

Connecticut Guardian



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Good Things Come in Threes

Third and Final HH-60M Blackhawk Arrives to Equip New MEDEVAC Unit



The third and final HH-60M Blackhawk helicopter took its place on the flight line of the Army Aviation Support Facility in Windsor Locks, Connecticut, July 25. The arrival completes the fleet of helicopters assigned to Detachment 2, Charlie Company, 3rd Battalion, 126th Aviation Regiment, the Connecticut National Guard's newest unit. The helicopters will be flown and crewed by Connecticut Army National Guard personnel assigned to the unit which will officially activate this September. Once activated, the unit will be tasked with providing aeromedical evacuation, extensive en-route critical care and medical support while moving patients. (Photo by Allison L. Joanis, State Public Affairs Office)

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Connecticut National Guard Media Engagement Policy

FROM THE OFFICE OF
MAJ. GEN. THAD MARTIN
THE ADJUTANT GENERAL
POLICY LETTER NUMBER 30

This memorandum serves as a reminder that all units within the CTNG and the Connecticut Military Department are required to coordinate all statements, releases, interviews and video releases through Joint Force Headquarters Public Affairs Office (PAO). Approval is required for both traditional media (e.g. television/newspaper/radio) and all official, CTNG-owned social media platforms (including, but not limited to Facebook, Twitter, Instagram, Flickr and YouTube).

All official releases will originate from the State PAO to ensure information communicated to the public is accurate, timely and coordinated with proper authorities.

Under no circumstances will CTNG personnel or employees release information to the public without notifying and coordinating with the State PAO. Information dealing with the overall scope of the organization, operation, policies and procedures are the purview of the State PAO.

Although the CTNG does not monitor the privately-administered social media profiles of its members, release of information involving the CTNG through these platforms without prior approval is prohibited. This includes unit-administered social media pages at the Major Subordinate Command/Wing-level and below.

This policy is in accordance with AR 360-1, AFI 35-101 and the U.S. Army Social Media Policy.

Point of contact for this policy letter is the State Public Affairs Officer, Capt. Michael T. Petersen, at michael.t.petersen.mil@mail.mil or 860-524-4857.



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Transgender Service Members Can Now Serve Openly

TERRI MOON CRONK
DoD NEWS, DEFENSE MEDIA ACTIVITY

Transgender service members in the U.S. military can now openly serve their country without fear of retribution, Defense Secretary Ash Carter announced at a Pentagon news conference, June 30. This is the policy decision that overturns the ban on transgender service across all branches of service, effective immediately.

Following a study at his direction, the secretary sighted the three main reasons that led to the decision to lift the transgender ban: the force of the future, the existing force and matters of principle.

Ban Lifted Immediately

“As a result of the yearlong study, I’m announcing today that we are ending the ban on transgender Americans in the United States military. Effective immediately, transgender Americans may serve openly, and they can no longer be discharged or otherwise separated from the military just for being transgender,” Carter said.

Further, he said, he has directed that the gender identity of an otherwise qualified individual will not bar him or her from military service or from any accession program.

Force of the Future Needs Best Talent

“[We in] the Defense Department and the military need to avail ourselves of all talent possible ... to remain what we are now – the finest fighting force the world has ever known,” Carter said.

“Our mission is to defend this country,” he added, “and we don’t want barriers unrelated to a person’s qualifications to serve preventing us from recruiting or retaining the soldier, sailor, airman, or Marine who can best accomplish the mission.”

The Defense Department must have access to 100 percent of America’s population for its all-volunteer force to be able to recruit from among the most highly qualified, and to retain them, the secretary told reporters.

Because an estimated 7,000 active and reserve transgender service members on the upper end now wear a military uniform, “I have a responsibility to them and their commanders to provide them both with clearer and more consistent guidance than is provided by current policies,” Carter emphasized.

Minimal Readiness Impact

Based on the working group’s analysis of 18 allied militaries including those of the United Kingdom, Australia and Israel and the expected rate at which American transgender service members would require medical treatment that would affect their fitness for duty and deployability, a Rand Corp. analysis concluded that there would be minimal readiness impacts from allowing transgender service members to serve openly, the secretary said.

And while transgender numbers are small, they serve the country with honor and distinction, Carter said, noting that DoD invests hundreds of thousands of dollars to train and develop each individual. “And we want to take the opportunity to retain people whose talents we’ve invested in and who have proven themselves,” he added.

Medical Expenses

Until today’s change in policy, transgender service members had to seek out-of-pocket medical care from private doctors who deemed whether certain procedures were necessary.

“This is inconsistent with our promise to all our troops that we will take care of them and pay for necessary medical treatment,” the secretary said, adding that Rand found health care costs would represent “an exceedingly small proportion” of DoD’s overall health care expenditures.

Civilian federal employees have access to a health insurance plan that provides comprehensive coverage for transgender-related care and medical treatment, he noted.

Matters of Principle

The secretary said he and senior DoD leaders met in the past year with transgender service members who have deployed all over the world, serving on aircraft, submarines, forward operating bases and in the Pentagon.

The yearlong study was carefully examined for medical, legal and policy considerations that have been rapidly evolving in recent years and in light of DoD’s unique nature of military readiness “to make sure the department got it right,” Carter said.

After talking with doctors, employers and insurance companies, he said, it became clear that “transgender” is becoming common and normalized in public and private sectors, and he noted a “sea change” in the past decade.

Future Policy Phases

The new policies related to lifting the transgender ban will take place over the next 12 months, beginning with immediate guidance for service members and commanders, the secretary said. Next will follow training the entire force, and DoD will then start accessing new military service members who are transgender.

In no more than 90 days, DoD will issue a c o m m a n d e r s ’ guidebook for leading existing transgender service members, and guidance will be issued

to military doctors to provide transition-related care if required for existing transgender troops, the secretary said.

By ending the ban on transgender service members, “we’re eliminating policies that can result in transgender service members being treated differently from their peers based solely upon their gender identity, rather than their ability to serve,” Carter said. “And we’re confirming that going forward we will apply the same general principles, standards, and procedures to transgender service members as we do to all service members.”

Deliberate and thoughtful implementation will be key, he added, and DoD’s senior leaders will ensure all issues identified in the study are addressed in implementation.

“I’m 100 percent confident in the ability of our military leaders and all men and women in uniform to implement changes in a manner that both protects the readiness of the force and also upholds values cherished by the military — honor, trust and judging every individual on their merits,” Carter said.

Good people are integral to the best military in the world, the secretary said, adding that he’s “we have reason to be proud today of what this will mean for our military — because it is the right thing to do, and it’s another step in ensuring that we continue to recruit and retain the most qualified people.”



Governor Dannel P. Malloy is joined by Lt. Gov. Nancy Wyman, Maj. Gen. Thad Martin and members of the Connecticut National Guard as he signs the bill updating the anti-discrimination laws for the Connecticut Military Department at a ceremony at the Connecticut State Veterans Memorial in Hartford, July 20. The new law prohibits discrimination based on race, religion, national origin, sex, sexual orientation and gender identity or expression. “This bill sheds a light on Connecticut,” said Gov. Malloy, “A state that recognizes and values the contribution of each and every one of its citizens, regardless of their gender, their sexuality or the color of their skin.” Updating the Connecticut statute coincides with changes made by the U.S. Military which recently announced the lift of a ban on transgender individuals. “It’s all about trained and ready forces without regard to any particular demographic,” said Maj. Gen. Martin. “Ensuring our state anti-discrimination statutes align with those of the federal government assures that Connecticut’s armed forces reflect the community that we serve and that we remain responsive to the needs of the nation.” (Photo by Allison L. Joanis, State Public Affairs Office)

Flying Yankees Train at Maintenance University

LT. COL. DALE GREER
123RD AIRLIFT WING PUBLIC AFFAIRS

More than 260 Air National Guardsmen from five states are attending a unique, weeklong course in aircraft maintenance here to enhance proficiency in everything from hydraulics to electrical generation.

The annual event, now in its eighth year, is called Maintenance University, explained Capt. James Campbell, the course's detachment commander. It was created in 2008 by maintainers at the Kentucky Air National Guard's 123rd Airlift Wing because of the difficulty that traditional Guardsmen have accomplishing proficiency training on drill weekends.

Those Guardsmen often have to juggle conflicting demands during drill, from mandatory medical exams and physical fitness testing to ancillary training events like suicide awareness and information security, Campbell said.

"Drill weekend is very compressed, with a lot of appointments, ancillary training and all the other things that drill-status Guardsmen have to do to maintain readiness," said Campbell, commander of the Kentucky Air Guard's 123rd Maintenance Operations Flight in Louisville.

"But those things take time away from our primary mission, which is aircraft maintenance, and many of our Airmen wanted more hands-on time with the aircraft. So Maintenance University was designed to get our Airmen off base for a solid week, to a place like Savannah, Georgia, where they could do nothing but work on aircraft in a structured training environment."

Staff Sgt. Ernst Visscher, a C-130 crew chief from the Montana Air National Guard, said it's a great idea.

"As a drill-status Guardsman, this gives us a lot more experience than we can get at home station," he said. "Yesterday, we did an engine run, which is something

I've never done back home. That was a really great experience."

Campbell said participation in Maintenance University has grown every year — a testament to its efficacy. What began as a way to keep traditional Kentucky Air Guardsmen proficient on C-130H aircraft maintenance has expanded to include units from a half-dozen locations and more than 1,000 total Airmen.

This year, participating units include the 103rd Airlift Wing, Connecticut Air National Guard; the 120th Airlift Wing, Montana Air National Guard; the 139th Airlift Wing, Missouri Air National Guard; and the 165th Airlift Wing, Georgia Air National Guard.

The course, being staged at the Air National Guard's Air Dominance Center from June 13 to 18, offers other benefits in addition to helping Airmen maintain proficiency, Campbell said. One of those is informal networking.

"If you've got a problem with hydraulics and you can't figure it out, who do you call?" Campbell said. "Maintenance University gives our Airmen a chance to



U.S. Air Force Master Sgt. Fred Pierce (second from left), a crew chief from the Missouri Air National Guard teaches Airmen from Connecticut, Kentucky, Montana and Missouri about the operation of a C-130's Auxiliary Power Unit during a class at the Air National Guard's Air Dominance Center in Savannah, Ga., June 15. The class is part of Maintenance University, a weeklong course designed to provide intensive instruction in aircraft maintenance. (Photo by Lt. Col. Dale Greer)

develop a network of maintainers at other units that they can bounce ideas off of. Now they have a name, now they have a face, and they can ask, 'Hey, have you guys seen this, and how did you fix it?'"

Airman 1st Class Kevin Douglas, a Guardsman and C-130 crew chief from the Missouri Air National Guard, agreed.

"I wish I could attend more classes, but it's only a week," Douglas said. "I've really enjoyed meeting new people because I'm able to learn from other units and see how they do things. That's extremely valuable."

Another benefit is the specialized training being offered by national subject

matter experts on such topics as vibration analysis, said 2nd Lt. Daniel Sanford, a maintenance officer from the Connecticut Air National Guard.

"Our maintainers are qualified in vibration analysis, but it's really great to have that SME teaching you and providing inside tips based on their long corporate knowledge," he said.

A fourth benefit of Maintenance University is the opportunity it provides to build esprit de corps.

"We have a lot of new people who haven't gone on (temporary duty assignments), so Maintenance University is a great way for our Airmen to learn more about each other and boost esprit de corps," Sanford said. "It's really rewarding to see everyone from the different shops interact with each other and build good working relationships."

For Staff Sgt. Preston Pemberton, a full-time electrician in the Connecticut Air National Guard, the biggest benefit of Maintenance University is the opportunity it provides to train outside his specialty.

"I'm learning a lot about things like propulsion systems or hydraulics," he said. "Being in those classes and having the chance to do things like get my hands on the engines is really outstanding."

Sanford said the course is so valuable, his Airmen look forward to it every year.

"Our Airmen, from the most junior enlisted members to the senior NCOs, have nothing but positive feedback about the training they're getting," he said. "They love the fact that they are able to get off base for a week and concentrate solely on aircraft maintenance, network with other maintainers in the C-130 community and have some down time with each other to build unit cohesion. It's always a great experience."



An aerial porter from the Kentucky Air National Guard waits to offload cargo from a Connecticut Air National Guard C-130 Hercules aircraft at the Air National Guard's Air Dominance Center in Savannah, Ga., June 13. Airmen from Connecticut are participating in Maintenance University, a weeklong course designed to provide intensive instruction in aircraft maintenance. (Photo by Lt. Col. Dale Greer)

MPs Use Correctional Facility as Part of 2016 Annual Training

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Every leader's goal is to design, resource and execute training that challenges Guardsmen to excel and motivates them to work as hard as they can.

Infantry Soldiers spend a majority of their training time in the field, aviation and Air Guard units spend theirs up in the skies, or working in the hangar.

But how does a unit focused on corrections, detention and administration within a prison do? Where do they go to get the hands-on, real-world training they crave?

Enter J.B. Gates Correctional Institution in Niantic, Conn.

Just a few miles up the road from the 192nd Military Police Battalion's headquarters at Camp Niantic, Gates closed its doors on June 1, 2011, "due to a reduction in the inmate population," in Connecticut, according to the Department of Correction's official website. The website also informs the public that the prison population in Connecticut is the lowest it has seen in a decade.

However, this doesn't mean the complex is just taking up space.

"The training value of these buildings is huge, because it is very difficult to recreate the atmosphere of a true corrections facility in an armory," said Capt. Julia Thomas, Commander of the Headquarters and Headquarters Company, 192nd Military Police. "As an HHC, we have a few MPs, but also a lot of other functions, and the goal is

to get to a point where a culminating event is robust and relevant for everyone. Gates provides that realistic setting."

The 192nd MPs have been utilizing Gates for Annual Training and drill periods for three years, thanks to an agreement between the Connecticut Military Department and the Department of Correction.

Supervised by members of the DOC to ensure the unit follows proper protocol and safety procedures, the HHC had nearly free reign of the grounds.

