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169th Regional Training Institute, Subordinate Units, Earn 'Institute of Excellence' Ratings from TRADOC

SGT. 1ST CLASS DEBBI NEWTON
STATE PUBLIC AFFAIRS NCO

After a year of preparation and inspections, the 169th Regiment, Regional Training Institute has been awarded a certificate of accreditation as an "Institute of Excellence" by the United States Army Training and Doctrine Command (TRADOC). In addition, subordinate units 1st Battalion Officer Candidate School and 3rd Battalion Military Police School were designated as "Institutes of Excellence."

TRADOC also looked at the Warrant Officer School offered by 1st Battalion and the 2nd Battalion Modular Training, which hosts the 68W Health Care Specialist Transition Course as part of the overall accreditation assessment process and found both schools to have met or exceeded all established standards.

"Our instructors are top notch," said RTI commander Col. Gerald Lukowski. "We have the best NCO corps at the Regiment. We are actively trying to gain more courses."

Lukowski assumed command of the RTI in September from Col. John Whitford who had seen the RTI through the preparation and inspections leading up to the accreditations and highest recognitions given by TRADOC. Whitford assumed command in July 2012.

"John and his team did a great job," said Lukowski. "With what they have done and the new building being on-line, there is nothing stopping us."

Lukowski also credited the Connecticut Training Center (CTC) with the success of the RTI.

"We own the building one weekend per month, but they own it the rest of the month. The CTC is a big part of the RTI. They totally operate the dining facility. They keep everything clean and in working order. Something to needs to fixed, we call and they come take care of it."

The new facility Lukowski speaks of is a state-of-the-art facility that house all classrooms, the dining facility, student billeting, a fitness center, a computer lab, supply,

administrative functions, even a medical treatment site. All the student rooms are internet accessible.

"We never have to step outdoors during our day-to-day operations," said Lukowski.

In fact, the building did play a big part in the "Institution of Excellence" status being conferred on the RTI. Comments in the final reports noted that the facility "provided for maximum use of limited training time."

Lukowski also mentioned that the location of the

and uses collection, analysis and triangulation of data obtained from multiple sources by numerous evaluators representing Headquarters TRADOC Quality Assurance Office/Elements (QAO/E) and proponent QAO/E. To do this they use such things as the institute's self-assessment reports, on-site observations, key person interviews, instructor and staff focus groups/interviews, written questionnaires and surveys, and reviews of documents and organizational records. They look at all

areas of the school to include mission and functions; instructional equipment; personnel training, certifications and knowledge; use of guest instructors; operational environment; training resource management; quality control; test control; safety; doctrine and facilities and environment.

The RTI and OCS and Military Police battalions now have three years to prepare for their next accreditation.

This does not mean, though, that the staff can rest on their laurels for the next three years.

"We need to keep working on our strategic planning," said Lukowski. "We must never remain happy with the way things are. We need to constantly look to the future."

While the RTI is mostly self-sufficient, there are things the regiment does not have, such as dedicated judge advocate general (JAG), chaplain or information technology (IT) support, but, Lukowski said, there are enough staff members with some of those backgrounds that can fill in and take care of things.

He would also like to see a forward support company in the regiment. Right now the regiment pulls in adjunct staff on as as needed basis, but it would be better for command and control to have a dedicated company that can be OPFOR one day, bus drivers another and food service another.



68W Health Care Specialist Transition Course is only one of the many courses offered through the 169th RTI that enabled the Connecticut National Guard asset to be named an Institution of Excellence, the highest accreditation level afforded by TRADOC. (Photo courtesy 2nd Battalion Modular Training, 169th Regional Training Institute)

Stone's Ranch Military Reservation and the Coast Guard Academy, where students participate in water survival training in the Academy pool, make for a training synergy that is second to none.

"We are able to offer whatever is required," he said.

What does TRADOC look for when accrediting a military school? The TRADOC accreditation team conducts several visits throughout the accreditation year

More on the RTI & Subordinate Units, Pages 5-7

Chairman's Corner: Trust Transcends Gender

ARMY GEN. MARTIN E. DEMPSEY
CHAIRMAN OF THE JOINT CHIEFS OF STAFF

WASHINGTON, Jan. 29, 2014 - In the days following September 11, 2001, women and men took to the seas, to the skies and to the sands in defense of our country.

It's worth noting that women served in combat zones in Afghanistan and Iraq because they were needed.

They shared a common commitment to their nation with their male counterparts in squadrons, ships and squads. Today, and every other day, women and men, sons and daughters, mothers and fathers faithfully serve our nation at home and abroad.

We celebrate their contributions. They make the United States military the dominant military force on the planet.

Victor Hugo once wrote, "There is one thing stronger than all the armies in the world and that is an idea whose time has come."

One year ago this month (January 2013), we repealed the combat exclusion on women in the military. We formally recognized reality that women serve courageously in combat zones whenever or wherever their nation calls. By this act, we codified our commitment to offer everyone in uniform equal professional opportunities to serve the nation.

We continue to work to make this a reality throughout the force. We're reviewing standards, not to artificially lower them but to ensure we have them right. We're educating leaders.

As our sacred responsibility, we are committed to improving the readiness of the force while also increasing opportunities for our women in uniform. These two goals are complementary, not contradictory.

When in contact with the enemy, the individual Soldier, Sailor, Airman or Marine doesn't consider whether their comrade in arms is a man or woman. They care about whether they can do their job. There is a simple explanation for this: trust transcends gender.

The service of our women and men in uniform is worthy of recognition today and every day.



ARMY GEN. MARTIN E. DEMPSEY
CHAIRMAN OF THE JOINT CHIEFS OF STAFF

Connecticut Army National Guard

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Connecticut Guardian

360 Broad Street, Hartford, CT 06105-3795
Phone: (860) 524-4911, DSN: 636-7857
FAX: (860) 524-4902

E-Mail: debra.i.newton.mil@mail.mil

(Front Page American Flag photo by Buddy Altobello)

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State Public Affairs Officer
Connecticut Guardian Managing Editor
Col. John T. Wiltse

Connecticut Guardian Editor
Sgt. 1st Class Debbi Newton

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

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242d Engineer Detachment Deploys for First Time

COL. JOHN T. WILTSE
STATE PUBLIC AFFAIRS OFFICER

The holiday reprieve from deployments for the Connecticut Army National Guard was short-lived.

The 242nd Engineer Detachment (Construction Management Team) is the first Connecticut Army National Guard to deploy in Fiscal Year 2014. The nine-member unit, led by Col. John R. Whitford and Sgt. Major David Moorehead, just departed Connecticut to report to their mobilization station at Fort Bliss, Texas at the time of publication.

The 143d Combat Sustainment Support Battalion arrived home prior to Christmas after a nine-month deployment to Kuwait, ending the Connecticut Army National Guard's historic period of continuous deployments since March 2003. The Connecticut Air National Guard currently has 12 individual Airmen from the 103d Airlift Wing and the 103d Air Control Squadron forward deployed supporting missions in southwest Asia.

The 242nd's broad mission capabilities of planning, managing and assessing engineer projects will take the unit to eastern Afghanistan. They will serve as a Corps

level asset working as part of Joint Task Force Sapper under the initial command of the 130th Engineer Brigade, a modular, active Army engineer command based out of Fort Schofield Barracks Hawaii.

As part of Task Force Sapper the 242nd will support the extensive effort to deconstruct and consolidate coalition operating bases to coincide with the drawdown of combat forces scheduled for the end of the year. The unit may also work with and train Afghan Army engineers to assume the responsibilities of managing and completing infrastructure improvement projects that are already underway.

The nine-member detachment received its federal recognition in September 2011 and consists of Soldiers in the ranks of specialist to colonel. The unit members are qualified in a variety of specialized positions including technical engineer specialist, horizontal construction sergeant, construction operations sergeant and public works construction management officer.

Although a relatively "young" unit, Whitford is confident that his Soldiers' diverse military and civilian work experiences will meet the demands of this unique mission.

"What impressed me the most about this unit when I took command in December was the expertise of each and every Soldier — how close they are and the unit cohesion," he said. "This is a tight knit group and they bring to the table many years of technical engineer experience."

Six of the nine assigned Soldiers are original unit members including Moorehead, the operations senior noncommissioned officer.

The 242nd Engineer Detachment carries the lineage and honors of the Connecticut Army National Guard's former 242nd Engineer Battalion which was originally constituted as a coastal artillery corps unit in Bridgeport in 1922.

For Whitford, the Connecticut National Guard's longtime director of communications at Joint Force Headquarters, this is his first opportunity to deploy overseas.

"The deployment means a lot to me. The unit is made up of a fine group of guys who are technically and tactically proficient," he remarked. "It will be great to carry on a part of the 242nd legacy and work alongside our active duty engineer counterparts."



Members of the 242nd Engineer Detachment (Construction Management Team) train for their deployment to eastern Afghanistan where they will serve as a Corps level asset working as part of Joint Task Force Sapper under the initial command of the 130th Engineer Brigade, a modular, active Army engineer command based out of Fort Schofield Barracks Hawaii. (Photos courtesy Sgt. Maj. David Moorehead, 242nd Engineer Detachment - CMT)



Deploying Trio Ready to Make a Difference

MAJ. BRYON M. TURNER
103RD AIRLIFT WING, PUBLIC AFFAIRS

BRADLEY AIR NATIONAL GUARD BASE - East Granby, Conn. – Three members of the 103rd Force Support Squadron said farewell to their loved ones and boarded an aircraft bound for a deployed location in Southwest Asia on Jan. 23, 2014.

The trio will focus on programs that will maintain and improve the quality of life for other deployed Airmen there. Staff Sgt. Vitaliy Gorbachyk will serve as a recreation manager while deployed and is eager to put his training to work and contribute as needed.

“This will be a learning experience and we will put all the skills we learned on base here to work in the real world,” said Gorbachyk. “And I’ll be looking for more opportunities to help, too.”

Senior Airman Vanessa Hernandez, who grudgingly admits she will miss some of the comforts of home, expressed her eagerness to be a part of the effort to make the deployed base a better place while serving as a lodging specialist there.

Master Sgt. Chris Jones, now embarking on his fifth deployment, will serve as the fitness manager there, playing a significant role in the health and readiness of those at the deployed location.

“This is an exciting opportunity,” said Jones. “I also can’t wait to get away from all the snow!”

Deployments, both big and small, require support from the home station as well. Senior Master Sgt. Melissa Kelly, who serves as the unit’s superintendent and unit deployment manager, is one of the Airmen at home that help the deployers get out the door.

“I couldn’t be happier for them! They are going to have an incredible experience, one they will never forget,” said Kelly. “They are some of our hardest working Airmen and will be greatly missed.”



Maj. Douglas Scheirey, commander of the 103rd Force Support Squadron, shakes hands with Staff Sgt. Vitaliy Gorbachyk as he prepares to deploy to Southwest Asia with two fellow Airmen from the Bradley Air National Guard Base, East Granby, Conn. on Jan. 23. (Photo by Maj. Bryon M. Turner, 103 AW Public Affairs)



Master Sgt. Chris Jones, Senior Airman Vanessa Hernandez, and Staff Sgt. Vitaliy Gorbachyk, three Airmen from the 103rd Force Support Squadron at Bradley Air National Guard Base, East Granby, Conn., said farewell to their loved ones and boarded an aircraft bound for a deployed location in Southwest Asia on Jan. 23. (Photo by Maj. Bryon M. Turner, 103 AW Public Affairs)

OCS Realignment to Expand Leadership Experience at 169th RTI

COL. JOHN T. WILTSE
STATE PAO

If you are looking to be prepared to serve as a successful platoon leader in today's Army National Guard then enroll in the Officer Candidate (OCS) Program at the Connecticut Army National Guard's (CTARNG) 169th Regiment Regional Training Institute (RTI).

That is the message from the commander of the 1st Battalion (OCS), 169th RTI, Lt. Col. Mike Dodson, as he and his staff prepare to train the largest number of officer candidates (OCs) in a decade in Connecticut during phase one of the three-phased program that starts this July.

As a result of a regional realignment of OCS companies assigned to individual states, the Pennsylvania OCS program now falls under the 1st Battalion's oversight along with the other Region A states of New Jersey, New York, Rhode Island, Massachusetts, Vermont, New Hampshire and Maine.

The traditional, three-phased National Guard OCS program is 14 months long and includes two, two-week consolidated annual training periods at the beginning and end of the program (phases one and three) plus 10 months of IDT training conducted in each individual state (phase two).

The 169th RTI is projecting more than 200 candidates to enroll in the 2014-2015 Region A OCS class. Pennsylvania alone expects to bring more than 60 candidates this year to the consolidated phase one that focuses on refining basic soldier skills while assessing the OCs' abilities to lead platoon and company-size elements. Last year 1st Battalion began OCS phase one with 100 OCs and had 78 successfully complete it.

The OCS battalion commander sees this year's doubling in size of the program as a significant training benefit.

"A 200-person company is a lot to handle," said Dodson. "It will stress their ability to delegate all the way down the chain. Learning how to communicate effectively with subordinates and distribute essential information is critical. This is going to take a very challenging program and make it that more challenging."

Dodson was quick to emphasize that although the larger class size will be a challenge for his staff there will be no relaxing of the stringent leadership evaluation standards that helped the 1st Battalion recently earn an "Institution of Excellence" designation from the U.S. Army Training and Doctrine Command (TRADOC) based on an accreditation inspection.

During phase one OCs are rotated in and out of leadership positions every 24 hours and receive in depth leadership evaluation reports from their platoon training officers (PTOs). Although the TRADOC standard is to have a ratio of one PTO to 15 OCs during training, Dodson expects to have sufficient PTOs from the region's states to support a 1:10 ratio.

"The main focus of phase one is to determine whether

Officer Candidates prepare to head out to the field during phase one of Officer Candidate School at the 169th Regional Training Institute, Camp Niantic, Niantic, Conn. Candidates come from throughout Region A to participate in phase one. (Photo by Ms. Allison Joanis, State Public Affairs Office)



the candidates have the *potential* to become a commissioned officer," he said. "The whole purpose of our PTO staff is to develop the candidates – provide that close mentoring and evaluation."

Dodson, points to phase two of the traditional OCS program as the real challenge and most beneficial experience for future Guard officers.

During phase two OCs must plan and organize their upcoming IDT training in detail, to include working together to produce operations orders, briefings and logistical support plans. Leadership positions are held for an entire month putting pressure on each OC to put in the necessary planning time to fully prepare for their upcoming drill while balancing the rest of their personal lives. In short, they experience the real-world pressures of what it is like to be a new Army Guard platoon leader and meeting the work expectations of a company commander.

"Having to coordinate IDT training and requirements during the month with others is one of the hardest things of being a National Guard officer," remarked Dodson who earned his commission through the R.O.T.C. program at Syracuse University. "No other commissioning program or OCS format provides candidates that hands-on experience."

So what does it take to complete and earn your commission through this intensive program?

"Be able to communicate; be able to work with your peers; and be a good follower and ready to help your peers out," said Dodson without hesitation. "You have to be willing to lead – but also to pull your share of the load when not in a leadership position."

The 1st Battalion is accepting applications now for Connecticut's portion of the larger Region A class.

Interested enlisted Soldiers should work with their unit chain of command or Recruiting Command (if assigned to the Recruit Sustainment Program) to submit their application packages as soon as possible. Centralized selection boards will be held at Joint Force Headquarters from now until the start of phase one this summer.

The 1st Battalion cadre operates a pre-phase "zero" in IDT status from April through June to help prepare accepted candidates for the rigors of the program with an emphasis on land navigation training, physical fitness and basic soldier skills.

2014 will mark the 60th year that OCS has been conducted by the CTARNG.

(For more information about OCS or for application assistance, please contact Capt. David Lord, 169th RTI, at (860) 691-4236 or david.m.lord.mil@mail.mil).

OCS Applicant Basic Requirements

1. U.S. Citizenship
2. Completion of Basic Training
3. 90 College Credit Hours (B.A. Degree for Federal OCS)
4. General Technical (GT) Score of 110 or higher
5. Be able to pass a Chapter 2 Physical
6. Pass Army Physical Fitness Test (APFT) and Meet Height/Weight Standards
7. Be able to obtain a Secret Clearance prior to Commissioning
8. Age: be < 42 yrs old at Commissioning; Federal OCS – be < 34 yrs old
9. Demonstrate potential for leadership at higher levels
10. Chain of Command/Board Recommendations

Medical Training Course Breathes New Life Into State's 2nd Battalion, 169th RTI

SGT. 1ST CLASS DEBBI NEWTON
STATE PUBLIC AFFAIRS NCO

For many years the 2nd Battalion of what used to be called the Connecticut Military Academy was known for its Non-commissioned Officer (NCO) school. Connecticut's enlisted Soldiers attended Primary Leadership Development Course, Basic NCO Course and Advanced NCO Course at the Niantic facility.

Then, the Sergeants' Major Academy revamped the NCO Education System, and one by one, the three courses were no longer being taught by the 2nd Battalion, in fact, they no longer existed.

The battalion continued to instruct Small Group Leader Course and other specialty courses.

But what does a schoolhouse do when it no longer has a major course to teach? It goes after, and gets, the 68W Health Care Specialist Transition Course.

What started with only phase one of the MOS (Military Occupational Specialty) course has now grown into instructing all three phases, the 68W Sustainment course, Combat Lifesaver Course and CPR recertifications among others.

