

Connecticut Guardian



VOL. 17 NO. 4

HARTFORD, CONNECTICUT

APRIL 2016

Three for Three!

CT Army Guard Welcomes Home Third Unit in Three Months



Families rushed forward to locate and greet soldiers belonging to the 1-169th General Support Aviation Battalion on the flight line of the Army Aviation Support Facility in Windsor Locks, Connecticut, March 12. The 90-member unit returned home after an 11-month deployment to Kosovo where they provided transportation support, aerial medical evacuation, maintenance and fueling capabilities. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs, CTANG)

Story and Photos on Page 14-15

In This Issue:



*Sixteen Years of the CT Guardian
Page 4-5*



*CTNG Hosts College Fair
Page 7*



*2GHG Cares for Abused Horses
Page 13*

TAG Policy Memorandum #22 - Motorcycle Safety



DEPARTMENTS OF THE ARMY AND AIR FORCE
JOINT FORCE HEADQUARTERS-CONNECTICUT
WILLIAM A. O'NEILL ARMORY
360 BROAD STREET
HARTFORD CT 06105-3706

NGCT-TAG

10 May 2013

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Memorandum Number 22 – Motorcycle Safety*

1. References.

- a. Department of Defense Instruction (DoDI) 6055.04, DoD Traffic Safety Program, dated 20 April 2009 incorporating change 2, 23 January 2013.
- b. Army Regulation 385-10, The Army Safety Program (Rapid Action Revision), dated 4 October 2011.
- c. Air Force Instruction 91-207, The Air Force Traffic Safety Program, dated 27 October 2011.
- d. National Guard Regulation (Army) 385-10, Army National Guard Safety Program, dated 12 September 2008.

2. APPLICABILITY. This policy applies to all members of the Connecticut National Guard.

3. PURPOSE. This policy memorandum establishes the Connecticut National Guard (CTNG) Motorcycle Safety Program.

4. POLICY.

a. Motorcycle accidents continue to be a leading cause of Soldier/Airman fatalities and serious injuries. Recent accident trends suggest excessive speed, reckless operation and operator inexperience as the most common reasons. Training, leader involvement and enforcement of standards, leader and Soldier/Airman mentorship, along with integration of composite risk management, will be the driving force behind the CTNG motorcycle safety program.

b. IAW the above references the following Personal Protective Equipment (PPE) is required to be worn by all CTNG Soldiers and Airmen while operating or riding as a passenger at all times while operating a motorcycle, regardless of duty status.

- (1) Department of Transportation (DOT) approved helmet.
- (2) Face shield or impact goggles properly attached to the helmet.

* This Policy Memorandum supersedes Policy memorandum Number 22, "Motorcycle Safety," 23 September 2010

NGCT-TAG

SUBJECT: Policy Memorandum Number 22 – Motorcycle Safety

- (3) Sturdy over the ankle footwear.
- (4) Long sleeved shirt or jacket.
- (5) Long pants.
- (6) Full fingered gloves or mittens made from leather or other abrasion resistant material.
- (7) Brightly colored outer garment vest/belt/riding jacket (day)/retro-reflective upper garment (night).

5. All Soldiers and Airmen who operate a motorcycle must complete an approved Motorcycle Safety Foundation rider safety course. These courses train and educate motorcycle riders in fundamental safety operations and directly reduce the risk of operating a motorcycle. The CTNG has programs in place to reimburse our Soldiers and Airmen for attending motorcycle safety courses.

6. All Soldiers and Airmen who operate a motorcycle must understand and sign the enclosed Motorcycle Operator Requirement and Individual Responsibility Agreement (MORIRA). All members who operate a motorcycle and their immediate leaders must sign the MORIRA. The MORIRA requires leadership involvement in the effort to reduce motorcycle accidents, encourage safe motorcycle operations (on and off duty), to ensure that motorcycle operators fully understand their PPE requirements and to ensure an understanding of motorcycle training, licensing, and operating requirements. The member's unit must maintain the MORIRA as an auditable record in the unit drivers' training/licensing file.

7. Leaders at all levels must enforce and reinforce the mandatory training requirements and the use of PPE for all CTNG members. Compliance is required regardless of duty status. Leaders must ensure that every Soldier and Airmen reads, understands, and acknowledges the training, licensing, and use of PPE required of all motorcycle riders.

8. The Connecticut Army National Guard POC for the Motorcycle Safety is the State Safety Officer, LTC Timothy J. Seery, at 860-292-4597 or timothy.j.seery@mail.mil. The Connecticut Air National Guard POC for Motorcycle Safety is SMSgt Timothy R. Macfarlane, at 860-292-2776 or timothy.macfarlane@ang.af.mil.


THADDEUS J. MARTIN
Major General
The Adjutant General

Connecticut Guardian

360 Broad Street, Hartford, CT 06105-3795
Phone: (860) 524-4858, DSN: 636-7857
FAX: (860) 524-4902
E-Mail: allison.l.joanis.civ@mail.mil

(Front Page American Flag photo by Buddy Altobello)

Captain-General
Gov. Dannel P. Malloy

The Adjutant General
Commanding General, CTNG
Maj. Gen. Thaddeus J. Martin

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

State Public Affairs Officer
Connecticut Guardian Managing Editor
Capt. Michael T. Petersen

Connecticut Guardian Editor
Ms. Allison L. Joanis

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

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.

Deadline for submissions is noon on April 12 for the May Issue and May 10 for the June issue. Circulation: 7,800

Truck Company Validates as a Response Force

SGT. ALICIA BROCUGLIO
130TH PUBLIC AFFAIRS DETACHMENT, CTARNG

More than 100 soldiers of the 1048th Medium Truck Company completed certification as National Guard Response Force Soldiers for the Connecticut National Guard in Windsor Locks, Conn., March 13.

The unit trained for two days at their home station in Enfield, Connecticut, before the validation exercise at the New England Disaster Training Center, Camp Hartell, Windsor Locks, Conn.

Every year, one unit of the Connecticut National Guard is tasked as the NGRF for the state, prepared to augment the state's first responders and civil unrest authorities. All NGRF units are required to train and validate in multiple activities, to include civil unrest, vehicle and detainee search, medical evaluation and evacuation, safety protocols, and riot control tactics.

The 1048th's primary mission is for transportation support, so adding a military police skill set required coordination of training with subject matter experts from other Connecticut Guard units.

"The 143rd [Military Police] provided training and validation. It is out of our comfort zone," said 2nd Lt. Raymond Fortier, 1st platoon leader, 1048th. "Being able to employ everybody, [provide] effective training that is quick, that resonates with them, and that they can actually apply within the same drill weekend is a challenge."



Soldiers of the 1048th Medium Truck Company, Enfield, Connecticut, evacuate a simulated casualty during National Guard Response Force validation at the New England Disaster Training Center, Windsor Locks, Connecticut. (Photo by Sgt. Alicia Brocuglio, 130th PAD, CTARNG)



Master Sgt. Greg Baluha, 143rd RSG, instructs members of the 1048th MTC on riot control techniques at the unit's home station in Enfield, Connecticut, March 12. The training prepared the unit for their validation as National Guard Response Force soldiers. Each year, one unit of the CTNG is tasked as the NGRF for the state, prepared to augment the state's first responders and civil unrest authorities. All NGRF units are required to train and validate in multiple activities, to include civil unrest, vehicle and detainee search, medical evaluation and evacuation, safety protocols, and riot control tactics. (Photo by Staff Sgt. Jerry Boffen, 130th PAD, CTARNG)

During the three-day event, the company executed hands-on training necessary for the mission. The first two days were for instruction and training. Platoons of the 1048th separated into groups to facilitate the areas of training that needed to be completed prior to validation.

"Motivation is high, experience is low," said Sgt. 1st Class Ben Hotchkiss, Readiness NCO, 143rd Combat Sustainment Support Battalion, and former military police soldier. Hotchkiss served as a trainer for the NGRF, bringing his personal experience to training. "A lot of the basics were taught, but sustainment training is needed going forward."

"This is actually fun, it is engaging," said Pfc. Keitrich Martinez, chemical specialist, 1048th. Martinez wore heavy duty protective gear and played the role of a rioter during training. "You get that reassurance that the training is working. It has a great effect on morale, it added that level of camaraderie."

Because realism is key to effective training, the validation exercise took place at the New England Disaster Training Center, where casualty and civil unrest scenarios can be staged in an authentic environment. The exercise scenario called for the 1048th to respond to the aftermath of a notional explosion at a natural gas power plant. Soldiers in civilian clothing role-played as workers trapped under the rubble and as civilians trying to get food and water, possibly looting.

"A lot of this stuff is skill level one," said Master Sgt. Greg Baluha, observer controller for the NGRF validation exercise. "What we're trying to do is bring some of the civil disturbance into action to allow these guys to get time behind the shields, behind the batons. That's the reason we went to the crawl-walk-run method. They are doing very well. It's a perishable skill, so they need to continue training as they have additional time throughout the years."

"Validation to complete the mission, getting certified as one of the few riot control units in the state, getting that accommodation," said Martinez, "[that's why] we train hard and we bust our butts to complete the mission and that's what we set out for every time."

The 1048th incorporated their regular skills training with the mission by conducting a convoy from their home training site to the NEDTC, as would happen for a real-world response to a similar disaster.

"Getting the training here, utilizing it this weekend and getting validated, but moving forward helping the civilians of Connecticut is the overall goal," said Fortier. "[This training] applies to leadership, the selfless service having the courage to go out of their comfort zones, applying that within the community."

Sweet Sixteen

The Guardian Celebrates Sixteen Years of Telling the Connecticut Guard Story

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

The Connecticut Guardian, the Connecticut National Guard's monthly newspaper with a circulation of more than 7,000 service members, retirees, and residents of Connecticut and abroad, has been a staple in the lives of the Connecticut's Guard men and women for almost two decades.

The Guardian has been a go-to source for promotion lists, monthly updates from the State Adjutant General and senior enlisted leadership, news about Connecticut's National Guard units stateside, and overseas, training tips, military history, family readiness group events, year-in-review features, and photos of soldiers and airmen who just happen to find themselves in front of Public Affairs Office cameras.

But the Connecticut Guardian did not just drop from the sky. Not exactly.

In 1999, Maj. Gen. William Cugno, Connecticut National Guard Adjutant General, told Sgt. 1st Class (now retired) Debbi Newton, the senior state Public Affairs NCO, and Col. (then Maj.) John Whitford, the State Public Affairs Officer, that he wanted the Connecticut National Guard to have a monthly newspaper. With the assistance and contributions of numerous National Guard members and the advice and guidance of countless CTNG friends and associates from across various service branches and industries, in March, 2000, Volume 1, Number 1, of the Connecticut Guardian was printed and published.

"Partnership For The Future," was the fitting title of the first issue's cover story. Written by Newton, the story covered a new training partnership program between the CTARNG and Howell Cheney Regional Vocational Technical High School in Manchester. The partnership program, called the Maintenance Assistance Instruction Team, sought to help prepare high school students for a career in diesel engine repair by offering them training experience in National Guard facilities. MAIT was

Volume 1 Number 1 **HARTFORD, CT** **March 2000**

Partnership for the future

By Sgt. 1st Class Debbi Newton
State Senior Public Affairs NCO

There is a huge shortage of diesel technicians around the country. A new partnership between the Connecticut Army National Guard (CTARNG) and Howell Cheney Regional Vocational Technical High School in Manchester is doing what it can to help prepare high school students to help fill some of that void and assist the Guard in maintenance of its diesel equipment.

Called MAIT 2000, the program is the brainchild of Sgt. 1st Class Brian Tripp, a member of Headquarters/Headquarters Detachment, State Area Command (HHD STARC), and a graduate of Cheney Tech. The name is derived from Maintenance Assistance Instruction Team (of which Tripp is a member) and the Class of 2000, the first class of Cheney Tech students who will complete the program.

The program brings diesel mechanics students from Cheney Tech to three different

NCOA receives accreditation

By Sgt. 1st Class Debbi Newton,
State Senior Public Affairs NCO

After many months of long days and tireless efforts, the 169th Leadership Regiment's Noncommissioned Officers Academy (NCOA) has received its accreditation from the United States Army Sergeants Major Academy (USASMA), Fort Bliss, Texas.

The academy, located at Camp Rowland, Niantic, Conn., runs the Basic Noncommissioned Officer Course (BNCOC) and the Advanced Noncommissioned Officers Course (ANCO) for soldiers in the Army National Guard and Army Reserve, both courses soldiers need for promotion to the next higher level. The accreditation means that Connecticut will be able to continue teaching these courses and not have to send soldiers out of state for schooling. (The school also teaches several other courses including Instructor Training Course and Small Group Leader.)

The NCOA now joins the regional Officer Candidate School (OCS) as fully accredited.

Master Sgt. John Butler, ANCO Manager, said a great deal of hard work and long hours went into this achievement.

"We visited other schools that had already been accredited, we received a lot of materials which we took and developed our program with," said Butler. "Exam procedures, student records, counseling forms and overall conduct of training are all things the evaluators look at and they had to be in line with the standards set forth by USASMA. This took a lot of extra time for the staff involved here."

Butler explained that the 2nd General Studies Battalion, who runs the NCOA, went through an intensive two-day assessment process in December to prepare them for

continued on page 12

continued on page 12

Volume 1, Number 1 of the Connecticut Guardian was published in March 2000. The issue featured a story on a training partnership program between the CTARNG and Howell Cheney Regional Vocational Technical High School, organized by Sgt. 1st Class Brian Tripp. The Brian Tripp Memorial Scholarship is awarded annually to high school seniors at Cheney Tech.

organized by Sgt. 1st Class Brian Tripp, from HHD, State Area Command.

"The goal—the mission statement for the Guardian was and still is to tell the story of the Connecticut Guard, its soldiers, airmen, families, and retirees to our own internal audience as well as the external public audience, and to keep our troops, retirees, families and the public informed of what was going on day-to-day," said Newton.

Whitford said that the pieces of the Guardian fell into place at the right time, as the attacks of Sept. 11, 2001 had not yet taken place, and numerous Connecticut National Guard Global War on Terror deployments were not yet on the horizon. He said that despite the rapid operational pace of the CTNG, in the years following, including deployments, and changes of staff, the Guardian has remained published uninterrupted.

"The Connecticut Guardian has served our soldiers, without a doubt," said Whitford. "But it's truly served our soldiers' families who have to say goodbye to their loved ones, once a month, and at times for entire deployments. It's a snapshot of what Connecticut's soldiers and airmen do."