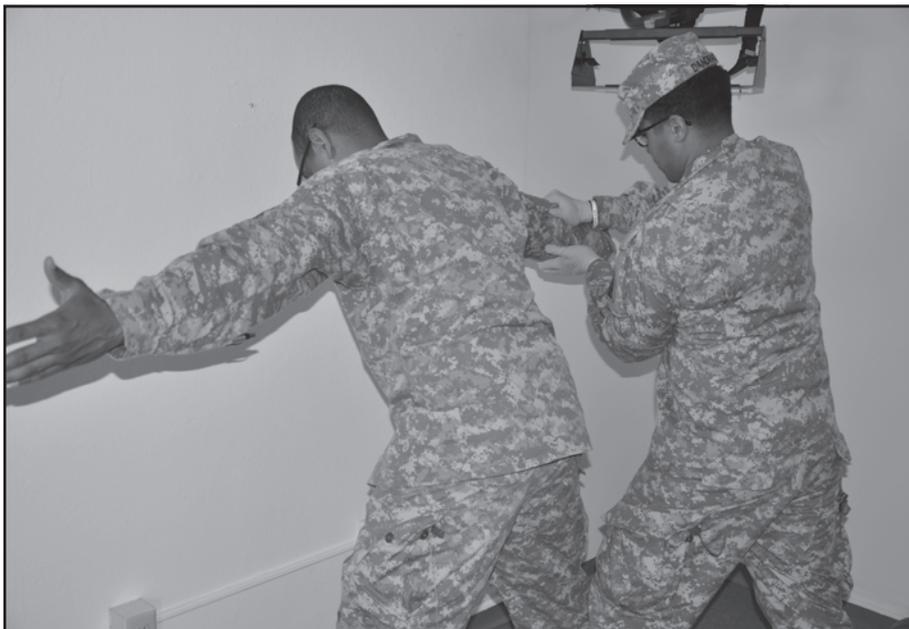
Beginning bright and early the morning of June 23, the unit reported to the prison's administrative building and established the many different stations required to in-process an inmate. The Corrections and Detention Specialists of the unit, or in layman's terms, "corrections officers," did multiple walkthroughs of each station, which included an initial search, personal hygiene, medical screening, and capturing biometric data, amongst others.

"As medics, the majority of our work (during this event) focused on all of the related paperwork necessary to ensure a smooth medical in-processing for inmates," said Sgt. Luke Chreiman, a medic assigned to the company who spent the exercise heading up the medical screening station. "We've been going over basic patient assessment, detailed record keeping and what to do during different scenarios that are irregular."

That sentiment was echoed by NCOs at each station. By focusing on the administrative needs of the inmates while training for



Spc. Nicholas Taverney (right), Compound Guard with the Headquarters and Headquarters Company, 192nd Military Police, learns the appropriate manner to remove handcuffs from Staff Sgt. Patrick Forde (left), during the company's annual training period, at the J.B. Gates Correctional Institution, Niantic, Conn., June 24. The unit trained to in-process prisoners properly, running through scenarios that included fire drills and unruly inmates. (U.S. Army Photo by Capt. Mike Petersen, State Public Affairs Officer)



Spc. Jeremiah Dandrade of the Headquarters and Headquarters Company, 192nd Military Police, practices how to properly pat down an inmate during in-processing as part of the unit's annual training period, at the J.B. Gates Correctional Institution, Niantic, Conn., June 24. The unit trained to in-process prisoners properly, running through scenarios that included fire drills and unruly inmates. (U.S. Army Photo by Capt. Mike Petersen, State Public Affairs Officer)

scenarios that may disrupt the daily flow of operations, the company could build confidence in their standard operating procedures, and the Soldiers assigned could build confidence in themselves.

"We have always been a very tight group, like a big family," said Spc. Nicole Lheureux, an MP assigned to the company. "There's never any task that takes us a while to join together and accomplish the mission. We are finally putting everything together (during this event)."

Thomas echoed that sentiment, citing that the unit didn't come to annual training and see this mission set for the first time.

"They're very in depth at this point. The unit has been training on these tasks all year," said Thomas. "Could we have accomplished the mission if we didn't have access to a top-notch facility like Gates? Absolutely, because that is the Army way. But we are so thankful that the Guard has such a solid working relationship with the Department of Corrections. It has brought a value to our training that just can't be understated."

Future training events will take the company out of state, with potential training opportunities at the Northwest Joint Regional Correctional Facility at Joint Base Lewis-McChord in Washington State on the horizon.

"The opportunity to provide training in a prison environment that meets the commander's intent and includes every Soldier in the unit performing the specific function they joined the National Guard to perform is an NCO's dream," said company First Sergeant, Jimmie Smith. "When training is realistic and challenging, Soldiers are more enthusiastic, and more easily retained. It is why the commander and I are so aggressive in providing this unit with the training resources to properly evaluate Soldiers."

CT Guardsmen Participate in Operation Nutmeg Cloud

LT. COL. VINCENT O'NEILL
DIRECTOR OF MILITARY SUPPORT/J33
JFHQ-CT

Over 60 Connecticut National Guard Soldiers and Airmen from the Joint Staff and Adaptive Battle Staff took part in Operation Nutmeg Cloud, a tabletop exercise held June 7-10.

The goal of the Connecticut National Guard's domestic response is to save lives, minimize suffering and protect property. This exercise was a test of its ability to provide support to citizens living through a disaster.

Other participants included the Emergency Planning Liaison Officers from FEMA Region 1 Defense Coordinating Element and service members from U.S. Northern Command. Nutmeg Cloud was the culminating event after several months of planning between the Connecticut National Guard Joint Staff, the 14th Civil Support Team and the Connecticut Department of Emergency Management and Homeland Security.

"The CST provided invaluable help. Nutmeg Cloud wouldn't have been the success it was without them," said Master Sgt. Jeff Colvin, Operations NCO for the CTNG's Joint Operations Center. "Any chance we get to work with our partner agencies is a plus for us."

When the call of, "Exercise, exercise, exercise," rang through the Joint Operations Center of the Hartford Armory, Operation Nutmeg Cloud was officially kicked off. Traditionally, a call of this nature is used to alert all involved and avoid any confusion between the exercise and ongoing day to day operations.

A simulated power outage in the armory prompted personnel involved in the exercise to activate its Continuity of Operations Plan, or COOP, and the move to an alternate work site began.

"Exercising the COOP while simultaneously exploring the Dual Status Command concept, proved to be very challenging and extremely rewarding," said Lt. Col. Mark Tallo, Counterdrug Coordinator and Joint Staff member involved in Operation Nutmeg Cloud.

Within two hours, the JOC was operational with exactly the same level of functionality expected at its normal location in Hartford, and work began to work through scenarios, increase interoperability between different agencies and ensure clear communication to enhance results. Training the Joint Staff and Adaptive Battle Staff ensures and tests the ability of the Connecticut National Guard to provide support to the citizens of Connecticut.

Since the conclusion of Operation Nutmeg Cloud, the Joint Staff has worked diligently to integrate both best practices and lessons learned into future plans and procedures.

"We cannot underestimate the importance of having a comprehensive exercise strategy and training plan in preparation for both anticipated and no-notice natural and man-made significant events, said Brig. Gen. Ron Welch, Director of the Joint Staff. "When an event strikes, it can border on the catastrophic, like the devastating earthquake that struck Haiti in 2010, directly affecting 3 million people. We need to be ready to provide support in a number of different scenarios."



Members of the Connecticut National Guard attend the table top exercise, Operation Nutmeg Cloud, at the Windsor Locks Readiness Center in Windsor Locks, Connecticut. The exercise, which also included representation from FEMA Region 1, U.S. Northern Command and the Connecticut Departments of Emergency Management and Homeland Security, took place at the William A. O'Neill Armory in Hartford and the WLRC, June 7-10. The purpose of the exercise was to test the Connecticut National Guard's ability to provide support to citizens living through a disaster. (Photo courtesy of Lt. Col. Vincent O'Neill, Director of Military Support/J33, CTNG)

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118th MMB Welcomes New Commander

1ST LT. BRENT L. HALLENBECK
118TH MULTIFUNCTIONAL MEDICAL BATTALION

With nearly four years of command under his belt, Lt. Col. Michael C. Desena relinquished command of the 118th Multifunctional Medical Battalion in a ceremony at the Middletown Armed Forces Reserve Center, May 22.

The battalion colors were passed to incoming commander, Maj. Joseph R. Roden, an officer who has spent his entire Connecticut National Guard career as a member of the 118th.

Desena used his years of command to expand the impact of the 118th in the community. His efforts have led to the development of relationships with both Hartford and Saint Francis Hospitals.

These partnerships have served to enhance the training opportunities of the medics in his command through increased exposure to resources not otherwise accessible during typical drill weekends. Desena, a registered nurse, was keenly aware of the importance of wellness and used this knowledge as a foundation for the initiation of his, "118 percent," program. This initiative focused on health education, fitness and nutrition and led to an overall increase in Army Physical Fitness Test scores among the programs initial members.

Taking the reins, Maj. Roden brings with him an extensive military career as a combat medic serving in both Active Duty as well as a Guardsman. His knowledge and expertise as a medic is demonstrated by the Expert

Field Medical Badge displayed on his uniform. The rigorous test for the EFMB requires a Soldier to be proficient in Tactical Combat Casualty Care, communications, day and night land navigation, as well as strenuous physical demands and soldiering skills. With a pass rate of less than 20 percent, it is considered one of the most prestigious skill badges and serves as a testament to the tremendous skill of those who wear it.

Throughout his time in uniform, Maj. Roden has served in several leadership positions which has prepared him to take this next step. Armed with this skillset, he is poised and ready to accept the responsibility of command and continue to lead the 118th to a successful future, carrying on the torch handed over by his predecessor.



Maj. Joseph Roden (right) passes the battalion colors to Command Sgt. Maj. John Bolduc after assuming command of the 118th MMB in a ceremony at the Middletown Armed Forces Reserve Center, May 22. (Photo by 1st Lt. Brent L. Hallenbeck, 118th MMB)

1109th Helicopter Repairer Reflects On His First Deployment

SGT. JEANNE BUJALSKI
1109TH TASMG UPAR

Embarking on his first deployment with the Connecticut National Guard's 1109th Theater Aviation Sustainment Maintenance Group, Sgt. Tyler Zelenski was excited to work on multiple aircraft and put his 13 weeks of military occupational specialty-specific training to good use.

As an OH-58D Kiowa Warrior armed reconnaissance helicopter repairer, Zelenski said his job is to maintain the aircraft. Since arriving in Kuwait, he has worked on helicopter's blades and maintained its overall appearance. He has also been part of a flight crew doing daily aircraft inspections to make sure nothing is wrong with the helicopters.

Zelenski, 22 years old and from Groton, Conn., lives near the 1109th TASMG's facility and works there as a full-time technician. He said he enjoys working for the Guard because he gains technical skills that will be beneficial to his future. This job also provides him the opportunity to be a full-time crew member and go out on flight missions.

"I've always loved flying, and my ultimate goal was to be a pilot. I wanted to be one since I was younger when I would see the helicopters flying over my house; because I lived so close to the unit in [Connecticut]," said Zelenski.

He deployed with the unit in December and has already worked in both Kuwait and Afghanistan. He credits

working with the 1st Battalion, 140th Aviation Regiment as an important part of his deployment, because he has gained leadership skills and learned more extensive aircraft skills while serving in his assigned position.

"Working with the guys there, I was able to experience what it was like to be a member of a flight crew. They are very precise about inspections and everything about the aircraft getting worked on. It gave me a glimpse of what it would be like to work with a flight company every day," said Zelenski. "They are very strict about you taking your work seriously and not always having to ask someone for help. I've talked to some of the pilots, and they've given me some insight about what it's like to fly every day."

Although Zelenski has had many positive experiences so far in his deployment, he admits that sometimes it has been hard being away from his family and having to take on different tasks, especially ones where he's had to learn quickly.

"At the beginning of the deployment, when we were sent to Afghanistan, it was definitely a stressful but eye-opening experience, as we were working long days with the aircraft guys," said Zelenski.

Zelenski has also learned new operating systems on this deployment, like the Federal Logistics Data system. FEDLOG is the logistics information system designated by the government for retrieving parts from federal logistics information system databases.

"When I was in [Afghanistan], I was able to learn a lot about what goes on in the supply side of a deployment. I now feel like I'm proficient in using FEDLOG and know how to tag and identify parts just by looking at them," he said.

Zelenski was especially proud of being promoted from specialist to sergeant while deployed. He joined the Guard in 2012, and he said this promotion was something he has been looking forward to for a long time.



Sgt. Tyler Zelenski, a helicopter repairer with the 1109th TASMG, works on the maintenance of a Black Hawk aircraft in Kuwait. Zelenski is on his first deployment. (Photo By Sgt. Jeanne Bujalski, 1109th TASMG UPAR)

242nd Engineer Detachment Hosts MREP Soldier During Annual Training

Sgt. BRENDAN McLAUGHLIN
242ND ENGINEER DETACHMENT UPAR

The Military Reserve Exchange Program, or MREP, is designed to provide both American and foreign service members alike an opportunity to experience training with a different country.

Exchanges have taken place with the United Kingdom, Germany, Denmark, Estonia and Australia. Soldiers with similar training/occupations and in like units are identified and paired with each other to train during each other's respective Annual Training periods.

Sgt. James Erasmus from the United Kingdom's Army Reserve's 135th Geographic Squadron joined the Connecticut National Guard's 242nd Engineer Detachment Construction Management Team during Annual Training in June. Erasmus' background in cartography and the Geographic Information System provided additional insight with several of the 242nd's annual training missions.

One of the 242nd's projects during AT was a collaboration with the Connecticut Training Center to work on the trail network extension linking two sites at Stone's Ranch dedicated to military operations on urban terrain (better known as MOUT sites).

Topography maps of the area were examined for a preliminary idea of what the best location may be. It was critical to take into account cultural elements of the site (like the stone walls that dot the woods) and environmental concerns (like the wetland areas, or the habitat of species native to the area).

The next step was to physically reconnoiter the area. The unit split into two teams, and once a consensus was reached for the trail, the unit used its Instrument Set, Reconnaissance and Surveying equipment to record the new access path.

Maj. Robert Dollak and Sgt. Maj. David Moorehead, commander and senior enlisted leader of the 242, both work full time for the Connecticut National Guard's Construction Facility Management Office and were able to coordinate GIS training.

Members of the Planning and Programming Department, responsible for maintaining Connecticut's GIS information traveled to Niantic to work with the 242 to download the information collected and archive it in the state's database. Sgt. Erasmus' knowledge of this program (ArcGIS), was vital in assisting the team with accurate data input.

Another of the CFMO's duties is to ensure the real property assets of the Guard are maintained and managed properly. Part of this is to ensure that Installation Status

Reports are completed to determine the condition and note any defects on all the property the National Guard maintains. This information is reported, and from these reports, money is allocated so that structures can be maintained accordingly. The latrine and shower facilities at the Geodetic Site of Stone's Ranch provided an opportunity for the unit to conduct ISR training.