What most people may not know, is that the 2nd Battalion is a modular training battalion and not only instructs the medical courses, but also the Army Basic Instructor Course and the Small Group Instructor Training Course.

Staff Sgt. Megan Authier is a registered nurse and the only permanent full-time staff at the battalion, but she said there are 11 permanent M-Day Soldiers that conduct the training for all three phases of the course.

"The 68-whiskey course is two months long with the first phase being instruction that results in the student receiving a National Registry EMT (emergency medical technician) card," she said. "If someone already has

that, they can by-pass phase one and go directly to phase two."

Phases two and three consist of "everything above and beyond" the EMT certification that a Soldier needs to become a health care specialist, said Authier.

The second and third phases teach students combat skills and medications and ends with a culminating 10-day field event that puts everything the Soldiers have learned to the test. In the field, students work on dummy and live "patients" that have been injured by IEDs, pressure plates, weapons fire and motor vehicles. They utilize several training facilities at Stone's Ranch Military Reservation to include Forward Operating Base (FOB) Ranger, two MOUT (Military Operations in Urban Terrain) sites, six combat medical scenario training lanes, an IED visualization training lane, a High Mobility Multipurpose Wheeled Vehicle Egress Assistance Trainee (HEAT) and a landing zone for medical evacuation training.

The course is not an initial MOS-producing course, new Soldiers must still go to initial training provided by the Army. This course is for Soldiers who already have an MOS and who qualify to reclassify as a health care specialist.

Guard and Reserve Soldiers in the rank of staff sergeant and below come from all over the country for this course, although most students have been Connecticut Army National Guardsmen.

The battalion also offers the 68W Sustainment Course, although Authier said most medical units usually turn inward and use their own Soldiers to conduct the training.

"But there are those, who, for various reasons, cannot conduct the sustainment training on their own, so they

come here," said Authier. "The sustainment course is an all-encompassing 10-day course where students receive their CPR refresher training, training in seven other areas and receive a hands-on validation of their skills. We set up a Table 8 validation and utilize the new SIM Center at Camp Niantic."

Authier explained that the Table 8 is a series of tasks that must be validated for the Soldiers to maintain their status as health care specialists. Students are challenged in such areas as airway management and trauma management.

The U.S. Army Medical Department Center and School (AMEDDC&S) Quality Assurance Office recently conducted an assessment of the 2nd Battalion and found it to meet all applicable areas of review. The team conducting the review recognized the dedication and hard work of all personnel committed to ensuring the battalion met all standards.

"This achievement demonstrates your commitment to meet the needs of today's Army and the Future Force," said Col. Randall G. Anderson, Chief of Staff, AMEDDC&S.

The permanent staff at the battalion are mostly teachers in the civilian sector, said Authier.

"We have one staff member currently in PA (physicians assistant) school," said Authier. "We have a couple of instructors in paramedic school. Some of our staff are EMTs as volunteers or for careers outside of the Guard."

The battalion is always looking for Soldiers as adjunct staff during the course iterations. They need medics on hand, and generally use 15 Soldiers a day as patients and OPFOR. They particularly use adjunct staff as instructors, especially for the 68W courses.

Anyone interested in assisting during the courses can contact Authier using their chain of command.



Students in the 68W Health Care Specialist Transition course use a combination of dummies and live "patients" to practice their skills while on a multi-day field training exercise at Stone's Ranch Military Reservation. (Photos courtesy 2nd Battalion Modular Training, 169th Regional Training Institute)

3rd Battalion, 169th Regiment Awarded 'Institution of Excellence' Designation

SGT. 1ST CLASS DEBBI NEWTON
STATE PUBLIC AFFAIRS NCO

Less than a decade ago the National Guard and Army Reserve experienced a shortage of military police. How do you solve that problem?

You offer Soldiers in units that are being deactivated the opportunity to transition into the military police corps from their current military occupational speciality (MOS).

Now you have Soldiers who want to be military police officers, but were do you send them for the training?

The U.S. Army Military Police School solved that problem by certifying and authorizing 26 states to conduct the military police reclassification course. Connecticut was one of those states.

In 2007, 3rd Battalion, 169th Regiment Regional Training Institute (RTI) was accredited and began offering the reclassification course to Soldiers in the National Guard and Reserves. Since that time, the battalion has trained 500 Soldiers in their new MOS and has recently received its accreditation and designation as an "Institution of Excellence."

"I commend the 3rd Battalion and the 169th Regiment RTI for the dedication and hard work that contributed to this coveted distinction," said Brig. Gen. Mark S. Spindler, commandant of the U.S. Army Military Police School at Fort Leonard Wood, Mo. in a letter announcing the accreditation.

The four week course is broken down into two, two-week phases: the first covering law enforcement topics and the second phase concentrating on field and weapons training. The two phases are run back-to-back said Mr. Joseph Yorski of the Subject Matter Expert (SME) Cell at the RTI.

The three-person SME cell has been involved in every course rewrite and has oversight of the 21

states that still offer the MP reclassification course. The cell also represents the National Guard at the United States Army Training and Doctrine Command (TRADOC) and proponent school at Fort Leonard Wood.

"Connecticut offers some of the best MP training in the country," said Yorski. "That is evident in the after course critiques."

Sgt. 1st Class Damon Matus, the full-time quality assurance and operations non-commissioned officer for the 3rd Battalion said the battalion has a permanent staff of 10 traditional Soldiers.

"They will usually do more than 15 days of training a year, more on order of 45 days," said Matus of the dedication of the staff to making the MP reclassification course the best in the country. He said they do sometimes bring in guest instructors from other states and that they are all National Guardsmen, although they have had students from both the Guard and Reserve. They do not get active duty Army Soldiers in this course that is offered twice a year in Niantic, Conn.

As part of the RTI, the 3rd Battalion has oversight of three other MP schools in Massachusetts, Rhode Island and Virginia, providing staff assistance visits to these schools.

"This is the best program in the country," said Matus. "Students who are civilian police officers have told us they get better training here than with their civilian jobs."

Matus explained that this is not an initial MOS-producing course - that course is 18 weeks and is conducted at Fort Leonard Wood - this is a reclassification course for Soldiers who already have an MOS in another specialty.

"We take someone, a Soldier, and in 30 days train them to be an MP," he said. "This is not a 9 to 5 course. We ask a lot of our instructors and students. Our instructors typically put in 16 hour days during the course iterations."

All of the hard work has paid off for the 3rd Battalion who has learned it will now be home to the 31B Military Police Advanced Leader Course (ALC) which will be open to all components of the Army - Active Duty, Guard and Reserve.

The Connecticut RTI, along with RTIs in Michigan, Tennessee and Missouri will begin offering ALC this year. Connecticut is looking at August being the first time the course will be open here.

"We are capable of taking a maximum of 64 students," said Yorski. "We will operate with a minimum of 32 and are slated to get 56 students this year."

"We are happy to get ALC," said Matus. "This is the first time Guard units have been able to offer this course."

According to Yorski, all Connecticut MPs will attend ALC in Niantic.

"With budget cuts this is great for Connecticut to get all of its MPs to ALC at the most cost-effective means possible."



Students in the Military Police reclassification school get hands-on training at Camp Niantic in cuffing and controlling suspects during traffic stops. (Photo by Spc. Alicia Brocuglio, 130th Public Affairs Detachment)

169 Regiment TY14 Course List

Event Name	Start Date	End Date	Min	Max	Reserved	Status
Platoon TAC Qualification Course (PTQC)	11/14/2013	11/15/2013	1	20	5	COMPLETE
Tactical Certification Course (TCC)	11/17/2013	11/21/2013	1	18	6	COMPLETE
68W Sustainment Course	1/4/2014	1/13/2014	1	48	27	COMPLETE
Small Arms Simulation Course (SASC)	1/5/2014	1/19/2014	10	24	22	N/C
68W MOS-T PH I	4/4/2014	4/24/2014	6	24	8	+2
31B MOS-T PH 1	4/21/2014	5/5/2014	10	30	10	N/C
68W MOS-T PH 2	4/25/2014	5/13/2014	6	24	9	+1
WOCS PH 2	4/26/2014	8/17/2014	5	16	5	N/C
31B MOS-T PH 2	5/6/2014	5/20/2014	10	30	9	N/C
68W MOS-T PH 3	5/14/2014	6/3/2014	6	24	9	+1
Small Arms Simulation Course (SASC)	6/14/2014	6/28/2014	10	24	7	N/C
OCS PH 1	7/11/2014	7/26/2014	40	225	26	N/C
31B MOS-T PH 1	8/1/2014	8/15/2014	10	30	1	N/C
31B MOS-T PH 2	8/16/2014	8/30/2014	10	30	4	N/C
Foundation Instructor/Facilitator Course (formally ABIC)	9/12/2014	9/19/2014	1	16	0	0
Small Group Instructor Trainer Course (SGITC)	9/22/2014	9/26/2014	1	9	0	0

Heading to JRTC, Looking for a Few Good Soldiers

MAJ. WILLIAM WARNER
OPERATIONS OFFICER, 102ND INFANTRY

The Army National Guard is at a unique point in history, and the 1st Battalion, 102nd Infantry is poised to play a pivotal role - with your help!

As operations wind down in Afghanistan and funding begins to dry up, the Active Component and National Guard are in competition for funding. As much as a role as the Army National Guard (ARNG) has played in the last 12 years of combat, each branch is fighting for their force structure and readiness.

There is a real danger in a significant reduction in funding for the National Guard in the years to come. This would mean drastically reduced funding for schools, unit training, equipment maintenance and modernization, a reduced full-time support force, and potentially, the loss of force structure for the Connecticut Army National Guard (CTARNG).

The front line of this fight is the 86th Infantry Brigade Combat Team's (IBCT) rotation to the Joint Readiness Training Center in June of this year. All previously scheduled Army Guard JRTC rotations have been eliminated to the Combat Training Centers (JRTC and NTC) due to sequestration and budget battles, and have the unintended consequence of pulling the National Guard back from the aim points set for keeping our operational reserve status.

This situation may give the false perception to some that the Guard is not ready and give credence to the argument for the National Guard to be put back on the Strategic Reserves shelf.

Fortunately for the Army National Guard there are several high ranking officials in Big Army who believe that the Guard is fully capable of excelling as a part of the Operational Force, much the way that we have been since 9/11.

They are fighting for us, and are giving the ARNG the opportunity to prove our mettle.

As a result of their efforts one Combat Training Center (CTC) rotation was saved from the chopping block in FY 2014. This rotation is the ONLY CTC rotation planned for the National Guard.

The 86th IBCT, much like Connecticut's storied history of patriotism, mission accomplishment and downright stubbornness, has been passed from generation to generation, and now it is our turn to fight for our units, our states, and our Guard. The Vermont "Mountain Brigade" and their supporting units in Connecticut, Massachusetts, New Hampshire, Michigan, Colorado and Maine will once again make history.

Successful completion of our JRTC rotation will provide those who believe in the National Guard the data and proof that we are full partners in our nation's security and keep us as an operational force. Additionally, this could prevent the extreme budget cuts that are projected. Should we remain an operational force for the Army, funding and appropriations will still be a challenge, but by a successful rotation we can help the entire Guard by assisting in securing our footing in the fight. This will

ensure that Guard units are meeting ARFORGEN aim points in personnel, training and equipment maintenance and modernization to ensure readiness for deployment.

Now that you understand the importance of this opportunity, the 1-102 would like to extend this extraordinary training opportunity to our fellow Soldiers of the CTARNG. The rotation is scheduled for approximately three weeks in June, and we will train, deploy to, and be successful at, a force-on-force battle with a near peer adversary. At the National and strategic level, all eyes will be on the 86th IBCT and by extension, the 1-102nd and the Soldiers who join us on this historic mission. All professional Soldiers should be eager to test their skills in the finest training the Army has to offer in their premier training facility.

The 102nd is looking for motivated Soldiers of almost every MOS, including 68W, 88M, 92G, 35F, 25U, 25B, 91B, 92A, 74D etc. Everyone has a place on this team, experienced Soldiers and leaders will be instrumental in ensuring younger, less experienced Soldiers get the maximum training value out of this. Participants in this exercise will grow as professionals and greatly contribute to their units upon their return.

In addition to the unparalleled training value Soldiers will also forge new professional relationships and friendships that can span the course of an entire career.

These connections will enhance the camaraderie of the CTARNG in a way that only tough, realistic training can accomplish. Short of serving together on a combat deployment, there is no better way to forge a cohesive team than through the shared experience of a JRTC Rotation.

From the JRTC Homepage:

"The Joint Readiness Training Center (JRTC) is focused on improving unit readiness by providing highly realistic, stressful, joint and combined arms training across the full spectrum of conflict (current and future). With great emphasis on realism, the JRTC provides rotational units (BLUEFOR) with the opportunity to conduct joint operations which emphasize contingency force missions. JRTC scenarios allow complete integration of Air Force and other military services as well as host-nation and civilian role players. The exercise scenarios replicates many of the unique situations and challenges a unit may face to include host national officials and citizens, insurgents and terrorists, news media coverage, and non-governmental organizations."

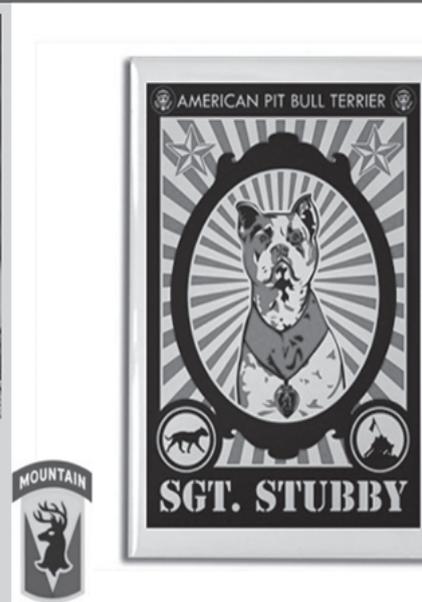
<http://www.jrtc-polk.army.mil/AboutJRTC.htm>

The 1-102 WANTS YOU!

Soldiers interested in volunteering for this additional training opportunity should submit a volunteer packet through their higher headquarters.

The 1-102 Needs YOU!! for JRTC Rotation 14-08

FOLLOWING MOSs NEEDED: 68W, 88M, 92G, 35F, 25U, 25B, 91B, 92A, 74D, JOIN THE TEAM!



Stubby served with the 102nd Infantry, in the trenches for 18 months, and participated in four offensives and 17 battles. Under constant fire, day and night for more than a month, wounded by the retreating Germans throwing grenades, when he recovered from his wounds, Stubby returned to the trenches...Its not the size of the dog in the fight, it's the size of the fight in the dog...

WCSU Vet Affairs Coordinator Ready to Assist You

STAFF SGT. BENJAMIN SIMON
COMPANY A, 1ST BATTALION, 102ND INFANTRY UPAR

Second Lt. Matthew Kuchta said, humbly, he was so enthused when a student first walked into his office, he felt like a deer in headlights. Kuchta, a fire support officer from A Company, 1-102nd Infantry Battalion, had recently been hired as Western Connecticut State University's (WCSU) new Veterans' affairs coordinator. The student, Johnathon DeBaun, an active Army Veteran, was ready to register for the next semester's classes.

"He handed me a stack of forms," said Kuchta. "I was nervous at first, but knew what to do. I squared him away," he said."

Since that day in December, 2013, Kuchta said he has met with almost all of WCSU's student Veterans. It's Kuchta's job to make sure that they are all able to access their Veteran benefits while attending school at WCSU.

"We have over 100 Veteran students," Kuchta said. "They're using a variety of benefits: the Montgomery GI Bill, Post 9/11 GI Bill, Veterans' tuition waiver, and VA vocational rehabilitation."

Kuchta said WCSU also has a number of students who are dependents of Veterans who are utilizing education benefits.

"We have children, spouses and even friends of Veterans who are using benefits," he said.

He is the first person to hold the full time Veterans affairs coordinator position at the school, and while he feels honored, he said he knows that assisting student Veterans and their families is a large responsibility.

He is fortunately familiar with the student population there. A 2010 criminal justice graduate of WCSU, Kuchta also worked in the campus's Connecticut Army National Guard recruiting and retention office.

Kuchta said that in preparation for taking the Veterans affairs coordinator job, he completed the Department of Veterans Affairs training for his position, twice.

"I wanted to be ready to help the students here," he said. "The student Veteran association had lobbied for years to get this position filled, and I didn't want to let them down."

As a fire support officer, Kuchta knows the importance of not letting people down. His job in the infantry is to coordinate the fire of mortar and artillery rounds.

He said nonstandard conditions need to always be taken into consideration when firing.

"Gravity, humidity, weather, and even the earth's rotation can all impact a round's trajectory," he said. "And the farther you're firing, the more those variables count."

Kuchta said he is as meticulous as a Veterans affairs coordinator as he is a fire support officer, and that he treats both jobs with an equal amount of dedication.

"I turn student VA benefit forms around within 24 hours," he said. "The Veterans here deserve that."

"We're going to make WCSU the model state university for student Veterans," said Kuchta."

"The Veterans here deserve that," he repeated.

Kuchta invites all student Veterans and their family members to visit his office in room 206 in Western Connecticut State University's Old Main building. Or they can email or call: kuchtam@wcsu.edu, (203) 837-8840.