Newton said an extremely important piece of the Guardian was added before it was first published. "The Connecticut Family Guardian," is a multi-page insert, submitted monthly by Kim Hoffman, Director of the Service Member Family Support Center, and the Family Support Team.

The Connecticut Family Guardian contains lists of family support program and community events, a helpful contact directory, advice columns, and useful tips for CTNG service members and their families. While Connecticut service members were deployed, the Guardian was still delivered to their homes. Newton said Hoffman and the Family Support Program's contributions were

imperative to the Guard's efforts to continue reaching out to the families and loved ones of deployed soldiers and airmen.

Whitford and Newton agreed that the intent and focus of Connecticut's Adjutant Generals, over the years, have allowed the Guardian to grow and mature as a professional publication.

With Cugno as Connecticut's Adjutant General, Newton said, he knew the benefit of recreating a tangible

the Constitution Guardian

AT '74



CONNECTICUT CITIZENS IN UNIFORM

October 1974

completion and dedication of a new 63-foot rappelling tower at Stone's Ranch Military Reservation. The Tower was built by the 242nd Combat Engineer Battalion.

"Each of us had no specific job assignment. We all pitched in," Pvt. Robert Angus said in 1990.

The Winter 1998, Constitution Guard featured stories about the 1-102nd Infantry Battalion's riot control training at Camp Hartell, and Officer Candidate School Class 42 honor graduate, 2nd Lt. Michael Sipples.

"A soldier's family is the most important factor affecting the morale and performance of that Soldier," Sipples said during OCS Class 42 graduation proceedings.

The Guardian had been published for a number of years when Newton said she realized that it could serve Connecticut National Guard service members as if they lived on an active duty post.

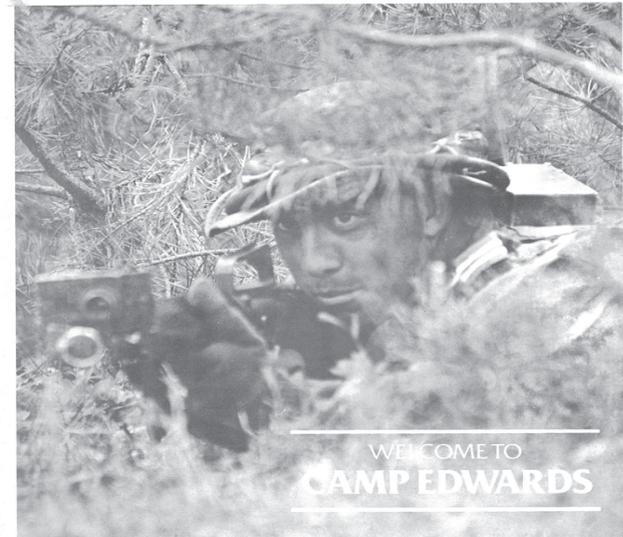
"The Guard is a community just like

YANKEE LIFE

Connecticut Army National Guard

"Good Today...Great Tomorrow"

Volume 2, Issue No. 2, May-June 1992



The "AT 74" issue of the "Constitution Guardian," contained photographs taken at "Camp Drum," New York, of the CTARNG 43rd Infantry Brigade training. The issue also featured photos of a summer youth camp program at "Camp Meskill," Niantic.

newspaper, not only for recruitment and retention, but to show the people not in uniform around the state that Connecticut's soldiers and airmen were not just sitting around.

The Connecticut Guardian is not the CTNG's first newsletter-style publication. The Guardian was preceded by a number of publications for CTNG service members and their families.

"The Constitution Guardsman," "The Constitution Guard," "Yankee Life," and "The Guidon," were all designed to meet the same intent as the Guardian: to share the stories of the CTNG with internal and external audiences. These publications all ceased being produced for various reasons. Newton said that the 130th Public Affairs Detachment has reduced significantly in size over the years. She said funding levels have also fluctuated.

The 1974 Annual Training issue of the Constitution Guardsman featured a story about the 43rd Infantry Brigade's training at "Camp Drum," New York, and a Youth Camp program for local children at "Camp Meskill," Niantic. Previous to Governor Dannel Malloy's tenure as Connecticut Governor, Camp Niantic was named after the current governor. Now, the post is known as Camp Niantic.

The Summer 1990 edition of the Constitution Guard featured a story on the construction,



Constitution Guard

Summer 1990

Volume 10 No. 1



Published by the Connecticut Army National Guard

Spc. Danny Justice, Company C, 1st Battalion, 169 Infantry, was the 1990 Connecticut National Guard Soldier of the Year. The "Summer 1990" issue of the "Constitution Guard" also contained a story on 2nd Battalion, 192nd Field Artillery training at Fort Dix, New Jersey.

The 130th Public Affairs Detachment issued "Yankee Life". The May-June 1992 issue was edited by the 130th Public Affairs Detachment Commander, Maj. Jim Grasso.

any other large military base. We're all connected through challenges. We don't have issues with gangs and drugs, like on some active duty posts, but our members face financial hardships, family hardships, health care issues," said Newton. She said the Guardian began featuring long-form stories in order to address these subjects.

At various conferences, Newton said, public affairs staff members from around the country complained to her that their workload had increased after their state Adjutant Generals saw the Guardian. Many inquired about how they could emulate the Guardian's format and publishing specifics. In addition to Connecticut service members and retirees, the Guardian was initially shipped to the Public Affairs Offices of every state in the U.S.

"People wanted to see the Guardian succeed and it's been successful due to the hard work and attention to detail by staff and unit contributors," said Whitford. "After 16 years, it's continuing to tell the Guard's story," he said.

"That's what Cugno wanted," said Newton. "That's what we gave him."

Got a story? Reach out to the CTNG Public Affairs Office, ctngpublicaffairs@gmail.com. Soldiers, airmen, families, retirees and the public will appreciate it. Future generations of National Guard service members are sure to appreciate it as well.



With a long layover before his flight back to the United States, Maj. Setkoski made sure to check out some of the sights and history London had to offer. Setkoski visited the Tower Bridge, (pictured left) the Imperial War Museum, London Tower, Big Ben, and other sights during his trip to the United Kingdom in November as part of the Military Reserve Exchange Program. He joined the 225 (Scottish) Regiment in the United Kingdom before travelling to Cypress to join the unit on its annual training. (Photo provided by Maj. Ian Setkoski, CTARNG)

An American in Europe: The Military Reserve Exchange Program

MAJ. RONALD SETKOSKI
CTARNG MEDICAL DETACHMENT

In 2015, Maj. Ian Donald of the 225 (Scottish) Medical Regiment spent annual training with the 192nd Engineer Battalion of the Connecticut Army National Guard at Fort Indiantown Gap, Pennsylvania. He and his unit then hosted Maj. Ronald Setkoski of the CTARNG later in the year to participate in their annual training. This is an account of Maj. Setkoski's travels to Europe.

With over three decades of tradition, the Military Reserve Exchange Program has sent reserve soldiers from Germany, Holland and the United Kingdom to participate in our Annual Training, followed by a U.S. soldier reciprocating.

I was lucky to be the only soldier from Connecticut chosen to participate in the 2015 MREP. As a Physician Assistant assigned to the CTARNG Medical Detachment, I had the pleasure of hosting Maj. Ian Donald, Senior Nursing Officer, 225 (Scottish) Medical Regiment, British Army Reserve. In June 2015, Donald came to the U.S. and trained with me as we joined the 192d Engineer Battalion on their annual training. In November 2015, I flew to the United Kingdom to train with Maj. Donald and his unit, where I would travel to their AT location: Dhekelia, Cyprus.

The first few days I was more a tourist than soldier. On my way to Scotland, I spent a little over a day in London during a layover and saw most of the big sights: Big Ben, Parliament, Buckingham Palace. London was very impressive, but it took some time getting used to crossing streets with cars coming from my right instead of left. Of course, I couldn't pass up the chance to have dinner in Ye Olde Cheshire Cheese, one of the oldest pubs in London.

I flew into Edinburgh, Scotland the next day and was met by Cpl. Billy McKay. Upon arrival in Dundee, I was reunited with Maj. Donald at the reserve center, where weekly Wednesday evening training was underway. That's right: weekly Wednesday evening training, which is in addition to the standard one-weekend-a-month drill that we conduct here in the States.

In the British Army Reserve, all of their training is voluntary. Soldiers are not required to show up, but after a few months of no-shows, leadership will contact the missing soldier to find out why attendance has been lacking.

The fact that soldiers are not required to show up perplexed me. I asked how they could get anything accomplished if they never know who is coming.

The answer was that they do what they can with who they have and somehow get things done.

Failure to show obviously affects the soldier's pay, but also the chance to claim his or her "bounty." The bounty is an amount of money a soldier is eligible for on a yearly basis provided he or she conducts certain types of training and passes certain exams (similar to our Common Task Training). When a soldier meets the annual standard, the bounty is paid.

Until recently, the British Army Reserve did not have any retirement pay as we do. Their bounty is what I was told many of them considered a type of pay they could use toward retirement. Now, soldiers joining the reserve can take advantage of a retirement after a certain amount of years and current soldiers can participate, but they do not consider any past years toward the retirement. In essence, a soldier with 18 years served and a soldier enlisting today are starting toward retirement pay at the same rate.

Maj. Donald was a gracious host as we took in the sights and cuisine of Scotland. I remember telling Maj. Donald while he was at Ft. Indiantown Gap, Penn. that I was not really interested in trying haggis while in Scotland. However, after feeling somewhat bad about possibly insulting my Scottish colleague, I told him I had reconsidered, and was ready to try the signature dish. After all, how could I pass up the opportunity to eat a country's dish? It turns out that haggis is delicious and I would gladly have it again.

We arrived at the reserve center for the start of training on Friday, Nov. 6 for what can be best described as a load night for an annual training here in the States. The loading part was basic, with just two checked bags, a carry on and personal bag each to load. We drew the majority of our equipment from the British Sovereign Base Area in Cyprus.

After a few hours, the sergeants and warrant officers mess was open for drinks. They have three different messes: lower ranks, sergeants and warrant officers, and commissioned officers. Each has its own room, bar, and rules. By 3:30 a.m., we loaded the buses and headed to the airport.

The training in Cyprus prepared soldiers to set up a medical station and treat a virus like Ebola. After-breakfast classes centered on medical training. A boxed lunch at noon was followed by a quick trip back to the accommodations to change for early afternoon PT of your choice at the beach: swimming, volleyball or rugby. By 3:00 p.m., we were back in the classroom for more instruction prior to dinner. After dinner, we were free to change into civilian clothing and go to the mess.

On Nov. 8 (a Sunday), we attended church at the base church to celebrate Remembrance Day. It is their Sunday celebration for Armistice Day (our Veterans Day here in the U.S.). Nearly everyone in the United Kingdom wears a Remembrance Poppy, with versions of the poppy differing depending on where you live or come from.

During training, we set up a medical treatment facility designed to handle patients contaminated with the Ebola-like virus as part of a field exercise. The British Army does not have Physician Assistants so I did my best to convey the training and capabilities of the position. The Scots involved me in their training as if I were a provider (like

Continued See EXCHANGE on page 12

R&R Hosts College and Career Fair

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

With the average cost of college tuition continuing to rise, prospective students took the time to learn about the many educational options available in state during the Connecticut National Guard Recruiting and Retention's College and Career Fair at the William A. O'Neill Armory in Hartford, Feb. 27.

Over 300 people attended the event, the first of its kind for the Connecticut National Guard, and those responsible for putting it together could not be more pleased with the turnout.

"This is our first attempt to put an event like this together," said Lt. Col. Mat Wilkinson, Commander of Connecticut Army National Guard Recruiting and Retention. "We wouldn't have been able to do it without the support from these schools and the community."

In all, over 20 colleges/universities, trade schools and other organizations joined to provide aspiring high schoolers and military veterans with information regarding the programs they had to offer.

The Guard also manned stations to assist with resume writing and interviewing skills in the hopes of helping attendees build confidence while highlighting the most

important information for prospective employers.

"Again, this is a community event, and we expected some of our guests to already be ready to join the workforce," said Wilkinson. "Any help or information we can share with someone who took the time to check this event out is time well spent."

Every hour, recruiters from the Connecticut Army and Air National Guard each gave a ten-minute presentation highlighting the benefits of National Guard membership.

Dotting the armory were equipment and vehicle displays highlighting the various capabilities of the Connecticut National Guard. With a crowd of about 30 people on hand, Sgt. Christopher Rufini and Spc. Nelson Struck, handlers assigned to the 928th

Military Police Detachment unit, demonstrated the abilities of their canine partners. The 928th is the only reserve-component military working dog unit.

The Connecticut Air Guard's 103rd Security Forces displayed equipment and attendees were invited to try on body armor as airmen explained the different types of weapon systems assigned to the unit.

"To be able to work side-by-side with our Army counterparts and create new venues for recruiting opportunities such as this event is a credit to our desire to work toward a common goal," said Master Sgt. Aaron Hann, Connecticut Air National Guard Recruiting and Retention Superintendent. "We look forward to providing the same level of support in future events, to include equipment displays."

Displays provided by medics, infantrymen, aerial port operators, engineers, firefighters and the 14th Civil Support Team were also on hand to answer questions.

The 102nd Army Band's brass quintet, led by Sgt. 1st Class Christopher Geist, provided background music, mixing military tunes with popular music, to include the theme song from, "Game of Thrones."

"We wanted to take this opportunity to also show everything the Connecticut National Guard has to offer," said Maj. Janae Grant, Operations Officer for Connecticut Army National Guard Recruiting and Retention. "When you think of the Guard, you may not immediately think about firefighters, musicians or some of the other capabilities we have."



Prospective college students and military veterans move between booths at the Connecticut National Guard College and Career Fair at the Hartford Armory, Feb. 27. The fair, which saw more than 300 people attend, was hosted by Connecticut National Guard Recruiting and Retention. (Photo by Capt. Mike Petersen, State Public Affairs Officer)



Spc. Nelson Struck, military working dog handler assigned to the 928th Military Police Detachment, explains what he does to attendees of the Connecticut National Guard College and Career Fair at the Hartford Armory, Feb. 27. (Photo by Capt. Mike Petersen, State Public Affairs Officer)

CTNG Prepares for 67th Annual Armed Forces Day Luncheon

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

In 1949, Secretary of Defense Louis Johnson announced the creation of Armed Forces Day to unify the celebrations of the Army, Navy and Air Force – each of which had its own day of celebration.

The holiday is traditionally celebrated on the third Saturday in May as a way to pay tribute to the men and women who serve in the United States' armed forces.

