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State Best Warrior Competition Brings Out Best in Guard



Sgt. Kristen Stuart, 141st Medical Company, takes aim during the stress shoot portion of the 2015 State Best Warrior Competition, held at various locations throughout the state March 19-22. Twenty-four Soldiers of the Connecticut Army National Guard battled each other and the elements while vying for the title of Soldier or NCO of the Year. For stories, winner profiles and more photos, see the May 2015 issue of the Guardian. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

Senior Leaders Corner

Leaders,

I know we all take safety very seriously. However, we have had a substantial rise in fatal sedan accidents over the last 90 days. We, as senior Leaders, must be more engaged, communicating at all leader levels how imperative safe driving is to preserve our force, across all components.

To date this fiscal year, 68 percent of all private motor vehicle (PMV) fatalities reported Army-wide involved Soldiers in the rank of E1 through E4 and 63 percent were between the ages of 18 and 24.

The majority of all fatal PMV-4 accidents were single vehicle accidents, often caused by excessive speed, distracted or inattentive driving.

Most occurred over the weekend period Friday through Sunday, with the majority of the accidents occurring between the hours of 0500 and 1700 and not during periods of limited visibility.

As Leaders, we must consistently engage our Soldiers and remind them of the hazards inherent to driving, particularly in inclement weather. Emphasize the risks of inattentive driving and encourage safe arrivals without multi-tasking while en route.

As our engaged Leaders mitigate driving risks for our Soldiers brought about by cold weather road hazards, we must also prepare for the arrival of spring, warmer weather, and all the high risk activities this season re-introduces.

Let's get all our Leaders engaged and proactive in restoring "Arrive Alive" as our recurrent travel outcome. We're counting on every Soldier to strengthen our great team.

Army Safe is Army Strong!

Very Respectfully,
General Dan Allyn, 35th VCSA



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(Front Page American Flag photo by Buddy Altobello)

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McHugh: America's Army Facing Sequestration 'Enemy' at Home

ARMY SGT. 1ST CLASS TYRONE C. MARSHALL JR.
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON - Not only does the U.S. Army face rapid, unpredictable changes in the geopolitical landscape, but also the uncertainty of an adversary — sequestration — here at home, Army Secretary John M. McHugh said March 11.

Testifying before the Senate Appropriations Committee's defense subcommittee, McHugh, joined by Army Chief of Staff Gen. Ray Odierno, discussed the Army's fiscal year 2016 budget request and challenges imposed by sequestration's return as demand for the Army grows.

"It is amazing how much can change in a year," McHugh said. "Over the last 12 months, we've seen the geopolitical landscape morph, really, at an astonishing pace."

From renewed aggression by Russia and increased threats from North Korea to gains by radical terrorists in Iraq, Syria and Yemen, to the fight against Ebola, he said, "the demand for your Army to tackle contingencies around the world have grown at an alarming rate."

Facing an Enemy at Home

"Far from being foreseeable," McHugh said, "our requirements have been more unexpected, our enemies more unpredictable and our ability to handle multiple, simultaneous operations more uncertain."

"And yet," he said, "with such volatility and instability around the world, America's Army is faced, yet again, with an enemy here at home — the return of sequestration."

Citing unprepared units, unmaintained equipment and untrained Soldiers, McHugh said the Army faces a "dark and dangerous" future unless Congress acts now to end "these ill-conceived and inflexible budget cuts."

He added, "Moreover — and I want to be clear here — every installation, every component and nearly every program will feel the brunt of these cuts."

Under sequestration, McHugh said, by 2019 the Army will reduce its end strength to "unconscionable levels," likely losing another six brigade combat teams and potentially a division headquarters, along with associated affects to support infrastructure.

"It is our shared responsibility to jealously preserve the gains in readiness, modernization and training that we've achieved through your critically important support," he said.

Army's Recent Achievements

The Army secretary shared some of the Army's achievements over the past year to illustrate the service's impact.

"As Russian-backed forces rolled into Crimea and threatened regional stability," McHugh said, "our Soldiers rapidly deployed to Eastern Europe [as] a demonstration of U.S. commitment."