Second Lt. Matthew Kuchta stands in his office at Western Connecticut State University ready to assist Veteran students with paperwork and getting all of the educational benefits they deserve. Kuchta is the school's Veterans' affairs coordinator and a member of the Connecticut Army National Guard. (Photo by Staff Sgt. Benjamin Simon, Company A, 1st Battalion, 102nd Infantry UPAR)



Second Lt. Matthew Kuchta speaks with Veteran students at Western Connecticut State University. Kuchta, a Connecticut Army National Guardsman, is the university's new Veterans' affairs coordinator. (Photo by Staff Sgt. Benjamin Simon, Company A, 1st Battalion, 102nd Infantry UPAR)

Wiltse Assumes Command of 143rd RSG

**SGT. 1ST CLASS STEVE MARKOWSKI
143RD REGIONAL SUPPORT GROUP**

The Connecticut Army National Guard's 143rd Regional Support Group held a change of command ceremony Jan. 11, as Col. Alberto M. Higuera relinquished command to Col. John T. Wiltse.

The ceremony took place at the Maj. Gen. Maurice Rose Armed Forces Reserve Center in Middletown. Wiltse assumed command of approximately 1500 Soldiers assigned to the state's largest unit, which includes four subordinate battalions. He returns to a unit with which he has held several positions, including deputy commander.

"To the Soldiers on the floor and all who you represent, it is your loyalty and selfless service that allows us to have the privilege to command," Wiltse said. "Thank you for your professionalism. It will be my honor to serve with you."

The incoming commander reminded his Soldiers that they are in the process of adding new chapters to their unit's distinguished history.

"Always remember that you are special individuals. Ninety-nine percent of Americans do not sacrifice what you do," Wiltse said. "As a member of this command, you are continuing the historic lineage of the 43rd Infantry Division, dating back to 1923, with distinctive service in both World War II and Korea. You are the new greatest generation."

The history of the 143rd includes Operation Iraqi Freedom, from 2004-05. At the time, the unit was known as the 143rd Area Support Group. On that deployment,

Wiltse was director of the Convention Center and Al-Rasheed Hotel Complex in Baghdad's "Green Zone," supporting the election and seating of the first Iraqi National Assembly.

Wiltse, of Berlin, has been a Connecticut Guardsman since 1987. He recently was named director of public affairs, a full-time position he held from 1990 to 1998. More recently, he was deputy chief of staff for information management. He has held several civilian positions in state government, including director of the Office of Emergency Management, deputy press secretary for the governor and deputy commissioner of the Department of Veterans' Affairs.

Land Component Commander and Assistant Adjutant General Brig. Gen. Mark Russo presented Higuera with the Meritorious Service Medal "for distinguished meritorious service as commander of the 143rd from August 2012 until January 2013." During Higuera's tenure as commander, the 143rd responded to several state emergencies, including Hurricane Sandy in late October 2012 and the blizzard that brought up to 40 inches of snow to Connecticut in early February 2013. Also under Higuera's command, multiple units within the RSG completed successful overseas deployments in support of the Global War on Terror: the 143rd Combat Sustainment Support Battalion (Kuwait); the 1048th Transportation Company (Afghanistan); the 248th Engineer Company (Bahrain); and Company B, 2/104th Aviation (Afghanistan).

Higuera, of Burlington, is a revenue agent for the State Department of Revenue Services. He is a retired police

officer, having served 21 years with the Newington Police Department. Like Wiltse, he deployed to Iraq with the 143rd ASG. With his tenure of command of the RSG complete, he returns to Joint Force Headquarters where he will serve as director of joint logistics, succeeding Wiltse in that position.

"Al, what just a tremendous job you have done with the command – congratulations to you on a real successful run," Wiltse said to his predecessor. "Command at this level and during this period of war is certainly not easy. It can be especially difficult for traditional, M-Day Soldiers like you who have full-time careers outside of the Guard. But through your extremely active role and countless hours of commitment, you have shown how it can and should be done. On behalf of all the Soldiers of the RSG, thank you for your active leadership and dedication – not just over the last 18 months – but throughout your entire career."

The new commander told his RSG Soldiers that they will work together do what is expected of them in 2014 and beyond.

"My commitment to you is that I will always give you my best. All I will ask is for you to do the same. Together we will meet the challenges ahead," Wiltse said.

The 143rd RSG's subordinate battalions are the 192nd Engineer Battalion (Multifunctional), the 118th Medical Battalion (Multifunctional), the 143rd Combat Sustainment Support Battalion, and the 1st Battalion (General Support Aviation Battalion), 169th Aviation Regiment.



Col. John T. Wiltse, commanding officer, 143rd Regional Support Group, addresses the crowd during the Change of Command ceremony Jan. 11, at the Middletown Armed Forces Reserve Center. Wiltse is replacing Col. Alberto M. Higuera, who has commanded the unit since August of 2012. (Photo by Spc. Brian Holloran, 130th Public Affairs Detachment)

Col. John T. Wiltse, commanding officer, 143rd Regional Support Group, officially receives the unit colors from Brig. Gen. Mark A. Russo, land component commander, Connecticut Army National Guard, during the Change of Command ceremony Jan. 11, at the Middletown Armed Forces Reserve Center. Wiltse is replacing Col. Alberto M. Higuera, who has commanded the unit since August of 2012. (Photo by Spc. Brian Holloran, 130th Public Affairs Detachment)



I Pick Things Up, I Put Them Down - In Planes

TECH. SGT. JOSHUA MEAD
103RD AIRLIFT WING, PUBLIC AFFAIRS

BRADLEY AIR NATIONAL GUARD BASE - East Granby, Conn. — Neither rain, sleet, nor dark of night will keep these “Port Dawgs” from their calling and on Saturday, Dec. 7, you could add the whipping wind and chilling cold to that list.

That day, the Port Dawgs, air transportation craftsmen as they are known here at Bradley Air National Guard Base, threw their own comfort into that chilly air and practiced loading and unloading the Flying Yankee’s new C-130s. Picking things up and putting them on a plane is a task both difficult and rewarding.

This training consisted of what the non-commissioned officer in charge of the small air terminal, Master Sgt. Christopher Fanelli, referred to as sequencing.

Sequencing is the process of preparing cargo for upload to an aircraft and distributing the load appropriately so the weight is balanced across the aircraft.

The aerial porters complete this training with what they call a “pet rock,” an 8,800-pound concrete block anchored to a pallet.

These pet rocks are picked up with a forklift and transferred to a K-Loader, then loaded into the aircraft—not an easy task according to Fanelli.

“A lot of that MHE [material handling equipment] out there like the K-loaders have some idiosyncrasies and are unique in their own way—and the only way to get proficient in it is to keep using it. The more you use it the more comfortable you are with it and the more accurate you are in loading planes,” Fanelli said.

The job requires a great deal of attention to detail and when you combine the difficulty of the task with various factors such as weather, the pressure can really pile on, said Fanelli.

“Everybody wants to work ramp, which is the section of the aerial port that loads and unloads all of the planes; that’s where the rubber meets the road. You get to see all of the equipment coming through the Air Force. We’re loading tanks and cannons, bags and regular mail. The downside to that is the negative degree temperatures, snow, sleet, rain or the hottest of temperatures in the desert—you’re out in the elements and there is pretty much nothing that’s going to stop you from being out there,” said Fanelli.

Despite the difficulty of the job, there is some satisfaction from a job well done.

“Down in Dover, we were working on the night shift and we see the sun come up in the morning, you’d be tired getting out at around 6:30 or 7:00 a.m. working for 12 hours...the sun would come up over the apron with all of the planes—it was nice,” said Senior Airman Jack Girnius, an air transportation craftsmen with the 103rd Logistics Readiness Squadron

Now, with the C-130’s here at Bradley, that feeling is a little closer to home.

“On the ramp—it’s exciting, because you’re there. You’re out there and you’re doing it, you’re getting the mission done and you’re seeing the stuff take off,” said

Senior Airman Kevin Leist, air transportation craftsmen, 103rd Logistics Readiness Squadron.

For a brief moment though, the world of the Port Dawg seemed to hang by a thread. Both Leist and Girnius joined the Connecticut National Guard to be air transportation craftsmen and both remembered early on when they were coming to drill with only the idea of a plane and that idea jumping from C-27 to MC-12 and finally to C-130.

“At one point, we were scared we would lose our jobs...but one day the iron actually hit the ramp and that was a big change,” said Leist.

Since the standing up of the aerial port, the Port Dawgs

have had to deploy to other active-duty bases to receive their seasoning days and get the required training they need for day-to-day operations. But now with the combination of the C-130, the pet rock and the K-loader, the aerial porters are able to get refresher training right here at home and can see the fast-approaching future of loading and unloading planes on their own ramp.

“It’s a real big deal for us,” said Fanelli. “This is only the second time we’ve touched this plane. Two months ago we got to load our first plane at Bradley, one of our own after five years of waiting and training.”



Senior Airman Jack Girnius of the 103rd Logistics Readiness Squadron directs a fellow Airman as he positions a pallet on a K-Loader on Bradley Air National Guard Base, East Granby, Conn., Dec. 8. The pallet holds an 8,800 pound rock used for training, that will eventually make its way to the back of a C-130H. (Photo by Senior Airman Emmanuel Santiago, 103 AW Public Affairs)



Air transportation craftsmen of the 103rd Logistics Readiness Squadron load an 8,800 pound training rock onto a C-130H on Bradley Air National Guard Base, East Granby, Conn., Dec. 8. With the arrival of Bradley’s new C-130s, the Airmen take advantage of any opportunity to get hands-on training. (Photo by Senior Airman Emmanuel Santiago, 103 AW Public Affairs)

Soldier & Airmen Wellness

PMCS: Taking Care of Soldiers and Airmen

CONNECTICUT NATIONAL GUARD
BEHAVIORAL HEALTH TEAM

Preventative Maintenance Checks and Services (PMCS) is not just for equipment anymore.

If you wear a military uniform, PMCS should be a very familiar term and process (also known in the Air Force as Preventative Maintenance Inspections or PMI). PMCS involves maintenance checks, services and repairs performed before, during and after any piece of military equipment is moved or used. PMCS utilizes manuals and diagrams to go over every detail needed to ensure the proper function of all mechanical items. PMCS must also be performed at set intervals – daily, weekly, monthly, etc. – depending on the piece of equipment.

As a Soldiers or Airmen, we know that routinely performing PMCS reduces equipment and mission failures. We know that PMCS on equipment can reduce the number of injuries during training, improve effectiveness in combat and increase the operator's ability to fully utilize their assigned equipment.

This same meticulous level of inspection can and should be performed on our most valued resources – our Soldiers and Airmen. Just like PMCS for equipment, PMCS of Service Members focuses on taking action before issues arise and ensuring our personnel receive ongoing care.

As part of the Adjutant General's new policy directive, the Connecticut National Guard Behavioral Health Team has developed guidance and techniques to help all leaders PMCS their Service Members. The goal is help restore interpersonal relationships and camaraderie by identifying at risk Soldiers and Airmen *before* they actually fail. "PMCS of Service Members: Back to Basics" is a new cargo-pocket reference guide that will be distributed to all units in the coming months.

Preventive maintenance activities include building bonds among peers and superiors whenever training time allows. Leaders and Service Members of all ranks must take the time to identify potential deterioration in fellow Soldiers and Airmen so they know how to respond or refer before individuals fail or escalate into crisis. The ideal personnel preventive maintenance program prevents Service Member distress before it occurs and helps to maintain an overall good level of health and well-being.

Untreated symptoms may lead to more severe symptoms or additional issues. The longer Service Members wait to deal with any wellness issue, the longer they are out of balance; the longer they are not functioning at their best; the longer they will suffer with symptoms; and the longer it takes to recover.

Leaders and Soldiers and Airmen at all levels cannot and should not wait until a crisis to provide help. PMCS of Service Members helps to create awareness about emotional, physical, mental and spiritual well-being. This process will help Service Members achieve optimal functioning and wellness by addressing past patterns, recurring emotional issues, lifestyle changes, hard to manage stress and time, and help to resolve any imbalance they may be experiencing. Early awareness and early prevention is the key to health, wellness and mission preparedness.

PMCS of Service Members is about building that bond and maintaining it beyond one particular event. While it is important that all leaders embrace this concept, conducting personnel PMCS is everyone's business. The use of PMCS of Service Members is something that has immense benefits. Activities or events that foster this concept are geared toward improving communication, collaboration, flexible thinking, creative thinking, forward planning and problem solving. Often there is a lack of interaction among individuals and leaders. Everyone needs to work together in order to remedy wellness issues.

Open communication between Soldiers and Airmen is essential. Communication between leaders and subordinates is just as important. When people do not spend time in discussion, they risk losing information. Whether personal or professional, an exchange of ideas should be an open door. Using PMCS of Service Members is a great



DEPARTMENTS OF THE ARMY AND AIR FORCE
JOINT FORCE HEADQUARTERS-CONNECTICUT NATIONAL GUARD
NATIONAL GUARD ARMORY
360 BROAD STREET
HARTFORD CT 06105-3706

NGCT-TAG

9 January 2014

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Preventive Maintenance Checks and Services (PMCS) of Service Members (SMs),
Back to Basics Connecticut National Guard Handbook

1. References:

- a. Department of Defense Directive 6200.04, Force Health Protection (FHP)
- b. Air Force Instruction 36-6001, Sexual Assault Prevention and Response (SAPR) Program
- c. AR 600-20, Army Command Policy, Chapter 8, SAPR Program

2. By prioritizing both suicide and sexual assault prevention, we reaffirm our commitment to there being no greater mission than taking care of our Soldiers and Airmen. This is a dynamic mission that requires vigilance and constant effort on the part of all of our Soldiers and Airmen. As we train and maintain mission readiness, our focus must also remain on the individual SM.

3. In an effort to proactively address the needs of our Connecticut National Guard SMs, we have developed a protocol to informally check-in with them in small group settings (anytime/anywhere) and allow SMs to discuss personal topics related to their well-being. PMCS of SMs reinforces the belief that our Soldiers and Airmen are our greatest resource and require ongoing care. Just like PMCS for equipment, PMCS of SMs focuses on taking action before issues arise. The PMCS of SMs is a prevention program designed to develop strong interpersonal relationships and camaraderie.

4. It is expected that SMs familiarize themselves with the PMCS of SMs Back to Basics Handbook. During periods of downtime, SMs will implement PMCS regularly throughout drills and other training periods. Leadership will be notified of SMs in need/distress and referred appropriately. The primary goal is to prioritize the health and wellness of our fighting force and, by doing so, ensure mission preparedness.


THOMAS J. MARTIN
Major General
The Adjutant General

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way to incorporate an open and productive atmosphere. When the people who make up a unit feel comfortable with each other, the things they can achieve tend to multiply tremendously. Sharing the responsibility and the rewards is essential. Every Service Member contributes something to the overall whole. Socializing productively inside and outside of drill develops a stronger collaboration and more enhanced relationships.

Please take time to familiarize yourself with the new PMCS of Service Members reference guide. If you are a leader in your unit share it with your subordinates and ask that they make it part of their battle books and use it during drill weekends. This new tool can help guide those important conversations within your units and most importantly demonstrate care for each other. As the country draws down from Afghanistan and the longest war in America comes to an end, there is growing need for all of us to get "back to basics." Those basic principles can be summed up by the 5 Cs (Competence, Commitment, Candor, Courage and Caring).

(If you would like the BH Team to come out to your unit and provide a brief 10 minute PMCS presentation or to obtain an electronic copy of "PMCS for Service Members" please email Maj. Alvarado at Javier.alvarado1.mil@mail.mil)

Resilience Center

Confirmation Bias, Velcro/Teflon? This is Problem Solving!

SGT. MAJ. JAMES SYPHER
STATE RESILIENCE COORDINATOR

The art of problem solving is to accurately identify the cause(s) of problems and develop solution strategies. Mental agility (flexible - accurate thoughts, different perspectives) is the master resilience trainer (MRT) competency that we target when using problem solving strategies.

The key to problem solving is to understand the issue. Focus on the facts of the matter and ask critical questions and consider all of the evidence. Develop solutions that will bring about positive change. Use these six critical questions when problem solving:

- 1) What is the problem? Describe the problem objectively (who, what, when, where)
- 2) What caused the problem? List your heat of the moment thoughts.
- 3) What did you miss? What did others do? What did you do? What specific behaviors contributed to the problem?
- 4) What's the evidence? List critical evidence that supports and contradicts your thoughts.

5) What **REALLY** caused the problem? Compare your heat of the moment thoughts with the critical evidence.

6) What can you do about it? Based on your new and more accurate understanding of the problem, develop positive, constructive strategies that target the controllable aspects of the issue.

Confirmation bias is when an individual selects specific facts that only support their opinion rather than using all of the facts in order to get to the bottom of the issue. The confirmation bias causes us to notice, seek out and remember the evidence that supports our thoughts. We fail to recognize, seek out, or remember evidence that does not support our thoughts.

This is also known as the "velcro/teflon effect." When we find evidence that fits our thoughts, it sticks (velcro). When we find evidence that does not fit our thoughts, it slides off (teflon). Confirmation bias can be used for both negative and positive situations. People often waste time and energy on problems due to confirmation bias because they have not accurately identified the cause of the problem in the first place!

Take the time to uncover all of the evidence; look inward (how did you contribute?); look outward (how did others

contribute?); and consider all of the facts. Don't fall into a thinking trap – that is, don't jump to conclusions! Find out all the facts and solve problems in a positive, constructive, and productive manner.