Physical inspections of the facilities were assigned to Spc. Ricardo Reyesscheiner and Pfc. Reinaldo Reyes. Sgt. Erasmus' experience in construction management was an asset as he assisted both Soldiers with completing the reports and submitting them to the CFMO. "Sgt. Erasmus was able to point out some things to look for when I was filling out the report," said Spc. Reyesscheiner. "He knows construction management and thought of some things that I wouldn't have considered."

The unit also executed a projected identifying three abandoned latrine buildings at Stone's Ranch. These concrete outhouses, built decades ago, have been long since abandoned and now have been identified for demolition. This project was a perfect opportunity for the unit to utilize its AutoCAD software and the information gathered will determine the amount of debris created and used to estimate disposal cost.

The unit also used survey equipment that had required refit and repair after the unit's deployment to Afghanistan in 2014-15. Again, Sgt. Erasmus' training was key in assisting the Soldiers.

"Sgt. Erasmus helped me do a traverse without a baseline," Said Pfc. Reyes. "He also showed me how to do one without points. I'd never done one like that before."

The 242nd had the opportunity to visit National Grid, the electrical and gas utility company for several states in the region. Sgt. Erasmus organized the visit thanks to his civilian job as a construction manager for National Grid in the United Kingdom. The unit got a first-hand look at how a large regional utility company manages power generation and distribution.



Sgt. James Erasmus (center), a Soldier from the United Kingdom's Army Reserve's 135th Geographic Squadron, assists Staff Sgt. Jed Couture (left) and Spc. Ricardo Reyes, members of the 242nd Engineer Detachment, CTARNG, in marking a pathway between MOUT sites at Stone's Ranch Military Reservation in East Lyme, Connecticut during the unit's annual training in June. The 242nd hosted Erasmus as part of the Military Reserve Exchange Program which is designed to provide both American and Foreign Service members an opportunity to experience training with a different country. (Photo courtesy of the 242nd Engineer Detachment)

Upon completion of training, it was time to bid Sgt. Erasmus farewell and send him on his return flight home. He said the training was well executed, and unit personnel were pleased that he enjoyed his time on American soil.

Editor's Note: In September, Sgt. Brendan McLaughlin will be traveling to the United Kingdom to participate in reserve training at Camp Chickerell in Weymouth, England.

ARE YOU INTERESTED IN PARTICIPATING IN THE MILITARY RESERVE EXCHANGE PROGRAM?

The MREP program is open to officers and Soldiers E-5 and above.

Contact your Readiness or Training NCO to obtain information on how to apply for MREP opportunities.

Flying Yankee History - In The Making

AIRMAN 1ST CLASS SADIE HEWES
103RD AIRLIFT WING, PUBLIC AFFAIRS

The Connecticut Air National Guard's Flying Yankees are well into their 93rd year and the 103rd Heritage Collection located in the unit's operations building has acquired an extensive compilation of photographs and artifacts.

Recently, Maj. D. Elliotte Draegor, historian and director of inspections, assembled a display in the wing's headquarters building outside of the dining facility. The display is comprised of various artifacts and stories she has come across in her research and it certainly catches your eye, telling the story of Gen. George P. Kane, the first person to enlist in the 118th Observation Squadron.

Along with background on Gen. Kane, donated items include his personal flight goggles, caps, and scarf. Next, the display brings you back to 1944, when the 118th was assigned under the command of Maj. Edward McComas to fly across the Himalayas and assist their Chinese allies in the fight against Japanese invasion. In this section, photographs of several WWII veterans, including Maj. McComas himself, are available to see. Centered in the cases are information, photographs and articles about the unit's involvement in both the Cold and Korean Wars. Included are several model planes and a green dress uniform that was worn by troops when the 118th was still a part of the U.S. Army. Finally, the display highlights the transition from being part of the Army to the Air Force, as well as the move from Bradley Air Field to Bradley Air National Guard base in 1980. From more recent history, the display chronicles the base's involvement in the Iraq War and even displays the enlisted utility uniform

of Col. Fred Miclon, Director of Staff – Connecticut Air National Guard.

In an interview with Maj. Draegor, she noted she would be happy to accept photographs or artifacts from any active or retired unit members. Photos can be scanned, digitized and returned if you wish to keep them. Along with this, she hopes to have a case with artifacts rotated through it so if you are in possession of something you'd like to have on display but wish to keep, it can be put into the case and then given back to you once the case is disassembled. Maj. Draegor also would like to encourage any "old timers" who have declassified stories to add to the base history to come share them with her on Old Timers' Day in June.

Another interesting project she has been working on over the past two years is

acquiring a piece of the original Charter Oak to be put on display in tribute to the Flying Yankee

himself, Capt. Joseph Wadsworth, who is depicted on the unit patch running to put the charter in the oak tree. When the piece of the famous Connecticut Oak is in the unit's possession, it will be on display in the airlift squadron's operations building.

Chronicling the base has been an

extensive job so far. Col. Miclon has spent an abundance of time researching and writing down the entire history of the unit. Along with this, Maj. Draegor has worked to digitize and identify the people in thousands of photographs in the collection. With the Flying Yankee's 100th birthday approaching in just seven years, the two of them hope to create a commemorative book of the history of the 103rd for publication. Along with the base history, there is an initiative out of Hartford to collect information and oral history from Iraq War Veterans. If you have any questions pertaining to the display, the Hartford Iraq War initiative or Old Timers' Day, Maj. Draegor can be contacted at



The Connecticut Air National Guard's Flying Yankees are well into their 93rd year and the 103rd Heritage Collection located in the unit's operations building has acquired an extensive compilation of photographs and artifacts. Recently, Maj. D. Elliotte Draegor, historian and director of inspections, assembled a display in the wing's headquarters building outside of the dining facility. (U.S. Air National Guard Photo by Airman 1st Class Sadie Hewes)



The Connecticut Air National Guard's Flying Yankees are well into their 93rd year and the 103rd Heritage Collection located in the unit's operations building has acquired an extensive compilation of photographs and artifacts. (U.S. Air National Guard Photo by Airman 1st Class Sadie Hewes)



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mailto:d.e.draegor.mil@mail.mil or 860-292-2468.

AROUND OUR GUARD

*A Glimpse at Connecticut
Guardsmen and Events*



Members of C Co., 1-102nd Infantry Regiment, CTARNG, display their graduation certificates following their completion of the Basic Mountaineer Course and the Advanced Mountaineer Course at Camp Ethan Allen, Jericho, Vermont in June. Basic course graduates are 1st Lt. Nathan Ferrance, Spc. Jose Diaz, Sgt. Joseph Palys and Spc. Adrian Roberts. Advanced course graduates are Staff Sgt. John Cummings and Sgt. Keegan Zygmunt.
(Photo courtesy of Sgt. Joseph Palys, C Co., 1-102nd Infantry Regiment UPAR)

Perspectives from the Front Lines: Celebrating the Contributions of Women in the Connecticut National Guard



Photo above: (left to right) Maj. Dawn Works-Dennis, Executive Officer, 143rd Combat Sustainment Support Battalion CTARNG, Maj. Alyssa Kelleher, Commander, 1-169th Leadership Regiment CTARNG, and Senior Master Sgt. Melissa Kelly, Sustainment Superintendent, 103rd Airlift Wing Force Support Squadron presented at the Perspectives from the Front Lines program at the William A. O'Neill Armory in Hartford, June 21. Each woman spoke to their specific experiences during overseas missions in support of Operation Iraqi Freedom, Operation Enduring Freedom and Operation Unified Response.

"In the Connecticut National Guard, women have performed combat related duties for many years," said Brig Gen. Ronald Welch, Director of Joint Staff, CTNG. "[They] have been essential to the success of all our missions, both when called to state active duty during state emergency operations and while deployed in support of contingency operations overseas."

The program was hosted by the Connecticut Militia Heritage Committee and co-sponsored by the Museum of Connecticut History. (Photo by Allison L. Joanis, State Public Affairs Office)



Sgt. Nickie Sarpu of the Joint Force Headquarters Personnel Office is reenlisted into the Connecticut Army National Guard for six years by Chief Warrant Officer 3 Chris Mackenzie, Human Resource Officer, JFHQ, CTARNG at the William A. O'Neill Armory in Hartford, Connecticut, July 21. Sarpu has served in the CTARNG for the past eight years. (Photo courtesy of Sgt. 1st Class Crissy Lussier, State Personnel Security Manager, JFHQ, CTARNG)

**Is someone you know reenlisting? To be published in the Connecticut Guardian send photo and information to
allison.l.joanis.civ@mail.mil**

Health & Fitness

CT Soldier Takes Steps to End Breast Cancer

Ms. ALLISON L. JOANIS
CTNG PUBLIC AFFAIRS OFFICE

The average adult takes about 2000 steps per walked mile. During the Avon 39 Walk to End Breast Cancer, Sgt. 1st Class Crissy Lussier took nearly 78,600 steps.

One step at a time, for 39.3 miles, she made her contribution towards the fight to end breast cancer in Boston, Mass. July 9-10.

Lussier, the State Personnel Security Manager and a Soldier assigned to Joint Force Headquarters, Connecticut Army National Guard, is an avid walker and runner, with two full marathons under her belt and hiking daily with her German Shepherd, Harley. It is safe to say that her normal level of activity made the preparation to walk 39.3 miles for the Avon 39 much smoother.

"I just increased my longer walks in order to get ready," she said.

Joined by her training partners – her dog Harley, her friend Norma and Norma's German Shepherd, Frieda - a few times a week and on the longer 12-16 mile hikes motivated her to keep moving.

"They all helped me get ready," Lussier said.

The event spreads the 39.3 miles over two days. The first day is a full marathon walk of 26.2 miles and the second day is the remaining 13.1 miles, a standard half-marathon distance. Spread out along the route are rest stops with places to hydrate and eat. The event is not timed and finishing is the only goal.

"It was incredibly challenging to say the least," said Lussier.

Walking 39.3 miles is no easy feat, even for the trained and ready Lussier.

"I didn't know what to expect honestly. Although I have run two marathons, I have never walked that amount of distance at one time," she said.

But physicality and strength are only half of the battle. Mental toughness and readiness are equally important. Lussier looked to her past, present and future to find the motivation and drive to complete the 39-mile walk.

Lussier's grandmother, Lucille, was a breast cancer survivor who was diagnosed with breast cancer in her fifties, and as a result, she lost her breast and several lymph nodes. Lussier also has a 22-year old daughter, Sharice, and looking towards the future, she wants to aid in the fight to end breast cancer, so her daughter will not have to face the challenges of the disease.

"Having a family history of breast cancer, I don't want my daughter to have to worry about it in the future," she said.

Also, Lussier has two friends who are currently battling breast cancer. She said she is constantly in awe of their attitude, strength and resilience.

In addition to building her mental and physical fortitude, Lussier was required to raise money for the cause. Each walker must raise a minimum of \$1,800 to donate to the Avon 39, a contribution that helps to raise money and awareness for breast cancer research and treatment.

With the help of family and friends, Lussier was able to make her \$1,800 goal in under 60 days. At the day of the race, she donated \$1,952.65.

"My Army family and many great friends were incredibly generous making the fundraising goal fairly easy," she said. "I am so thankful for them."

Lussier joined a team called the Solo Strutters, for participants walking alone and she was in good company. The 14th Avon 39 Boston drew more than 1,400 women and men from 37 states, including 165 breast cancer survivors. The event raised a total of \$3 million to accelerate breast cancer research; improve access to screening, diagnosis and treatment; and educate people about breast cancer. More than \$200,000 of the total was raised by Lussier's team.

The Avon 39 is the largest fund-raising event for the Avon Breast Cancer Crusade. Since its launch by the Avon Foundation for Women 2003, more than 220,000 participants have trekked 6,868,000 miles and raised nearly \$590,000,000 in the fight to end breast cancer. Hosted in seven cities spanning the United States, the Avon 39 helps to fund research, awareness and education about breast cancer while also providing assistance to families who are currently battling the disease.

Lussier took her time making her way through the city and suburbs of Boston and made friends who kept her motivated along the way.

"It was an amazing experience," said Lussier. "There were women participating that were survivors, participants that were walking in honor of a family member. Many men (all decked out in pink to include dyeing their hair and beards) walking for their moms or wives, and many women who were going through treatment and proudly bald. It was amazing and inspiring."

When she completed the walk, Lussier became a true, "39er," along with the thousands of other women and men walking for the cause.

"When I crossed the finish line, it brought tears to my eyes," she said. "Not only was it a very physically challenging event, it was very emotional. Having family history of breast cancer and thinking of what my Gram went through so long ago when women's health wasn't what it is today came to my mind. And seeing so many



Sgt. 1st Class Crissy Lussier, State Personnel Security Manager and a Soldier assigned to Joint Force Headquarters, Connecticut Army National Guard, stands at the 25 mile marker of the Avon 39 Walk to End Breast Cancer in Boston, Massachusetts, July 9. The 39.3 mile walk helps to raise money and awareness for breast cancer research and treatment was spread over two days, July 9-10. Lussier completed all 39.3 miles and raised close to \$2,000. She plans on walking the Avon 39 in New York City in October. (Photo courtesy of Sgt. 1st Class Crissy Lussier)

women there that were survivors or currently fighting breast cancer was so moving."

Lussier isn't finished yet. She plans to walk the Avon 39 in New York City in October and she plans to reach out to local businesses to help her to achieve her fundraising goals.

While each experience walking 78,600 steps will be different, what Sgt. 1st Class Lussier is walking towards remains the same.

"My 39 is for my daughter, so she doesn't have to worry. And for every woman out there who is fighting. They are my heroes," she said.

How Do You Stay Active and Fit ?
Playing in a sporting league? Participating in a race? Involved in a fitness challenge? See yourself in print! Submit your health & fitness photos and stories to
allison.l.joanis.civ@mail.mil.

Governor's Horse and Foot Guards

Governor's Horse Guards Honor Heroes - Young and Old

CPL. LOUISA KRAUSE
1GHG UPAR

In keeping with its ceremonial function and service to community, the First Company, Governor's Horse Guard was again active and proudly represented what they stood for - honor, duty, tradition.

The oldest continuously active and mounted volunteer militia unit once again partook in the Drumhead Election and Change of Command Ceremony of the Ancient and Honorable Artillery Company of Massachusetts. The ceremony has been traditionally held on the first Monday in June on Boston Common since 1638. Due to the affiliations that the AHAC has maintained with European nations throughout history, many volunteer and historic organizations from not only the nation but around the world were represented in this event in the spirit of their traditional historical military garb. It was an interesting and honorable experience for not only the onlookers, but also the participants themselves.