The Connecticut National Guard takes it one step further, hosting a luncheon the Friday prior to recognize the service of Connecticut's Armed Forces. The committee working on this year's event, to be held on May 20 at the Aqua Turf Club in Southington, Conn., is hoping to break records.

"Last year's event was attended by over 800 people, which is a new record for us," said Col. William Adams, General Chairman of the Armed Forces Day Luncheon Committee and Deputy Chief of Staff for Logistics of the Connecticut Army National Guard. "We couldn't do it without the help of our fellow services that spread the word at Coast Guard stations, (Naval Submarine Base New London) and the armories hosting other reserve components around the state."

Each year, Maj. Gen. Thad Martin, Adjutant General and Commander of the Connecticut National Guard, is joined by a guest speaker and elected officials to present an award to one member of each of the six reserve components (Air and Army National Guard, Army Reserve, Coast Guard Reserve, Navy Reserve Marine Corps Reserve), naming the awardee, "Honor Person of the Year."

"I think that selection as the honor person for your service is often recognition of an unsung hero," said Command Sgt. Maj. John Carragher, CTARNG State Sergeant Major. "So many of our people are doing great things, both in and out of uniform, every day that we sometimes forget how good they are because we get used to being surrounded by excellence."

Last year's Connecticut National Guard winners were Army Sgt. 1st Class Turhan Papadopoulos, Readiness NCO for Headquarters and Headquarters Company of the 192nd Engineer Battalion, and Air Force Staff Sgt. Selva Cabrera, Services Craftsman for the 103rd Force Support Squadron. Along with their counterparts from the other services, each was presented with a plaque by Martin and Army Maj. Gen. Patrick Murphy, Adjutant General and Commander of the New York National Guard. The committee is anticipating to have a guest speaker locked in soon.

The awards are a part of pride for their branch of service, rewarding those that stand out amongst their peers, according to Chief Master Sgt. Robert Gallant, Chief Master Sgt. of the Connecticut Air National Guard.

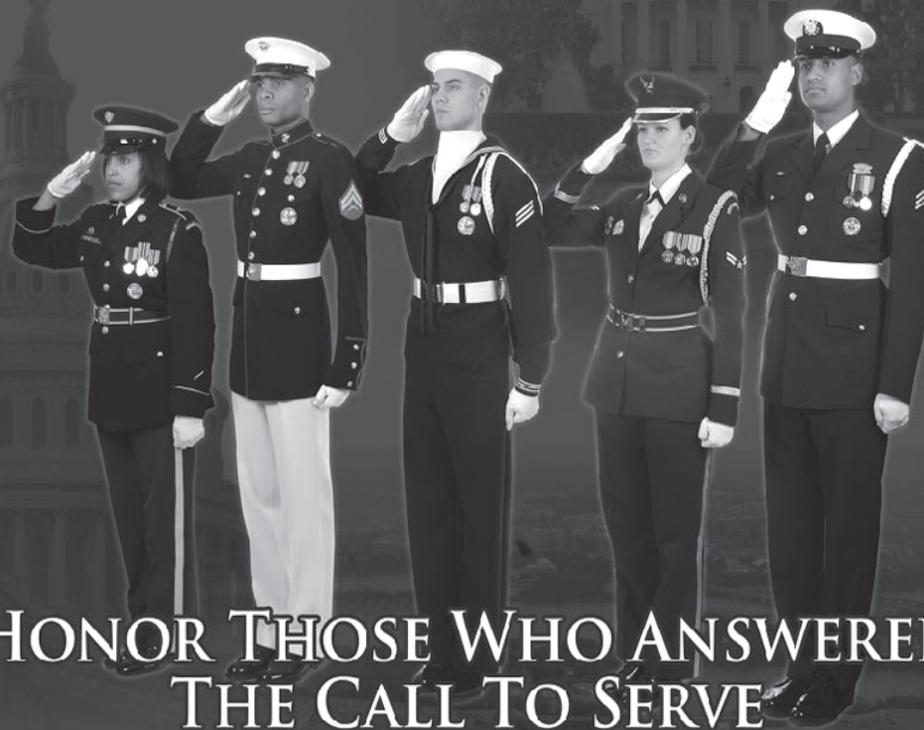
"To be selected as Honor Person of the Year is a great recognition and accomplishment," said Gallant. "It means that the individual is truly dedicated and committed to being the best at what they do, not only at their job but as a complete, professional airman."

The event traditionally includes the state militia as well, with members of the Governor's Horse and Foot Guards attending and serving in ceremonial roles throughout the luncheon.

For more information, or to learn how to register for the 2016 Armed Forces Day Luncheon, visit http://ct.ng.mil/CT_AFDL or <https://www.facebook.com/CTArmedForcesDay>.

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

OR VISIT
FACEBOOK.COM/CTARMEDFORCESDAY



67th ARMED FORCES DAY LUNCHEON
 AQUA TURF CLUB
 556 Mulberry Street
 SOUTHLINGTON, CONNECTICUT

RESPONSE FORM

Please use this form to reserve individual or group attendance for the Connecticut Armed Forces Day Luncheon

to be held on Friday May 20, 2016. **Cost per individual is \$30.00**

Please make checks payable to "The CT Armed Forces Day Luncheon"

NAME: _____

TITLE: _____ ORGANIZATION: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE NUMBER: _____

NUMBER OF INDIVIDUALS ATTENDING: _____

(please attach the names of the individuals in your party)

AMOUNT ENCLOSED: \$ _____

E-MAIL ADDRESS _____

COMMENTS/SPECIAL REQUESTS: _____

**SEATING IS LIMITED SO PLEASE RETURN COMPLETED FORM WITH PAYMENT
 NO LATER THAN MAY 14th, 2016 to:**

Sgt. 1st Class William Blake
 Armed Forces Luncheon Committee
 National Guard Armory
 360 Broad Street
 Hartford, CT 06105-3795

Questions? Call: (860) 493-2750

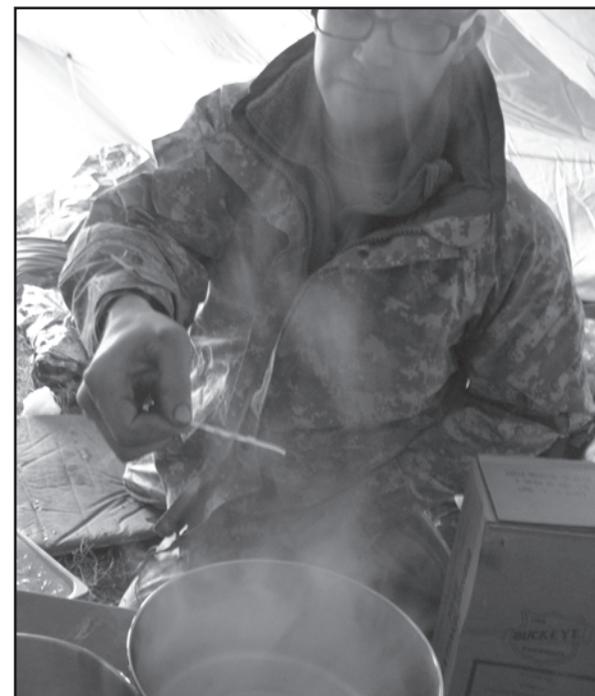
Email: william.d.blake14.mil@mail.mil

F Co., 186th BSB Hone Arctic Survival Skills



Sgt. Andy Copeland of F Co., 186th Brigade Support Battalion (Forward Support Company) hammers in tent stakes for 10-man arctic tents during the 186th and 1-102nd Infantry Regiment drill weekend at Stones Ranch Military Facility in East Lyme, Connecticut, March 4-6. Members of the 186th and the 102nd used new tools and equipment to practice cold weather survival skills, preparing them to operate in extreme cold weather environments. (Photo by Sgt. Jordan Tharp, F Co., 186th BSB (FSC) UPAR)

The members of F Co., 186th Brigade Support Battalion (Forward Support Company) and the 1-102nd Infantry Regiment spent March 4-6 making the wilderness of Stones Ranch in East Lyme, Connecticut their winter home away from home. Armed with new cold weather equipment, to include 10-man arctic tents complete with tools, tent stoves, and portable heaters, the soldiers set out to practice their survival skills, preparing them to operate in extreme cold weather environments. In addition to mastering the use of the arctic tents and the operation of two different heating stoves, the guardsmen trained on water procurement and purification methods, and attended classroom instruction. F Co., 186th BSB (FSC) is the support element of the 1-102nd Infantry Regiment. During their drill, the 186th soldiers worked alongside the infantrymen in training as well as providing supply and maintenance functions.



(above) Sgt. Jeff Berry of F Co., 186th Brigade Support Battalion (Forward Support Company) practices water purification techniques during the 186th and 1-102nd Infantry Regiment drill weekend at Stones Ranch Military Facility in East Lyme, Connecticut, March 4-6. Members of the 186th and the 102nd used new tools and equipment to practice their cold weather survival skills, preparing them to operate in extreme cold weather environments. (Photo by Sgt. Jordan Tharp, F Co., 186th BSB (FSC) UPAR)



(left) Staff Sgt. Sean Caven of F Co., 186th Brigade Support Battalion (Forward Support Company) ignites the tent stove inside of the 10-man tent during the 186th and 1-102nd Infantry Regiment drill weekend at Stones Ranch Military Facility in East Lyme, Connecticut, March 4-6. Members of the 186th and the 102nd used new tools and equipment to practice their cold weather survival skills, preparing them to operate in extreme cold weather environments. (Photo by Sgt. Jordan Tharp, F Co., 186th BSB (FSC) UPAR)

AROUND OUR GUARD

*A Glimpse at Connecticut
Guardsmen and Events*



Lt. Col. Santo Pizzo, Connecticut Army National Guard Physical Security Officer, teaches Active Shooter Training at the William A. O'Neill Amory March 17. The instruction encouraged the mindset of preparedness for an active shooter response in the workplace or in any public location. "This training is driven by a community threat," said Pizzo, who has more than 20 years experience in civilian law enforcement. "An active shooter emergency can happen anywhere, schools, shopping centers, or movie theatres. This training is a proactive response to all possibilities."

The TAG-initiated class is being given to about 200 members of the Hartford Armory staff to include state, technician and AGR employees. This is the first phase of training for employees of the Connecticut National Guard and the State Military Department. Plans for further training and additional locations are in the works. "We want to be prepared and know how to react quickly when something happens," said Pizzo. "The worst thing to do is nothing."



The Connecticut Army National Guard Purchasing and Contracting Team receive the Guardian of Contract Excellence Award, a top honor, at the National Guard Bureau Principal Assistant Responsible for Contracting (NGB-PARC) first Excellence in Contracting Awards Program in Norman, Oklahoma, March 7. The award honors one contracting professional and one contracting office that vigilantly guard and maintain the integrity of the acquisition process and strongly advocate for taking action to improve the efficiency and effectiveness of contracting operations at all levels. Accepting the award on behalf of The Adjutant General of Connecticut is (left to right) Col. Robert Nugent, Deputy USP&FO, Cynthia S. Tolle, SES, Director of Acquisitions, NGB, Mrs. Diana Marini, Supervisory Contract Specialist, and Maj. Thomas Tortorella, Contract Specialist. (Photo submitted by Col. Robert Nugent, Deputy USP&FO)



Members of the 1st Battalion, 102nd Infantry Battalion dive in to the wintry waters of Crystal Lake, Middletown, Connecticut, at the Penguin Plunge, Feb. 20. The nine infantrymen participated in the plunge to raise money for the Special Olympics of Connecticut. Under the team name, "Apache Warriors," the soldiers were able to raise \$1,475 for the cause. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

EXCHANGE from page 6

their physicians) and it was quite an experience.

Just like in the United States, simulated situations know no rank. While providing care for a baby infected with the virus, I sustained a notional needle stick injury. I was placed in quarantine and treated as if I had also contracted the virus.

Part of the process of treating and being treated required going through decontamination.

In a nutshell, “decon” was required for many different aspects of this exercise: after treating patients at the facility, being treated as a patient or accidentally crossing into the hot zone, are just three examples. Sgt. Goldie, a veteran of Northern Ireland and senior Combat Medical Technician did not allow for notional decons, and I had to endure this process three times: as a provider after giving care, as a patient and because I accidentally crossed into the hot zone once.

The final stage of decon was a shower from a garden hose. During the daytime, the temperature in Cyprus was about 85 degrees Fahrenheit daily and dry as a bone. At night, however, it dropped down to about 45 degrees with a wind chill. Of course, I wasn't lucky enough to require decontamination during the daylight hours, only in the evening.

During his time in the U.S., I noticed that the majority of questions Maj. Donald fielded pertained to the rank structure and rank insignia of the British Armed Forces. Enlisted ranks and commissioned officer ranks are very similar, but the ranks of sergeants major and warrant officers are different.

Sergeants major are warrant officers and are addressed as, “sir” by lower ranking soldiers and, “mister,” by those of higher rank. They fill the slots our master sergeants and first sergeants fill and have similar roles. The Regimental Sergeant Major, “RSM” as he or she is addressed, is similar to our command sergeant major, and they carry a pace stick everywhere. It is mostly a ceremonial accoutrement now but was and is used to pace the marching of soldiers.

The Scottish soldiers, in turn, did not have many questions about rank for me. I found that rather than try to translate their rank and file system into what we see every day in the States, it was better to just accept it for and see how it worked within their system. Like the metric system, it is probably easier to just learn it and use it rather than convert everything to feet and inches.

One major difference I noticed between their Army and ours involved laws prohibiting employers from discrimination when it comes to hiring reserve component soldiers and re-employment rights. They do not have the kind of support and laws we have guaranteeing our rights and a few soldiers told me they were very impressed that the U.S. government and citizens support their reserve soldiers with these laws. Some jokingly said they would like to join our Army for that reason alone.

Most of the British Army, if not all of it, uses a, “pay as you dine,” concept. Basically, for a set fee, soldiers pay for their meals and the price includes a certain amount of

proteins, starches, beverages, sides, etc., and all soldiers pay.

For a guy who normally drinks two to three cups of coffee at breakfast, I quickly reduced my consumption when I realized I had to pay by the cup. The food was good, though, and it was not expensive. The field meals we ate while at the FOB were 24-hour rations, meaning one box contained enough rations for a whole day. The box was a little bigger than an MRE bag, and I was



Maj. Ian Setkoski of the CTARNG poses for a photo with Lt. Col. Helen Smyth, Regimental Commander of the 225 (Scottish) Regiment during a post-training dinner similar to a U.S. Army Dining-In, Nov. 17, 2015. Maj. Setkoski accompanied the 225 (Scottish) Regiment during their annual training period as part of the Military Reserve Exchange Program in November of 2015. During the dinner, Maj. Setkoski provided Lt. Col. Smyth with a plaque commemorating his visit, and his

skeptical that it was enough to last a chow hound like myself for an entire day. I was quickly proven wrong as evident by the leftovers I had at day's end. Our chef always had hot water available to heat up the bags of food. “Go have your scoff,” and “grab a brew,” were phrases often heard as instructions to eat and have a cup of coffee or tea.