Resilience Resources:

Outward Bound: www.outwardbound.org/veterans

Strong Bonds: Contact Chaplain Nutt at 800-858-2677

Connecticut VA: Newington: 860-666-6951

West Haven: 203-932-5711

Military One Source: www.militaryonesource.mil

All units of company size or larger are required to have at least one MRT. Seats for FY 14 have been allocated to the major commands and separate units. If you are interested in further developing your resiliency skills while assisting others, ask your readiness NCO for more information about upcoming training opportunities.

In next month's issue we will cover real time resilience. Until then Connecticut, stay resilient!



Suicide Prevention: Cure for the Winter Blues

MAJ. DEREK MUSGRAVE
SUICIDE PREVENTION PROGRAM MANAGER

As the days get shorter and the nights get longer, many people start to feel more irritable and moody. Stress from the holidays is often blamed for these negative feelings but they are most likely caused by Seasonal Affective Disorder (SAD).

SAD is a period of depression that is linked to a particular time of the year. It is caused by less exposure to daylight during the winter months. Symptoms can start in late fall and last for several weeks or a few months. Symptoms of SAD include:

- Unhappiness and irritability
- Less energy and ability to concentrate
- Social withdrawal
- Loss of interest in work or other activities
- Changes in energy level
- Hopelessness
- Changes in sleeping patterns
- Changes in weight or eating patterns
- Increased use of drugs or alcohol
- Feeling guilty
- Thoughts of suicide

So what can you do to help cope with the symptoms of SAD? Going outside during sunny days is the best way to get through the winter blues. Eating healthy, exercising, and enjoying activities that make you happy

can also help ease the symptoms. Even without treatment, the symptoms should lessen by spring. Seek professional help if you feel your symptoms are more serious or extend well beyond the dark winter months.

Are you interested in looking out for your Soldier's safety? The Applied Suicide Intervention Skills Training course (ASIST) is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide until the person at risk can be seen by a professional. The workshop provides opportunities to learn what a person at risk may need from others in order to keep safe and get more help. It encourages honest, open and direct talk about suicide as part of preparing Soldiers to provide suicide first aid.

Our next ASIST course is scheduled for April 8-9 at the Armed Forces Reserve Center, Middletown, CT.

If you are interested in getting involved in the Suicide Prevention program, or to sign up for the two-day ASIST class, have your chain of command contact:

Maj. Derek J. Musgrave at 860-493-2703

or derek.j.musgrave.mil@mail.mil

Other Resources:

- Connecticut National Guard Behavioral Health Team: 855-800-0120
- Suicide Prevention Life Line: 800-273 TALK (8255)
- Fulltime State Support Chaplain: 860-548-3240 (office) 860-803-7748 (cell)



NATIONAL GUARD

A RESILIENT AND READY FORCE

PHYSICAL * EMOTIONAL * SOCIAL * FAMILY * SPIRITUAL

Resilience is the ability to grow and thrive in the face of challenges and to bounce back from adversity.

Master Resilience Trainers (MRTs) are the core of the ARNG resilience training program and serve in an M-day or full-time capacity based on the needs of the state. These Soldiers attend a 10 day MRT training course and are authorized the 8R additional skill identifier.

Master Resilience Trainers

- Live and teach the skills they have been taught
- Provide resilience training during NCOOP / OPD and Sergeants' Time
- Serve as the Commander's principal advisor on Comprehensive Soldier Fitness and resilience
- Assist the unit Training NCO ensuring resilience training is incorporated and documented at least quarterly into the unit training calendar
- Assist Commander in providing resilience training for family members
- Train other leaders on incorporating resilience skills and techniques into professional and developmental counseling

If becoming an MRT is a job for you, notify your chain of command or contact your State Resilience Coordinator for more information and eligibility requirements.

When you complete your annual requirement to take the GAT, encourage your spouse to take it too. You will be amazed at what you both learn.

Find us on



<https://www.milsuite.mil/book/groups/armgmt>



<https://g1arng.army.pentagon.mil/>

Find out more information at <http://csf.army.mil/james.a.sypheer.mil@mail.mil>

C-130H Mission Takes Flight as Sun Sets on 2013

MAJ. BRYON TURNER
103RD AIRLIFT WING, PUBLIC AFFAIRS

1/4/2014 - BRADLEY AIR NATIONAL GUARD BASE - East Granby, Conn. — The 103rd Airlift Wing reached a historic milestone when it launched the first locally-generated sortie with one of the unit's newly-assigned C-130H Hercules aircraft on Dec. 19, 2013.

The Flying Yankees took flight shortly before 5:00 p.m., soaring off into a stunning winter sunset over the Bradley Air National Guard Base with a local aircrew augmented by members of the New York Air National Guard and a member of the U.S.A.F.

"It was very exciting to be a part of the first local launch," said Senior Master Sgt. Bill Westling, a flight engineer assigned to the 118th Airlift Squadron. "From the preflight to takeoff without any hiccups is a testament to the team effort from maintenance and ops."

The composite crew was required to fill critical roles aboard the C-130H as members of the Connecticut Air National Guard continue to train for the new mission.

Maintainers and aircrew deftly completed final adjustments moments before take-off as other Airmen, drawn to the wintery flightline, watched this historic moment unfold before their eyes with great anticipation.

"Being in the seat for engine start with familiar faces on our own flightline was exciting," said Maj. Joshua Panis, a pilot assigned to the 118th Airlift Squadron. "The fact that we were able to get airborne on our first attempt at a locally launched C-130 line speaks mountains to the amount of time, effort and training that everyone on base has dedicated themselves to in support of our new mission."

With the next C-130H aircraft scheduled to arrive in January, followed by four additional aircraft, and more trained aircrew members returning to Connecticut in the weeks and months to come, the flightline and the skies above are poised for increased activity and the Flying Yankees are ready.

"I look forward to the future here at Bradley," said Westling.

A C-130H Hercules aircraft assigned to the 103rd Airlift Wing flies off into the sunset at Bradley Air National Guard Base, East Granby, Conn., Dec. 19, 2013, marking the first locally-generated sortie with the unit's newly assigned airframe. (Photo by Maj. Bryon Turner, 103 AW Public Affairs)



Maj. Josh Panis, a pilot assigned to the 118th Airlift Squadron, completes final preparations before embarking on the first locally-generated sortie aboard a C-130H Hercules aircraft Dec. 19, 2013, at Bradley Air National Guard Base, East Granby, Conn. (Photo by Maj. Bryon Turner, 103 AW Public Affairs)



Master Sgt. Jon Favreau, a crew chief assigned to the 103rd Maintenance Group, guides a C-130H Hercules aircraft assigned to the 103rd Airlift Wing toward the runway moments before the first locally-generated sortie with the unit's new airframe at Bradley Air National Guard Base, East Granby, Conn., Dec. 19, 2013. (Photo by Maj. Bryon Turner, 103AW Public Affairs)



Master Sgt. Jean Booth, a loadmaster assigned to the 139th Airlift Squadron, New York Air National Guard, completes pre-flight preparations before embarking on the first locally-generated sortie aboard a C-130H Hercules aircraft Dec. 19, 2013, at Bradley Air National Guard Base, East Granby, Conn. The aircrew was comprised of Airmen from the Connecticut Air National Guard, the New York Air National Guard and the U.S.A.F. (Photo by Maj. Bryon Turner, 103 AW Public Affairs)

Governor's Horse and Foot Guards



Entertaining at The Village

The First Company Governor's Foot Guard Band, under the command of Capt. David Carlson, performs a concert at the Village at Buckland Hills in Manchester on Dec. 2. (Photo courtesy of Staff Sgt. Mark Boudreau, 1GFG)



**AMERICA'S ARMY
OUR PROFESSION**



<http://CAPE.ARMY.MIL>



Have the Courage to Help a Buddy

"One suicide is one too many."

*Kenneth O. Preston
Sergeant Major of the Army*

For assistance:

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

USAPHC U.S. Army Public Health Command (Provenance)
Health Awareness





COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Greetings and welcome to February! I hope that everyone had a safe and relaxing holiday season. As we move through the long months of winter and look forward to spring, I wanted to talk about a few things to

work on.

We are currently in the middle of the enlisted promotion board season. I am very happy to report that feedback from the boards so far indicates a continued, steady improvement in the promotion packages reviewed by the board. This means that as leaders, we are doing a better job in preparing honest, candid evaluations of our Soldiers. As individual Soldiers, it means that you are taking control of and responsibility for your careers. Both of these factors are critical to the continued success of the Army National Guard.

There are several areas we still need to work on - NCOES being the main effort. In this year's board cycle, 69 sergeants first class will not be boarded for promotion to master sergeant due to lack of NCOES. 174 staff sergeants will not be boarded for promotion to sergeant first class due to lack of NCOES. 214 sergeants will not be boarded for promotion to staff sergeant. This is not sustainable from a readiness perspective and I know we can do better. Individual readiness (personnel, medical and training) is the keystone to unit readiness. We can go no further without available, trained leaders and Soldiers in our formations.

A good news story is we are starting to see improvement in our Structured Self Development (SSD on-line course) numbers. You have increased our overall completion rate of SSD from 7 percent on March 28 to 16 percent on Dec. 4. This is a great achievement but there is still much to be done. The really good news is we have 415 Soldiers who have requested and been approved for compensation (\$\$\$) for completing the required SSD course. Those approvals represent \$269,000 that will be in our Soldiers' pockets. In addition, 415 Soldiers finishing a

required level of SSD increases our overall rate by 14percent, putting us well into the top ten nationwide. If you have any questions about SSD or compensation for electronic-based learning, please ask. Keep up the good work!

This is the time of year that we are refining our plan for the culminating training event of the year, annual training. I would ask every leader to conduct a personal assessment of where they are with their team in preparing for annual training. Do you have a plan to make sure that all required individual tasks are trained to standard, evaluated and documented? Are all your Soldiers, their families and their employers prepared for their absence? Do you have a plan for the logistical support of your element, to include expendables and consumables? Now is the time to be checking.

There is more good news on the facilities side. We recently cut the ribbon on the new Windsor Locks Readiness Center. The 1st Battalion, 169th Aviation Regiment, and several other aviation related activities, have moved into this state-of-the-art facility. We have now consolidated all of our aviation units into one facility, located on the airport. The facility is beautiful and will serve the aviation community for many years to come. In addition, the relocation the 1/169th Aviation headquarters from the Enfield Armory allows us to re-station the 1048th Transportation Company to Enfield, giving this large unit a home of its own.

In the next several weeks, our 142d Medical Company and Company A, 1-102nd Infantry will move into our second new, joint use facility with the U. S. Army Reserve. The new Danbury Armed Forces Reserve Center is also a state-of-the-art facility and will provide significantly improved support to these units. Additionally, the new Danbury Reserve center provides us with another new maintenance facility.

The newest project in our ongoing campaign to modernize our facilities will literally change the face of Camp Hartell. We recently opened a new main entrance to the facility. The contract to build a new Combined Support Maintenance Facility (CSMS) has been awarded and demolition of the old CSMS will be starting soon. Although this project will be somewhat disruptive to our maintenance operations during construction, it will bring

the support maintenance community into the 21st century. Coupled with the new entrance, the New England Disaster Training Center, the existing Field Management Shop, and the converted unit armory (building P-123), Camp Hartell will be just about unrecognizable from 10 years ago. The current USPFO warehouse is also getting a much needed facelift, as a bridge to future construction of a new warehouse.

I am privileged to have a great wingman in our Air National Guard, Chief Master Sgt. John Carter. There are great things going on in the Air Guard. The 103d Airlift Wing is moving steadily in its conversion to the C-130 mission. The 103d has 4 aircraft on the ramp and are very busy training flight crews and support personnel in the C-130 mission set.

We have a busy month coming up in March. Chief Carter and I will host Chief Master Sgt. Mitchell Brush, the Senior Enlisted Advisor to the Chief, National Guard Bureau, March 11-13. On the Army side, we will hold our Best Warrior competition to determine the outstanding Soldier and NCO for 2014. The National Guard Association of Connecticut will hold its annual meeting on March 22 at the Crowne Plaza in Cromwell. All of this is in addition to our normal operations.

As always, I have to urge all of you to join and participate in the professional and fraternal organization(s) that best represent your interests. Professional and fraternal organizations are your voice in shaping policy debates at all levels. Membership is the key to the effectiveness of any of these organizations. Many of the benefits we take for granted today are the direct result of the hard work of numerous professional organizations. Get involved and make your voice heard on the issues that concern you.

Thank you again for everything you do for our Soldiers, Airmen and Family members each and every day. Talk to you in April.

Quote of the month:

"When professionalism is lacking, there is a slow drift downwards towards mediocrity."

Pope Francis, 2013

"Any Soldier, Any Issue, Any Time"

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

Legal Affairs

Recent Legal Developments Regarding Military Sexual Assault

CAPT. KYLE B. WILKINSON
LEGAL ASSISTANCE ATTORNEY, OFFICE OF THE STAFF JUDGE ADVOCATE

Sexual assault has a devastating impact on the lives of victims and the units in which they serve. Recent legal reforms have been enacted by Congress to help stop the scourge of sexual assault within our ranks. These reforms were enacted largely in keeping with longstanding principles of military command. The reform measures provide guidance and an unprecedented opportunity for the military to combat this problem on a large scale.

According to a 2013 report from the Department of Defense's Sexual Assault and Prevention Office, there were 26,000 cases of sexual assault in the military in 2012 alone, with only 3600 victims filing reports. To encourage victims to come forward, Department of Defense (DOD) policy allows victims to report sexual assaults and to gain access to support services by allowing victims to report the assault through an unrestricted report (which triggers prosecution of the perpetrator) or through a restricted report (which does not lead to prosecution of the perpetrator, but does give the victim access to support services). Unfortunately, victims of sexual assault still rarely report these crimes as indicated by the report, which documents a mere 7 percent reporting rate. Fear of reprisal, fear of being further victimized and a lack of awareness of reporting options are common reasons countless victims are left struggling in obscurity.

Under DOD's Sexual Assault Prevention and Response

(SAPR) program, each military branch has its own program designed to address the problem of sexual harassment and assault in its ranks. The Army's program is called the Sexual Harassment/Assault Response and Prevention (SHARP) program. The goal of the SHARP program is to prevent sexual harassment and assaults before they occur and to ensure that each Soldier is treated with the dignity and respect that they deserve. When sexual harassment or sexual assault occurs, the program seeks to ensure that victims are treated with dignity and respect, and that they receive all available support throughout the painful and arduous process of recovery.

Sexual Assault Response Coordinators (SARC) are the first points of contact and coordinators of support for victims of sexual assault in the military. SARCs are charged with bringing together the support and services that are critical to sexual assault victims. Representatives from the SARC program are assigned to individual units throughout each command and charged with encouraging awareness of sexual assault and ensuring the victims who report get the resources they need. Support services that are available to military survivors of sexual assault include counseling, therapy and victim advocates.

As a further protection for the rights of sexual assault victims in response to the *National Defense Authorization Act of 2014*, the Army JAG Corps recently

established a Special Victim Counsel (SVC) Program. The SVC program provides victims of sexual assault with a lawyer appointed to represent them alone and their interests throughout the inherently difficult process of reporting, prosecuting, and ultimately, to the fullest extent possible, recovering from this heinous crime. Military victims of sexual assault can request free legal representation by one of these specially trained JAG attorneys at any time during the legal, medical or investigative process. This is unprecedented in any other legal system.

Military sexual assault reforms were passed in Congress in recognition that, while by no means perfect in its response to sexual assault, the United States military is breaking new ground in this area by committing substantial resources and efforts to address this problem across all services. We can all help combat sexual assault and impact the lives of victims (and avoid further victimization) by exercising leadership. Every member of the armed forces has the duty to look out for our brothers and sisters in arms. That duty requires us to intervene whenever sexual harassment or assault is detected and to ensure military sexual assault victims are provided effective and efficient support services.

(For assistance or further information about preventing sexual assault within this command, please contact Maj. Katherine Maines, JFHQ SARC, at (860) 883-4798 or at katherine.a.maines.mil@mail.mil.)

SMA: Getting Tough on Assault

Team,

Over the past several months, the Army has devoted significant time and resources to combat sexual harassment and assault.

We've made progress in supporting victims, but just as important is addressing a culture that condones this type of criminal behavior.

This effort is currently a top priority for the Secretary of the Army, the Chief of Staff of the Army, and me.

The Center for the Army Profession and Ethic (CAPE) has been instrumental in creating some very creative and powerful training products to assist us in these efforts.

With the recent launch of America's Army -- Our Profession "Stand Strong" program, CAPE released a new video case study to support your efforts to better understand this complicated issue and its effect on our profession.

The case study is located here: <http://cape.army.mil/Case%20Studies/csm-guerra.php>

In this video, Command Sgt. Maj. Julie Guerra explains her experience as the victim of sexual assault when she was a private first class more than 18 years ago.

She describes her unit's committed leadership and positive command climate as good examples of how to support not only victims, but also accused Soldiers.

She now uses those lessons-learned to educate future leaders on how to handle these cases.

She shares her story in the video to help fellow Army professionals to better understand the needs of sexual assault victims.

I firmly believe that if every leader provides the same level of commitment that supported Pfc. Guerra, we would eradicate this crime.

I encourage each of you to use this video and the other easy-to-use resources on the CAPE website. Use them to educate your Soldiers and to develop a culture of competence, character and commitment.