The AHAC was founded in 1637 and chartered in 1638, making it the oldest chartered military organization in North America and third oldest in the world. Although its function initially was to serve as a volunteer militia company to train officers enrolled in the local militia companies across Massachusetts, their mission has now changed to a supportive role in preserving the historic and patriotic traditions of the city of Boston and the

Commonwealth of Massachusetts.

After lunch at Faneuil Hall Armory, which houses the notable Stairway of the Constitution, all units of the Governor's Guards of Connecticut lined up for the parade and marched to the ceremonial site, followed by a march to Old South Church for the annual memorial service and retreat ceremony in Copley Square. The day ended with a formal banquet at the Fairmont Copley Plaza Hotel, where all participants enjoyed an evening of dining, music and camaraderie.

Further, in its role servicing the community, 1GHG hosted its monthly program, "Horses for Little Heroes," June 9. It is always a joy for the members of the unit to serve children of our veterans, who find a comforting diversion to their challenging military lifestyle when riding and interacting with our mounts.

For certain, involvement in such events is demonstrative of what the Governor's Horse Guards represents - honor, service to community, and preservation of historical tradition. It is always with honor we serve our heroes - young and old.



(Left to right) Capt. Paul Mazzara of 2GHG, Capt. Leonard Tolisano, Capt. Robert Mazzara, Pfc. Julie Baily, Cpl. Bonnie Barile, Sgt. Brigitte Soucy, Pfc. Victoria Haskins of 1GHG waiting to begin the march at the annual Ancient and Honorable Parade in Boston, Massachusetts, June 6. (Photo courtesy of Cpl. Louisa Krause, UPAR 1GHG)



Sgt. Christina Meador (left), Pfc. Victoria Haskins with 1GHG mount, Sgt. Billy at Horses to Little Heroes in Avon, Connecticut, June 9. (Photo courtesy of Cpl. Louisa Krause, UPAR 1GHG)



Pfc. Kameron Mele assists with a little hero caring for 1GHG mount, Sgt. Hoss at Horses for Little Heroes at the 1GHG facility in Avon, June 9. Horses for Little Heroes is an eight-month program hosted by 1GHG and the CTNG Child & Youth Program. The program teaches military children to learn how to care for and ride horses. (Photo courtesy of Cpl. Louisa Krause, UPAR 1GHG)
For more information about Horses for Little Heroes, contact Michelle McCarty at 860-548-3254.

National Guard - Special Victim Counsel Program

CAPT. ALAN L. MERRIMAN
SPECIAL VICTIM COUNSEL

What is the Program?

The National Guard's Sexual Harassment/Assault Response and Prevention Program, or SHARP program, is a key component of efforts to make the force ready and resilient. The National Guard encourages Soldiers/Airmen to come forward to report incidents without fear of reprisal, as their command will immediately respond with sensitive care and support by providing legal counsel through Connecticut's SAPR/SHARP team & the Special Victim Counsel Program. The program assists the National Guard in providing assurance to all sexual assault victims that their interests will be protected and that offenders are going to be held appropriately accountable.

What is a Special Victims' Counsel?

A National Guard Special Victim Counsel is a judge advocate with specialized training to provide legal representation to Air National Guard and Army National Guard sexual assault victims who are eligible for SVC assistance. Special Victim Counsel will provide zealous representation to clients. Constrained only by ethical limits, SVCs shall represent the best interests of their clients as appropriate even when their client's interest do not align with those of the National Guard.

The SVC program was established under the direction of the Secretary of Defense and became operation on November 1, 2013. SVCs are authorized by law to enter into attorney-client relationships with the victim and advocate for the victim's rights and interests within the National Guard and other DoD agencies. The scope of a SVC's representation is governed by State, Federal, and Service ethics rules and also the Chief of National Guard

Bureau SVC Instruction and Manual. The SVC Program Staff within the National Guard Bureau's Office of the Chief Counsel provides policy and functional oversight.

How do SVCs help victims of sexual assault?

SVCs provide legal assistance to victims throughout the court martial or administrative action processes that may occur after a victim reports a sexual assault. SVCs participation during the court martial or administrative action can be as limited or as broad as the victim desires. SVCs may also provide legal assistance to victims after the case has been decided or disposed of on issues that are directly related to the sexual assault.

SVCs attend interviews, hearings and proceedings with the victim and communicate with investigators, prosecutors, defense counsel, commanders and other military personnel on behalf of the victim. SVCs can also assist victims with filing expedited transfer requests, military protective orders, or civilian protective orders (and more). Although legal representation by an SVC in a civilian court is not authorized under this program, SVCs may assist the victim with these matters as permitted by state law.

Who do we represent?

An SVC's sole responsibility is to his or her client, the victim. In order to be eligible for SVC services, an individual must either be a service member, a dependent of a service member (where there is service-related jurisdiction over the perpetrator), and there must be a "National Guard Nexus", if the victim is not on orders at the time of the incident. If you have any questions about eligibility for SVC services please reach out to your SAPR/SHARP representative. For more information about the program, email alan.l.merriman.mil@mail.mil.

**CONNECTICUT
TREES
of
HONOR**

★ ★ ★ ★ ★

Save the Date

CT Trees of Honor Memorial Public Dedication Ceremony & CT Run For The Fallen

September 17, 2016

Veterans Memorial Park
Walnut Grove Road
Middletown, Connecticut

CT Trees of Honor Memorial Dedication Ceremony in conjunction with the annual Run For The Fallen - CT will take place on September 17, 2016 at the memorial in Middletown, CT. The first leg of the run will begin at 6:00 a.m. There will be food and entertainment with special guests throughout the day. The dedication ceremony will start around 2:30 p.m. at the conclusion of the 65K run.

This event is open to the public. No tickets are necessary.

The Connecticut Trees of Honor Memorial is a living-tree memorial built to honor all Veterans, especially those with ties to Connecticut. The space includes 65 flowering trees planted for each of the 65 brave Connecticut men and women who gave their lives in the wars of Iraq and Afghanistan since September 11, 2001.

For more information visit <http://cttreesofhonor.com/> and www.runforthefallenct.org

THE DA PHOTO PROCESS Do You NEED A DA PHOTO?

- 1** MUST BE SSG OR ABOVE And at least one of the following:
- No photo on file
 - Current photo over 5 years old
 - Promoted since last photo
 - Received ARCOM or higher

REVIEW YOUR ERB/ORB

- 2**
- Check records for accuracy
 - Determine which awards you are authorized to wear for your photo
 - DO NOT Wear awards not listed in your record
 - ERB/ORB accuracy is an individual responsibility

PREPARE YOUR UNIFORM

Ensure your uniform is up to AR 670-1 standards *before* scheduling an appointment.

- 3**
- Uniform preparation is an individual responsibility.
 - Last minute cancellations due to incomplete uniforms waste available slots. Be considerate of fellow Soldiers and only schedule an appointment once your uniform is 100% to standard.
 - Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment.



SCHEDULE AN APPOINTMENT IN VIOS www.vios.army.mil

- 4**
- Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details.
 - Only available time slots are shown. If your first choice is unavailable, choose another time.



SHOW UP AT SCHEDULED TIME

5
MG Maurice Rose
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322

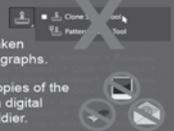
- Be on time and fully dressed at the scheduled time
- Locker rooms available on the first floor if you wish to carry your uniform on a hanger.



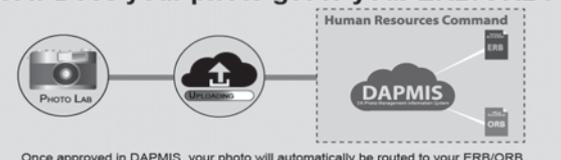
IMAGE MANIPULATION

DA photos WILL NOT be digitally altered. DO NOT ASK.

- Per AR 640-30: Photographers will not alter the photograph, to include adding new rank, ribbons, stars or erasing waistlines or wrinkles. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 640-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier.



How Does your photo get to your ERB/ORB?



What to Wear for a DA Photo

- Must Wear Unit Crests (Enlisted)
 - NO Infantry cords or blue discs
 - NO Green leadership tabs
 - Wear RDI if affiliated
 - Wear only Unit Citations that PERMANENT and listed in your individual records
 - Wear ONE CSIB, if authorized
 - Nameplate must be worn
 - Only wear PERMANENT awards listed in your records
 - Wear Marksmanship Badges
 - Identification badges worn on left pocket, if authorized
- No headgear worn for DA photo

FOR MORE INFORMATION, VISIT: WWW.ARMYG1.ARMY.MIL/HR/UNIFORM/

1-169th GSAB Receives Formal Welcome Home

Ms. ALLISON L. JOANIS
CTNG PUBLIC AFFAIRS OFFICE

The 1-169th General Support Aviation Battalion received a Freedom Salute ceremony at the William A. O'Neill Armory in Hartford, Connecticut, July 20.

The 90-member unit deployed to Kosovo in April 2015 and returned home to Connecticut in March 2016. During the ceremony state and local dignitaries expressed their gratitude towards the Soldiers and their families in attendance for their selfless sacrifice and service to our nation.

"This is our chance to thank and formally recognize each Guardsman and their families for all of the hard work, dedication and effort put into making this mission a success," said Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard.

The 1-169th deployed alongside Army Reserve units from California and Florida as well as an element from the Louisiana National Guard. Together they organized as Task Force Hurricane and they conducted mission command, air movement and medical evacuation as the Southern Command Post for KFOR 20, located at Camp Bondsteel, Kosovo.

Task Force Hurricane provided continuous support to Multinational Battle Group-East in order to secure a safer



Ninety members of the 1-169th General Support Aviation Battalion received a formal welcome home ceremony at the William A. O'Neill Armory in Hartford, Connecticut, July 20. (Photo by Allison L. Joanis, State Public Affairs Office)

and secure environment and freedom of movement within Kosovo.

While deployed, the 1-169th contributed to several successful Task Force Hurricane missions, among them, it provided support to local authorities when forest fires broke out in southern Kosovo. The task force conducted mission planning in conjunction with NATO partner countries and launched multiple aircraft within hours to respond to people in need. Utilizing Bambi buckets attached to their UH-60 Blackhawk helicopters, Soldiers helped to extinguish the flames from the skies, helping to save lives and property.

"We are extremely proud of the work these men and women performed while they were away from their families, friends and careers," said Martin. "It is plain to see the training they accomplished prior to their deployment really paid off."

During the ceremony, the unit was presented a plaque to commemorate their service from Governor Dannel P. Malloy and Maj. Gen. Martin.

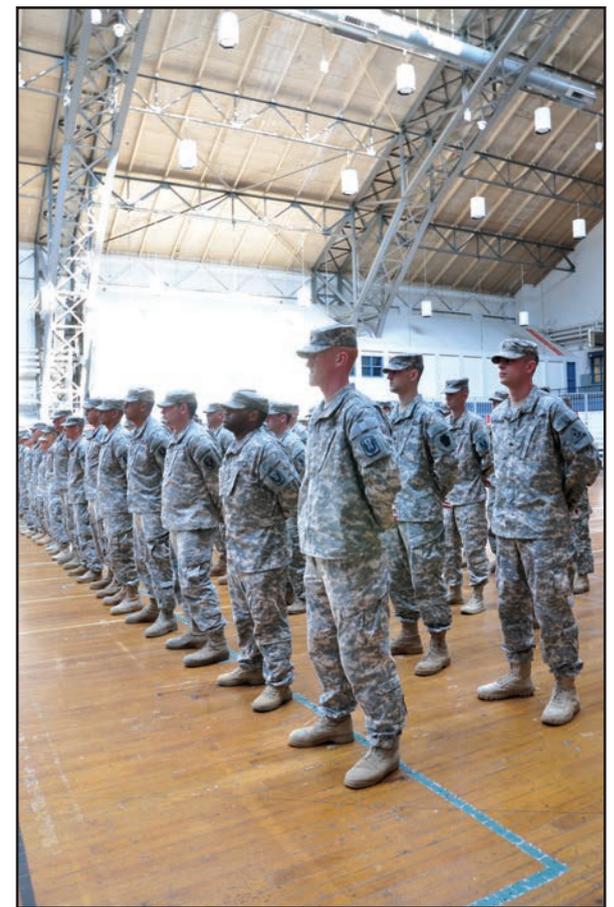
Seven members to include commander, Lt. Col. Jeffery LaPierre, received the Meritorious Service Medal. All Soldiers in the unit were presented with the Armed Forces Expeditionary Medal, the Global War on Terrorism Service Medal, the Armed Forces Reserve Medal with "M" Device, the Overseas Service Ribbon and the Non-Article Five NATO Medal.

This deployment was the first for the 1-169th GSAB since 2009-2010, when they were assigned to Aviation Task Force – Kuwait.

The return of the 1-169th GSAB reduces the number of deployed Connecticut National Guardsmen to nearly 40 members of the 1109th Theatre Aviation Sustainment Maintenance Group currently stationed in Southwest Asia.



