time has gone by, and it seems as though nothing has worked out?

Despite what you are going through now or what has transpired in the past, if there were ever a time not to give up, this is it. Remember, the moment that you’re ready to quit is usually right before a miracle happens.

Elizabeth was rejected by twenty-nine medical schools. Finally, despite the reluctance of faculty, she was accepted at the all-male student body at Geneva College.

While at school, Elizabeth overcame many unfair situations, ridicule and struggles. But, she did not walk away and relinquish her dream. Elizabeth carried on with dignity. She pushed through the challenges, and step by step she moved closer to success. Eventually, with her selfless, hard work ethic, she earned the respect of the facility, the professors, and students.

In 1849, in the face of overwhelming odds, Elizabeth Blackwell graduated at the top of her class. Through perseverance and faith, she was a pioneer, setting a new standard and making it possible for others to follow in her footsteps.

Elizabeth Blackwell left a legacy that could help to pave the way for female physicians for generations to come.

No matter what you’ve faced, never give up on what you really want to do. Don’t allow losses, disappointments, critics or setbacks to keep you from believing that you can make a difference. God has something special for you to accomplish.

He wants to do great things for you, with you, by you, and through you. You’re a bright light and have so much yet to give to the world. For someone needs what you have to offer.

So release the gifts that God has placed within you, and “make the most of every opportunity...” (Ephesians 5:16). Use what you have been given, for “you are fearfully and wonderfully made,” (Psalm 139:4) and “well-able to overcome.” (Numbers 13:30)

God has remarkable things in store. And He can lead you in a variety of ways. Last week, my daughters and I were traveling out of town by car to a business meeting. I was driving and the navigation was telling us to go on one road, while the paper directions we had said to travel a different route. I wasn’t sure which way to go. Then, from the back seat, my youngest daughter chimed in and said, “There is more than one way to get there.”

Likewise, God has more than one way to get you to your destination. God took Joseph from the prison and put him to the palace. (Genesis 41:37-45). God used Nehemiah to rebuild the city of Jerusalem. (Nehemiah 1-3) And Elijah’s prayers and his persistence prevailed. (1 Kings 18:43-44).

God is sending you a great reminder today:

Your life has tremendous purpose. So don’t give up now. There is untapped potential within you. Pray and persist with steadfast faith and continue on toward your goals. There’s much more to your life that is yet to unfold.

Therefore, delight in God and continue to “use whatever gifts you have received to serve others,” (1 Peter 4:10). For God is going to grant you the desires of your heart. And He will take you further than you ever dreamed possible.

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*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](mailto:cgv@anewyouworldwide.com). Visit her website at [www.anewyouworldwide.com](http://www.anewyouworldwide.com). © Catherine Galasso, 2016*

## 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.



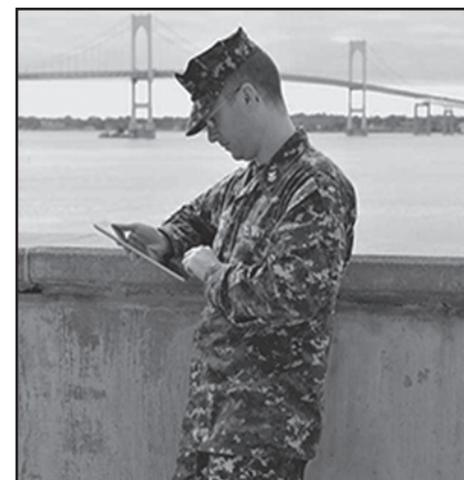
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**Thank you to all of our  
Connecticut National Guard  
Families for all that you do  
and all that you sacrifice.**

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- **EBSCO Small Engine Repair Reference Center** contains reference books with photos and illustrations for small engine repair.
- **Safari Books Online** is a collection of technology and management resources where IT and management professionals can get reliable answers to questions.

If you are in the Guard or reserve and don't live close to an installation library, no sweat, your service Morale, Welfare and Recreation Digital Library has you covered.

Visit Military OneSource or your local installation library to learn about these valuable and easy-to-use resources.

Find a complete list of digital library resources at <https://www.militaryonesourceeap.org/achievesolutions/en/militaryonesource/Content.do?contentId=2777> or <http://download.militaryonesource.mil/12038/MOS/Fliers/MOS-Flier-MWR-Libraries.pdf>.

# KID'S CREATIVE CORNER

March 2nd is Read Across America Day. In celebration, read with your children and encourage them to read with their friends. Use these guides to get excited about books and to make reading fun.

**Exercise One**

For children who read on their own or who are learning:

- Go to your classroom, school, or local library.
- Find a book that you would like to read.
- Ask your teacher or family to help you.

Title: \_\_\_\_\_

Author: \_\_\_\_\_

- Read the book on your own or with your family.
- Write why you chose this book.
- Write about your favorite part of the book.
- Ask your family for help if you need it.

\_\_\_\_\_

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**Exercise Two**

For children who are learning how pictures and words go together to tell a story in a book.