By doing so, your team at all levels will be prepared to uphold the Army Ethic and to identify those decisions or actions that are inconsistent with our Army Values.

Remember, "I will not forget, nor will I allow my comrades to forget, that we are professionals, Noncommissioned Officers, leaders!"

Sergeant Major of the Army Raymond Chandler



Education

Tuition Assistance Changes Take Effect for 2014

DAVID VERGUN
ARMY NEWS SERVICE

WASHINGTON (Army News Service, Dec. 4, 2013) — Beginning Jan. 1, there will be a cap on the number of semester hours that can be taken using Tuition Assistance, and tighter TA eligibility rules.

Soldiers will be able to use TA one year after graduating from initial entry training, known as IET, said Brig. Gen. David K. MacEwen, adjutant general of the Army, Human Resources Command, Fort Knox, Ky.

Also, Soldiers can take up to 16 semester hours per fiscal year. And, he continued, TA can be used for a post-baccalaureate degree after completing 10 years of military service. If a Soldier earned a BA degree without using TA, then they do not need to wait 10 years to use TA for a post-baccalaureate degree.

This policy affects all Soldiers in the active and Reserve components.

Based on current participation rates, Dr. Pamela L. Raymer, director, Army Continuing Education System, forecasted the number of Soldiers impacted as follows:

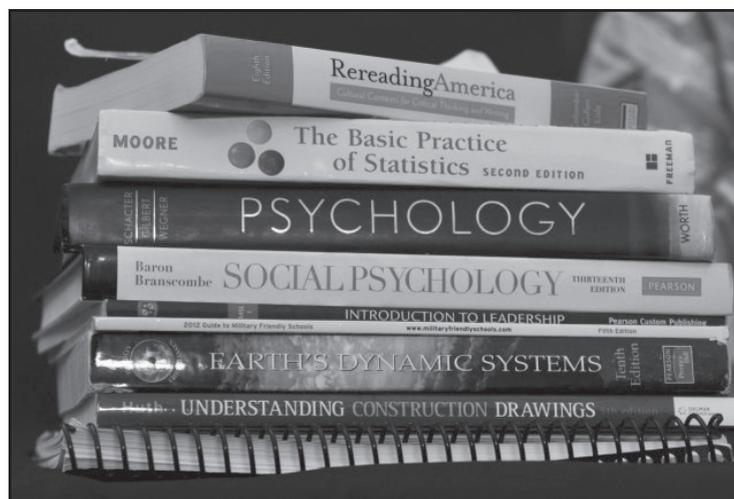
Those who would have used TA with less than one year's service after IET: 4,030 active, 3,017 Army National Guard and 1,216 Army Reserve. Soldiers who would normally have taken more than 16 semester hours per year: 20,271 active, 6,206 Guard and 12,007 Reserve. Soldiers with less than 10 years' service pursuing post-baccalaureate degrees: 1,315 active, 220 Guard and 367 Reserve.

Other TA policy from 2013 will remain in effect next year, she said, including allowing Soldiers to use up to \$250 per semester hour.

The cap of 130 semester hours for baccalaureate degree completion and 39 semester hours for a master's degree remains in effect. This coursework must be from the

Soldier's approved degree plan in GoArmyEd, a plan Soldiers develop with their education counselor and their home school, she said.

Also remaining in effect, Raymer said, is that TA cannot



be used for a second, equivalent degree. For instance, if a Soldier has a master's degree, he or she can't use TA for a second master's degree.

Soldiers still cannot use TA for their "first professional degree." Such degrees include Ph.D, MD and JD. The Department of Education categorizes these degrees as "first-professional" degrees. Army has fully-funded education programs that support these degree programs.

Soldiers who have been flagged for adverse action or failure of the Army physical fitness test or weight standards will not be able to use TA, she continued.

Soldiers may also continue using TA for non-degree language courses published on the Defense Department's Strategic Language List as "immediate investment" or "emerging" languages. TA cannot be used for "enduring languages." To see this list of

languages, see a unit education advisor.

Finally, TA is authorized for one post-secondary certificate or diploma such as welding or computer certification. And, TA can continue to be used for courses leading to initial teacher certification programs.

Soldiers who are precluded from using TA or limited by the number of semester hours they're eligible to take can, nonetheless, use their GI Bill education benefits.

COMPREHENSIVE REVIEW

The intent is to provide TA to Soldiers "who are in good standing, meet Army requirements and have no adverse flags," such as not meeting weight standards, MacEwen said. This portion of the policy has already been implemented.

The Army did a "very comprehensive review of the program," he added. "We found it had gotten a little off track from its original intent, which was to provide for Soldiers a part-time, off-duty way to continue their education. So we capped it."

The second part of it was that "we wanted young Soldiers to understand the Army and ensure they're in good standing" before starting TA, so the one-year wait after IET will be implemented Jan. 1.

The third part was that TA is designed "to help with lifelong learning. So if TA paid for a four-year degree and a Soldier wants a post-baccalaureate degree, we want them to wait until they reach the 10-year mark," which MacEwen defined as the point they become "careerists." In this way, TA could be used as a retention tool.

PROGRAM DATA

Soldiers achieved about a 90-percent completion rate of about 413,000 courses in fiscal year 2013 using tuition assistance, Raymer said. Of the 10 percent who failed to complete their courses, one percent were due to military duties and the remainder were caused by failures or withdrawals.

In fiscal year 2013, active duty Soldiers took an average of 2.71 courses, Guard Soldiers took an average of 3.58 courses, and Reserve Soldiers took an average of 3.40 courses. The average cost per course in fiscal year 2013 was \$618 for the active force, \$571 for the National Guard and \$572 for the Army Reserve.

Raymer also noted that in fiscal year 2013, TA funded the completion of 8,525 degrees for active Soldiers, 1,359 for Guard Soldiers and 1,469 for Reserve Soldiers.

MacEwen lauded the education advisers who help Soldiers formulate their degree plans because this enables them to achieve "good completion rates."

Raymer said some of the changes to TA for next year came about due to the "fiscally-constrained environment" with a focus on providing funding to meet the intent of a voluntary off-duty education program. Nevertheless, the changes reflect the Army's effort to "maximize education support to Soldiers" with funding that's available.

MacEwen concluded that TA is one of a number of educational opportunities the Army affords with the intent of "lifelong learning, helping Soldiers transition to civilian life, and ultimately, helping them become better Soldiers. The tweaks we did to the program will serve Soldiers well."

(For more ARNEWS stories, visit www.army.mil/ARNEWS, or Facebook at www.facebook.com/ArmyNewsService)

Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2014 scholarship program. This year the foundation will award a total of **Eleven** scholarships.

1. **One \$4000.00 scholarships honoring SGT Felix Del Greco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard.**

Please note that a special application is required for the Del Greco scholarship which may be obtained from: <http://www.connctf.org>. No other application will be accepted.

2. **Five \$2000.00 scholarships and Five \$1,000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses. Application forms may be found on the Foundations web site at: www.ctnngfoundation.org**

Additional Information:

1. Complete application packets must be postmarked no later than **15 March 2014**
2. The selection committee will choose students based on achievement and citizenship.
3. You must be enrolled in, or planning to enroll in, a regionally or nationally accredited degree or technical program.
4. Mail application form (CTNGFI Scholarship Only) and completed package to:

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

5. Please contact the foundation at (860) 241-1550 or e-mail ctnngfi@sbcglobal.net for further details.

Healthy Lifestyles

Guard Your Health! My Mission, My Health Resource for ARNG Soldiers & Family Members

COL. ROMAN BILYNSKY
CHIEF, G-37 MEDICAL READINESS
OFFICE OF THE SURGEON GENERAL, PENTAGON

Find health-related tools and information.
Hear from fellow Soldiers and Families.
Make medical readiness part of your personal mission.
Visit <http://www.guardyourhealth.com/>

Guard Your Health provides a central place for Army National Guard Soldiers and family members to find information and resources on health and medical readiness. The site supports the Army National Guard Chief Surgeon's efforts to build and sustain a resilient, adaptable and medically ready Citizen-Soldier force.

We support the Citizen-Soldier

Army National Guard Soldiers wear at least two caps: they are citizens and Soldiers. This creates unique

challenges—from balancing civilian jobs and family activities with monthly drill weekends, to mobilizing and deploying outside base support systems. Army Guard Soldiers routinely do it all with limited access to Army facilities and programs. Our goal is to give Army National Guard Soldiers the information, motivation and support to overcome these challenges and make healthy decisions for themselves, their families and their units.

My Mission. My Health.

The Guard Your Health motto, My Mission. My Health., was chosen by Soldiers for Soldiers because it reflects the personal responsibility of each Soldier and family member to maintain health and readiness. The health-focused mission involves more than passing the Army Physical Fitness Test. It's about taking care of one's mind, body and spirit. It's about keeping fit and

ready to answer the call at home and abroad. And it's about feeling good—now and into the future.

About the Office of the Chief Surgeon

The Chief Surgeon's mission is to build medical readiness in order to support force projection and to provide medically ready forces to fulfill the Army National Guard's State and Federal missions. The Office of the Chief Surgeon coordinates national programs and empowers states with tools, personnel, and processes to maintain medical readiness of Soldiers.

New Clinical Recommendations Released for TBI Injuries

DEFENSE AND VETERANS BRAIN
INJURY CENTER NEWS RELEASE

WASHINGTON, Jan. 23, 2014 - The Defense and Veterans Brain Injury Center has released new clinical recommendations to help service members who have sustained a mild traumatic brain injury (mTBI), otherwise known as concussion, to progressively return to their normal activities following their injury.

These clinical recommendations are available for military and civilian health care professionals. The recommendations can be downloaded from DVBIC's website, dvbic.dcoe.mil.

"The Progressive Return to Activity Following mTBI Clinical Recommendations are the first of its kind and are tailored for primary care managers and rehabilitation providers. These recommendations offer a standardized medical approach for service members who have sustained a mTBI to return to activity in a manner which facilitates optimal recovery," said Army Col. Sidney Hinds, II, DVBIC national director. "We created these clinical recommendations because of a need identified by our Armed Services and Veterans Affairs stakeholders. The mTBI patient was our focus and we vetted these recommendations with our stakeholders before publication."

These guidelines were developed with input from academic experts, sports concussion clinicians and military TBI experts and will assist health care providers as they monitor patients recovering from concussion.

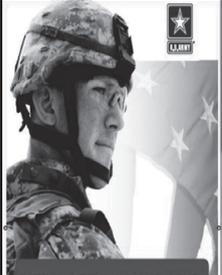
"These recommendations will further improve and standardize the care provided to patients with mild TBI and offer them useful information to become more actively involved in their recovery," said Navy Capt. Richard Stoltz, the director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

Since 2000, more than 287,000 U.S. service members have sustained a traumatic brain injury. These injuries have occurred both in training and combat. Eighty-three percent of TBIs are mild TBIs, making it the most common form of brain injury for U.S. Armed Forces personnel.

"DVBIC has more than 20-years' experience in researching, treating and developing clinical guidance for TBI patients. Our work benefits not only military medicine, but the entire medical community as well," said Hinds, who is board certified in neurology and nuclear medicine.

The Defense and Veterans Brain Injury Center is part of the U.S. Military Health System. It is the TBI operational component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.





"WE STAND FOR LIFE"

The Army Suicide Prevention Office is not a crisis center and does not provide counseling services. If you are feeling distressed or hopeless, thinking about death or wanting to die, or, if you are concerned about someone who may be suicidal, please contact [Suicide Prevention Lifeline](http://SuicidePreventionLifeline) at 1-800-273-TALK (8255).

IT'S YOUR CALL

Confidential help for Active Duty/Guard/Reserve Soldiers and their Families

1-800-273-8255 PRESS 1

Military CrisisLine

*** Confidential chat at MilitaryCrisisLine.net or text to 888255 ***

www.preventsuicide.army.mil

U.S. Department of Defense

Connecticut National Guard Retirees of Florida

Annual Meeting In Orlando
Florida

March 7, 8, 9, 2014

New Members Wanted -
Guests Welcomed

Opened to CTNG (Air and
Army) members, former
members and retirees.

Contact: Aksel E. Hansen, JR.,
CSM (USA Retired), Chairman.
352.686.1628 or
akselanne@yahoo.com

Diversity

At the Crossroads of Freedom and Equality: Remembering the Emancipation Proclamation

PROVIDED BY MASTER SGT. DWIGHT JAY FREDERICK
STATE EQUAL OPPORTUNITY ADVISOR

Editor's Note: The month of February 2014 is declared African American/Black History Month by the Defense Equal Opportunity Management Institute on behalf of the Under Secretary of Defense for Personnel and Readiness. This year's theme as determined by the Study of African American Life and History is "Civil Rights in America."

In 2013 the United States marked the 150th anniversary of an event that changed the course of the nation - the 1863 Emancipation Proclamation. This milestone event in American history was the culmination of individuals who believed in the American promise that this nation was "dedicated to the proposition that all men are created equal."

President Abraham Lincoln issued the preliminary Emancipation Proclamation on Sept. 22, 1862. It stipulated that if the Southern states did not cease their rebellion by Jan. 1, 1863, the Proclamation would go into effect. The Emancipation Proclamation applied only to states

that had seceded from the Union, leaving slavery untouched in the border states. It also exempted parts of the Confederacy that had already come under Northern control. Most important, the freedom it promised depended upon Union military victory. Lincoln justified the Proclamation as a war measure intended to disable the Confederacy's use of slaves in the war effort.

Being cautious to respect the limits of his authority, Lincoln applied the Emancipation Proclamation only to the Southern states in rebellion. The Southern states used slaves to support their armies on the battlefield and to care for their homes so more men could fight. Lincoln first proposed the Emancipation Proclamation to his cabinet in the summer of 1862, and many of the cabinet secretaries were apathetic or worried that the Proclamation was too drastic.

Lincoln's commitment to the necessity of the Proclamation, along with the Union victory at Antietam, finally persuaded his cabinet members to support him. Lincoln also declared that the Proclamation would be enforced under his power as commander in chief, and

that the freedom of the slaves would be maintained by the executive branch of the United States government.

Up until September 1862, the central focus of the war had been to preserve the Union. With the issuance of the Emancipation Proclamation, freedom for slaves became a legitimate war plan.

Lincoln declared in the Proclamation that African Americans of "suitable condition would be received into the armed service of the United States." Five months after the Proclamation took effect; the War Department of the United States issued General Order No. 143, establishing the United States Colored Troops. When the Confederacy did not yield, Lincoln issued the final Emancipation Proclamation on January 1, 1863.

By the end of the war, over 200,000 African Americans would serve in the Union Army and Navy, including more than 1700 volunteer members of the 29th and 30th Connecticut Volunteer Infantry.

These Connecticut patriots would serve with distinction through the end of the war and suffer more than 600 casualties.

Licensing & Certification Exam Reimbursement Program

ARNG-HRM-E Education Oversight
FY 2014

License & Certification Exam Reimbursement

The Army National Guard currently offers reimbursement for costs associated with earning licensure or certification, to include: exam, fee, registration fee and up to \$500 for cost of preparatory courses and study materials. This reimbursement is available for current ARNG service members; spouses, civilian and contractors are not eligible. Reimbursements are subject to the availability of funding and priority is first come, first served. The following restrictions apply:

- Costs for preparatory courses and study materials are only reimbursed if they are not currently available for free through Army e-learning or another source.
- No retakes for which a passing score was previously received are acceptable for reimbursement.
- A soldier may only be reimbursed **once** for costs associated with earning a particular licensure or certification.
- Each part of a multiple step certification and licensure is eligible for reimbursement.
- Medical and dental certification or licensure reimbursement is available to current ASR/AMEDD students or recent graduates. Recent graduates are eligible for reimbursement if the certification or licensure exam has been taken within one year of graduation.
- Requests for reimbursements must be submitted within 90 calendar days of the exam date.
- Courses that are eligible for Federal Tuition assistance are not reimbursable through this program.
- Only examinations in which a Soldier received a passing grade are eligible.



Reimbursement Process:

1. Soldier verifies that the licensure/certification Exam is on the list of eligible exams on the cool website.
<https://www.cool.army.mil/search/CredSearchAlpha.htm>
2. Soldier takes the exam.
3. Soldier requests GoArmyEd account if one is not already established.
4. Soldier provides the following documents to their **State Education office**.
 - A copy of the score report.
 - Proof of payment for any preparatory courses, study materials, registration fee and exam fee. Proof of payment must show:
 - ♦ What was purchased, the cost of the purchase and a transaction ID, (or comparable) showing the payment was processed.
 - Completed reimbursement form
 - Submit the completed packet to your State Education Office.

AMEDD/ASR:

Current AMEDD/ASR students must also provide a copy of their orders assigning them as students. Current PA students must provide a copy of their 70B orders. Recent graduates must provide a copy of the graduation certificate and diploma showing the date of graduation.