With the field exercise complete, the regiment had a barbeque, held at the lower ranks mess on Dhekelia Station. The presentation was gorgeous and the food was fantastic.

During the evening, I presented Lt. Col. Helen Smyth, the Regimental Commander of the 225, with a plaque I had made for the Regiment. Maj. Donald and Lt. Col. Catherine Livingstone then presented me with a tam o' shanter with their regimental tartan and Royal Army Medical Corps cap badge. Scottish regiments are authorized to wear a tam o' shanter as their headgear.

They also presented me with an engraved quaich, a traditional two-handed shallow drinking bowl from Scotland. It is normally used for drinking scotch and when Lt. Col. Livingstone presented it to me filled with a very peaty scotch I felt obliged to enjoy it in front of the regiment. As I drank, cheers of “U.S.A. U.S.A. U.S.A.!” rang out.

The topic I most encountered during my stay regarded

alcohol. Many of the soldiers I encountered could not understand why we are not allowed to drink on duty and why alcohol is forbidden from many official functions. How could we build camaraderie and esprit de corps if we were not allowed to have a drink was a question I was asked on more than one occasion. I really couldn't explain why to them. I simply told them it is just the way it is in the U.S. military. The leadership in the U.K. not only put out that the mess was available to the soldiers, but also encouraged them to use the mess facilities to drink if they were going to have a drink. It wasn't to encourage the consumption of alcohol, but to assure soldiers made use of the facilities afforded them by the commander of the base.

Almost nightly, most went to their respective messes for a drink or two and I never saw things get out of hand. Officers pay a monthly mess bill to offset costs and \$10 bought a round of drinks for about eight people. I was told that it is unusual for the soldiers to have the opportunity to go to the mess at annual camp to the extent they had at this annual camp, but being able to enjoy a little of the “Regimental Life” was a welcome break from the usual.

The dinner night was a version of our Dining-In. Their Dinings-In and Dinings-Out are reserved for welcoming a new commander in or bidding him or her farewell after the end of their command. The dinner night dress was dinner suits (tuxedos) for the gentlemen and evening dress/gowns for the ladies. Normally, they would have been in mess dress but baggage restrictions limited what they could bring. Since a tuxedo weighs less than mess dress, it was the choice of many for the evening. With this being a Scottish Regiment, they were allowed to wear highland dress as mess dress. Two gentlemen wore their

highland dress, but most abstained due to the uniform's excessive weight.

A cocktail hour and photos were followed by the gentlemen escorting in the lady seated to his left. The regiment's silver is prominently displayed on the table and surrounding furniture. Various courses were enjoyed with wine.

Just like our dinings-in, there are rules to follow. Toasts are made to the Queen, the Regiment, and a host of others. A toast was also made to the President of the United States after the toast to Her Majesty, The Queen in recognition of me, their foreign guest. The wait staff and chefs were brought in to the dining area after the meal to thank them. There is also a Mister/Madam Vice, who must entertain the remaining attendees after the dignified members at the dais leaves. It was truly a wonderful evening.

The first day after the field exercise, the soldiers turned in all drawn equipment and all officers went to the base church to separate and organize about three truckloads of clothes donated for the Syrian refugees being cared for on the base. Just before we arrived in Cyprus, Syrian refugees landed on the shores of the Sovereign Base Area seeking asylum from Syria. It took all day separating

Continued See EXCHANGE on page 18

Governor's Horse and Foot Guards

2GHG Helps Find Homes for Abused Horses



Caddyshack (left) and Damien, ready for adoption at the Second Company Governor's Horse Guard facility in Newtown. The 2GHG opened their stables to house and care for horses confiscated by the Connecticut Department of Agriculture. 2GHG is currently housing three horses, Caddyshack, Damien, and Diego (not pictured). (Photo courtesy of 2nd Lt. Phillip Karnoff, 2GHG UPAR)

**2ND LT. PHILLIP KARNOFF
2GHG UPAR**

If you visit the Second Company Governor's Horse Guard facilities in Newtown these days, you may notice some "extra" horses about.

In a joint effort between the Connecticut Department of Agriculture and the Second Company Governor's Horse Guard, confiscated and adoptable horses are being stabled at the 2GHG facility, while waiting for new forever homes.

A recent seizure of 32 horses has left the Second Chance Large

Animal Rehabilitation Facility on the Prison Grounds in Niantic, Conn. short of space. Additionally the public and potential adopters have access to view the horses at the 2GHG facility.

The latest guests are three quarter horses confiscated in the summer of 2015. After a great deal of attention and care, Diego, age 4, Caddyshack, age 17, and Damien, age 27, are now ready for adoption.

This is the second group of horses to be guests at the 2GHG facility. In January, the same large seizure of horses brought the Second Company two pregnant mares. Both were adopted within two days, and one has since given birth and is happy in her new home.

Personnel from the Department of Agriculture provide care to the horses during the week and the 2GHG troopers take care of them during weekends and holidays.

If you or someone you know is interested in adopting a horse, contact the Connecticut Department of Agriculture for an adoption application and information about eligible horses. Email at AGR.AnimalControl@ct.gov or call the State Animal Control Unit at 860-713-2506.

Horses For Little Heroes - 1GHG Serves Military Kids

**CPL. LOUISA KRAUSE
1GHG UPAR**

It was a crisp morning at 9 a.m. this Saturday on March 5th, and there was a sense of excitement and anticipation in the air, as troopers of the First Company Governor's Horse Guards awaited children of military families to partake in their new program Horses for Little Heroes.

Fifteen children between the ages of 3 and 11 took turns riding, drawing pictures of their favorite horses, learning about all things horse, and mucking stalls.

The favorite horse of the day was Artie, and as the day progressed a love for other horses became apparent as the troopers watched the spark in the children's eyes and their big smiles when they sat tall and proud on their mounts. There were calls from some children who begged to say good-bye to their new friend one last time for the tenth time and pieces of straw were taken home as keepsakes by others. It was so much fun, that the children even spurred their parents' enthusiasm to give it a try - and those of them that were kids at heart took on the challenge.

The program, originally known as Horses to Homecoming, was initially offered to children of deployed parents, a collaborative effort between the 1GHG and the Connecticut National Guard Child & Youth Program.

"With the decrease in deployment came a change in mission opening up the opportunity to all kids," said Michelle McCarty, Lead Child and Youth Coordinator of

the CTNG Family Support Center. "Where there's an interest, there's a need."

And so it was that Horses for Little Heroes came to fruition.

"The purpose was to use this as an educational opportunity and also as a way in which military families and their children could connect and share their experiences, because geographically the families are quite dispersed," McCarthy said. As a marriage and family therapist who has worked with military families and their children, and as a former therapeutic horseback riding instructor for children with emotional and physical challenges, I can attest to the benefits of such a program. Being a child whose parent is deployed is a very distressing experience for children who try to remain strong in spite of their fears. Finding they are not alone when getting together with others who share similar experiences can certainly be quite comforting. When you bring animals into the mix, and even more so horses, an element of healing and solace is added that goes beyond words.

The eight-month program takes place at the facility of the 1st Company Governor's Horse Guards at 280 Arch Road in Avon, Conn. one Saturday a month.



A military child rides Artie, a horse of the 1GHG, at the Horses for Little Heroes event at the unit's stables in Avon, Connecticut, March 5. Being that it was the child's first time riding, she was provided support from 1GHG members, Cpl. Louisa Krause (right), 1st Lt. Christopher Schoeneberger and volunteer Grace Meador. 1GHG is hosting the eight-month program along with the Connecticut National Guard Child & Youth Program. (Photo submitted by Cpl. Louisa Krause, 1GHG UPAR)

For additional information, or to be added to the email distribution list, contact Michelle McCarty at Michelle.m.mccarty4.ctr@mail.mil or 860-548-3254.

Welcome Home 169th Aviation

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Under sunny skies and an arch of water blasted from firehoses welcomed home 90 members of the Connecticut National Guard's 1-169 General Support Aviation Battalion, Mar. 12, at the Army Aviation Support Facility in Windsor Locks, Conn.

Over 100 people turned out to welcome home their soldiers from an 11-month deployment to Kosovo. As the plane taxied, two Bradley International Airport fire trucks let their hoses loose, creating a picturesque scene.

The unit deplaned, led by commander Lt. Col. Jeffrey LaPierre, and was welcomed by Lieutenant Governor Nancy Wyman and Connecticut National Guard leadership.

The 1-169 GSAB departed for Texas in April 2015 to further train prior to their departing for Kosovo. During their deployment, the unit was responsible for transportation support and aerial medical evacuation while also providing maintenance and fueling capabilities.

When southern Kosovo experienced an outbreak of forest fires in Sept. 2015, the 1-169 GSAB provided support to local authorities by dumping buckets full of water to help extinguish the flames. According to reports, the fires in the mountainous region did not affect any homes or injure any local citizens.

"We are extremely proud of the work these men and women performed while away from their families, friends and careers for the past year," said Martin in a press release announcing the unit's return. "It is plain to see the training they accomplished prior to their deployment really paid off."

With the 1-169 GSAB's return, the Connecticut National Guard now has nearly 60 Guardsmen mobilized and deployed around the globe.



Ninety members of the Connecticut Army National Guard's 1-169th General Support Aviation Battalion receive a traditional Connecticut welcome home salute by the Bradley International Airport Fire Department at the Army Aviation Support Facility in Windsor Locks, Connecticut, March 12. The unit returned home after an 11-month deployment to Kosovo where they provided transportation support, aerial medical evacuation, maintenance and fueling capabilities. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs, CTANG)



The view from the plane. As nearly 90 members of the 1-169th General Support Aviation Battalion arrived on the flight line of the AASF, more than 100 excited families and friends waited anxiously to greet them. The unit arrived home to Connecticut March 12 after a 11-month deployment to Kosovo where they provided transportation support, aerial medical evacuation, maintenance and fueling capabilities. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs, CTANG)



Members of the 1-169 General Support Aviation Battalion are greeted by an official party as they exit the plane that brought them home to the Army Aviation Support Facility in Windsor Locks, Connecticut, March 12. Members of the official party included Lt. Gov. Nancy Wyman and Maj. Gen. Thaddeus J. Martin, Adjutant General of the Connecticut National Guard. The 90 members of the unit spent the last 11 months in Kosovo where they provided transportation support, aerial medical evacuation, maintenance and fueling capabilities. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs, CTANG)



The local news captured the reunions of families and soldiers belonging to the 1-169th General Support Aviation Battalion on the flight line of the Army Aviation Support Facility in Windsor Locks, Connecticut, March 12. The 90 member unit returned home after an 11-month deployment to Kosovo where they provided transportation support, aerial medical evacuation, maintenance and fueling capabilities. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs, CTANG)



Families rushed forward to locate and greet their soldier belonging to the 1-169th General Support Aviation Battalion on the flight line of the Army Aviation Support Facility in Windsor Locks, Connecticut March 12. The 90 member unit returned home after an 11-month deployment to Kosovo where they provided transportation support, aerial medical evacuation, maintenance and fueling capabilities. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs, CTANG)



Families shared special and memorable moments during the return of 90 members of the 1-169th General Support Aviation Battalion at the AASF in Windsor Locks, Connecticut, March 12. The unit returned home after an 11-month deployment to Kosovo where they provided transportation support, aerial medical evacuation, maintenance and fueling capabilities. (Photo by Maj. Jefferson Heiland, 103rd Airlift Wing Public Affairs, CTANG)



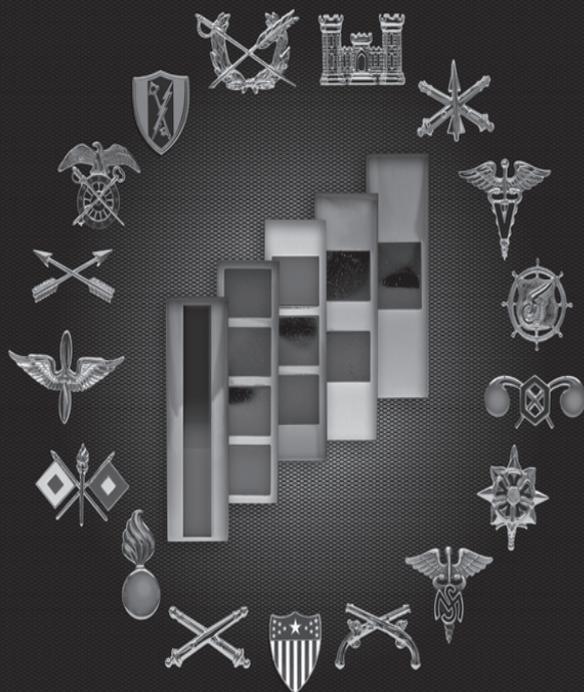
View and download all of the photos from this event on the
Connecticut National Guard Flickr Page
www.flickr.com/photos/ctnationalguard/albums





WARRANT OFFICER

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



TAKE THE CHALLENGE TODAY, CONTACT:

CW3 JOHN NERKOWSKI

WARRANT OFFICER STRENGTH MANAGER

203.410.0828

john.v.nerkowski.mil@mail.mil



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



Officer Candidate School OCS & WOCS Open House

INFORMATION BRIEF

April 16, 2016
May 21, 2016
June 25, 2016

Report Time: 9:00 a.m.
9-12:00 p.m. Rm. 1113,
RTI, Camp 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
CW3 Michael Mottolo michael.v.motollo.mil@mail.mil

Enlisted Update Spring Into Readiness, Fitness & Safety



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Greetings and welcome to April! The beginning of April marks the start of the warmer weather for us and the start of the prime months for collective training leading up to Annual Training. As you train your people over drill weekends and finalize your plan for annual training, now is the time to

double check that you have all the required resources to conduct the training you have planned. If you have not asked for what you need, time is quickly running out.