Family members and friends of the Soldiers of the 1-169th General Support Aviation Battalion attended a formal welcome home ceremony at the William A. O'Neill Armory in Hartford, Connecticut, July 20. (Photo by Allison L. Joanis, State Public Affairs Office)



Ninety members of the 1-169th General Support Aviation Battalion stood in formation at their Freedom Salute ceremony at the William A. O'Neill Armory in Hartford, Connecticut, July 20. The unit deployed to Kosovo in April 2015 and returned home to Connecticut in March 2016. (Photo by Allison L. Joanis, State Public Affairs Office)



Maj. Stephan Nowakowski of the 1-169th General Support Aviation Battalion is presented the Meritorious Service Medal by Governor Dannel P. Malloy and Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard at the formal welcome home ceremony for the unit at the William A. O'Neill Armory in Hartford, Connecticut, July 20. Nowakowski was one of seven Soldiers to receive the Meritorious Service Medal which is presented to members of the U.S. Armed Forces who distinguished themselves by outstanding meritorious service to the United States. (Photo by Allison L. Joanis, State Public Affairs Office)



Ninety members of the 1-169th General Support Aviation Battalion stood in formation at their formal welcome home ceremony at the William A. O'Neill Armory in Hartford, Connecticut, July 20. The Guardsmen heard from several state and federal dignitaries who expressed their gratitude towards the Soldiers and their families for their selfless sacrifice and service to our nation. "This is our chance to thank and formally recognize each Guardsman and their families for all of the hard work, dedication and effort put into making this mission a success," said Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard. Guardsmen also heard from Gov. Dannel P. Malloy, U.S. Senator Richard Blumenthal and Lt. Gov. Nancy Wyman. (Photo by Allison L. Joanis, State Public Affairs Office)



Medals were presented to the 90 member of the 1-169th General Support Aviation Battalion at the formal welcome home ceremony for the unit at the William A. O'Neill Armory in Hartford, Connecticut, July 20. Seven members received the Meritorious Service Medal. All Soldiers in the unit were presented with the Armed Forces Expeditionary Medal, the Global War on Terrorism Service Medal, the Armed Forces Reserve Medal with "M" Device, the Overseas Service Ribbon and the Non-Article Five NATO Medal. (Photo by Allison L. Joanis, State Public Affairs Office)



Sgt. Mitchell Gosselin of the 1-169th General Support Aviation Battalion received service medals at the Freedom Salute ceremony for the unit at the William A. O'Neill Armory in Hartford, Connecticut, July 20. (Photo by Allison L. Joanis, State Public Affairs Office)

View and download all of the photos from this event on the



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Connecticut Guardsmen Hone Their Skills in Cyber Defense



Members of the CTNG are joined by participants from Connecticut's Metropolitan District Commission at Cyber Yankee 2016 at Hanscom Air Force Base, Mass., May 14-20. (Photo courtesy of Capt. Ryan Miller, Network Operations Officer, CTARNG)

MAJ. CAMERON SPRAGUE
JFHQ CTANG

Eleven members of the Connecticut Air and Connecticut Army National Guard participated in Cyber Yankee 2016 at Hanscom Air Force Base.

This exercise involved players from the Air and Army National Guard of all six New England states, as well as Army Reserve elements and industry partners, to include Connecticut's Metropolitan District Commission, Connecticut's largest water company.

The goal of Cyber Yankee 2016 was to continue the successful creation of a realistic cyber exercise for Army National Guard Cyber Network Defense Teams (CND-T) from lessons learned from Cyber Yankee 2015 to further train and apply their skills as cyber defenders.

The exercise focused on developing strong collaboration across all of the New England Cyber Network Defense Teams, intel teams, state, law enforcement and federal government partners in cyber defense.

Cyber Yankee 2016 emphasized learning key skills in cyber defense and reporting within an Inter-service and Inter-agency operational environment providing a more realistic scenario that incorporates threat intelligence, associated cyber threats, and associated Tactics, Techniques and Procedures. The exercise also linked TTPs with exercise adversary actions (Technical, Operational, and Ideological).

Chief Warrant Officer 2 Christopher Curtiss, Senior Information Services Technician for the Connecticut CND-T, was part of the team that designed and operated the range.

"Assigned as a member of the Cyber Yankee exercise range design, build and

support team," Curtiss said. "I was given the unique opportunity to influence realism into the range design and implementation as well as mentor CND-T members in skill development. The goal is improving CND-T cohesion and capability thru simulation in preparation for potential real-world activation."

For the first time, the Connecticut Air National Guard participated in the exercise, with four Air Guard members playing a part. Tech. Sgt. Ramadan Salahu-din, of the 103rd Communications Flight, was unsure of what to expect.

"This was the first time I've ever worked with the Army," Salahu-din stated "I didn't know what the experience would be like – but I enjoyed the collaboration with the Army and the joint training we did. I'm also limited in what I can do day to day with the restrictions the Air Force places on our network. During the exercise, I had full control over our domain controller and had to re-learn things I hadn't used since tech school. I learned a lot and had a lot of fun doing it."

Capt. Ryan Miller, Deputy Team Chief for the Connecticut CND-T, was enthusiastic in his assessment of the results of the exercise. "The concept of a truly joint Connecticut Cyber defense team has evolved over the past couple of years. It is truly impressive and rewarding to see all of the hard work pay off as it demonstrates our commitment to defend our state and nation against cyber threats," Miller said.

The joint team is looking forward to next year's exercise, which again will be held at Hanscom AFB, and to continued joint participation between cyber operators of the Connecticut Army and Air National Guard.

Enlisted Update

Number One Priority: *Readiness Starts with the Individual*



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Greetings and welcome to August! Many of our Soldiers and Airmen have completed annual training for 2016 and hopefully are enjoying some well-earned vacation time.

As hard as each and every one of us works, it is critical to sustained performance that we take the time

off that we earn. However it is that you relax, make sure that you find the time to do it. Whether it is as simple as enjoying a long weekend or as complex as a long vacation, the important thing is to allow yourself to unwind and “let go” (to the extent you can) of the daily grind. Enjoy!

The Connecticut Army National Guard and the rest of Region 1 were well-represented by Sgt. 1st Class David Earle who recently competed in the Army National Guard Best Warrior Competition, hosted by the Massachusetts National Guard.

Massachusetts hosted a first class competition that challenged each of the 14 competitors. Each of the seven regions sent their very best to earn the privilege to represent the 350,000 Soldiers of the Army National Guard. Although Earle did not win, he performed at a very high level and remained in the hunt for the entire competition. I look forward to publically recognizing Earle and Spc. Nathan Havens (the Connecticut Soldier of the Year) for their accomplishments at the Annual Senior NCO/CPO Dining In on October 7th.

One of the best parts of my position is the opportunity to get out and visit our Soldiers conducting annual training. I am consistently amazed by the dedication and competence of our Soldiers. You routinely accomplish more challenging, realistic training in a short period of time than should be possible. More importantly, safety is never compromised to accomplish your missions. It is a testament to both leaders and Soldiers that everyone understands the mission and their individual and collective role in accomplishing the mission. From Stones Ranch to Fort Drum to Indiantown Gap to Fort Polk to Camp Edwards, I was able to see our units making maximum use of every available minute to training time. In addition, the Esprit de Corps that is present in all of our units is motivating. As always, it reinvigorates me and reminds me of everything that is good about being a Soldier.

Gen. Mark A. Milley, The Army Chief of Staff, is often quoted as saying, “Readiness in the number one priority, there is no other number one.” Most of us have heard it more than a few times.

That is a pretty clear statement of priorities, but what does it mean to each of us? Readiness starts with individual, personal readiness. Being a Soldier is not easy; it is a full contact, adult sport. It is that much harder for the reserve component Soldier. Personal readiness means keeping yourself physically and mentally fit. It means keeping yourself current on medical requirements. It means getting your military education done so you are individually trained to do your job. Finally, it means training together as a team to accomplish the missions assigned. Notice that I listed the collective last. That is not to imply that collective readiness is not important- it merely acknowledges that collective readiness is not attainable if individual readiness is not accomplished. As our Army and our Nation relies more and more on the reserve components to accomplish the missions assigned, a higher degree of personal readiness is expected of each and every one of us. I think that

managing our readiness will be the biggest challenge facing us in the near and short term.

The number of suicides amongst service members and veterans continues to be alarmingly high. I still believe that the best way to reduce suicides is to simply talk to our people. Make sure that every member of your team knows that a member of the family is no more than a phone call away. Pick up the phone, send a text, e-mail, whatever it takes between drills and remind your people that they always have someone to turn to. You never know when that simple contact will literally save a life.

I would be remiss if I did not take a moment to publically congratulate and thank Brig. Gen. Mark Russo, Assistant Adjutant General – Army of the Connecticut National Guard, on his retirement. I have been privileged to work for and with Brig. Gen. Russo for many years. His impact on our Guard will be felt for years to come. I congratulate him on an outstanding career of service to our Nation, our State, and our Soldiers. I thank him for being a role model, mentor, and confidant to me personally as well as to several generations of Soldiers. I look forward to adding him to the long list of Soldiers that continue to serve, our retirees. They are always there for us, willing to provide guidance and wisdom learned from many years of service. Thank you, Sir!

I look forward to getting out and seeing the rest of our units during their upcoming annual training periods.

Enjoy the rest of the summer!

Quote of the Month: “The mark of the immature man is that he wants to die nobly for a cause, while the mark of the mature man is that he wants to live humbly for one.”

Wilhelm Stekel,

Austrian physician and psychologist. 1868 – 1940

Command Sgt. Maj. Carragher

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(860) 292-2331

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(860) 292-2758

- 44K - Pediatrician
- 47G - Dentist
- 48A - Aerospace Medicine Specialist
- 48R - Flight Surgeon
- 46Y3A – APRN Nurse
- 45G3 – OB/GYN Nurse
- 42G3 – Physician Assistant
- 14N3 – Intelligence Officer



CTARNG Recruiting & Retention

Take Your Career to the Next Level: Submit Your Warrant Packet Today

CHIEF WARRANT OFFICER 3 JOHN NERKOWSKI
WARRANT OFFICER STRENGTH MANAGER

Have you always wanted to be a Warrant Officer? Are you ready to test your mettle and see if you have what it takes to complete Warrant Officer Candidate School?

If so, you need to contact the Connecticut Army National Guard Recruiting and Retention Warrant Officer Strength Manager soon!

The 169th Regiment (Regional Training Institute) runs one WOCS course a year, with the next iteration scheduled to begin April 2017. It is a three-phase program: Phase 1 is 80 hours of computer-based distance learning, Phase 2 takes place over five drill weekends, and Phase 3 is a two-week annual training period.

There are a number of key administrative events that must be completed prior to enrollment into WOCS, including:

- The completion of a Predetermination Packet
- Completion of a Chapter 2 Commissioning Physical
- Completion of a Federal Recognition Board Packet

and an appearance before the Federal Recognition Board

- Complete of Phase II, an 80-hour WOCS distance learning module, prior to enrollment for Phase II.

You should consider becoming a Warrant Officer if you perform one of the following enlisted feeder MOS: 25-series, 42A/F, 68A, 91-Series, and 92-Series. Soldiers can may substitute four years of civilian IT experience in accordance with pre-requisites for MOSs 255A and 255.

While there is no typical technical warrant officer candidate, some ideal qualities include being a Staff Sergeant or higher, being a graduate of the Advanced Leader Course, and having rated time in an MOS-specific leadership position on NCOERs that reflect strong duty performance.

Warrant officer candidates must also meet the following general administrative requirements:

- US Citizenship (No waivers)
- High School graduate or GED (No waivers)
- Secret or Top Secret Security Clearance
- Pass Army Physical Fitness Test (APFT) and meet

height/weight standards

- Pass commissioning physical
- 12 months remaining on their enlistment contract
- Age 46 or less prior to their packet being boarded (waiverable)

As an added incentive to consider this career path, currently there is a \$20,000 bonus for some vacancies. This is an intensive training program, but an extremely rewarding career path.

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For more information, call (203) 410-0828 or email john.v.nerkowski.mil@mail.mil.



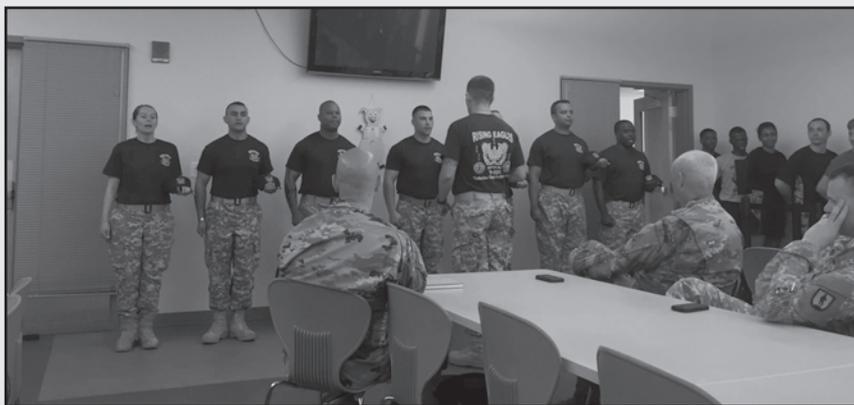
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HONORING TRADITION AND PHYSICAL EXCELLENCE CTARNG Warrant Officer Candidates Tackle Phase II

Phase II, Warrant Officer Candidate School, Class 16-001 wrapped up their fourth of five drill periods, June 26 at Camp Niantic with a 10-kilometer road march and the traditional singing of the WOCS Song - a team-building exercise that has been a long-standing tradition of the WOCS Program. Those that graduate from the course will head to Phase III, a two-week program at Camp Atterbury, Indiana, that will test all of the knowledge the Candidates have learned since joining the program - both in garrison and in the field.



Candidates of Phase II, Warrant Officer Candidate School, Class 16-001, perform the WOCS Song for Brig. Gen. Mark Russo, Assistant Adjutant General of the Connecticut National Guard (seated, front right) and members of the 169th Leadership Regiment (Regional Training Institute) as members of the Recruit Sustainment Program look on. Candidates of Class 16-001 are comprised of Reserve Component members from Connecticut, Massachusetts and New York. Those that finish Phase II will move on to Phase III, a two-week program at Camp Atterbury, Indiana. (U.S. Army Photo by Maj. Christopher Strong, 169th Regiment, Regional Training Institute)



Up at first light, members of Warrant Officer Candidate School, Class 16-001, performed the 10-kilometer road march at Camp Niantic, June 26. Candidates were required to carry a rucksack with either 48 pounds, or 30% of his/her body weight, whichever is less, an individually-assigned weapon and had to finish the course in 1 hour, 48 minutes or less, per the course standard. (Photo provided by 169th Regiment, Regional Training Institute)



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Inside OCS

Reflecting on the Past Year of Officer Candidate School

OC NOAH BLANCO
OCS CLASS 61

As drill came to a close, the remaining Candidates of Class 61 left Camp Niantic quietly and unceremoniously after six hours of cleaning weapons.

Boots still caked in mud and a weekend of training staining our uniforms, we left to engage in our post-drill morale-building ritual (eating burgers). It was an unremarkable evening, for all but the fact that this drill marked the completion of Officer Candidate School, Phase II, the bulk of our training.

I cannot understate both the width and depth of what we went through during Phase II. It was 10 months long and stacked with challenging course requirements. These requirements tend to be so heavy that it cannot help but weigh on every aspect of a candidate's life; relationships, work, and every level of self. To my classmates and I, this past year will forever be highlighted in our memories as the Year of OCS.

Candidates need to decide fairly early on if they are going to go all in or not. To those considering OCS, I would recommend being secure in your personal lives, as this is not a course that can be taken lightly. A candidate reflects his or her drive and determination to be a leader in everything they do. There is no hiding or coasting because the soul tends to be laid bare when pushed to one's limits. The keys to success have resided both in fostering relationships and in being willing and able to change.