He added, "From Latvia and Lithuania to Poland and Estonia, Soldiers from 173rd Airborne and the 1st Cavalry showed the world that America would stand with our NATO allies and respond to unbridled aggression."

Led by the 101st Airborne Division, McHugh noted, several elements acted to assist thousands suffering from Ebola in West Africa, providing command and control, equipment and expertise to support efforts to stop the disease.

Turning to the Islamic State of Iraq and the Levant, McHugh said, "Your Soldiers quickly returned to Iraq to advise and assist security forces and turn the tide on this barbaric [group] of radical terrorists."

The Army secretary noted that in the Pacific region, thousands of Soldiers and civilians support operations strengthening U.S. partnerships and providing increased presence.

While Army formations become leaner, more agile and more lethal, he said, the headquarters of nine active Army divisions and two Guard divisions are currently committed to combatant commands, and 144,000 Soldiers are deployed, forward stationed or committed — including 19,000 mobilized reservists.

Success Comes at a Price

In the end, McHugh said, the Army's "extraordinary" success comes at a price.

"The stress of war, multiple deployments and unpredictable requirements doesn't change in the face of indiscriminate funding cuts," he said. "Through it all, we have, and we will, remain committed to supporting the needs of our warriors."

McHugh said the Army will keep faith with its Soldiers, but "rest assured," the return of sequestration will have a direct, Army-wide impact on critical installation and family programs.

"Simply put," he said, "we need the president's budget. Our \$126.5 billion request is some \$6 billion over the potential sequester level and is specifically designed to preserve our modest gains ... over the last year and take care of your Soldiers."

"If approved, we'll invest \$3.4 billion above the fiscal year '15 funding levels in training, sustainment and installation programs," McHugh continued, "that directly support combat readiness; and \$2.6 billion in research, development and acquisition to equip Soldiers, to protect key parts of the industrial base and support new innovations."

The Army's funding request seeks vital reforms to compensation and force structure, he said, which will support near-term readiness and help place the service on a predictable path to balance.

"I cannot emphasize enough how these critical reforms and funds are necessary to ensuring that your Army has sufficiently trained and ready Soldiers to protect our nation," McHugh said.

Historic Moment

McHugh said this is a "historic moment," and called for congressional action to end sequestration.

"We need to stop talking and start acting," he said. "We need wisdom — not words. We need results — not rhetoric. And as I said last year, we need predictability — not politics."

As the Army faces "extreme" instability around the world, McHugh said, there must be certainty here at home.

"Your Soldiers — and I know you agree — deserve no less," he said. "We must have an end to sequestration this year, and we must have this budget."

DoD Authorizes Global War on Terrorism Medals for Operation Freedom's Sentinel

DoD PRESS RELEASE

The Department of Defense announced March 12 that Operation Freedom's Sentinel is now a qualifying operation for award of the Global War on Terrorism Expeditionary Medal and Global War on Terrorism Service Medal.

Service members deployed to Afghanistan for Operation Freedom's Sentinel continue to be recognized through award of the Afghanistan Campaign Medal. However, service members deployed abroad in support of Operation Freedom's Sentinel outside of the Afghanistan Campaign Medal area of eligibility are now eligible for award of the Global War on Terrorism Expeditionary Medal. Those service members deployed in support of Operation Freedom's Sentinel who have previously been recognized with the Global War on Terrorism Expeditionary Medal for other qualifying operations are eligible to wear a service star on the medal or ribbon device.

Undersecretary of Defense for Personnel and Readiness Jessica Wright approved award of the Global War on Terrorism Medals for Operation Freedom's Sentinel, retroactive to Jan. 1, 2015, in a memorandum signed March 11.

Full eligibility criteria for the Global War on Terrorism Expeditionary and Service medals are contained in Department of Defense Manual 1348.33, Volume 2, Manual of Military Decorations and Awards: DoD Service Awards Campaign, Expeditionary, and Service Medals.

Service members should contact their respective military departments for additional guidance.

Adapt and Overcome: Infantry Unit Completes Training

SGT. 1ST CLASS MICHAEL J. FINNEGAN
A COMPANY, 1-102ND INFANTRY UPAR

DANBURY – With large amounts of snow on the ground throughout Connecticut, Soldiers of Alpha Company, 1-102nd Infantry Regiment (Mountain) found ways to use their new Armory, the Danbury Reserve Center, as a place to conduct realistic training.