Before I go any further, I have to take a moment to say thank you to a great friend and welcome a new friend. As you are aware from last month's issue, my former wingman, Chief Master Sgt. Edward Gould, has moved on from his position as the State Command Chief Master Sergeant to accept a position with the National Guard Bureau's Office of Complex Investigations. Chief Gould also retired from his full-time position with the Connecticut State Police after a long and distinguished career. It would be a huge understatement for any member of either organization to say that he will be simply missed. While Ed's service to the people of Connecticut as a police officer has ended, his service to our airmen and soldiers continues. I can think of no better person to join the team at the National Guard Bureau charged with ensuring that fair and equitable investigations are

conducted into some of the most complicated issues facing our Guard.

I am personally grateful to Ed for his wise counsel, vast knowledge and experience on all things Air Guard, and most importantly, his friendship. Thanks, Chief!

Our new State Command Chief Master Sergeant is Chief Master Sgt. Robert Gallant. Chief Gallant is no stranger to the Connecticut National Guard. He brings a huge level of enlisted competence to the position and I look forward to working with him. Welcome, Chief!

As the weather gets warmer, we all experience a touch of spring fever. That spring fever should remind each of us that it is time to jump start our individual physical fitness program. Most days we will no longer have to battle the weather outside to get in a good workout. In addition to the requirements we all have as airmen and soldiers to stay physically fit, a vigorous fitness program will make you feel better and be more productive every day.

Most mornings, you can find me at Newington High School before 7:00 a.m. Anyone who wants to join me is more than welcome. If you need help in establishing a personal fitness program, please contact your platoon sergeant or first sergeant. They can put you in touch with a master fitness trainer. Increasing your level of fitness will not only help you reach your military goals, it will help you in all aspects of life.

Another part of spring fever is the itch motorcycle enthusiasts get to take the bikes out and ride. If you are a long time rider, you are fully aware of the requirements you need to meet in order to comply with Army and Air Force regulations concerning the safe operation of a motorcycle, on or off duty. I encourage long time riders to take a sustainment/refresher course in motorcycle operations and continue to wear the required personal protective equipment.

If you are a new rider or thinking about becoming a new rider, please get familiar with the requirements. The

best place to start is with an experienced rider. He/she can provide you all the information you need. Next is with your unit commander to complete a motorcycle operator agreement which lays out all of your requirements. One of those requirements is completion of a basic motorcycle safety course. Your commander or mentor will also give you the procedures to get the cost of that course reimbursed. It is that important and is non-negotiable. Please give yourself all the available tools to enjoy riding safely and responsibly.

I want to also take this opportunity to talk about resilience. Lately, I have been thinking about two of the resilience competencies, self-awareness and self-regulation. I think that self-awareness is our ability to recognize when the world is getting to us. As important as that awareness is, it is also important that we realize when our patterns of thought and behavior are counterproductive. Remaining self-aware enables us to recognize when we are employing unhealthy coping skills as a reaction to stress.

Self-regulation is the ability to control those unhealthy coping skills and apply positive skills. Self-regulation keeps us from spinning out of control when the world around us is chaotic. Calm, rational thought and action is critical to each of us both personally and professionally. When you see yourself or your buddy starting to spin out of control and applying negative coping skills, please make it a point to find out why. That is the essence of resilience and leadership.

I look forward to seeing all of you over the next few months conducting training. As always, thanks for what you do for each other, State, and Nation each and every day.

Quote of the Month:

"I'll get by with a little help from my friends."
- John Lennon/Paul McCartney, June 1, 1967
CSM Carragher
"Any Soldier, Any Issue, Any Time"

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!

EXCHANGE from page 12

clothing by gender, age, size, etc. and then transporting it all to a warehouse where the refugees could select items.

Then "AT" started. In the British Reserve, "AT" means Adventure Training. Two days of every annual camp is reserved for this, usually consisting of mountain bike riding, mountain climbing, SCUBA diving, hiking, etc. AT is a retention tool, as well as a way to get soldiers to try new things and push their limits of confidence while building esprit de corps.

This year, soldiers could participate in two different events. I requested and was granted permission to go SCUBA diving and mountain climbing.

The diving was a quick class on SCUBA with some skills practice in the shallows followed by a dive lasting about 45 minutes. I am a certified advanced open water diver but haven't been diving in a couple years so the slow pace was welcome. The water was perfect with plenty of aquatic life to view.

I figured we would climb a small rock face with lots of mountaineering instruction, but was shocked to learn the climbing area was about 100 meters high, steep and on an almost-smooth faced rock! We received training on how to wear the safety gear and how to belay, but as far as climbing went, the training was on-the-job. The instructors were accomplished mountaineers with years of experience, giving insight and instruction on how to navigate the rock from down below. This was no kiddie climb, and I outdid my own expectations by scaling the entire rock.

Wanting to take advantage of being in a part of the world I had never visited, I joined a small group on a day trip to Nicosia, the Capitol of Cyprus. The reunification of Germany (and Berlin) left Nicosia as the only divided city left in the world.

Nicosia is divided to the north by Turkey and the south by Cyprus. The U.N. monitors the border known as the "Green Line." A British captain gave us a tour and we walked the actual line separating the city in two. Parts of this line are only three meters wide with Cypriot National Guard on one side and Turkish Army soldiers on the other. Most of the Turkish side is monitored by camera. Parts of the line are still disputed to this day and both sides have encroached on the other side by mere inches at times, only to be pushed back by the U.N.

Prior to our flight back to the United Kingdom, I was the guest of honor at a lunch attended by many members of the regiment. Maj. Martin Cockcroft, the second in charge - what we would refer to as an executive officer - borrowed some silver from the Officers Mess and used it to serve me my fish and chips (another item I could cross off my bucket list). I enjoyed it thoroughly, but with a bit of sadness as I knew this was the last meal I would share with my new friends and brothers- and sisters-in-arms.

We flew back into London and I bid farewell to the 225 (Scottish) Medical Regiment. Their journey continued with a 12-hour bus trip back to Scotland and I took the opportunity to take in more of London's sights, visiting London Tower, the Imperial War Museum and the London Eye, before heading home.

I consider myself more than fortunate to have represented the Connecticut National Guard through this exchange program. It is an opportunity not many soldiers are privy to, and I took full advantage by learning everything I could training with the great soldiers and clinicians of the United Kingdom. We learned about each other, our armies, our families, friends and careers, exchanging stories like all soldiers do.

My life as a professional soldier and as a PA was enriched by this experience. I would recommend applying if you are interested in participating in the MREP and can do an additional annual training.

Read Maj. Ian Donald of the 225 (Scottish) Medical Regiment's story in the November 2015 issue of the Connecticut Guardian.

If you are interested in applying for the Military Reserve Exchange Program, contact your chain of command for more information.



Managing Workplace Stress



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

Stress can be a big part of military life, no matter what branch you support. But for **National Guardsmen**, the stressors you and your family face are unique. Juggling both military and civilian life, and the transition between the two can be difficult and challenging at times.

Managing Your Stress

A support network can help you manage your stress. Because you may not be near your unit or an installation, it may seem like no one else understands what you're going through. Try to surround yourself with people who love and care for you—they can listen to your concerns and help you identify and manage stressors.

There are also actions you can take to cope with stress. First and foremost, **TAKE TIME FOR YOURSELF**. This might involve deep breathing, meditating, listening to soothing music or practicing yoga. Taking the time to relax and focus on the present will help you reframe the situation and find the positive in your life.

Other tips for managing your stress include:

- Keep a journal
- Practice positivity – give compliments, smile and laugh more often
- Get regular exercise
- Eat balanced meals on a regular basis
- Get enough sleep
- Limit caffeine and alcohol intake
- Maintain normal routines
- Make a to-do list and check off tasks as you complete them
- Avoid drug use
- Keep an open mind

How much stress is too much?

It's important to recognize the signs and symptoms of stress, so that managing them can be easier. Be sure to stay alert to the signs and symptoms below and have your loved ones keep an eye out too:

- Trouble eating, sleeping or concentrating
- Feeling helpless or hopeless
- Feeling disconnected from family and friends
- Being more sensitive than usual
- Not taking care of yourself (e.g., hygiene)
- Easily bothered or trouble controlling your anger
- Often confused
- Rash behavior
- Feelings of fear, nervousness or anxiety
- Extreme mood swings

**THE TASK AHEAD OF YOU,
IS NEVER AS GREAT
AS THE POWER BEHIND
YOU.**



BE STRONG IN THE LORD, AND IN HIS MIGHTY POWER.
EPHESIANS 6:10

Remember to "expect the unexpected." If something does not go as expected, take a step back to collect yourself and remember that plans may not always go the way you want them to, but that's OK.

Live 1-on-1 Help

Confidential

Worldwide 24/7

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

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

Click www.SafeHelpline.org Call 877-995-5247

Text* 55-247 (INSIDE THE U.S.) 202-470-5546 (OUTSIDE THE U.S.)

*Text your location for the nearest SARC



Retiree Voice | TRICARE & VA Pharmacy Costs

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

As a result of the 2016 National Defense Authorization Act (NDAA), most co-pays for TRICARE prescription drugs at-home delivery service and retail network pharmacies were increased on Feb. 1.

All drugs at military pharmacies, and generic drugs through the home delivery service (Express Scripts), are still available at no cost to the beneficiary. However, co-pays for brand name drugs through the home delivery service increased from \$16 to \$20, for up to a 90-day supply.

At commercial retail pharmacies, generic drug co-pays have been increased from \$8 to \$10, and brand name drug co-pays have gone from \$20 to \$24, for up to a 30 day supply. Co-pays at non-network pharmacies and for non-formulary drugs will also increase.

For those that use TRICARE to obtain their medications (especially maintenance medications), home delivery is a safe, convenient and cost effective means to obtain your medications. To learn more about TRICARE pharmacy benefits, the new co-pays, or the home delivery system, go to the TRICARE website at www.tricare.mil/pharmacy.

For many veterans, there may be an alternative to TRICARE available to them to obtain their medications – the Veterans Administration (VA).

To qualify for the prescription benefit provided by the VA Pharmacy Service, the veteran must be enrolled in and receiving health care from the VA health care system, or be eligible based on one of the exceptions in the law. The VA prescription benefit is not a stand-alone program, whereby the VA fills prescriptions for veterans who are not enrolled in and receiving care from the VA health care system.

Prescriptions are commonly mailed to the veteran's home, but can be obtained from a VA medical facility pharmacy.

Generally speaking, only prescriptions written by a VA health care provider, or a VA authorized provider can be provided by the VA to eligible veteran patients. However, a VA provider may review prescriptions from a private doctor during an appointment to determine if the prescription can be rewritten by a VA health care provider and thus dispensed from a VA pharmacy.

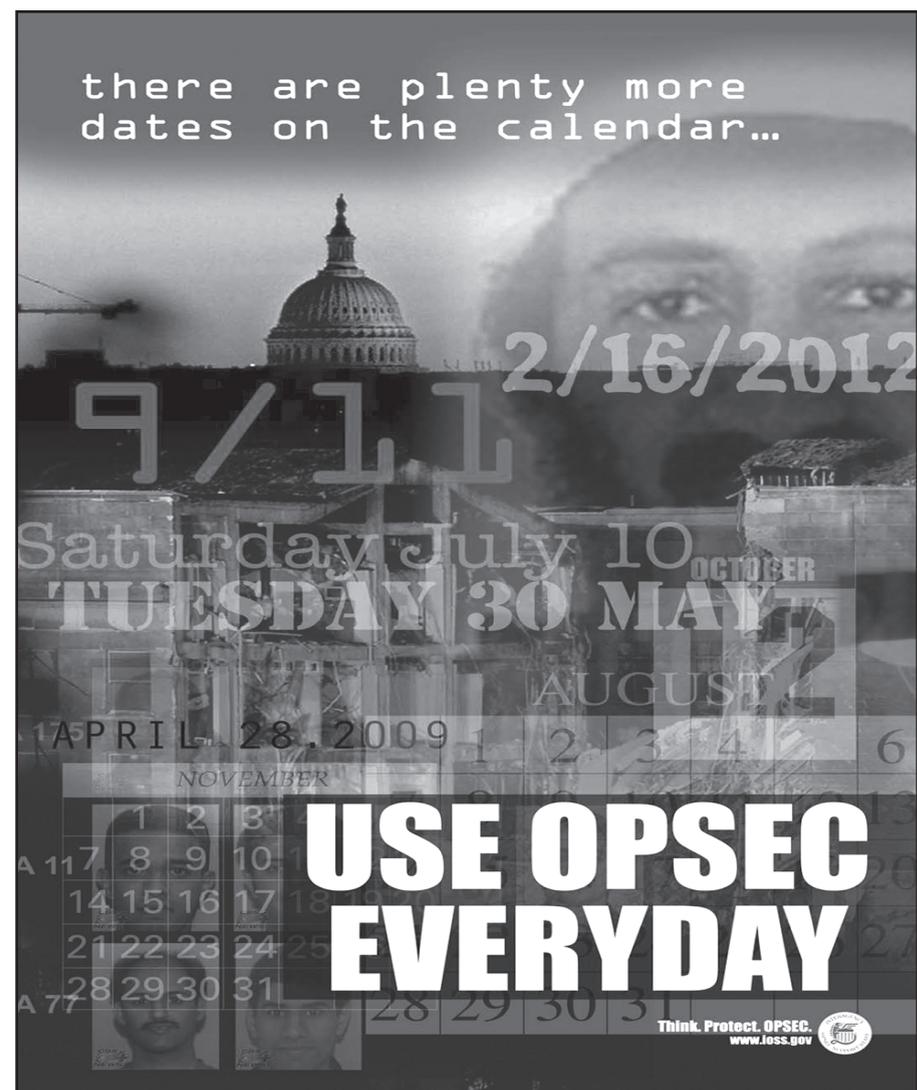
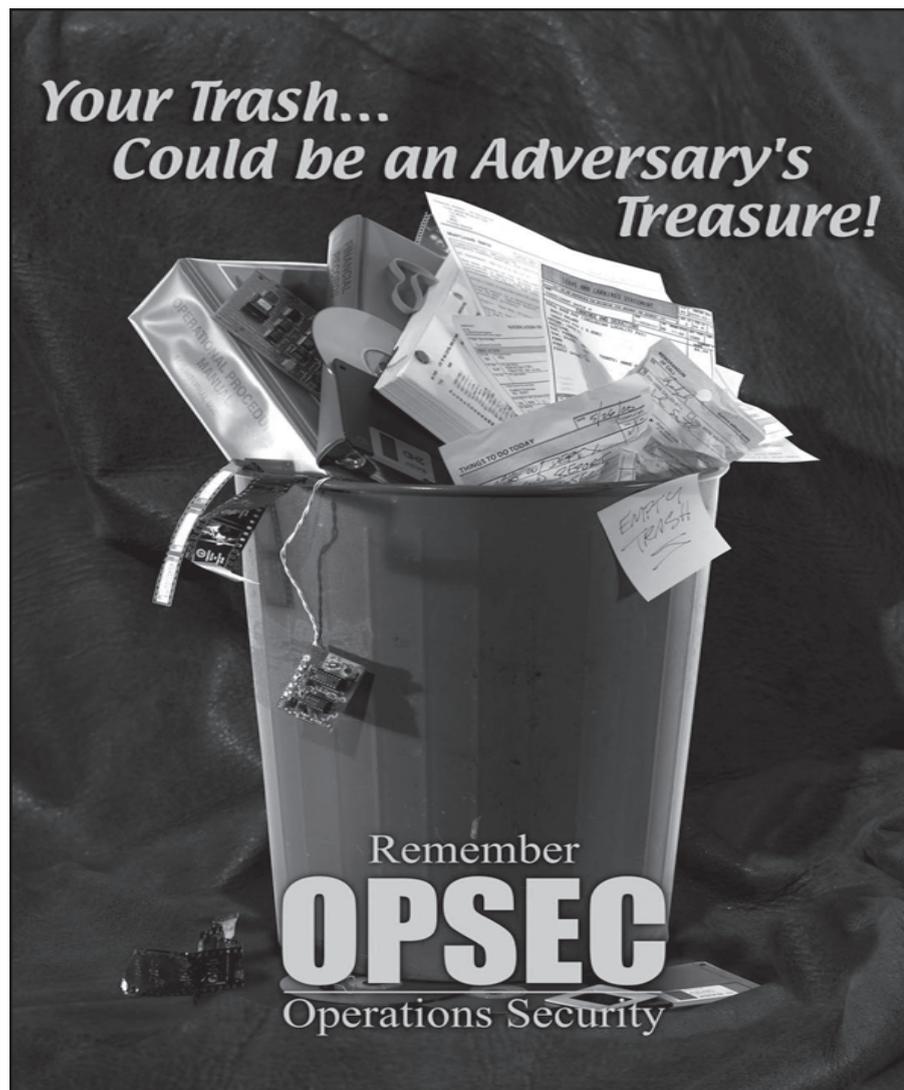
While many veterans qualify for free health care services based on a VA compensation service-connected disability, most veterans will be required to complete a