Applications for eligible certification and licensure exams taken in FY 14 will be accepted until 15 December 2014

"In these days of budget cuts and other reductions, all benefits that have survived are that much more valuable. I encourage all that qualify to take advantage of this benefit"

Mr. Wali Shakir
NGB Testing Program Manager

CTARNG Education Services Office:

(860) 524-4820, 4809, 4816

MAJ Draper; paul.l.draper.mil@mail.mil

SFC Thurman; ericka.g.thurman.mil@mail.mil



For info contact your local state education office or

1-866-628-5999 or arnng.gsc@mail.mil

For more info contact your local state education office or

1-866-628-5999 or arnng.gsc@mail.mil



National Guard Association of Connecticut (NGACT)



20th Annual NGACT Conference & Awards Luncheon

Saturday, March 22nd 2014

Conference Registration- 8:00 a.m.
Awards Luncheon - 12:00 p.m.
Crowne Plaza, 100 Berlin Road · Cromwell, CT 06416

NGACT Conference & Awards Luncheon Registration

Name: _____ Rank: _____ Unit: _____

Address: _____

Home Phone: _____ Daytime Phone: _____ Email: _____

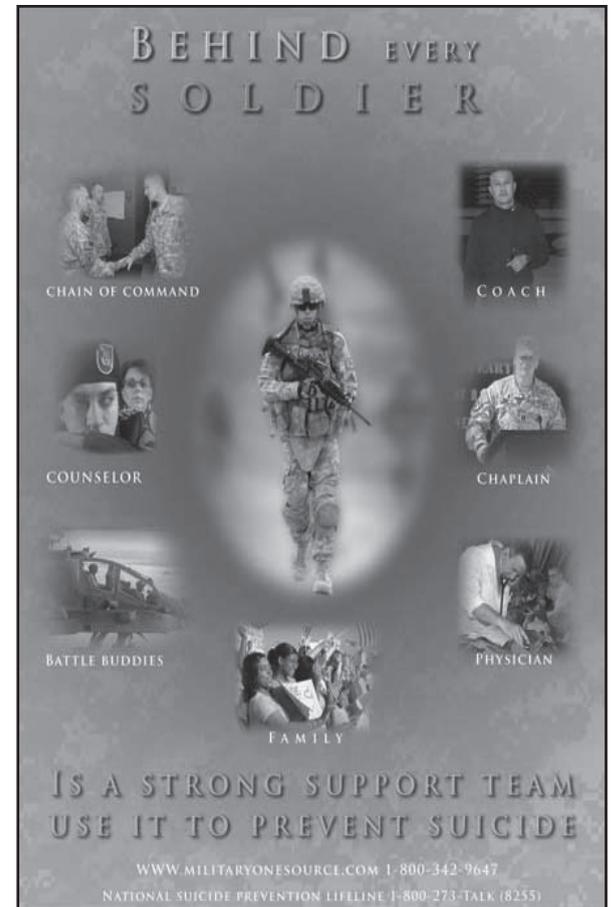
- Conference Registration - \$30 (\$40 at the door) _____
- NGACT Annual Dues - \$11 _____
- NGACT Lifetime Dues - \$110 _____
- EANGUS Annual Dues - \$11 _____
- NGAUS Annual Dues - Based on chart below _____

WO1- \$26.00	CW3- \$46.00	CW5- \$73.00	O1- \$30.00	O3- \$59.00	O5- \$85.00	O7- \$123.00
CW2- \$35.00	CW4- \$59.00		O2- \$45.00	O4- \$72.00	O6- \$108.00	O8- \$139.00

Total Amount Enclosed _____

Rooms are available at the Crowne Plaza for Friday & Saturday evening at \$81 per night
Call (860) 635-2000 and mention "NGACT"

Make checks payable to "NGACT" and send to NGACT Conference, 360 Broad St. Hartford, CT 06105-3795
Email questions about the Conference and Awards Luncheon to: ngactexecutivedirector@gmail.com



Save the Date

March 22, 2014
NGACT Annual Conference and Awards Luncheon
Crowne Plaza
Cromwell

August 10-14, 2014
EANGUS Annual Conference
Phoenix, Arizona

August 22-25, 2014
NGAUS Annual Conference
Chicago, Illinois

September 5, 2014
17th Annual NGACT Golf Tournament

Examination of Employees (Weingarten Meetings) Annual Required Notification

The union is entitled to represent bargaining unit employees when the meetings are in connection with an investigation. This provision is often referred to as an employee's "Weingarten" rights, based on a Supreme Court decision. The Federal Service Labor-Management Relations Statute establishes three conditions that must be met for a meeting to be considered a "Weingarten" meeting:

- One or more agency representatives are examining (questioning) a bargaining unit employee in connection with an investigation;
- The employee reasonably believes that the examination may result in disciplinary action against the employee; and

- The employee requests union representation.

Once all three conditions have been met, supervisors may generally not continue the examination without allowing the employee his or her requested representation. Specifically, the supervisor's options under these circumstances are:

- Grant the request and notify the union that a meeting to examine a bargaining unit employee is going to take place and that the employee has requested union representation. If the union attends the meeting, it must be allowed to make relevant comments but cannot disrupt the meeting nor can it answer the questions posed to the employee;
- Discontinue the interview and rely on evidence

already available or information obtained from other sources; or

- Offer the employee a clear choice to: a) continue the interview without representation, or b) have no interview.
- "Weingarten" rights are not applicable when management issues a disciplinary action since management is not asking any questions. Additionally, the "Weingarten" right does not come into play when engaging in performance counseling as this does not concern disciplinary matters but, rather, performance issues.

The "Weingarten" rights are not like "Miranda" rights in that management is not obligated to inform employees of their rights each time before questioning them.



U.S. ARMY

Army Safety Gram

ARMY SAFE IS ARMY STRONG

14-06 14 January 2014

There's Nothing Funny About Falls

Slips, trips, and falls have been a sure way to get a laugh in many cultures over the years. Human beings have been falling over their own feet ever since they first began to walk. However, except in slapstick comedy, falls are simply not funny. In fact, the subject of falls is extremely serious. Did you know that falls are one of the top leading causes of accidental deaths? In case you are thinking that falls are only a danger to people who work on scaffolds and steel girders up in the sky, think again. Most falls actually occur on the same level and are caused by just tripping over an obstacle or slipping on something.



Here are some ways to prevent falls:

- Keep walkways and floors free of obstacles such as boxes, cords, and litter. Even objects such as pencils on the floor have caused serious falls.
- Flooring surfaces must be even and secured. Watch out for obstacles such as loose tiles or carpeting.
- Close cabinet drawers and doors as soon as you are through with them. Many serious injuries have occurred when people fell over unexpected obstacles like an open bottom drawer on a desk.
- Don't run or walk too fast.
- Adjust your walking speed and style to the surface you are traveling on. If the surface is rough, cluttered, slippery or at an angle such as a ramp, you need to slow down and take small careful steps.
- Wear safe footwear, with low heels and a good fit. Keep your shoelaces tied. Avoid slippery soles and be sure to wear shoes with adequate tread when walking on icy, greasy or wet surfaces. Keep shoes in good repair. A defect such as a nail coming through the heel can cause a person to slip.
- Make sure you can see over or around any load you are carrying.

Falls are a hazard at work any time of the year. But winter weather adds a greater element of danger:

- Report any hazardous conditions such as ice on a sidewalk or water in an entry area. It may not be your job to shovel snow or mop up spills, but it is certainly your responsibility to report hazards so they can be corrected before someone is injured.
- Outdoor walkways and steps should be kept free of ice, snow, mud, and wet leaves.
- Entrances and interior traffic areas should also be kept free of water and ice. There should be mats at the doorways to remove snow, water, and mud from footwear.
 - Extra measures should be taken to ensure safe footing on sloped floor surfaces, such as ramps.
 - When walking on slippery surfaces go slowly and take small steps.
 - Wear shoes or boots with non-slip soles. Special footwear with cleats is available for especially slippery conditions.
 - Watch your footing as you get in or out of vehicles. When climbing in or out of equipment cabs, keep a firm grip on the handholds and watch out for ice on the footholds, and mud or ice on your shoes.
 - Winter weather calls for extra caution when working at heights. Make sure surfaces such as ladder rungs and scaffold decks are free of ice and snow.



Check your work area and your work habits frequently to make sure you are doing all you can to prevent slips, trips, and falls, and remember to watch your step to prevent falls, especially in winter conditions.

gear UP!

FOR THE COLD

COLD weather clothing:

- Keep it clean
- Avoid overheating
- Wear it loose and in layers
- Keep it dry

Watch for effects to the skin, such as:

- Swollen, red or darkened
- Pain, tenderness, hot or itchy
- Numbness or tingling
- Bleeding or blistered
- Gray, waxy feeling or "wooden" to the touch

Other symptoms to look for include:

- Dizziness, weakness or blurred vision
- Uncontrollable shivering
- Lack of coordination and impaired judgment
- Painful, red, watery or gritty feeling in the eyes (snow blindness)



ARMY SAFE
FallWinter
NO TIME TO CHILL



ARMY STRONG



OSHA

ARMY SAFE IS ARMY STRONG

<https://safety.army.mil>



BAND OF BROTHERS & SISTERS

Off the Bookshelf : Revolutionary Road

STAFF SGT. BENJAMIN SIMON
COMPANY A, 102ND INFANTRY BATTALION UPAR

Novelist Richard Yates spent a portion of his early and midlife in Connecticut. He attended Avon Old Farms School, and after serving in the Army during World War II, was a resident of Redding. Yates lived in Redding while writing his 1961 novel, "Revolutionary Road," and descriptions of the town and surrounding Fairfield County areas are easily identified in the book.

"Revolutionary Road" is not very kind to Fairfield County, and depicts its residents as drone-like and acquiescent to living in a suburban purgatory. Yates' protagonist, Frank Wheeler, and wife, April, do not believe that they should share the fates of their neighbors and friends. Early in the novel, they plan to move away and pursue alternative lifestyles.

April, an amateur actress, and Frank, a World War II veteran, however, are not unique in Fairfield County. Yates illuminates the couple's personal and domestic difficulties, and illustrates their neighbors, friends, and co-workers privately sharing similar troubles.

All felt detached from the world, and all had difficulties

in accepting their life choices.

"Revolutionary Road" asks readers, what amount of acquiescence is necessary in life? Yates poses that in education, war and marriage, an acceptance of fate is expected and almost necessary for survival, and yet this novel protests and demonstrates a detachment from all of those things.

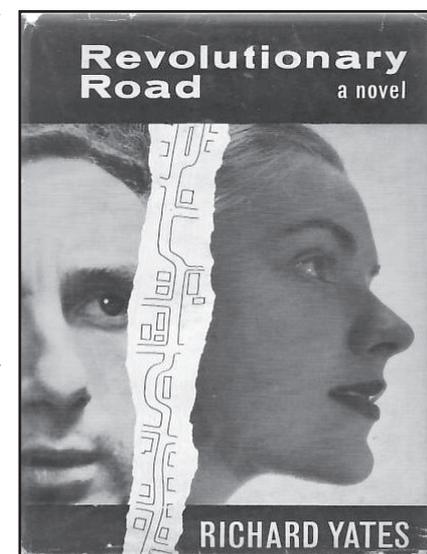
Frank, like Richard Yates, fights in Europe during World War II. Frank suffers cognitively in suburban life, but Yates does not overtly attach his issues to military service. Yates' main character treats his combat experiences with a remorseful distance—something to talk about over cocktails only.

In "Revolutionary Road," Yates gently objects to all of postwar, American, mid-twentieth century existence: baby booms, drive-ins, raised ranch houses, and community theater. He proposes alternatives: moving away, running away, and death. But his writing indicates an immense detachment to these choices as well.

Frank and April's emotional anguish lasts the novel's duration, and they inevitably choose directions. Life, of course, progresses as usual in suburban Connecticut.

Many of Richard Yates novels depict similar themes. Yates, himself, was afflicted with a comparable discontent. In 1992, he died in a Department of Veterans Affairs Hospital, in Alabama—far from Fairfield County.

"Revolutionary Road" is worth reading for the sake of becoming familiar with a writer and military veteran who has roots in Connecticut. It should be read, however, with emotional detachment.



Retirement Service Officer Notes

SGT. 1ST CLASS REBECCA AVERY
RETIREMENT PROGRAM MANAGER

Do you know how to make changes to your survivor beneficiaries? It isn't enough to update DEERS if you have a change in your RC-SBP status (i.e. marriage, new child, death, divorce, remarriage). You must fill out a DD 2656-6 and submit the changes with supporting documentation within a year from the effective date. If you are already out of the National Guard, please send this change to Human Resources Command (HRC) directly. Current members of the Connecticut Army National Guard must send the form through this office for SIB changes and iPERMS load.

Retirement briefings are mandatory for all Soldiers who are approaching or at their 20 years of service – and are extremely important to you and your family's future benefits. Retiring Soldiers approaching Gray Area Retirement or age 60 and who are ready to file their retired pay application with HRC at Ft. Knox can (and should) register for another, refresher briefing. Retirement briefings are held the Sunday of most JFHQ drills (first weekend of the month) in Hartford. For more information or to schedule attendance at an upcoming retirement briefing, please contact the RPAM office at (860) 524-4813/4814.

Please feel free to call or visit me anytime with any questions: Sgt. 1st Class Avery, (860) 524-4813 or rebekah.j.avery.mil@mail.mil.

Register for ECHOES: register for eCHOES newsletter and get the latest updates and changes applicable to Retirees:

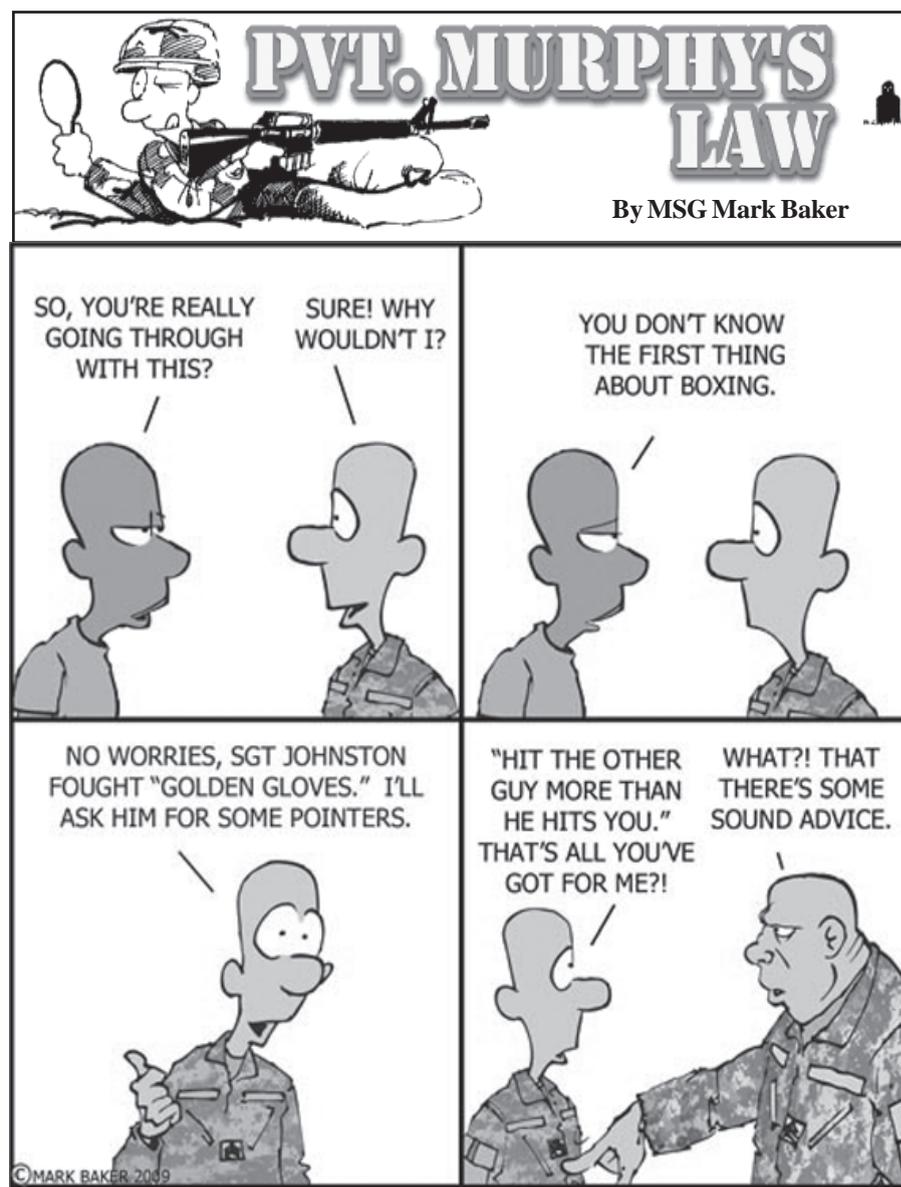
https://www.armyg1.army.mil/rso/echoes_issues.asp

TRICARE Walk-in Services (change):

TRICARE military health plan service centers will end administrative walk-in services in the U.S. on April 1. TRICARE service centers overseas are not affected. Beneficiaries can get more information and sign up for updates at the TRICARE website at www.tricare.mil/tsc.

Upcoming Retiree Events and Tips:

- Weekly TRICARE Beneficiary Bulletin: www.tricare.mil/Welcome/MediaCenter/Podcasts (subscribe to get podcasts via e-mail)
- Did you miss the TRICARE for Life Webinar on Jan. 22? For a recording go to <http://www.militaryonesource.mil/social/webinar-archives>
- Feb. 27 and April 24, Monthly CTNG Retiree Breakfast: 9 a.m. at Charlie's Place, West Main St, Niantic
- June 28 Groton Sub Base Retiree Seminar: Call to make reservations, (860) 694-3284



Retiree's Voice

Introducing the New Retiree's Voice Columnists

Changes have come to the Retiree's Voice page. After several years as the Retiree's Voice columnist. Staff Sgt. (Ret.) Giuseppe Pampena has stepped down. The Guardian put out the call for a new columnist. Several people stepped up and submitted their credentials, and while it was a tough decision, the staff of the Guardian has selected two Retirees to co-author the column.