In the last year, I developed close bonds with my fellow candidates. We had to work, sweat, confide, and suffer together. Even civilian life threw us curve balls. Several of us lost people we were close to. Some pushed through injuries. Others had turbulence in work and family. My classmates impressed me with their fortitude. We understand that as leaders, perseverance is the only option.

Our instructors have become mentors and role models. They are some of the best officers and NCOs we have ever worked with. We have all come to understand that OCS is a two-way street. We the candidates invested our sweat equity and our instructors went above and beyond to teach, develop, and challenge us. In the end,



it became clear that this has not only been about meeting course requirements, but taking us to the next level.

Individually, the way we've progressed is unquantifiable. OCS has a way of reaching deep inside you and pulling your weaknesses to the surface. There is no choice but to face those weaknesses head-on, hammering out the impurities like a blacksmith forges steel. A successful candidate must be malleable and ever-evolving.

I can best speak to my own shortcomings entering the program. I had very little background in land navigation and tactics, and no experience in public speaking and swimming. All of my

knowledge in these areas can be attributed to what I've learned in the program. Although I was able to pass the course requirements, I know that I must continue improving. That is why my classmates and I continue studying tactics and why I'm taking swimming classes.

Looking forward, we still have to complete what is expected to be a challenging OCS Phase III Annual Training. While we can see the light at the end of the tunnel, there is no room for complacency. We will redouble our efforts and demonstrate our competence to be leaders by drawing from and implementing all that we've learned in the past year. OCS has deeply touched each of our lives and we fully intend to do our state proud.

Become an Officer in the CTARNG

Do you have what it takes to stand up to the mental and physical challenges of the Connecticut Army National Guard Officer Candidate Program?

For information and requirements, contact your chain of command or
Capt. Ulrick Brice,
RRB Officer Strength Manager
ulrick.g.brice.mil@mail.mil

Celebrating Women

Women in the National Guard

MASTER SGT. BARBARA PEPIN
EQUAL EMPLOYMENT
OPPORTUNITY NCO

Since the American Revolution, women have served with or in the military.

World War II was a bench mark for women serving in the armed forces with over 300,000 serving and, for the first time, in all branches of the military. At the conclusion of the war, most women were discharged.

After World War II the National Guard reorganized its units, with no female members at this time. There was no authority, federal or state, to grant women access to its ranks.

In 1948, Congress passed the Women's Armed Services Integration Act. This piece of legislation permitted women to become members of the regular armed forces, thus making women a

permanent presence in the military. Up until this time women, with the exception of nurses, were only permitted to join during times of war. However, the law limited the percentage of women to no more than two percent of the forces.

In the mid-1950s, National Guard Bureau granted some Air Guard commanders the permission to employ female augmentees, to conduct what was known as traditional, stateside training in their medical units.

These females were recruited from the Air Force Reserve. Upon the mobilization of these Air Guard units, the women returned to their Reserve Units, greatly reducing the Air Guard's unit readiness. The women needed to serve directly as members of the National Guard to maintain unit readiness.

In July 1956, Congress authorized female officers in the National Guard. However, serious restrictions limited female officers to serve only as nurses, or in medically-related specialties such as dietitians, physical therapists or laboratory technicians. Two days after the



Capt. Norma Parsons, circa 1956, wearing her prior service ribbons for active duty service in the Army Air Force in the India, China, Burma Theater during World War II. She also served as an Air Force nurse in Korea. (Historical Files, National Guard Bureau)



Maj. Gen. Martha Rainville, the first woman to serve as a state's adjutant general, received her federal recognition as a two-star general on March 30, 2001. (Historical Files, National Guard Bureau)

authorization, Capt. Norma Parsons was sworn in as a nurse in the 106th Tactical Hospital of the New York Air National Guard. She had previously served on active duty in the Army Air Force during World War II and as an Air Force nurse during the Korea conflict.

January 1957 saw the Army National Guard's first female member commissioned. 1st Lt. Sylvia Marie St. Charles Law joined Alabama's 109th Evacuation Hospital. As 1957 ended the National Guard had 53 female officers working as nurses, 42 with the Air National Guard and 11 serving in the Army National Guard.

President John F. Kennedy mobilized 44,371 Army National Guard members in October of 1961 in response to the Berlin crisis. It would be the first time women in the National Guard were mobilized; 17 nurses would answer this call. It must be noted that Air National Guard members were mobilized at this time also, but there are no records indicating how many were women.

The early 1960s saw women still confined to serve in the National Guard as officers and almost only in the

medical field. Change came about in November 1967, when Public Law 90-130 was passed, authorizing the enlistment of women. Many enlisted into personnel, finance and medical positions.

The military had become an all-volunteer force during the 1970s. Women were now members of the combat support and combat service support fields. By 1978, the Army National Guard saw its female members, both enlisted and officer, surge to over 13,000. Women were operating trucks and heavy construction equipment, maintaining aircraft and ground vehicles, and working in battalion headquarters.

The expansion of positions available to females continued, and by the start of the Gulf War in 1991, women found themselves in

direct combat roles. Some females, such as fighter and helicopter pilots, military police and officers in positions of leadership, were exposed to direct enemy fire. Hundreds of Guardswomen deployed in support of the Gulf War. Eight of the 34 active duty Guard members who died in the Gulf War were women. With the conclusion of the Gulf War, Wisconsin Army National Guard member Sharon VanderZyl was promoted to Brigadier General, making her the first female flag officer in the Army Guard.

History was made on March 1, 1997 when the first female Adjutant General was elected in Vermont, Lt. Col. Martha Rainville. On March 30, 2001 she received her federal recognition as a two-star general.

Today, women are actively serving in combat, combat support and combat service support roles. There are women in all levels of ranks, enlisted and officers. The National Guard now has more than 10 percent of its authorized positions being held by women. Guardswomen serve all over the world, alongside of their male counterparts, whenever and wherever needed.

Women's Equality

Votes for Women The Women's Suffrage Movement in America

SGT. 1ST CLASS DANIEL FREEMAN
SEXUAL ASSAULT PREVENTION AND RESPONSE VICTIM ADVOCATE NCO

It has been nearly a century since U.S. women gained the right to vote. On June 4, 1919, Congress passed the 19th Amendment and it took more than a year to earn ratification.

On August 18, 1920, enough states ratified the amendment and one week later Congress passed it on August 26, 1920. It is strange to find that what we take for granted and makes sense to us today was so difficult to achieve back then.

Some may say the women's suffrage movement was accidental. At the World's Anti-Slavery Convention in London in 1840, Lucretia Mott and Elizabeth Cady Stanton were segregated from the men. Although both women were known abolitionists, male abolitionist leaders still voted to have the female delegates segregated from the main assembly. Male leaders were concerned that the women's rights issue would become embroiled in their quest to end slavery and weaken their cause.

At that time, common social rules did not allow for women to participate in political events. In response, a number of American male abolitionists, in a show of solidarity, sat with the female delegates. Conversely, the segregation provided Mott and Stanton with a way to meet and the two discussed the possibility of a women's rights convention.

Later, in 1848, the Seneca Falls Convention, convened in Seneca Falls, New York, and was the first public women's rights meeting known in the U.S. Here, Stanton delivered her *Declaration of Sentiments*, a document which many women's rights supporters actually believed would set back women's rights. In fact, it led to the first

National Women's Rights Convention in Worcester, Mass., in 1850, helping to align the suffrage and abolitionist movements. Public sentiment grew until the Civil War when their energies were diverted to the war effort.

Stanton's reputation as a champion of women's rights grew, and she gained another fierce ally in Susan B. Anthony. Stanton, one of the few married suffragists, wrote speeches for Susan B. Anthony while concurrently caring for her three sons. Many suffragettes did not marry, since women could not own property in their own right and could not make legal contracts on their own behalf. Anthony acknowledged this by stating that Stanton, "forged the thunderbolts" that [Anthony] "fired." Stanton and Anthony created the American Equal Rights Association in 1866, seeking to achieve voting rights for all regardless of gender or race.

In 1868, the 14th Amendment was ratified, but citizens and voters were defined exclusively as male. The next year the American Equal Rights Association dissolved due to disagreements over strategic direction and the differences in language between the 14th and 15th Amendments. The 15th Amendment enfranchised black males and avoided women's suffrage. Stanton and Anthony founded the National Women's Suffrage Association while Lucy Stone, Henry Blackwell, Julia Ward Howe and other more conservative activists formed the American Women's Suffrage Association. The difference was the NWSA passed amendments to the federal constitution and the AWSA passed amendments to state constitutions. In 1870, the NWSA did not aid in the 15th Amendment ratification and lost the support of Frederick Douglass. Douglass had been an ally of women's suffrage since 1850, attending the first National Women's Rights Convention in Worcester. The NWSA looked to the passing of the 16th Amendment which dictated universal suffrage. The 16th Amendment eventually became the Income Tax Amendment. In 1869, the Wyoming territory was organized with a women's suffrage provision.

The NWSA and AWSA continued to work independently, separately concentrating on federal and



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Women's suffragists parade in New York City in 1917, carrying placards with signatures of more than a million women. (New York Times 1917)

state law. In 1890, the two organizations joined together and formed the National American Women's Suffrage Association. The new organization focused on state suffrage and the combined effort paid off. As new states entered into the union, voting rights for women were a part of their constitutions, however, states established prior to the westward expansion continued to vote down the inclusion of suffrage into their states.

The World War I years were dramatic for the suffrage movement. In 1913, a new organization was formed, the National Women's Party led by Alice Paul. Paul used tactics borrowed from English Suffragettes and began many public protests creating enough public disgust that congressional leaders began to propose amendments to the constitution. In 1919, the 19th amendment was passed with much of the same language proposed 41 years earlier.

Fast forward to today: On April 20, 2016, Jacob J. Lew, U.S. Treasury Secretary, announced several denominations of United States currency would be redesigned prior to 2020, the 100th anniversary of the 19th Amendment. The newly designed \$10 bill will include images that pay homage to the women's suffrage movement and feature the images of Lucretia Mott, Sojourner Truth, Susan B. Anthony, Elizabeth Cady Stanton, and Alice Paul.

This August will mark the 96th year women can vote in U.S. elections. These women who marched in the streets, had public rallies to shame and private gatherings persuade the political powerful to allow women the right to vote is an example to those who believe the laws are unjust and how long can it take to change American public opinion to a cause.

History shows that attitudes and change is difficult. The 19th Amendment, in essence, was written in 1878 yet was not ratified until 1920. The non-violent public protest of Women's Suffrage showed that change can happen if participants are persistent.



This stamp features two of the organizers of the 1848 First Women's Rights Convention, Stanton and Mott, plus Carrie Chapman Catt who successfully led the continued fight for the passage of the Suffrage Amendment. (www.nps.gov)

Resilience

PHYSICAL READINESS



Resilience: Physical Dimension



Performance Triad



Sleep



Activity



Nutrition



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

Physical Dimension

Performing and excelling in *physical activities* that require *aerobic fitness, endurance, strength, healthy body composition* and *flexibility* derived through *exercise, nutrition* and *training*.

Performance Triad

Zz Sleep is critical in achieving optimal physical, mental, and emotional health, however, the demands of one's job often make it difficult to get sufficient sleep.

Activity Physical Fitness and Activity are crucial to ensuring our Soldiers perform as elite athletes. Practicing principles of safe and effective training are vital to maintaining physical readiness.

Apple Eating or fueling for performance enables top level training, increases energy and endurance, shortens recovery time between activities, improves focus and concentration, and helps Leaders and Soldiers look and feel better.

Resilience Resources:

Outward Bound
www.outwardbound.org/veterans

Strong Bonds
Contact Chaplain Nutt at 800-858-2677

Connecticut Veteran Affairs
Newington: 860-666-6951
West Haven: 203-932-5711

Military One Source
www.militaryonesource.mil

Life Lines

Emergency - 911

CTNG Behavioral Health Help Line -
1-855-800-0120

Wounded Soldier and Family Hotline -
1-800-984-8523

www.armyfamilysonline.org -
1-800-833-6622

www.militaryonesource.com -
1-800-342-9647

National Suicide Hotline -
1-800-SUICIDE

www.suicidepreventionlifeline.org -
1-800-273-TALK (8255)

CONNECTICUT NATIONAL GUARD



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- Check your Privacy Settings
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- Watch for OPSEC violations
- Turn off Geotagging on your devices
- Post with common sense!

Be sure to check and adjust your settings!

Military History: Legislating the National Guard



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

It has been 100 years since a key piece of legislation completed the transformation of our organization from its 17th century militia beginnings to the modern force it is today.

While the Militia Act of 1903 created the National Guard, the National Defense Act of 1916 resulted in many of the landmark changes in structure and training that exist even now. Coming on the heels of Pancho Villa's incursion into the American southwest and, more importantly, on the eve of our country's entry into the "war to end all wars," Congress took the necessary steps to increase our preparedness and guaranteed the National Guard's status as the nation's permanent reserve force.

The law provided for a four-fold expansion of the National Guard and mandated that the term National Guard be used to refer to the combined network of states' militias which became the primary reserve force for the U.S. Army. The most important aspect of the law is that it brought the states' militias more under federal control and gave the president authority, in case of war, to mobilize the National Guard for the duration of the emergency. In addition, the number of yearly National Guard drill periods increased from 24 to 48 and annual training from 5 to 15 days. Drill pay was authorized for the first time.

The National Defense Act also set qualifications for National Guard officers, permitting them to attend Army schools. Under this act, the federal government recognized the state commissions of militia officers and required that they swear dual oaths of loyalty to the state governor and the President. All National Guard units would now be organized according to the standards of regular Army units.

The law also provided for the creation of an Officers' and an Enlisted Reserve Corps and formally established the Reserve Officer Training Corps to train and prepare high school and college students for Army service. High schools were authorized the loan of federal military equipment and the assignment of active duty military personnel to serve as instructors. This legislation also authorized the states to organize State Defense Forces when the National Guard was mobilized.

The National Defense Act of 1916 was signed into law on June 3rd and it helped to strengthen and modernize the National Guard. Less than a year later, the United States declared war on Germany.

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.

SOLDIERS LEADERS
CIVILIANS FAMILIES

Take 5
before going to the beach!