financial assessment (means test) to determine if they qualify for free services. Depending on the veteran's income level, this will determine whether the veteran will be required to pay any co-pays for the VA services.

There are no co-pays for outpatient prescriptions to treat service-connected disabilities. Veterans with "former Prisoner of War" status or veterans who have an injury or illness connected with their military service resulting in a disability rating of 50 percent or higher (Priority Group 1 veterans) are exempt from all prescription co-pays. For Priority Group 2 – 6 Veterans, co-pays for non-service connected prescriptions are \$8 for a 30 day or less supply of medication. Veterans in Priority Groups 7 – 8 (higher income veterans) pay \$9 for each 30 day or less supply of outpatient medications.

An important tip to keep in mind – the VA charges co-pays for over-the-counter medications such as aspirin, cough syrup, vitamins, etc. In many cases, it may cost less to purchase these over-the-counter medications on your own.

To learn more about the VA health care system and benefits, visit their website at www.va.gov/healthbenefits/



Off the Bookshelf:

What Followed the Great War: Dadaism turns 100

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

The Yale University Art Gallery is currently displaying an exhibition titled, "Everything Is Dada." 2016 is the 100th anniversary of the Dadaism art movement's founding.

The Dadaists were considered the avant-garde artists of their time period, like the Cubists, including Pablo Picasso, and the Impressionists, including Claude Monet, by whom the Dadaists were preceded.

Dadaism was best described as "anti-art," and anti-establishment. It served as a tool by those who produced it to protest World War I and other purported early 20th century global and social inequities. Man Ray is probably the most famous Dadaist artist. His work consisted of subjects not traditionally associated with conventional artwork, like pieces of cloth, spoons, springs, light fixtures, coat stands, and other every-day easily overlooked objects.

"Dada" can translate into "rocking horse" in French. The first Dadaist manifesto published in 1918 is full of absurdities, like this, and makes little sense. According to the Dadaist model, Kiki, this was the intent of their artistic protest.

Kiki's semi-autobiographical absurdist collection of non-sequitur memoirs, "The Education of a French Model," first published in 1929, should not be read as an

informational text on Dadaism. It, in fact, should be read as the opposite. Kiki, who served as a model to Man Ray and other artists of the period, spends dozens of pages talking to a dead fish, who, she declares, is her own artistic muse. The fish talks back.

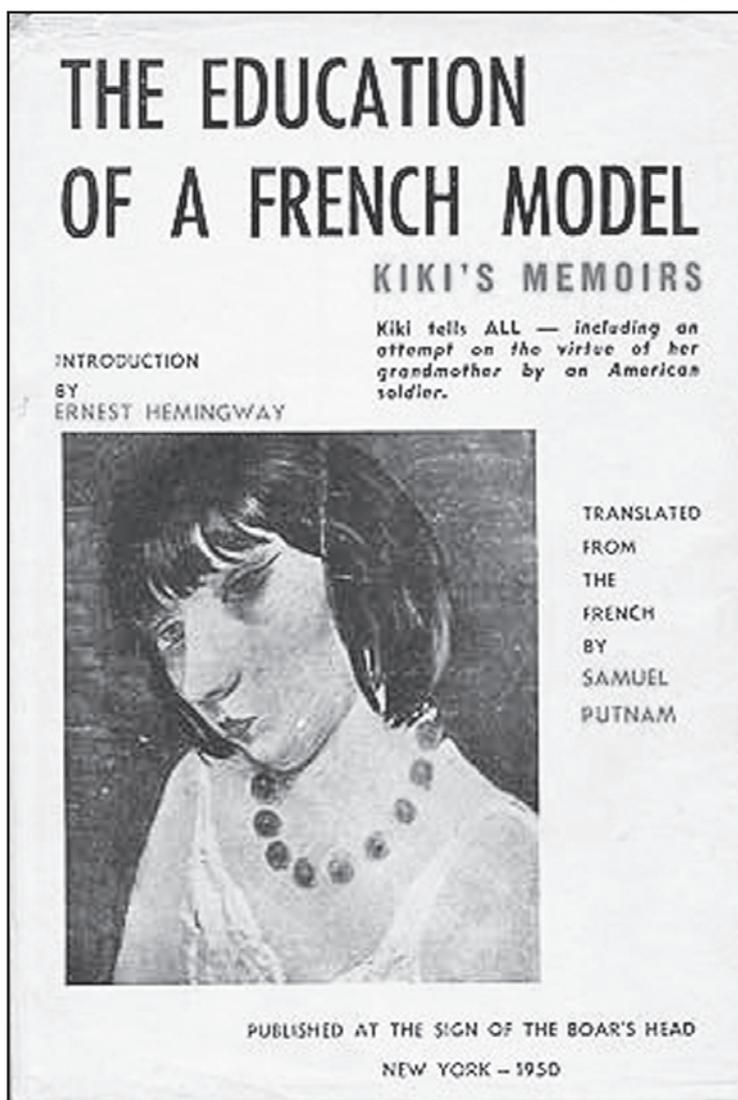
Ernest Hemmingway penned a tongue-in-cheek

introduction to "The Education of a French Model." He declares that Kiki, from Burgundy, France, had kidneys far better made than those made in Massachusetts and Illinois. He also states that during Kiki's time, homeless men in Europe did not frequent bars and cafes to drink until they could compete with the artists and writers who joined them in the late afternoon.

The Dadaist art movement was, in fact, pieces of cloth, spoons, light fixtures, novels written by vagabond models, drunk intellectuals, and talking fish. Its greatest hits can be viewed at Yale's Art Gallery for a few more months.

It's important to remember that this anti-art, anti-occidental protest movement began in order for those who produced it to communicate their anguish over the deaths of millions of young men in World War 1. The Dadaists performed a form of indirect mourning on behalf of those who weren't capable of voicing their anguish over the absurdity of their countless pains and losses. A talking fish voiced it much better.

"I am a friend, not a martyr," Kiki's dead fish, said to her.



THE CONNECTICUT NATIONAL GUARD OFFICIAL WEB AND SOCIAL MEDIA

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

facebook.com/connecticutnationalguard
The Official CT National Guard Fan Page

twitter.com/ctnationalguard
The Official CT National Guard Twitter

flickr.com/ctnationalguard
The Official CT National Guard Flickr

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

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

Military History: Connecticut and the War of 1812

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

Less than thirty years after winning our independence from Great Britain, the United States found itself at war against the crown once again.

This short conflict is often called the “Second War for Independence.” The war that gave us our national anthem was not very popular with the leaders and citizens of the Nutmeg State. In fact, the legislature would not allow the militia to leave Connecticut to go on the campaign to attack Canada. However, they did fund 3,000 muskets, eight cannons, 600 pounds of powder, and five tons of bullets for internal defense.

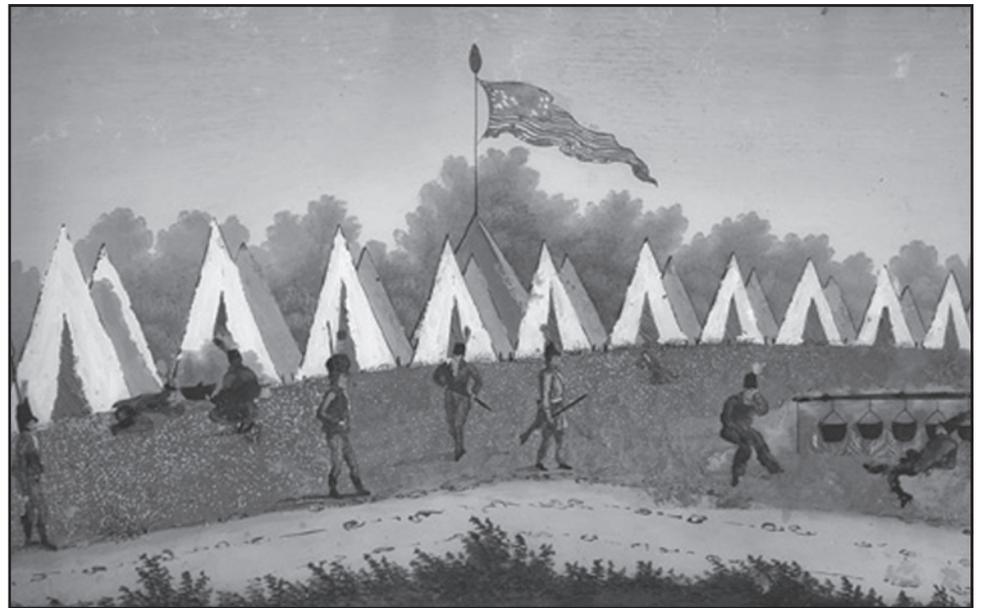
Angered by a series of economic sanctions taken by the British and French against the United States and outrage at the practice of taking sailors from American ships and forcing them to work for the British Navy, Congress declared war in June 1812. The initial land campaign against Canada to gain territory was a series of disasters.

Despite opposition to the conflict, Connecticut was not immune from the fighting. In June 1814, the British Navy cornered a U.S. naval squadron of three ships, led by Captain Stephen Decatur in New London, and held them there for 21 months. Almost 6,000 Connecticut militiamen rushed to the area, allowing the American sailors to escape overland.

On Apr. 8, 1814, the British attacked Pettipaug, now known as Essex, destroying 27 ships and causing \$200,000 worth of damage. The British also made off with everything of value, to include the town’s supply of rum. This attack was the single greatest maritime loss of the

war. In August 1814, five British ships bombarded the Borough of Stonington for three days. Later that same month, British forces moved in on the U.S. capital, capturing Washington, D.C., on the 24th and burning government buildings including the Capitol and the White House. The war ended in December with the signing of the Treaty of Ghent (present day Belgium), which actually occurred a month before the General Andrew Jackson’s victory at the Battle of New Orleans.

In 2012, Glenn Gordinier wrote, “The Rockets’ Red Glare: The War of 1812 and Connecticut,” in time for the war’s bicentennial. Published by the New London County Historical Society, Gordinier and nine other contributing authors examine many facets of America’s second major war. This book is available for order on the New London County Historical



This scene, identified as a “New London Encampment of the War of 1812,” was painted in oil on a mirror by an unknown artist in 1815. It depicts militiamen in their tidy uniforms relaxing, lounging, and smoking, suggesting a summer outing rather than a military encampment. In actuality, Connecticut militiamen stationed in Groton and New London commonly endured miserable food, leaky tents, and inadequate arms and equipment. (Lyman Allyn Art Museum, 1971.312, www.warof1812ct.org)

Society’s website at www.nlhistory.org and www.warof1812ct.org.

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.



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@accenturefederal.com
Cell: 475-238-2138

Jennifer Gonzalez-Smith
Prevention Coordinator
j.m.gonzalez-smith@accenturefederal.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 2016 Scholarship Application Season Open

KENDRA ROSS
NGACT BOARD MEMBER

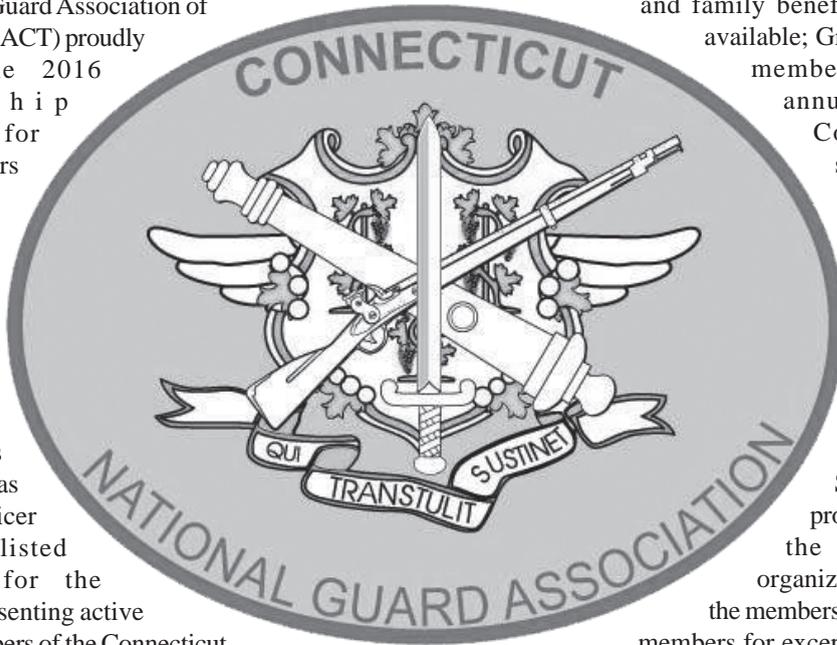
The National Guard Association of Connecticut (NGACT) proudly announces the 2016 Scholarship Application for NGACT members and their dependents. For a full list of those eligible to apply, please visit our website at www.ngact.org.