- Sit with your child
- Choose a story book with pictures.
- As you read, put your finger under each word.
- Show your child a picture that describes what you have read.
- Ask your child to tell you who or what is in the picture.
- Ask your child to find an important character or special object in the picture.
- After you finish reading the story, ask your child about their favorite parts of the story and their favorite pictures.

Send photos of you and your families reading together to celebrate Read Across America Day to [ng.ct.ctarng.list.pao@mail.mil](mailto:ng.ct.ctarng.list.pao@mail.mil) and you will be published in next month's Guardian.



## Service Member & Family Support Center Staff Directory



<b>William A. O'Neill Armory - 360 Broad Street, Hartford, CT 06105 - Open Mon.-Fri. Fax: (860)493-2795</b>			
State Family Program Director	<b>Kimberly Hoffman</b>	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	<b>SSG Melody Baber</b>	melodycheyenne.c.baber.mil@mail.mil	(860) 548-3276 (desk) (860) 883-2515 (cell)
Lead Family Assistance Center Coordinator	<b>Anne Reed</b>	email forthcoming	(860) 524-4938 (desk)
Family Assistance Center Specialist	<b>Rita O'Donnell</b>	lerita.m.odonnell.ctr@mail.mil	(860) 493-2797 (desk) (860) 883-6949 (cell)
Family Assistance Center Specialist	<b>Jessica Koehler</b>	jessica.w.koehler.ctr@mail.mil	(860) 524-4969 (desk) (860) 883-6940 (cell)
Family Assistance Center Specialist	<b>Jennifer Remillard</b>	jennifer.m.remillard.ctr@mail.mil	(860) 524-4821 (desk)
Family Readiness Support Assistant	<b>Linda Rolstone</b>	linda.b.rolstone.ctr@mail.mil	(860) 524-4963 (desk) (860) 680-2209 (cell)
Family Readiness Support Assistant	<b>Wendy Hagen</b>	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk) (860) 881-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	<b>SSG Clint Shivers</b>	clinton.r.shivers.mil@mail.mil	(860) 493-2796 (desk) (860) 538-5639 (cell)
Lead Child & Youth Program Coordinator	<b>Michelle McCarty</b>	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254 (desk) (860) 883-6953 (cell)
Survivor Outreach Specialist	<b>Megan O'Shaughnessy</b>	megan.l.macsata.ctr@mail.mil	(860) 548-3258 (desk) (860) 394-8748 (cell)
Military OneSource Consultant	<b>Chris Rouleau</b>	christopher.rouleau@militaryonesource.com	(860) 502-5416 (cell) (860) 493-2722 (desk)
State Support Chaplain	<b>CH. (MAJ) David Nutt</b>	david.c.nutt.mil@mail.mil	(860) 548-3240 (desk) (860) 883-7748 (cell)
Transition Assistance Advisor	<b>Jay Braca</b>	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk) (860) 748-0037 (cell)
Employer Support for the Guard and Reserve	<b>Josh Mead</b>	jmead.ctesgr@live.com	(860) 548-3295 (desk)
Military Relief Fund	<b>Russell Bonaccorso</b>	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
<b>Windsor Locks Readiness Center - 85-300 Light Lane, Windsor Locks, CT 06096 - By Appointment - (800) 858-2677</b>			
Family Assistance Center Specialist	<b>Joshua Hamre</b>	email forthcoming	
<b>Veterans' Memorial Armed Forces Reserve Center - 90 Wooster Heights Road, Danbury, CT 06810 - Open Mon.-Fri.</b>			
Family Assistance Center Specialist	<b>Nancy Cummings</b>	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk) (860) 883-2746 (cell)
<b>New London Armory - 249 Bayonet Street, New London, CT 06320 - Open Mon.-Fri.</b>			
Family Assistance Center Specialist	<b>Van Nessa Foster</b>	vannessa.n.foster.ctr@mail.mil	(860) 772-1422 (desk) (860) 883-2720 (cell)
<b>103rd Airlift Wing - 100 Nicholson Road, East Granby, CT 06026 - Open Mon.-Fri.</b>			
Airman and Family Readiness Program Manager			(860) 292-2730 (desk)
Air Wing Integrator	<b>Jessica Rawlinitis</b>	jessica.l.rawlinitis.ctr@mail.mil	(860) 292-2730 (desk)
<b>Niantic Readiness Center - 38 Smith Street, Niantic, CT 06357 - By Appointment - (800) 858-2677</b>			
Family Assistance Center Specialist	<b>Timothy Hesney</b>	email forthcoming	
<b>103rd Air Control Squadron - 206 Boston Post Road, Orange, CT 06477 - By Appointment - (800) 858-2677</b>			
<b>Waterbury Armory - 64 Field Street, Waterbury, CT 06702 - By Appointment - (800) 858-2677</b>			
<b>Norwich Armory - 38 Stott Avenue, Norwich, CT 06360 - By Appointment - (800) 858-2677</b>			