Save that Skin

- Wear sunglasses with total UV protection
- Wear wide-brimmed hats, long-sleeved shirts and pants
- Avoid direct exposure as much as possible during peak UV radiation hours
- Apply sunscreen properly

SAFE Summer

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A SISTERS

CONNECTICUT NATIONAL GUARD SAFETY FIRST

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Army National Guard
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Training Guidance for FY17 Released

LT. COL. KIM ROLSTONE
STATE TRAINING OFFICER

Gen. Robert B. Abrams, the Commander of United States Army Forces Command signed the FORSCOM Command Training Guidance for Fiscal Year 2017, June 16. This document is one of the key narratives that prescribes training requirements and provides focus for our training efforts.

Gen. Abrams writes, "FORSCOM trains and prepares a combat ready, globally responsive total force that is well led, disciplined, trained, and expeditionary. This guidance ensures that we maximize training to remain the world's premier combat force."

There is one significant change to evaluating and assessing our training readiness: In FY2017, the Army transitions to new metrics to measure training readiness: termed Objective-T. Under Objective-T the externally evaluated/assessed training events will be measured by clearly defined objectively measurable metrics. The adjustment to measuring training levels is the result of years of overstated/inflated readiness assessments by commanders across the force and a lack of objective task evaluation criteria. This results in overconfidence in task proficiency, and false impressions of unit capabilities.

Additionally, many leaders don't understand Unit Training Management. This is caused by years of ARFORGEN driven training processes, the shift in Training Doctrine with no real UTM doctrine, and lastly, that Training and Evaluation Outlines are not routinely used across the force. Not using T&EOs for training events creates the impression that attending a training event equates to being, "trained."

The FORSCOM Command Training Guidance provides more key explanation as to why **Readiness** is the number one priority of Gen. Mark A. Milley, Chief of Staff, Army.

The CTG cites: "Maximizing unit readiness remains the number one priority in FORSCOM. Our Army has a single benchmark for readiness as stated by the Chief of Staff, Army (CSA), in his 20 January 2016 Army Readiness Guidance as, "the ability to conduct decisive action (DA) in support of Unified Land Operations (ULO) to deter, deny, compel and/or defeat the threat of hybrid warfare posed by nation-states." To meet this benchmark, all four measured areas of readiness are essential. The requirements to train cannot be viewed in a vacuum."

The four areas of readiness are:

Personnel: The current, systemically high levels of non-deployable Soldiers are an unacceptable detriment to our readiness. Commanders must change how we approach the reduction of non-deployable Soldiers.

Supply: The Command Supply Discipline Program: Commanders must prepare their organizations to, "fight tonight," with the supplies and equipment they own. Commanders ensure the readiness of their

supplies and equipment through the CSDP. Commanders manage the distribution and redistribution of authorized equipment, ensuring that supply planning is synchronized with overall unit training planning. Units cannot train or deploy without having the right type and amount of equipment-on-hand.

Maintenance of Equipment: The Command Maintenance Discipline Program: Commanders must prepare their organizations to "fight tonight" with the vehicles, weapons, and other systems they own. Commanders ensure the readiness of their various systems through the CMDP. The overriding principle of CMDP is the Soldier's and units' abilities to maintain their equipment in any environment - including under austere field conditions.

Training: During this year's transition to Objective-T, tough, realistic training remains

the cornerstone of building readiness. Unit Training

Plan must address the resource requirements and provide a single plan for the organization. During execution of the UTP, commanders use their organizational inspection programs and deployment readiness exercises to maintain the necessary oversight of their readiness across all four measured areas.

A final keystone to readiness is Leader Development. Leadership is the most dynamic element of combat power and commanders must leverage every opportunity to develop leaders. Developing leaders contributes fundamentally to the top priority of maximizing unit readiness and provides the foundation for exercising effective mission command.

The G3 Force Training Branch conducts monthly Unit Training Management Working Group meetings to develop training material to train our junior leaders on Unit Training Management. Future Guardian articles will include the basics of Unit Training Management.

Training Circulars for TY17 are Now Available

Contact Your Chain of Command for More Information

Course	Names Submitted	Start Date	Duration (days)	Action Officer
ASIST Class 08	Aug. 11	Sept. 10	2	Ms. Padilla
ACE SI Class 04	Aug. 14	Sept. 13	1	Ms. Macgregor
Army Substance Abuse Prevention (ASAP)	Aug. 15	Sept. 14	1	Ms. Gonzalez
Pre-Command / 1SG Course	Aug. 16	Sept. 16	3	Maj. Jakobson
Digital Training Management System Course	Oct. 1	Oct. 12	1	Sgt. 1st Class Reynolds
Heartsaver AED Certification	Sept. 19	Oct. 19	1	Sgt. 1st Class Stanley
Medical Readiness Training (MEDRED)	Oct. 8	Nov. 8	1	Chief Warrant Officer 3 Richard
Medical Readiness Training (MEDRED)	Oct. 9	Nov. 9	1	Chief Warrant Officer 3 Richard
Medical Readiness Training (MEDRED)	Oct. 15	Nov. 15	1	Chief Warrant Officer 3 Richard
Medical Readiness Training (MEDRED)	Oct. 16	Nov. 16	1	Chief Warrant Officer 3 Richard

Highlighted Course: Pre-Command and First Sergeant's Course: This course is designed to provide current and future company grade leadership with basic information to successfully perform company/detachment command. This course is required for selection of future company commanders and for first sergeants with less than one year of time in current position, or E-8s projected for future assignment to First Sergeant. (Submitted by Maj. Michael Jakobson, G3-FTB, Training Specialist, CTARNG)

Retiree Voice Know Your Financial Advisor

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

In April, the U.S. Department of Labor released new regulations requiring any paid financial advisor to do what is right or in the best interest of their clients.

These new rules will require brokers to abide by a "fiduciary" standard; in other words, putting their clients' best interests before their own.

There are essentially two different types of financial advisors: brokers and investment advisors. Both can sell stocks, bonds, exchange traded funds (ETFs) and mutual funds, but the standards are different.

Brokers are licensed to sell investment products on commission, as well as for a fee, creating a potential conflict of interest when advising their clients on how to invest their money. These brokers must adhere to a suitability standard when selling stocks and bonds. What this simply means is that the investment must be "appropriate" for the investor.

Investment advisors only charge fees. They have a higher fiduciary standard that requires them to consider not only what is suitable, but to also act in the best interest of their client.

The new rules, scheduled to go into effect in several phases starting in April 2017, are expected to reduce the conflict of interest among brokers and how they advise their clients. Under the new rules, brokers would be required to act in their clients' best interest (fiduciary duty) rather than encouraging money moves that may directly benefit the broker and not the client.

How people save for retirement has significantly changed over the past 40 years. Pensions, in many cases, have been replaced by 401(k)s and IRAs, thereby placing more investment decisions on the shoulders of the workers.

IRA rollovers traditionally have been one of the biggest profit makers for brokers. Only a small percentage of 401(k) plans let retirees set up their accounts for monthly withdrawals in retirement. It's been common then for brokers to encourage their clients to roll their 401(k)s into more flexible IRAs. But the potential risk has been that brokers may encourage their clients to invest in products with high risk and expose them to additional fees.

Federal workers have been another group or target for companies looking to convince them to roll their low-

cost Thrift Savings Plan funds into high-fee IRA plans after they retire. It must be stated that not all brokers are out to take advantage of their clients, but the new rules will at least insure that brokers now put their clients' best interests first, before advising them to invest in products that could put their nest eggs in jeopardy.

Some within the financial-services industry are opposed to the new rules, arguing that it will be too costly and less profitable to provide advice to lower income investors. The U.S. Chamber of Commerce is threatening to challenge the rules changes in court, and there is legislation pending in Congress to block the new rules.

Assuming the new rules remain in effect, 401(k) savers likely won't notice too much difference under these new rules, since a large number of 401(k) plans already have a fiduciary duty to their clients. The rule changes are largely aimed at protecting 401(k) savers when they prepare to leave their employers and roll over their nest egg into an IRA.

When it comes to financial planning, be sure to consult a professional, do your own research and be careful with how you invest your money.

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\$113 VALUE

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WANTS YOU

TO AUDITION!

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

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

All other band instruments will also be considered!
Get the chance to perform at Community and Guard events, honor ceremonies, concerts, sporting events and much more!

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

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

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

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

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



Veterans Services and Where to Find Them

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

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

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

Health Care

VA's health care offers a variety of services,

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

Benefits & Services

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

Burial and Memorials

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

Veterans Benefits Fact Sheets

<http://www.vba.va.gov/VBA/benefits/factsheets/#BM1>

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Villamana, Matthew J.
 Britoespinosa, Elizabeth
 Perez, Orlando J.
 Gibsonmarquardt, Gregory
 Kiley, Joseph A.
 Clayton, William S.
 Hernandez, Daniel J.
 Lewis, Rakeem A.
 Roy, Evan B.
 Hawkins, Samantha L.
 Martinezavarez, Ronny
 Acuna, Escobar K.
 Cabral, Nicholas A.

Murphy, Joshua J.
 Roldan, Daniel
 Ruscoe, Zachary A.
 Sterling, Jayson J.
 Fillmore, Sadesia M.
 Johnson, Quhaanna K. Jr.
 Smith, Todd W.
 Walker, Zaria D.
 Albero, Kendell D.
 Peck, Alan T.
 Lugodeltoro, Abner X.
 Griffith, Kelsey H.

To Specialist

Inglis, Stefan M.
 Irizarry, Eric R.
 Trvisanomathieu, Kosta B.
 Min, Dong H.
 Lafleur, Ethan A.
 Mathieu, Connor M.
 Hood, Nicholas M.
 Karch, Aaron M.
 Burrell, Wayne C.

Jacques, Valerie L.
 Williams, Courtney A.
 Henry, Charles U.
 Lemay, Andrew J.
 Mayes, Noah J.
 Taverney, Nicholas W.
 Jackson, Andre R. Jr.
 Lemon, Jamie E.
 Johnson, Tyler R.
 Beckford, Devar L.
 Dukette, Kory M.
 Thompson, Stephan R.
 Reid, Rashaun T.
 Lea, Michael L.
 Bushey, Brandon J.
 Leblanc, Nicholas F.

To Sergeant

Alessi, Christopher M.
 Morgera, William M.
 Herreravega, Jamie
 Beebe, Michael A.
 Muhl, William K.

Schumacher, Alex M.
 Bradley, Kenneth D. Jr.
 Rios, Isaiah
 Robichaux, Melissa A.
 Sperduto, Mark A.
 Roys, Katrina M.
 Amarillo, Michael J.
 Morande, Jeffrey S.

To Staff Sergeant

Walz, Gissel A.

To Sergeant First Class

Husted, Robert A.
 Wojtowicz, Rafal

To 1st Lieutenant

Morande, Jeffrey S.
 Preto, James F.

To Private First Class

Laudat, Jamus
 Jones, Roshane C.
 Casiano, Jesus Jr.
 Andrychowski, Samuel
 Timmons, Ashley N.
 Rattray, Nina S.

AIR

To Senior Airman

Dibacco, Angelina E.
 Theroux, Evan P.
 Batchelor, Iran Jr.
 Conley, Johnathan J.
 Dellapenna, Ryan M.

To Staff Sergeant

Platt, Dylan M.
 Bouchard, Jordan T.

To Technical Sergeant

Munsell, Keith R.

Congratulations to All!



Promotions as of July 1, 2016

Coming Events & Holidays

July

July 4

Independence Day

July 12

August Guardian Deadline

August

August 4

NGACT Army & Air Retiree Picnic

August 7

Purple Heart Day

August 9

September Guardian Deadline

August 19

National Aviation Day

August 26

Women's Equality Day

September

September 2

NGACT Golf Tournament

September 5

Labor Day

September 7

October Guardian Deadline

September 11

Patriot Day

September 16

POW/MIA Recognition Day

September 18

Air Force Birthday

Deadline for the September Issue of the Guardian is August 9.

Deadline for the October Issue of the Guardian is September 7, 2016.



ANNUAL NGACT OPEN



Friday
September 2, 2016
LOCATION:
Hawk's Landing
Country Club
Southington
TIME:
9 a.m. Shotgun Start
Cost:
\$125 per person
FORMAT:
Four (4) Person
Scramble

All proceeds to benefit
 NGACT Scholarship Fund,
 Connecticut Children's Medical Center
 and
 Friends of Fisher House Connecticut

Tournament Day Schedule

7:30 - 8:30 a.m.: Registration, Coffee, Pastries
 8:45 - 9:00 a.m.: Opening & Memorial Ceremony
 9:00 a.m.: Shotgun Start
 3:00 p.m.: Dinner & Awards

Tournament Includes:

Coffee & Pastry before start
 Driving Range before start
 18 holes with cart
 Lunch & Dinner
 Awards, Prizes
 Hole in One Contest
 Men's & Ladies' Closet to the Pin Contest
 Men's & Ladies' Long Drive Contest
 Hole Sponsorships Available
 Best Unit Award (Guidon Mandatory - Only ONE Guidon per Foursome)

Tournament is limited to 140 golfers on a first-come-first-served basis

For questions or more information contact:

MAJ Giancarlo D'Angelo (203) 524-4296
 giancarlo.m.dangelo.mil@mail.mil

CPT Ulrick Brice (860) 613-7498
 ulrick.g.brice.mil@mail.mil

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 (Make checks payable to NGACT)

Name	Address & Phone Number	Email Address
1.		
2.		
3.		
4.		



Connecticut FAMILY Guardian



VOL. 17 NO. 8

HARTFORD, CONNECTICUT

AUGUST 2016

CTNG Teens Practice their Resilience Skills at Regional Training

MICHELLE McCARTY
LEAD CHILD & YOUTH COORDINATOR
CTNG SERVICE MEMBER AND FAMILY SUPPORT CENTER

Members of the Connecticut National Guard Youth Council joined members from the Rhode Island and Massachusetts National Guard Youth Councils for regional training at the U.S. Coast Guard Base, Boston, Massachusetts, June 22.

During the day-long training course, ten teens from each state participated in the Master Resilience Training for youths. The MRT youth course is a developmentally-appropriate adaptation of resilience and performance training for adults, tailored for an adolescent audience. The training targets teens in grades 7-12 and provides skills to strengthen personal readiness and resilience – at school, in sports and in life.