NGACT was founded in 1994 as a combined officer and enlisted organization for the purpose of representing active and retired members of the Connecticut Army and Air National Guard.

NGACT was originally organized as a non-profit organization designed to serve as the collective voice of all Guard officer and enlisted personnel. Together, members share in the pride, patriotism, and vigilance that keep America strong, accomplishing together what no person could accomplish alone. This united voice helps keep the Connecticut Army and Air National Guard ready and equipped to defend our freedom and represented at the national level through the National Guard Association of the United States (NGAUS).

NGACT provides a means to express the wishes of its many members. In the past it has proven its value through

improved benefits, modern facilities, and better equipment. Moreover, NGACT offers individual and family benefits otherwise not available; Group Insurance for members and families, annual NGACT Conference, and support services including co-sponsor of National Guard events and support of Send Off and Welcome Home Celebrations. The Scholarships program is just one of the many ways the organization gives back to the members, and recognizes its members for exceptional service and academics.



Download the application, complete and return by June 1, 2016. Must be postmarked by June 1, 2016.

Find more information and download the complete 2016 scholarship application at <http://ngact.org> or contact Kendra Ross Kendra.L.Ross.mil@mail.mil

2016 NGACT Calendar of Events

**April 20
Board Meeting**

**May 18
Board Meeting**

**June 15
Board Meeting**

**July 20
Board Meeting**

**July 27
Work Night**

**August 4
Retiree Picnic**

**August 10
Scholarship Banquet**

**August 17
Board Meeting**

**August 20-25
EANGUS Conference**

**August 31
Work Night**

**September 2
NGACT Golf Tourn.**

**September 9-12
NGAUS Conference**

**October 19
Board Meeting**

**November 16
Board Meeting**

**December 14
Board Meeting**

Follow NGACT on Social Media

Facebook



Twitter



LinkedIn



Visit the NGACT Website at www.ngact.org



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

April 2016

Letter from the President: Kim Rolstone

I am pleased to assume the role of NGACT President. I have been a life member since 1992 and can proudly say that I have attended every NGACT Conference since becoming a member (except for one conference when I was deployed). I served as a Board member in the mid 2000's and I am pleased to be part of the executive team again. The Association Board members are dedicated volunteers who commit much of their personal time and energy to the success of the association and, subsequently, the success of state and national efforts to preserve and grow legislative initiatives that support the National Guard.

Our recent NGACT Annual Conference, Awards Banquet and Ball was a great success. It is evident that many of our Soldiers and Airmen (serving and retired) were aware of the event. Feedback indicates that members wish to continue to conduct a Ball in conjunction with the conference.

Fran Evon, our outgoing NGACT President noted, at the conference, that membership is our number ONE priority. This remains so. Advocacy by our members will influence membership. I need your advocacy and assistance to grow our membership

Membership shows a strong Association which ensures that our voice is heard. We must continue to remain engaged with our legislative leaders in order to preserve our history and the contributions of our great warriors past, present, and well into the future. Now more than ever, we must defend our relevance in support of the citizens of this great State and Nation.

This past year, your association successfully petitioned the State Legislature to waive the State Income tax on military retirement pay effective 1 January 2015. In February, your association participated with other National Guard Associations from all over the country and stormed the hill to talk to their Representatives and Senators about granting veteran status to all retired National Guardsmen. In November the Senate passed legislation granting veteran status to any Guardsman or Reservist who has served 20 years. The House approved a similar provision. These are significant victories for our population, but there are more that we collectively need to fight for. We won't be successful without increasing our membership.

Special thanks for your continued membership and support in keeping the Association strong and relevant. Membership remains our number ONE priority!

Sincerely,

Kim Rolstone
President
The National Guard Association of Connecticut (NGACT)
(860) 883-2574
president@ngact.org

Upcoming State Training Courses

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

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

- **May 14-15, 2016 - Applied Suicide Intervention Skills Training (ASIST) Class 05**
Room 317, 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.
- **May 25, 2016 - Ask, Care, Escort (ACE) Suicide Intervention**
Room 226, MAFRC, Middletown, Conn.
Register by: April 25.
- **June 1, 2016 - Army Substance Abuse Prevention (ASAP)**
Room 1151, RTI, Camp Niantic, Conn.
Register by: May 2.
- **June 7-8, 2016 - Applied Suicide Intervention Skills Training (ASIST) Class 06**
Room 317, MAFRC, Middletown, Conn.
Register by: May 8.
- **July 13, 2016 - Heartsaver AED Certification**
Room TBA, AASF, Windsor Locks, Conn.
Register by: June 28.
- **July 20, 2016 - Applied Suicide Intervention Skills Training (ASIST) Class 03**
Room 317, MAFRC, Middletown, Conn.
Register by: June 20.

FEATURED COURSE:

Applied Suicide Intervention Skills Training (ASIST)

The additional duty of Suicide Intervention Officer (SIO) provides soldiers the opportunity to speak to someone trained in mentoring and fostering an environment of understanding. The ASIST workshop is designed to teach leaders at all levels and SIOs to identify those who may be at risk of suicide, bring them to a safety plan and connect them with the National Guard's resources to insure their continued care.

SIO candidates are ideally NCOs in leadership positions and should have an interest in and the ability to instruct and moderate small groups. Combat experience is a plus and current or prior experience in public speaking is encouraged. He or she should be a soldier who is in good standing and can demonstrate personal commitment to the welfare of soldiers.

These selectees will be the individuals who will conduct suicide prevention training to soldiers on an annual basis and/or as needed and must be capable of the skills learned to the soldiers within their respective command.

For more information, contact your Training NCO.

Become a NGACT Member or Renew your Membership Online

visit www.ngact.org/membership-levels/

The Online System allows you to:

- Pay Dues Online
- Adjust Payment Information
- Set Payments to auto-renew
- View your payment history

Education

HR 3016 Passes in the House

ARMY NATIONAL GUARD
DEPT OF EDUCATION SERVICES

In February, the House of Representatives voted on and passed House Resolution (HR) 3016. The bill moves on to the Senate for its approval, and from there to the President for signature. This bill makes several significant changes to education benefits for Service members and their dependents. Below is a summary of the proposed changes in this bill:

1. Additional Post-9/11 GI Bill Qualifying Time for Reservists. Reservists on orders for medical treatment under Title 10 Section 12301(h), will be able to count that time as qualifying service and may receive increased Post-9/11 GI Bill benefits.

2. MHA Cut For Dependents Using Post-9/11. Reduces a child's Monthly Housing Allowance (MHA) by 50%; a spouse's MHA does not change.

3. Renewed Work Study Program. A great job opportunity for Veteran students, will be renewed until 2020.

4. Expansion of Yellow Ribbon. Spouses and children using the Fry Scholarship will be eligible for the Yellow Ribbon program, which helps defray the cost of tuition at private or foreign schools.

5. In-State Tuition Rates. All Soldiers, Veterans and dependents using Post-9/11 GI Bill will be charged the in-state tuition rate, regardless of where they live or attend school.

6. Flight Training Cap. Flight training, which previously had no limit, will have the same annual cap as training at a private or foreign school.

IMPORTANT!

Service members who transfer their Post-9/11 GI Bill benefits BEFORE this bill becomes law will retain the full MHA for their children while those who wait risk receiving reduced benefits.

BOTTOMLINE: Protect your child's benefits and transfer your Post-9/11 GI Bill benefits as soon as you become eligible!

DON'T WAIT - TRANSFER TODAY! Go to <https://www.dmdc.osd.mil/milconnect/>



GI Bill Comparison Chart

FY16 Rates

	Chapter 33 Post-9/11	Chapter 30 MGIB-AD	Chapter 1607 REAP	Chapter 1606 MGIB-SR
Eligibility Criteria	*At least 90 aggregate days on or after September 11, 2001: -On active duty; -Title 10 USC Sections 672(d); 688; 12301(a), (d), or (g); 12302; or 12304; -Title 32 AGR -Title 32 USC Section 502(f) under Operation Noble Eagle through May 31, 2002 *Honorable Discharge	*On or after July 1, 1985 -Minimum 2 continuous years on active duty; or -20 months of a 2-year order and released at the convenience of the Government *On or after 29 November 1989 -Minimum 2 years AGR status *Honorable Discharge	*On or after September 11, 2001, serve on a contingency operation for: -At least 90 continuous days = 40% rate -Between 1 and 2 continuous years = 60% rate -More than 2 continuous years = 80% rate -More than 36 aggregate months = 80% rate *General Discharge or higher	*6-year contract in the Selected Reserve *High School Diploma or equivalent *Complete Basic Training, and AIT or BOLC Phase 1
Payments	To school and to Soldier	Monthly, to Soldier	Monthly, to Soldier	Monthly, to Soldier
Tuition Amount	Paid to school each term *Public Institution: -Cost for In-State tuition and fees *Private or Foreign Institution: -up to \$21,084.89* per year	Full-time benefit: <3 yrs service = \$1,454 3+ yrs service = \$1,789 Add \$150 for Plus-Up	Full-time benefit: 40% rate = \$715.60 60% rate = \$1073.40 80% rate = \$1,431.20 Add \$150 for "Buy-Up"	Full-time benefit: \$368
Book and Supply Stipend	Up to \$1,00 per year (\$41.67 per credit) paid at start of each term	None	None	None
Monthly Housing Allowance	In Residence: BAH rate for E5 with Dependents for the zip code of the school Online: Up to \$783	None	None	None
Cost to Soldier	None	Basic Benefit: \$1,200 Plus-Up: Up to \$600	Basic Benefit: None Buy-Up: Up to \$600	None
Eligibility Duration	Up to 15 years after last date of qualifying active duty	Up to 10 years after last date of active duty	Up to 10 years after separation from drilling status	While serving in an active drilling status in the Selected Reserve
Transferability	Transferrable to eligible dependents after 6 years of service, with a commitment for 4 additional years	None	None	None
Other Programs	Also available for apprenticeship, OJT, cooperative, correspondence, and flight training			

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.

For More Information

- Contact your State Education Office for further information (860) 524-4962.
- Also available at www.nationalguard.com/contacts/eso

Follow ARNG Education on Social Media!

- Facebook - www.facebook.com/arngeducation
- Twitter - <https://twitter.com/arngeducation>

Visit NG Education On-Line: www.nationalguard.com/education

Legal Issues Off-Duty Conduct:

Implications for Your Military Career

BY CAPT. ALAN L. MERRIMAN
DET. 1, 831ST TRIAL DEFENSE TEAM

With the privilege of wearing the uniform comes the responsibility to conduct ourselves as professionals.

Raymond F. Chandler III, former Sergeant Major of the Army, highlighted the active component's view (equally applicable in the Connecticut National Guard) in an October 2012 article published in Army Magazine, emphasizing the high standards of conduct expected of service members. Chandler wrote that, "the centerpiece of our Army is the soldier, so its imperative that we keep only those who deserve to wear the uniform of a United States soldier. Our soldiers are values-based and ethical professionals who continue to play a critical role in ensuring our Army is the best and most respected force in the world."

In uniform, we all individually hold a position of special public trust. An individual soldier's violation of that trust reflects negatively on the organization as a whole. Incidents of misconduct, even if inadvertent, can end your career, especially in today's operational and political climate. This is true whether a soldier is enlisted or commissioned.

As drill weekend approaches, the traditional Guardsman prepares to engage in a monthly, cyclical ritual of transformation across the citizen/soldier spectrum. Personally, the greatest catalyst for this transformation is the simple act of donning the uniform. It is easy to remember that we are soldiers or airmen when we are,

"on status" during drill. However, when the duty weekend comes to a close and we finally hang up the uniform, back in the closet, it is far too easy to mistakenly hang up our military bearing as well.

A soldier's conduct when out of uniform, mid-month, and entirely in a civilian setting (on a college campus, for example) can have direct impact on their ability to continue service in the National Guard. Some of the more frequent issues that arise for soldiers off-duty includes domestic violence or disputes; DUI or other alcohol and substance abuse-related problems; and sexual assault or harassment. Far too many Guardsmen are mistaken to think that their civilian and military lives are separate and distinct from one another. I see the effects of that mistaken thinking with some frequency in Trial Defense Services.

Regarding domestic violence, consider the following: The Lautenberg Amendment to the Gun Control Act of 1968 (18 U.S.C. §922(g) (9)) establishes a comprehensive regulatory scheme designed to prevent the use of firearms in domestic violence offenses.

To this end, the Amendment prohibits the possession of firearms by persons convicted of a misdemeanor crime of domestic violence. If a soldier loses the ability to possess a firearm because of a domestic, they are prohibited from possessing a firearm in a military capacity as well. A soldier without the ability to possess a weapon is unlikely to be able to fully perform their duties in the military, and as a result may be separated from service.

A hot button topic, and less obvious example of problematic conduct, is online misconduct. In ALARACT 122/2015, the Army provided the following guidance to soldiers of all components regarding the professionalization of online conduct; "...members of the Army team should apply 'Think, Type, Post': 'Think' about the message being communicated and who could potentially view it; 'Type' a communication that is consistent with Army Values; and 'Post' only those messages that demonstrate dignity and respect for self and others. Many soldiers proudly tout their military service credentials on social media. Unfortunately, social media is one of the places where soldiers tend to lose their minds the most and post all sorts of outlandish stuff. Be warned, the time has come that the Army wants commanders to scrutinize soldiers' online conduct and take action against online misconduct.

In conclusion, we must conduct ourselves as though we are representing the military by our words and deeds at all times. This is a lofty goal, but if we don't strive to achieve that goal, on and off duty, then we are failing to meet the standards that Chandler articulated. The expectations and obligations burdening soldiers in today's operational and political military environment create great challenge for the average soldier. That challenge continues to grow, but values-based and ethical decision-making can guide soldiers through a successful military career.

SAFETY FIRST

Consider Safety in all Seasons

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

Connecticut Air National Guard
Safety Office
(860) 292-2776

For further guidance on motorcycle safety, refer to
TAG Policy Memorandum #22 (on page 2), NGR 385-10,
AR 385-10 or AFI 91-207.

Motorcycle safety is a
TEAM EFFORT

Protective gear has two basic purposes:

1. **COMFORT.** Uncomfortable gear can distract you from riding. Properly fitted protective gear will help you stay comfortable when encountering various riding conditions.