We are excited to announce that Sgt. 1st Class (Ret.) Stephanie Cyr and Chief Warrant Officer 4 (Ret.) John Godburn will be sharing the duties of providing up to date information of interest to the Retirees of the Connecticut National Guard.

We will also have guest columnists from time to time, and the retirement service officer, Sgt. 1st Class Rebekah Avery will be submitting information monthly.

Following are the introductions of our new columnists in their own words.

Sgt. 1st Class (Ret.) Stephanie Cyr

My name is Stephanie Cyr, Sgt. 1st Class (Ret.) and I am one of the new contributors to the Retirees Voice in the Connecticut Guardian. I often say that my military career has spanned most of my life. I am the daughter of a World War II Veteran, wife of a Korean Navy Veteran, stepmother of two U.S. Navy Veterans, the mother of a currently serving United States Coast Guard lieutenant, and a Veteran myself.

I enlisted into the United States Army in 1977, and served for two years with the 300th Army, 63rd Army Reserve Command in Los Angeles, Calif. My primary military skill was tuba player, however, I also performed on trombone and acted as NCOIC of operations and assistant clerk to the unit administrator.

Moving to Connecticut in 1979, I transferred into the Connecticut Army National Guard, serving for a short time in the Recruiting Office and then transferring into the 102nd Army Band. I performed in the concert, marching, jazz bands as well as small ensembles for many

of Connecticut's military functions as a proud military musician. I used my civilian occupation to the benefit of my military service by doing publicity for the band and becoming instructor qualified. I also served as the 102nd Band's liaison in the early beginnings of the Family Program. I retired in 1998 after twenty-one years of service.

I look forward to being a contributor to Retirees' Voice. This is a way for me to extend my military career by writing about important Retiree issues and continuing to serve my fellow Retirees and the Connecticut National Guard.

Chief Warrant Officer 4 (Ret.) John Godburn

Before I tell you a little about myself, I want to thank Col. Whitford, Col. Wiltse and Sgt. 1st Class Newton for offering me this opportunity to co-write, along with Sgt. 1st Class (Ret.) Stephanie Cyr, the monthly Retiree column for the "Connecticut Guardian". There are hundreds of sources of information about issues pertaining to military Retirees – but some of it is not always factual. What I hope to do through this column is not write a manual on "How to Retire" (I'm still trying to figure that out for myself) but rather to sort through all this information and bring some insight, analysis and (at times) opinion, about issues that I feel are important, not only to Retirees, but also to Soldiers and Airmen currently serving.

For those who do not know me, a little about myself. My military career began in the summer of 1972, when I received my draft notice. I enlisted in the Connecticut Army National Guard on Aug. 18, 1972, Company B, 2d Battalion, 102d Infantry as an 11B, infantryman. In the spring of 1973 I completed my Basic and Advanced Individual Training at Fort Polk, La. and returned to Co B, where I served the next six years as a 90mm recoilless rifleman. I was honorably discharged in August 1978.

In April 1981, I reenlisted as a traditional Guardsman, again in Co B, 2d Battalion, 102d Infantry. In September of 1982 I entered the AGR Program, accepting a position

as unit clerk with Combat Support Company 1st Battalion, 102d Infantry, in Ansonia. In June 1986 I was transferred to HHD STARC, Recruiting and Retention Command. This began a nine year run for me where I held assignments as administrative specialist, marketing NCO, MEPS guidance counselor, retention NCO, recruiter and recruiting team chief.

I was reassigned to the G1, officer personnel manager, replacing the late Master Sgt. Ed Garland when he moved to SIDPERS Chief, in February 1995. I remained in this position until January 2000, at which time I entered Warrant Officer Candidate School, Fort Rucker, AL. I was appointed as a Warrant Officer One in March 2000 and assigned as the health systems specialist for the CTARNG. In August 2001 I was assigned as the plans & actions branch chief for the G1, and except for a brief period from 2004 – 2005, when I was detailed to Recruiting Command, I remained the P&A chief until my retirement this past Oct. 1. In addition to writing and interpreting policy for the G1, my duties were largely centered on deployments, redeployments and casualty operations.

I am a graduate of the Active Component Warrant Officer Staff Course, Active Component Warrant Officer Advanced and Basic Courses, Active Component Warrant Officer Candidate School, and numerous enlisted schools and academies. My military awards include the Meritorious Service Medal (4th Awd), Army Commendation Medal (3rd Awd), Army Achievement Medal, Good Conduct Medal (5th Awd) and the Connecticut Medal of Merit.

My wife, Claudia, and I live in Torrington. She too is retired, and we look forward to playing more golf, gardening and traveling. Several years ago we rescued/adopted our first dog, a Maltese and have since adopted three more dogs – three Cavalier King Charles Spaniels - which keep us quite busy. Our two daughters and their husbands also live in the area, and we recently learned that we are about to be grandparents for the first time.

Retired by any other word, is

CHIEF WARRANT OFFICER 5 CANDICE L. GRAVES, USA RETIRED
GUEST WRITER
FOREVER CONNECTICUT ARMY NATIONAL GUARD MEMBER

We all thought when we joined the military that retirement was way down the road and some of us would make it and others would find a different career – but here we are for those who have retired or will soon retire.

Now that you are retired, how should companies or organizations address you? And, since you are a National Guard Retiree, everyone outside the realm of the military may think that you are with the reserves. You know that is not true; however, as a retired National Guard member, you are not transferred to a National Guard control group. You are transferred to the Army Retired Control Group. This dilemma is true for both the Army National Guard as well as the Air National Guard. Well, there is an answer.

Army Regulation 25-50 entitled "Preparing and Managing Correspondence" dated 17 May 2013 applies

to Active Army, the *Army National Guard/Army National Guard of the United States*, and the U.S. Army Reserve and addresses the proper form for retirees. The following paragraph defines it all:

6.11. Addressing retire military

a. When addressing Army retired military personnel, show their grade, name, title of the Service, and the word "Retired" (for example, Colonel A. B. Smith, USA Retired; or MAJ Edward A. Dees, USA Retired). The abbreviated form of retired (Ret), may be used, but use the entire word if the signer wishes.

b. When addressing Army correspondence to retired military personnel of other Services, show their grade, name, title of the Service, and the word "Retired" (for example, Lt Col A. B. Smith, USAF Retired).

Now, retired by any other word should be perfectly clear.

Upcoming Retirement

Briefing Dates:

March 2

April 6

May 24

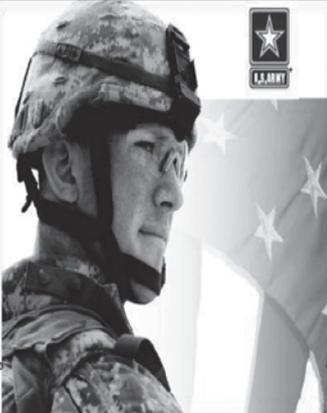
July 13

Aug. 3

No briefing in June or Sept 2014

TY- 2015 briefings schedule TBD

Please see page 24 for more Retiree Information from the Retirement Service Officer



“WE STAND FOR LIFE”

The Army Suicide Prevention Office is not a crisis center and does not provide counseling services. If you are feeling distressed or hopeless, thinking about death or wanting to die, or, if you are concerned about someone who may be suicidal, please contact Suicide Prevention Lifeline at 1-800-273-TALK (8255).

IT'S YOUR CALL

Confidential help for Active Duty/Guard/Reserve Soldiers and their Families

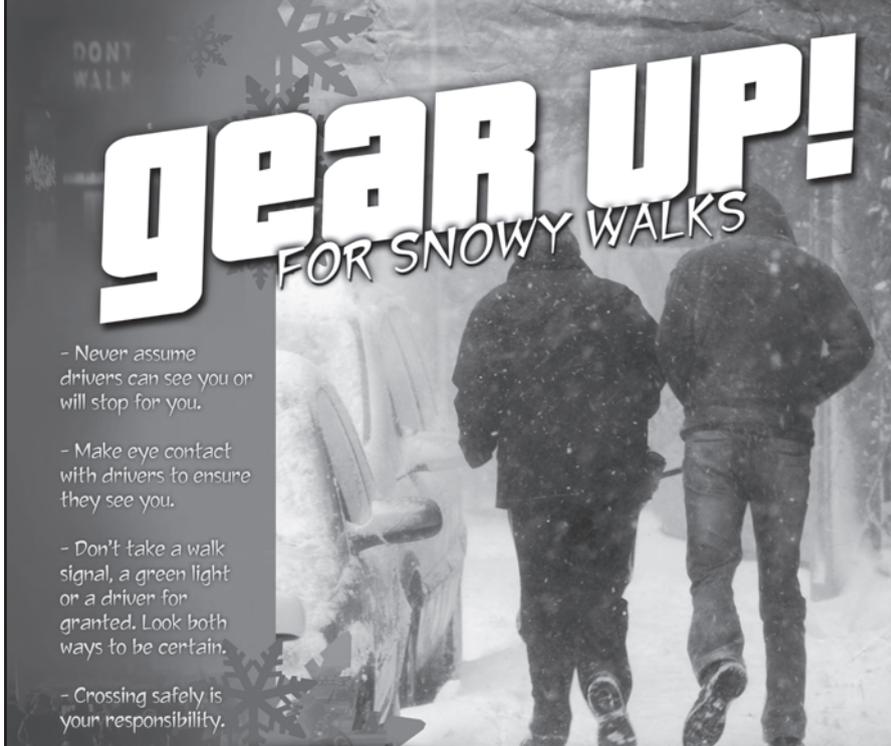
Military CrisisLine

1-800-273-8255 PRESS 1

*** Confidential chat at MilitaryCrisisLine.net or text to 838255 ***

www.preventsuicide.army.mil

U.S. Department of Veterans Affairs



gear UP!
FOR SNOWY WALKS

- Never assume drivers can see you or will stop for you.
- Make eye contact with drivers to ensure they see you.
- Don't take a walk signal, a green light or a driver for granted. Look both ways to be certain.
- Crossing safely is your responsibility.

ARMY SAFE
FallWinter
NO TIME TO CHILL

ARMY STRONG U.S. ARMY CORPS ENGINEER SAFETY CENTER <https://safety.army.mil> ARMY SAFE IS ARMY STRONG BAND OF BROTHERS & SISTERS



Don't deal with a problem alone. Reach out to a helping hand!

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

It takes COURAGE to ask for help when needed

USAPHC
U.S. ARMY PUBLIC HEALTH COMMAND

TA-148-0211



Need a hand helping your Veteran get into care? Reach out to us.

When a loved one returns home from military service, it can be a hard adjustment for everyone. If the Veteran in your family is reluctant to get help, we're here to help you.

Make a confidential call today. 1-888-823-7458.

Coaching into Care Helping you help your Veteran

www.mirecc.va.gov/coaching

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

Connecticut National Guard Promotions

Army

To Private 2

Velasquez, Lorien M.
Castillo, Carlos A.
Purcell, Michael C. Jr.
Lima, Marcello P. Jr.

To Private First Class

Gilchrest, Devin T.
Shepard, Coats Y.
Pion, Christopher D.
Norwood, Jessica L.
Agbobli, Kouma Y.
Brenner Alyssa C.
Perezrodriguez, Crystal
Moya, Nathaniel
Laporte, Brian E.
Morales, Melvin R.

To Specialist

Husovsky, Nicholas E.
Maselek, Raymond R. III
Torrens, Roberto A.
Albert, Andrew J.
Shifflett, Tre A.
Roberts, Adrian S.
Blanchard, Anthony J.
Rodriguez, Jesus M.
Parracino, Jeffrey L.
Changanaqui, Luis E. Jr.
Kosswig, Joseph M.
Riendeau, Xavier J.
Yang, Alan G.
Roscher, Duval D.
Vazquez, Christian
Beebe, Michael A.
Rotger, Jeffrey
Lee, Randy S.

To Sergeant

Niles, Donnell A.
Chreiman, Luke T.
Mahoney, Robert M. Jr.
Gutierrez, Orlando L.
Deluca, Pasquale G. III
Fematt, Travis J.
Dowd, Michael D.
Giunta, Timothy J.
Tate, Anthony N.
Cormier, Samantha L.

To Staff Sergeant

Hardie, Rudolph N. Jr.
Robertson, David B.
Foular, Tammy M.

To Sergeant First Class

D z i e w a l t o w s k i ,
Kristopher J.
Johndrow, Melissa N.
Riosoto, Ernesto

To Master Sergeant

Campbell, Claude S.
Hein, Glen A.

Air

To Airman First Class

Chang , Aisha C.
Rivera , Astrid L.
Boldenlowe, Janysia R.
Brown, Matthew R.
Green, Nicholas D.
Negrón, William X.

To Senior Airman

Shoy, Antonio M.
Pennell, Joseph A.
Wielock, Justin P.
Kien, Paul V.
Serate, Thomas M.

To Staff Sergeant

Kantrowitz, David G.
Serra, John P.

To Technical Sergeant

Pease, Nichole L.
Zuffelato, Thomas B.
Riggott, William C.

Coming Events

February

Black History Month

February 12

Lincoln's Birthday

February 14

Valentine's Day

February 17

President's Day (Washington's Birthday
observed)

February 19

NGACT Executive Board Meeting

February 20

Guardian Deadline for March

March

March 17

St. Patrick's Day

March 19

NGACT Executive Board Meeting

March 20

Guardian Deadline for April

March 22

NGACT Annual Conference & Awards
Luncheon

March 27-30

State Best Warrior Competition

April

April 13

Palm Sunday

April 15

First Day of Passover

April 17

Guardian Deadline for May

April 18

Good Friday

April 19

Breakfast with the Easter Bunny

April 20

Easter

**Deadline for the March Issue of
the Guardian is February 20
Deadline for the April Issue of
the Guardian is March 20**

Life Lines

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

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

Emergency - **911**

www.armyfamiliesonline.org - **1-800-833-6622**

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

National Suicide Hotline - **1-800-SUICIDE**

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

PTSD SEMINAR

Date: February 19th

Time: 6:30-8:00 PM

Are things different since deployment?
Do you feel like you are walking on egg
shells? Do you suspect someone you care
about has PTSD?

- Receive education on the symptoms of PTSD, depression & anxiety
- Learn how to help your Service Member seek treatment
- Discover the services available to Service Members and military families
- Develop ways to cope and take care of yourself

Location: Armed Forces Reserve Center

Room 317 A/B

375 Smith Street , Middletown

Presenters from NAMI (National Alliance on Mental Illness), Military and Family Life Consultant and the Service Member and Family Support Center.

Please contact the Service Member and Family Support Center with questions.

Phone: 1-800-858-2677

Military families & Service Members from all branches of military are welcome to attend.

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Connecticut FAMILY Guardian



VOL. 15 NO. 2

HARTFORD, CT

FEBRUARY 2014

DOD Focuses on Healthy, Active Lifestyle for Kids

TERRI MOON CRONK
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 10, 2014 - With the national rate of childhood obesity increasing, the Defense Department wants to ensure children in military families lead healthy and active lifestyles, the Defense Department's director of the office of family policy and children and youth said.

In a recent interview with American Forces Press Service and the Pentagon Channel, Barbara Thompson said that nationally, 12.5 million children and adolescents from age 2 to 19 are overweight -- a figure that's tripled since 1980. Military children are a microcosm of that group, she noted.

Today's generation of children is the first one at risk of dying before their parents, she added. Facing such risks, families should set goals for healthy food choices and more physical activities for their children, Thompson said.

"It's important for children to see the most important models in their lives doing the same things they should do," she said. "It's of critical importance that children start healthy habits at a

very early age. The bottom line is [that] obesity is preventable."

DOD's message for young children and adolescents is called 5-2-1, Thompson said. It calls for five servings of fruits and vegetables a day, two hours or less of "screen time," one hour of moderate to vigorous exercise and zero sweetened drinks, which is a plan that can be used at home and in school. She defined screen time as any

activity involving television, computers, video games, movies and other devices that lead to a sedentary lifestyle.

Obesity also can lead to serious diseases, such as cancer, diabetes and high blood pressure, Thompson said. Children without healthy diets and routine exercise start at early ages to build plaque in their arteries, and are at risk for future health issues, she added.

And national security can become an issue when

than fat-frying them -- also are necessary to a better lifestyle, she noted.

After dinner, families can take walks together and make plans for weekend bike rides and other physical activities, Thompson suggested.

Health and nutrition help is available from numerous resources, she said, noting that First Lady Michelle Obama's "Let's Move!" initiative includes a website that provides a variety of healthy recipes and ways to add activity into children's everyday lives.