The teens worked in groups to explore their character strengths and weaknesses, focusing on their signature strengths and how to draw upon them while working with others in different situations. They also learned about the potential for a shadow side to their strengths, and how they can work to



Ten Connecticut National Guard teen members of the CTNG Youth Council joined teens from Massachusetts and Rhode Island for regional training at the U.S. Coast Guard Base, Boston, Massachusetts, June 22. The teens partook in Master Resilience Training for Youths, exploring the strengths and weaknesses of their personalities and learning skills to cope with the weaknesses in day-to-day life. (Photo courtesy of Michelle McCarty, Lead Child & Youth Coordinator, CTNG Service Member and Family Support Center)



The teens put their learned resilience skills to the test in a local “escape room,” where they worked as a team to get out of a locked room. The team was successful and were able to exit the room within the allotted time. (Photo courtesy of Michelle McCarty, Lead Child & Youth Coordinator, CTNG Service Member and Family Support Center)

control it in social situations.

Putting their learned skills to the test, the teens participated in an escape room exercise where a group gets “locked” in a room and they need to work together to find different clues to get out of this room within an hour. Every group successfully completed the escape within the time allotted.

Following the formal portion of the training, the teens took in the culture of Boston with a trip to Faneuil Hall and Quincy Market.

If you have an outstanding military youth ages 11 and older

that would love to participate in the Connecticut Youth Council (CYC), please contact Michelle McCarty, Lead Child & Youth Program Coordinator at 860-548-3254 or michelle.m.mccarty4.ctr@mail.mil.

SAVE THE DATE
Fourth Annual State Youth Training
“The Road to Resilience!”
Military dependents Age 11-17
August 22-25 (overnight)
Education trip to NYC August 24
Registration Fee \$25
Register by August 15

Register at
<https://youth-training-2016.eventbrite.com>
Password: STY16



CATHERINE
GALASSO-VIGORITO

Tell Your Heart to Beat Again

“The Lord heals the brokenhearted and binds up their wounds.” (Psalm 147:3)

One afternoon, over coffee in my home, a friend of mine told me a story that I’ve long remembered.

I listened in amazement to her words echoing around the room. My friend

explained to me about a pastor and a member of the pastor’s congregation who was a cardiac surgeon. After a Sunday service, the pastor saw the surgeon outside the church. The pastor walked up to the surgeon. He shook the surgeon’s hand and then he said to him, “Someday, I’d like to come to the hospital and watch you perform surgery.”

The cardiac surgeon nodded his head and uttered, “Okay.” Weeks passed. And the day arrived where the pastor would witness an open heart surgery.

He went to the hospital at the set time, and a nurse escorted him to the corner of the operating room. As the procedure began, the pastor sat silently, but interestedly. Intently, he watched as the surgeon started the operation. The patient’s heart was open and before long, the surgery was performed and successfully completed. Yet, during the open-heart surgery, the patient’s heart stopped.

The pastor was completely numb with shock. Following several attempts to get the heart going again, the patient’s heart would not beat on its own. The surgeon repeated his efforts. But nothing happened.

So, softly, the surgeon leaned over the patient. And he whispered in her ear, “This is your doctor. Your surgery was successful.” There was a hush in the room, as quietly, slowly, the surgeon continued, “Now tell your heart to beat again.”

Right after the surgeon uttered those words, the patient’s heart began to beat.

The patient’s heart indeed beat again.

To anyone who has had a wounded or broken heart, God is gently whispering to you today: “Beat again...”

- Have you been hurt? Tell your heart to: Beat again.
- Did someone steal from you? Tell your heart to: Beat again.
- Are you fearful? Tell your heart to: Beat again.
- Did you experience a setback? Tell your heart to: Beat again.
- Do you have to start over? Tell your heart to: Beat again.

Remember, God is close to the brokenhearted. And right now, He is close to you. Scripture states: “For I am the Lord your God who takes hold of your right hand and says to you, do not fear; I will help you.” (Isaiah 41:13). “The Lord is your strength and your shield ...” (Psalm 28:7) And, “...nothing shall by any means hurt you.” (Luke 10:19). So, “Be still and know...” (Psalm 46:10) for, “God is with you always...” (Matthew 28:20).

Hence, whatever you may be confronting, regardless of what situations have come and have tried to break your spirit, you can regain your life and be happy again. Don’t live hurt or wounded. Stop thinking about the ‘should haves,’ ‘could haves’ and what ‘might have been.’ Release the disappointments. Let go of what didn’t work out. And with sincere earnestness, reach forth to what ‘can be’ and ‘will be.’ Keep in mind that the situation that you have faced, or will face, has not canceled out God’s wonderful plan for your future. Although terribly difficult, something constructive can be born out of adversity. Who you’ve become in the process of living your life is of the utmost importance. The character you have acquired, the lessons you’ve learned, the people you have positively influenced and the heart of compassion you gained, you’ll carry with you for a lifetime. So continue to hold yourself to the highest standard. Be good to people. Always do what is right, take the high road and walk upright. And live with a commitment to excellence. God has seen every injustice. He will repair

your broken heart, and rest assured He will “restore double to you.” (Zechariah 9:12). For soon God is going launch to you into something far greater. You’ll have joy. You will have peace. You will have strength. And you’ll have victory.

At my daughter’s dance studio, the end of the year recital is held on a Saturday evening and also on a Sunday afternoon. There are two dance performances. Therefore, if a mistake is made on the first day, the students have a second chance. Likewise, let today be your second chance. It’s a time of hope and healing. There is a new beginning coming your way. So allow your heart to ‘beat again.’ Focus on the wonderful things that are going to happen for you. Visualize new dreams and goals coming to pass, and expect positive results. Push all the negativity out of your mind, and refuse to be pulled down any longer by the adverse circumstances of the past. As the perennial flowers in our gardens rise up each spring and start fresh and new, you too can arise and begin again. Laugh again. Love again. Dream again. Make plans again.

A favorite prayer of mine is St. Teresa of Avila’s “Bookmark” that says:

- Let nothing disturb you,
- Let nothing frighten you,
- All things are passing;
- God only is changeless.
- Patience gains all things.
- Who has God wants nothing.
- God alone suffices.

In my own life, there have been countless times I thought my heart had stopped beating due to pain, sorrow, and unrelenting challenges. But today, I say, “Thank you, God, for letting my heart beat again.”

For God is waiting for you to tell your own heart to “Beat again.” Then, go forward. The pain of the past is over. Put it behind you and think of the future. Be expecting your life to be touched and changed by God’s grace. You have a new beginning and a wonderful new life 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

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

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

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

Vacation First Class Using Military Lodging

SUBMITTED BY CHRISTOPHER ROULEAU
MILITARY ONE SOURCE

You've worked hard. Why not take advantage of one of your military benefits? Military families are eligible to use military lodging around the world, ranging from cottages on the beach to world-class resorts or recreational lodging facilities. Destinations include:

- Popular resort towns
- Big cities
- Oceanfront getaways
- Mountain top retreats
- Overseas locales

There are many options available to eligible service members and their families.

You are ready for a family vacation but not sure where to go or how much it will cost. You may have more options than you realize — and you could save a little money — by choosing military lodging at destinations around the world.

Where can I go?

No matter where the military sends you, there is always something new to discover. A military lodging facility can help you vacation in style and save you a little cash for those family favorite souvenirs. The toughest part of planning a vacation is deciding where to go. If you want some inspiration, here's just a sampling of what you can find around the world:

Eastern United States

- Shades of Green Resort, located at Disney World in Orlando and operated by the Army, offers all the perks of a Disney resort. Purchase your Disney tickets, and

then book your Shades of Green room by calling 888-593-2242.

- Fort Fisher Air Force Recreation Area near Cape Fear, North Carolina, offers beach cottages and a lodge. Call 910-458-6549 for more details.
- The Coast Guard maintains coastal cabins across the country. Enjoy a summer stay on Cape Cod or one of the many other options. Cabins are available to all active-duty service members, their families, reservists and retirees.

Get more information from the Coast Guard Recreational Lodging website.

Western United States

- Seward Resort in Alaska is open year-round to military families. Call 800-770-1858 to make a reservation.
- The Marine Corps' Big Bear Recreation Facility is near ski resorts in Big Bear, California. In the off-season, it offers mountain biking, hiking and fishing. Call 858-577-4126 for details.
- Waikiki Beach is home to the Hale Koa Hotel, operated by the Army. Reservations may be made up to a year in advance. Be sure to book early because it fills up fast. Call 800-367-6027.
- Kilauea Military Camp is a joint services recreation center in the Hawaii Volcanoes National Park. It offers mountain cottages and scenic tours. Call 808-967-7315.

Central United States

- The Army's Lake of the Ozarks Recreation Area in Missouri features lakefront cabins and motel rooms with boat and Jet Ski rentals.

Call 573-346-5640 to reserve your space.

Europe

- Edelweiss Lodge and Resort is an armed forces recreation center in Germany with hotel rooms and cabins. Call 011-49-8821-9440 from the United States to book your getaway.

Asia

- In Japan, the Okinawa Okuma Joint Services Recreation Center offers log cabins, hotel rooms, campgrounds and a number of activities.
- The Dragon Hill Lodge is a first-class hotel in Seoul, South Korea, with resort amenities and shopping nearby. Visit Dragon Hill Lodge for more information.
- The New Sanno Hotel is a joint services facility operated by the Navy in the heart of Tokyo. Visit New Sanno Hotel for more details.

Who is eligible?

- Active-duty service members
- Military family members
- Military retirees
- National Guard and reserve members
- Department of Defense civilians

What do I need to know?

- Some military lodging properties fill up fast, so do your research and make reservations as early as you can. Reservation requirements vary by facility and duty status.
 - Some military lodging facilities give priority to active-duty military members on orders, but not to leisure travelers. Rules vary by service branch and lodging facility.
 - Pet policies may vary. If you plan to travel with your pets, make sure furry, four-legged guests are welcome before you book your stay.
 - Mailing addresses are sometimes listed on military lodging websites or brochures. Request a GPS-friendly address when you make your reservation to avoid circling the block a few times before reaching your destination.
- ### How do I plan my getaway?
- Do your research first. Make sure your destination is available.
 - Visit these websites: Army Morale, Welfare and Recreation, Marine Corps Community Services, Navy Gateway Inns and Suites or Air Force Services.
 - Book as early as you can — especially if you want to vacation during peak travel times — to make sure popular destinations have openings. Keep in mind some facilities prioritize reservations by branch of service, duty station or status.

Before you pack that beach ball or snow gear, remember eligibility and reservation requirements vary from one facility to the next. Call Military OneSource at 800-342-9647 for more travel inspiration or to learn more about your destination of choice. You can also use your Morale, Welfare and Recreation and installation resources to plan your getaway. After that, all you have left to do is pack and enjoy your stay.

CONNECTICUT NATIONAL GUARD		Family Assistance Center Locations	
William A. O'Neill Armory 360 Broad St. RM 112 Hartford, CT 06105 Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795 Child and Youth Program (860) 548-3254 Yellow Ribbon Reintegration Program (860) 493-2796 Military OneSource (800) 342-9647 (860) 502-5416 Survivor Outreach Services (860) 548-3258 Open Mon.-Fri. Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri. Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.			New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri. 103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (800) 858-2677 Open Tues.-Fri. 103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment* Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (800) 858-2677 *By Appointment* Norwich Armory 38 Stott Ave. Norwich, CT 06360 (800) 858-2677 *Wednesday or By Appointment* Waterbury Armory 64 Field St. Waterbury, CT 06702 (800) 858-2677 *By Appointment*
Family Assistance Centers are an information and referral hub for all Branches of Service Our Programs Include: Budget Counseling Community Support Options Financial Assistance and Relief Family Communication Counseling Referrals Morale, Welfare and Recreation (MWR) Legal and Pay Information Outreach Family Readiness Groups (FRG) TRICARE Assistance Volunteer Opportunities DEERS & ID Card Assistance Support is available 24/7 by calling (800) 858-2677 *Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.			

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)

SUMMER: MISSING LETTERS

Each word is missing one of more letters. Finish each word by writing the letter on the line.

- | | |
|--------------------|---------------|
| 1. CAMP__NG | 10. SAN__ALS |
| 2. FLOW__RS | 11. __IKING |
| 3. MOSQ__ITO | 12. SWI__MING |
| 4. GARD__NING | 13. GRAS__ |
| 5. ROLL__R S__ATES | |
| 6. VEG__TABLES | |
| 7. PORC__ | |
| 8. BARBE__UE | |
| 9. CO__TAGE | |



- Answers**
- | | | | | |
|---------------|--------------|-------------|--------------|------------------|
| 1. Camping | 2. Flowers | 3. Mosquito | 4. Gardening | 5. Roller Skates |
| 6. Vegetables | 7. Porch | 8. Barbecue | 9. Cottage | 10. Sandals |
| 11. Hiking | 12. Swimming | 13. Grass | | |

SUMMER OLYMPIC SPORTSWORD SEARCH

See how many sports from the Summer Olympics 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.



- | | | |
|-----------|-------------|------------|
| Archery | Fencing | Sailing |
| Badminton | Gymnastics | Swimming |
| Boxing | Judo | Volleyball |
| Cycling | Paralympics | Wrestling |
| Diving | Rowing | |



Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 Fax: (860)493-2795</i>		<i>Open Monday-Friday</i>	
Director, Service Member and Family Support Center	Kimberly Hoffman	kinberly.jhoffman.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyerne.c.baber@mail.mil	(860) 548-3276 (desk) (860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.s.reed.ctr@mail.mil	(860) 524-4938 (desk) (860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	lenita.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 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 John Cummings	john.t.cummings@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.oshaughnessy.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@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	Sean Brittell	sean.r.brittell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut 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</i>		<i>Open Monday-Friday</i>	
Family Assistance Center Specialist	Joshua Hamre	josua.j.hamre.ctr@mail.mil	(860) 292-4602 (desk) (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 292-4601 (desk) (860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810</i>		<i>Open Monday-Friday</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</i>		<i>Open Monday-Friday</i>	
Family Assistance Center Specialist	Vanessa Foster	varnessa.n.foster.ctr@mail.mil	(860) 772-1422 (desk) (860) 883-2720 (cell)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026</i>		<i>Open Tuesday-Friday</i>	
Airman and Family Readiness Program Manager	Currently Vacant		
Family Assistance Center Specialist	Joshua Hamre	josua.j.hamre.ctr@mail.mil	(860) 292-2730 (desk) (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 292-2730 (desk) (860) 922-2746 (cell)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 (800) 858-2677</i>		<i>Open By Appointment</i>	
Family Assistance Center Specialist	Timothy Hesney	timothy.j.hesney.ctr@mail.mil	(860) 221-5540 (cell)
<i>103rd Air Control Squadron: 206 Boston Post Road, Orange, CT 06477 (800) 858-2677</i>		<i>Open By Appointment</i>	