2. **PROTECTION.** In the event of a crash, protective gear can help prevent or reduce injuries. What you see here is the important gear needed for comfort and protection.

Personal Protective Equipment
SAVES LIVES

ARMY STRONG
ARMY STRONG
<https://safety.army.mil>
ARMY SAFE IS ARMY STRONG
I AM A BROTHER & SISTERS



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

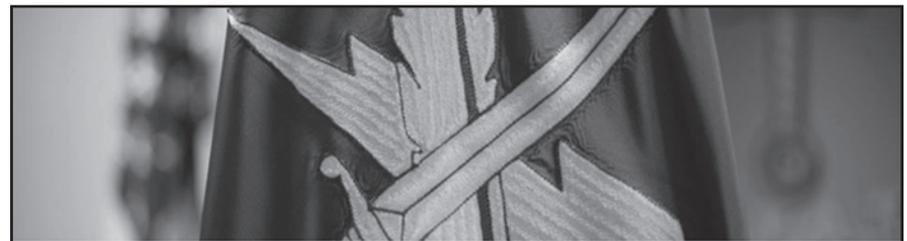
"Army Bands provide music throughout the spectrum of military operations to instill in our Soldiers the will to fight and win, foster the support of our citizens, and promote our national interests at home and abroad."

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
facebook.com/102dArmyBand



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

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

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



Veterans Services and Where to Find Them

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

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

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

Health Care

VA's health care offers a variety of services,

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

Benefits & Services

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

Burial and Memorials

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

Veterans Benefits Fact Sheets

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

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Robles, Genesis M.
Nations, Steven A.
Leduc, Corey T.
Lafontaine, Christopher
Fleurimond, Cassandra

To Private First Class

Branciforte, Jonathan E.
Kramer, Jason M.
Quintero, Giovanni D.
Dipietro, Kyle S.
Anglitz, Damian S.
Sheldon, Conrad T.
Peters, Zachary M.
Velasquez, Diego P.
Dibernardo, Kelsey J.
Sholes, Zachary L.

Bermudezvalles, Jansel
Sillah, Lamin S.
Langley, Nathaniel M.

To Specialist

Yeung, Dennis C.
Hutwagner, Edward F.
Sanchez, Shalee J.
Repasi, Paul A. Jr.
Gill, Danny M. Jr.
Buccieri, Calvin C.
Ramos, Brandon M.
Zhang, Yi
Cabezas, Jaime F.
Phillips, Michael I.
Sewell, Jonathan T.
Holliday, Eric C.
Albano, Daniel K.
Espada, Jonathan O.

To Sergeant

Cylkowski, Nicole E.
Schwarz, Tyler L.
Mckenzie, Jared W.
Alger, David A.
Keeney, Zachary M.
Carey, Krystine M.
Martinez, Juan R.
Harelik, Justin S.

To Staff Sergeant

Forde, Patrick
Irizarry, Heriberto

To Sergeant First Class

Weaver, Lynn F.

To Master Sergeant

Hinton, Ryan P.

To Sergeant Major

Giroux, Ronald W.

To Captain

Martling, Matthew W.
Baird, Mitchell T.

To Major

Criscuolo, Michael E.

AIR

To Airman 1st Class

Duong, Kevin V.

To Senior Airman

Feinstein, Maxwell B.
Hannon, Bryan P.
Mcnerney, Colin J.
Thath, Savin D. Jr.

To Staff Sergeant

Santossra, Emilio W.
Cardello, Kaitlin R.

To Technical Sergeant

Trochez, Carolina A.

Congratulations to All!



Coming Events & Holidays

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

June

June 6

D-Day

June 6

Ramadan begins

June 7

July Guardian Deadline

June 14

Flag Day/Army birthday

June 19

Father's Day

Deadline for May Issue of the Guardian is April 12.
Deadline for the June Issue of the Guardian is May 10, 2016.

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.
To RSVP for the event, contact 1LT Luigina Facchini at 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

CHANGE SERVICE REQUESTED

PRSR1 STD
US POSTAGE
PAID
Hartford, CT
Permit No. 603



Connecticut FAMILY Guardian



VOL. 17 NO. 4

HARTFORD, CONNECTICUT

APRIL 2016

FINRA Foundation Announces Military Spouse Fellowship

AFCPE.ORG

The Association for Financial Counseling and Planning Education®, in association with the National Military Family Association and the Financial Industry Regulatory Authority Investor Education Foundation is pleased to announce the FINRA Foundation Military Spouse Accredited Financial Counselor® Fellowship.

This program provides military spouses with the education necessary to enter the financial counseling career field. The fellowship covers the costs associated with completing the Accredited Financial Counselor® training and the first two attempts at both exams. Upon successful completion of the program and required practicum, the participant will be awarded the Accredited Financial Counselor® designation from AFCPE®. The program covers the costs associated with completing the AFC certification.

Since the inception of the fellowship in 2006, nearly 500 military spouses have earned the AFC certification and logged more than 418,000 hours helping military families reach their financial goals. Upon completion of the program, Military Spouse Fellows continue to support the military community as financial counselors at family readiness and support centers, credit counseling and tax centers, financial aid offices, and credit unions throughout the U.S. and abroad.

The Fellowship Program is open to current or surviving spouses of active duty or retired Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard or Reserve service members, as well as spouses of members of the U.S. Public Health Service Commissioned Corps and the National Oceanic and Atmospheric Administration Commissioned Officer Corps.

Spouse FINRA Fellowship Application will be open March 1 - April 22. Find more information at <http://www.militaryspouseafcpe.org/application/>



CT Military Kids Celebrate Reading and Spread Kindness

March 2 was National Read Across America Day, and the birthday celebration of famed children's author, Dr. Seuss. The Connecticut National Guard Youth Council put together an evening activity to help celebrate! Children enjoyed Seuss-inspired food, face painting, fishing for prizes, cat in the hat crafts and sock puppets. The CYC also hosted story time and a family photo booth! Every child was able to pick out a book at the end of the event to encourage reading! The Connecticut Youth Council teens did a great job putting this together, and if you have a military youth who is interested in participating in events like this, contact Family Programs for more information.



The Connecticut National Guard Youth Council participated in National Random Acts of Kindness Week Feb. 14-20. To kick it off, CT military teens helped out with the Valentine's Day Party and Random Acts of Kindness event. Participants made homemade chocolates and kindness bags packed with treats and notes of kind words to hand out to friends and teachers the following week. Teens got the word out about being kind via the Child and Youth Program's social media platforms. They came up with their own video showing examples of kind gestures and an original song to promote kindness. If your military youth is interested in being part of a creative group like this, contact Family Program for future events.



CATHERINE
GALASSO-VIGORITO

You Are Special In the Eyes of God

In the Bible, it illustrates a story about 'the man with the withered hand.' Jesus had just entered the city of Capernaum. It was the Sabbath, and many people were gathered about to see the arrival of Jesus.

Afterward, Jesus visited the synagogue to teach. In the synagogue, there was a man whose right hand was withered, shriveled and paralyzed.

The man might have been a stone mason. But because of this limitation, his unusable hand would have had a big effect on how the man could work and earn a living. His potential was diminished. And without his right hand, the man might have had to spend the rest of his life as a beggar.

The city people were all standing around staring at Jesus and possibly wondering, "What will He do?" Jesus looked at the people there in the synagogue. For He knew their thoughts.

Experiencing various emotions, Jesus felt compassion for the man with the withered hand. So He called him over to Him. And Jesus told the man to, "rise up and stand forth." With obedience and faith, the man with the withered hand went to Jesus. He did as Jesus requested.

Then Jesus said to the man, "Stretch out your hand." And he did so, and his hand was restored as whole as the other (Luke 6: 6-11).

A mighty miracle took place. The healing was immediate, and it was final. And the man had a new beginning.

"And, behold, there was a man which had his hand withered. . . Then says He to the man,

Stretch forth your hand. And he stretched it forth; and it was restored whole, like as the other."

(Matthew 12:10, 13).

Are you feeling withered today? Perhaps, you're in the middle of a challenge or some other affliction. Maybe something has happened that has stopped you from fulfilling God's purpose for your life. Or fears, a challenge or a past mistake might be blocking you from doing all that you could be doing for God.

But don't let your heart be consumed with worries or doubt. You're special in the eyes of God. And He wants

you to accomplish the vibrant purposes for which you were created. So do not dwell on unconstructive thoughts. Or that can stop the new things that God wants to do for your future. Hence, if something is hindering you, then it's time for you to experience restoration. It is time for your new beginning. For God's sovereign grace can heal, renew and restore. And the One who gave this man a new hand is with you right now, and He will take care of you.

Therefore,

- Stretch out your hand. Let the gifts and anointing of God's spirit come alive again. For God is working now to turn around adverse situations. And He will "show himself strong in the behalf of them whose heart is perfect toward Him." (2 Chronicles 16:9).

- Stretch out your hand. There is no limit as to what you can achieve. God is getting ready to bring you new opportunities, and they will soon present themselves. For, "He will give you the desire of your heart and make all your plans succeed." (Psalm 20:4)

- Stretch out your hand. Go out each day and live joyously; and in time, you will be wonderfully surprised at what's in store. Because God can "restore the years that were lost." (Joel 2:25).

- Stretch out your hand. It is not too late. So begin anew and make positive changes. God wants you to have a fresh start. "For the Lord God is a sun and shield: The Lord will give grace and glory: no good thing will He withhold from them that walk uprightly." (Psalm 84:11).

- Stretch out your hand. Do not be moved by your circumstances. God has protected you in the past and will continue to do so in the future. He can "solve and settle... the cases of His people." (Hebrews 10:30).

God stands ready to help you in every facet of your life if you ask Him. So pray for God's will, wisdom and guidance.

In 1929, the economic downturn of The Great Depression caused a major financial disaster for businessman, James Cash Penney. Through his bad investments in real-estate and banking, the strain of the financial collapse took its toll on the 56-year-old entrepreneur's health. Weakened in mind, body and spirit,

Penney was filled with despair and was soon hospitalized. It seemed as though his plans, his dreams and his life were finished.

But Penney also had great faith in an all-powerful, all-loving God who he knew was with him. So one day, while Penney was being treated in the hospital, he heard some music coming from the hospital's small chapel. The encouraging words of the melody caught his attention:

"Be not dismayed, what-e'er betide. God will take care of you . . ."

Hearing those words was a turning point in Penney's life. He felt the hope of God. And almost instantaneously, the businessman was lifted from hopelessness to hopefulness: from inner turmoil to quiet trust. After that, Penney decided to start over. His health improved, and he went back to work. And before long, he was able to regain control of his empire, and the J.C. Penney's chain of department stores became one of the most successful retail establishments in America. Moreover, Penney gave millions to charities around the globe.

"There's not much you can't achieve or endure if you know God is walking by your side. Just remember: Someone knows, and Someone cares." (Bill Hybels).

God had a new start for J.C. Penney and, likewise, He has another dream and more victories to come for you.

Perhaps today God is speaking to someone reading this column. If it's you, God is saying, "Step forward. Stretch out your hand, and I will bless you, and use you to touch the lives of others." For God is going before you and clearing the path to victory.

There are new dreams, new joys and new blessings for you ahead.

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



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

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

Filing Extensions for Your Federal Income Taxes as a Service Member

SUBMITTED BY CHRISTOPHER ROULEAU
MILITARY ONE SOURCE



If you miss the tax-filing deadline, don't worry; filing your taxes after April 15 is more common than you think. If you need more time, you can request an extension for your federal taxes without penalty. Military OneSource offers free confidential tax consultation and tax preparation and filing software. A tax consultant can answer your tax extension questions by calling 800-342-9647.

Types of extensions

Military OneSource's tax services can help you decide which extension to file. The three situations that may grant you a tax filing extension include:

- **Automatic extension.** If you can't file your return by the due date, you can get an automatic extension by filing Form 4868 electronically. You must request it before the filing due date. Keep in mind that if you owe taxes, you'll be charged interest from the date the payment is due.
- **Extension for individuals living outside the United States.** If your duty station or post is outside the United States and Puerto Rico, you automatically qualify for a two-month extension. To receive this extension, you must attach a statement to your return explaining your situation and how you qualify for an extension. If you can't file your return within the two-month extension, you can request an additional four months. Extensions of more than six months generally aren't granted. If you owe any taxes, interest will start accruing from the date the tax is due.
- **Extension for individuals serving in a combat zone.**

If you serve in a combat zone an automatic extension is granted for filing your tax return, paying any tax you owe and filing a claim for a refund. For more information on combat zone taxes, please visit the Internal Revenue Service's publication, "Service That Qualifies for an Extension of Deadline."

If the Internal Revenue Service sends you a notice of examination before learning that you're entitled to a deadline extension, contact your legal assistance office.

Military OneSource tax services

Military OneSource provides free, year-round access to trained tax and financial consultants. They can answer your questions, help you maximize your refund and assist you in requesting an extension for filing your federal income tax form.

When you are ready to file your actual tax return(s), access Military OneSource's free online tax preparation and filing services online or call 800-342-9647.

KID'S CREATIVE CORNER

A monthly feature of fun and educational activities for the children of the Connecticut National Guard by the Members of the Connecticut Youth Council (CYC)

Earth Day Acrostic Poem

Acrostic poems are fun and easy to write. An acrostic is formed when the first letter in each line spells out a message, reading top to bottom. The message could be a single word or even a whole sentence.
 Earth Day is a celebration of the environment around us that takes place on April 22 each year. For this acrostic poem, think of a word that starts with each of the letters in "environment," then write it on the line next to that letter.

E is for _____

N is for _____

V is for _____

I is for _____

R is for _____

O is for _____

N is for _____

M is for _____

E is for _____

N is for _____

T is for _____

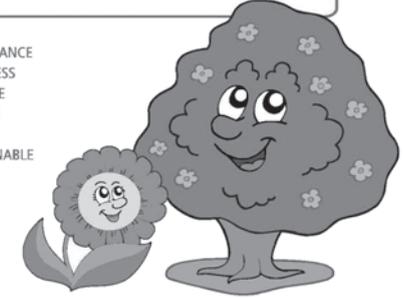


Earth Day Word Search

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



- APPRECIATION
- AWARENESS
- CLEAN ENERGY
- ENVIRONMENT
- GLOBAL WARMING
- GRASSROOTS
- GREEN
- OBSERVANCE
- PROGRESS
- RECYCLE
- REDUCE
- REUSE
- SUSTAINABLE



Service Member & Family Support Center Staff Directory

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