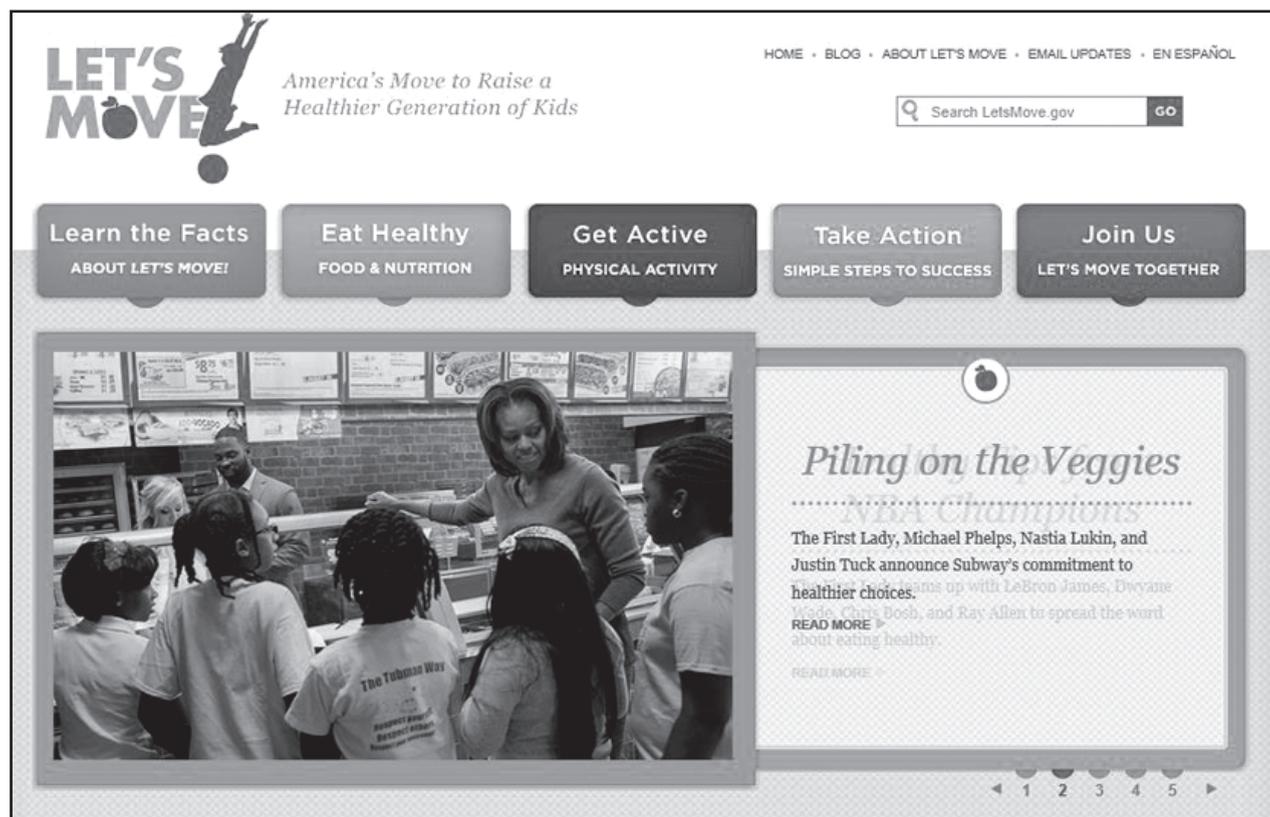
While school districts have begun to offer healthy food choices, parents should become involved with the Parent-Teacher Association and similar groups if their children's schools do not deliver healthy food choices or provide inadequate exercise time and activities, she said.

The Military OneSource website offers a health and wellness coach program that's good for goal setting for cardiovascular health and nutrition habits, Thompson said.

Child and youth development centers and morale, welfare, and recreation programs on military installations offer emphasis on eating healthy foods and

pursuing active lifestyles, she said. Help also is available to advise families on how to shop for groceries and prepare meals in a healthy manner, she said.

"The earlier children ingrain specific [habits], the more they will stay with them -- whether it's brushing their teeth before bed, washing their hands, or [remembering] to drink water and eat fruits and vegetables," Thompson said.



The Let's Move! Website (www.letsmove.gov) helps parents and children become more healthy with nutrition information, advice on how to become more active among other things.

people cannot enter military service because of their weight and health-related diseases, Thompson said.

Resources for setting dietary and exercise goals are abundant for military families, Thompson said. One way to begin children on a path to healthy eating and routine exercise is to have meals as families, she said. Cutting sugar and salt, reducing overall fat and cooking in a healthy manner -- such as steaming certain foods rather



CATHERINE GALASSO

Tap into God's Power Through Prayer

"Every time we pray, our horizon is altered; our attitude to things is altered, not sometimes, but every time..." Oswald Chambers.

Once, a preacher told a story to his congregation that when he first started ministering, he was given a pre-owned automobile that he drove to various towns in order to pray for people. "However, the car wouldn't start without a push," he described.

Each morning, the preacher explained how he would ask someone to help him push-start the car. Then, all through the day, while he visited various homes, he would keep the car running in their driveways.

A few years later, a new minister came to the area, as the preacher was to be sent to a new city. Before he left, the preacher handed the new minister the keys to the automobile and explained his method for starting it. "Daily, you just give the car a push," the preacher grinned, with a confident expression, as they walked outside and stood next to the car.

The new minister looked confused. "Hold on a moment," he said, "I have an idea." He lifted up the hood of the car, leaned forward underneath, and jiggled some wires.

His first attempt failed. The preacher didn't say anything. He just stood there.

So, the new minister tried again. And soon he found a loose cable. The new minister twisted it and to their surprise, in less than five minutes, the car started. All along, the power was there. It just needed to be connected!

Isn't it good to know that God is continuously with you, and that your connection to Him is always available?

You are so important to God. He cares about everything that concerns you. God loves to be needed. Therefore, tap into God's power through prayer.

Scripture says:

"The Lord is near to all who call upon Him, to all who call upon Him in truth." Psalm 145:18.

"The One who calls you is faithful, and He will continue to be faithful." 1 Thessalonians 5:24.

"You may ask me for anything in my name, and I will do it." John 14:14.

Sometimes, the littlest change can make a world of difference. Start waking up in the morning earlier and spend some quiet time in prayer. Be bold in praying. Dare to ask for your heart's desires. Say prayers of thankfulness. Express gratitude to God for what is good and right in your life, for a grateful heart can alter everything.

Pray for your family, your friends; and through prayer, intervene for those in need. There's no limit to where God's divine intervention will take you, making your life and the lives of others better.

Many years ago, I had a friend whose daughter had applied to an outstanding college, and she had her heart set on going to this excellent school.

When the daughter received the acceptance letter, she was overjoyed. But her joy turned to discouragement when she found out that the school didn't offer any financial aid except the standard student loan and work study. The tuition, room and board were more than my friend's entire salary. And, as a single parent, she had no other income.

Determined not to give up, my friend and her daughter went to the college's Open House. While there, they talked to the financial aid director, who listened to their hopes and dreams. Again, to their disappointment, he said,

"I think you'd better seriously consider another university. There is nothing more we can offer you in the way of financial assistance."

Dejected, my friend and her daughter walked out of the room. Then, for some reason, my friend looked back. "The financial aid director was just staring at us," my friend recalled. "I felt a kind of tingle. Then the door closed behind us, and we went on our way. My daughter took a scheduled tour of the campus and I went to the chapel. It was so beautiful and peaceful there; I knelt down and prayed for help," she whispered.

On the way home, my friend turned to her daughter and said, "Honey, don't worry, you will go to this school – even if I have to sell our condo and get an apartment – I'll find a way." My friend had the distinct feeling that God wanted her daughter on this campus, and she continued her prayers.

The next day, when my friend came home from work, there was a message on her answering machine from the college. For some reason, the financial aid director had decided to go to his committee and ask if they would help this promising young woman. God's hand was strong, and they decided to give her a scholarship for the first year; it would be renewed each of the following three years, if she kept her grades at a certain level.

My friend and her daughter were ecstatic! They had only to pay room and board, and thanks to other loans available to parents, my friend was able to manage the payment for the room and board.

Her daughter graduated from that college. She went on to medical school. And today, she's a doctor.

It doesn't matter what your circumstances look like, connect with God's strength and be persistent in your prayers. Prayer moves the Hand that rules the world, and miracles are set into motion. God's mercies are new day by day.

So pray and receive God's peace, His goodness and blessings. He is planning great things for your future.

With God, all things are possible.

Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author, in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at cgv@anewyouworldwide.com.

Visit her website at www.anewyouworldwide.com

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slideshare.net/USARMYSOCIALMEDIA
U.S. Army Social Media Resources

socialmedia.DEFENSE.GOV
Dept. of Defense Social Media Hub

Office of the Chief of Public Affairs
Online & Social Media Division

Volunteer of the Month: Louise Vannoorbeeck, 1109th TASMG

How did you become a CTNG FRG Volunteer and what other experience do you have Volunteering?

My husband took command of the 1/169th Aviation Battalion in December 2006. Shortly after joining the unit, we were notified that the unit would deploy the later part of 2009. With the help of many interested wives and family members, the 1/169th FRG went to work preparing for deployment. Long lasting friendships were made as military families supported each other, not only during the deployment process, but upon return. I think it is very important for military families to have a support group during times of deployment but also while supporting the state's many missions.

Who are you attached to that serves in the military?

My husband, Col. Vince Vannoorbeeck. He is presently the commander of the 1109th TASMG in Groton and that is the unit that I am volunteering with.

Tell us more about your family.

We have two wonderful sons – our older son, Phil, recently graduated

from University of Maryland Baltimore County. He lives in Baltimore, working and participating in regional theatre. Our younger son, Mark, is a sophomore at George Mason University in Fairfax, Virginia studying civil engineering.

Who is your hero or someone you admire?

I cannot say I have a hero or admire just one person. I have seen strength, courage, perseverance, dedication to a cause, love, support and resiliency in so many people in different situations.

Tell us something interesting or unique about yourself that most people don't know.

I was born and raised in Tennessee and think of myself as an ordinary person. I enjoy spending time with family and friends, traveling, working in the yard, and working at my job as a school nurse.



Military OneSource Offers Tax Filing Tips

CHRIS ROULEAU
CT MILITARY ONESOURCE CONSULTANT
JOINT FAMILY SUPPORT ASSISTANCE PROGRAM

Before filing your return, review it to make sure it is correct and complete. The following checklist may help you to avoid common errors:

- Did you consider filing your tax return electronically? By electronically filing your tax return, many common errors may be avoided or corrected by the computer software. Depending on your income, you may even qualify to e-file for free by using IRS Free File. More information is available on the website.
- Did you clearly print your name, Social Security number, and address, including ZIP code directly on your return? Note that if you are married but filing a separate return, do not include your spouse's name in the Name, address and Social Security number fields on the return.
- Did you enter the names and Social Security numbers for yourself, your spouse, your dependents and qualifying children for earned income credit or child tax credit, exactly as they appear on the Social Security cards? If there have been any name changes be sure to contact the Social Security Administration at www.ssa.gov or call at 800-772-1213.
- Did you check only one filing status?
- Did you check the appropriate exemption boxes and enter the names and Social Security numbers exactly as they appear on the Social Security cards for all of the dependents claimed? Is the total number of exemptions entered?
- Did you enter income, deductions and credits on the correct lines and are the totals correct?
- If you show a negative amount on your return, did you put brackets around it?
- If you are taking the standard deduction and checked any box indicating either you or your spouse were age 65 or older or blind, did you find the correct standard deduction using the worksheet in the Form 1040 Instructions or the Form 1040A Instructions?
- Did you figure the tax correctly? If you used the tax tables, did you use the correct column for your filing status?
- Did you sign and date the return? If it is a joint return,

did your spouse also sign and date the return?

- Do you have a Form W-2 from each of your employers and did you attach Copy B of each to your return? File only one return, even if you have more than one job. Combine the wages and withholdings from all Form W-2s, on one return.
 - Did you attach each Form 1099-R that shows federal tax was withheld?
 - Did you attach all other necessary schedules and forms in sequence number order shown in the upper right-hand corner?
 - Did you use the correct mailing address from your tax form instructions?
 - Did you include the correct amount of postage on the envelope?
 - If you owe tax, did you enclose a check or money order made payable to the "United States Treasury" with the return and include your name, address, Social Security number, daytime telephone number, tax form and tax year on the payment?
 - If you are due a refund and requested direct deposit did you check your financial institution routing and account numbers?
 - Did you make a copy of the signed return and all schedules for your records?
- Common mistakes**
A few of the most common errors are:
- Incorrect or missing Social Security numbers.
 - Incorrect tax entered based on taxable income and filing status.
 - Computation errors in figuring the taxable income; withholding and estimated tax payments; Earned Income Credit; Standard Deduction for age 65 or over or blind; the taxable amount of Social Security benefits, and child and dependent care credit. Also, missing or incorrect identification numbers for child care providers are common.
 - Withholding and estimated tax payments entered on the wrong line.
 - Math errors—both addition and subtraction.
- It is important that you review your entire return because any errors may delay the processing of your return.

Free Tax Services from Military OneSource

NICK SIMEONE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 15, 2014 - If it hasn't arrived yet, your 2013 W-2 wage and tax statement likely is on its way, and with it the countdown toward the April 15 tax filing deadline.

As preparations begin for the upcoming tax season, military families are being offered a free service to ensure they can meet that deadline from anywhere they may be stationed around the world.

Military OneSource, partnering with H&R Block, is offering all active duty, Guard and reserve forces help in preparing their taxes and in filing their federal and state returns, in addition to the variety of other financial planning services it already provides free of charge.

"No matter where you are, when you call 800-342-9647 or go to The Military OneSource website, you can access the programs and services," Tony Jackson, a military community and family policy analyst for the service told American Forces Press Service.

The program is designed to address the unique tax requirements and issues affecting military personnel and their families, Jackson said.

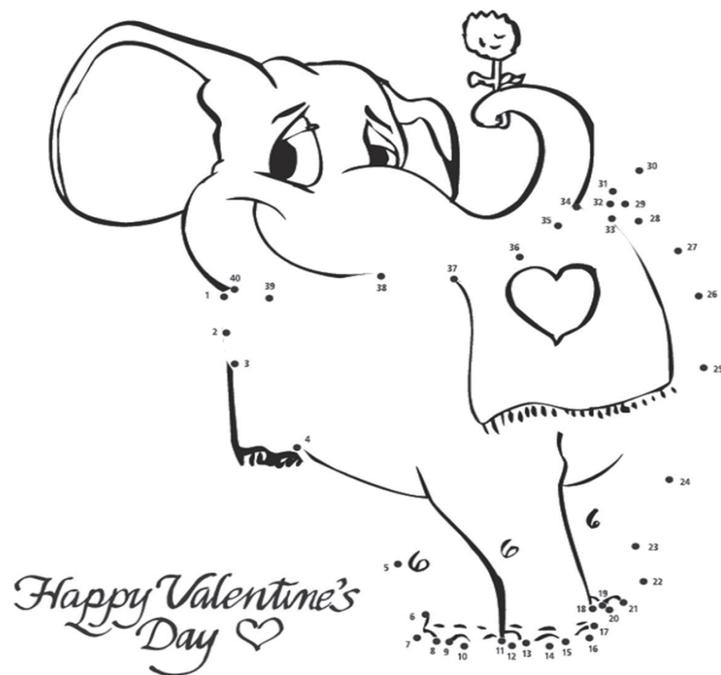
With many still likely dealing with holiday credit card bills, the April tax deadline may seem far off. But with many military families having to file multiple state tax returns in addition to federal taxes, beginning the work now on gathering tax-related documents can prevent headaches later.

"Now is the time to prepare, to gather your documents and your questions," Jackson said.

"Nobody ever gets turned away," he said.

The program's tax experts are able to help military families navigate changes in tax laws that may have a particular impact on or benefit for members of the military -- as well as any tax implications related to military benefits, he added.

Valentine's Day Connect the Dots



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)

Service Member and Family Support Center Locations

Waterbury Armory
64 Field Street, Waterbury, CT 06702
(203) 574-2406
Open Tuesday - Friday

103rd Air Control Squadron
206 Boston Post Rd., Orange, CT 06477
(203) 795-2961
Mrs. Donna Rivera and Ms. Nancy Cummings

Norwich Armory
38 Stott Avenue, Norwich, CT 06360
(860) 887-3911
Open Wednesday

103rd Airlift Wing
100 Nicholson Rd., Bldg 8, East Granby, CT 06026
(860) 292-2730
Mrs. Donna Rivera, Mr. Sean Brittell and Mr. Troy Walcott

Windsor Locks Readiness Center, Bradley International Airport
Windsor Locks, CT 06096
1-800-386-4071 EXT 149
Mr. Troy Walcott and Mr. Sean Brittell

New London Armory
249 Bayonet Street, New London, CT 06320
(860) 441-2975 Ext. 25
Ms. Elizabeth Rivera

William A. O'Neill Armory
360 Broad Street, Hartford, CT 06105
800-858-2677

Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Rita O'Donnell, Mrs. Andrea Lathrop, Staff Sgt. Melody Barber, Ms. Deena Saccente, Mr. Steven Poulin, Ms. Megan Macsata, Mr. Joshua Hamre, Ms. Cindy Hould and Dr. Vicky Scully-Oakes, Ms. Amanda Johnson, Ms. Ashlynn Stone, Ms. Danielle Cummings, Mr. Chris Rouleau

Stratford Armory
Armory Road, Stratford, CT 06497
203-378-8709 EXT 11
Mrs. Nancy Cummings

Camp Niantic Readiness Center
38 Smith St., Niantic, CT 06357
860-858-2677
Open Monday

Volunteers are needed in each facility. Those wishing to help can contact Mrs. Kim Hoffman, State Family Readiness Advisor at 1-800-858-2677. Family members or loved ones of a deployed Soldier/Airman with questions about benefits or deployment issues should contact: kimberly.j.hoffman.civ@mail.mil Please visit our Website at www.ct.ngb.army.mil/family