Alpha Company conducted drill March 7 and 8 and the unit planned to conduct urban operations and platoon attack procedures in preparation for their summer annual training at Fort Drum, New York. At AT, the unit will conduct war gaming operations, according to the unit's company commander Capt. Steven MacSweeney.

The unit planned to use the grounds behind the armory, to conduct their training, but the weather had other plans, dumping record amounts of snow on the area in the weeks leading up to drill.

The unit adapted quickly. Leadership and primary instructors developed new plans that only utilized the armory, using all the tools available to them, from classrooms with multimedia capabilities, to indoor sand tables and glass houses.

"It's nice to see Non-Commissioned Officers take charge during drill and come up with some unique training events," said Staff Sgt. Joseph Paoli, Alpha Company Training NCO. "Apache NCOs and Infantrymen alike are great when it comes to outside the box thinking. They establish training scenarios that allow for total value training out of a short drill weekend."

Alpha Company has another drill scheduled in April that will mirror the past drill.

The unit leadership is hoping the snow will melt, allowing for these Soldiers to utilize the quality terrain behind the Armory. However, they are prepared to adjust accordingly and provide quality, realistic and meaningful training.



Staff Sgt. Johnny Peralta goes over the sand table mock-up of the weekend's training with his fellow Soldiers from Alpha Company, 1st of the 102nd Infantry Battalion, 86th Infantry Brigade Combat Team (Mountain), Connecticut National Guard. (Photo by Sgt. 1st Class Michael Finnegan, A Company, 1-102nd Infantry UPAR)



Staff Sgt. Johnny Peralta (back to camera) gives a briefing on the training Soldiers of Alpha Company, 1st of the 102nd Infantry Battalion, 86th Infantry Brigade Combat Team, (Mountain), Connecticut National Guard will undergo during their drill weekend, March 7-8. The training was in preparation for their annual training in June that will focus on brigade level operations and war games. Record snowfalls limited company training to the armory, but the unit adapted quickly. Leadership and primary instructors developed new plans that only utilized the armory, using all the tools available to them, from classroom with multi media, to indoor sand tables and glass houses. (Photo by Sgt. 1st Class Michael Finnegan, A Company, 1-102nd Infantry UPAR)



Soldiers perform rigorous and realistic Infantry skills training, on how to conduct an attack and urban operations, while conducting a home station drill at the Danbury Reserve Center on March 7-8, 2015. Soldiers are preparing for their second annual training this year, which will take place June 2015 and will focus on brigade level operations and war games. Soldiers are from Alpha Company, 1st of the 102nd Infantry Battalion, 86th Infantry Brigade Combat Team, (Mountain), Connecticut National Guard. (Photo by Sgt. 1st Class Michael Finnegan, A Company, 1-102nd Infantry UPAR)

Requirements Despite Mother Nature's Interference



Soldiers perform Infantry skills training, rehearsing how to conduct an attack and urban operations, while conducting a home station drill at the Danbury Reserve Center on March 7-8. Soldiers are preparing for their second annual training this year, that will take place in June and will focus on brigade-level operations and war games. Soldiers are from Alpha Company, 1st of the 102nd Infantry Battalion, 86th Infantry Brigade Combat Team (Mountain), Connecticut National Guard. (Photo by, Sgt 1st Class Michael Finnegan, A Company, 1-102nd Infantry UPAR)

143rd RSG Validates, Embarks on

STORY AND PHOTOS BY STAFF SGT. JERRY BOFFEN
JFHQ-CT PUBLIC AFFAIRS

EASTLYME, Conn. – Typically when a National Guard unit deploys, the Soldiers of the unit are notified about 12-18 months before the mobilization is set to begin. This gives them time to ensure all of their affairs are in order and for the unit and chain of command to ensure the training and readiness are up to snuff.

Typically, this does not happen overnight. Typically.

For the Connecticut Army National Guard's 143rd Regional Support Group, things are anything but typical in light of their upcoming deployment to Afghanistan.

In the middle of January, approximately 35 Soldiers from the 143rd were notified they would be leaving for Afghanistan by the middle of March. These Soldiers will be in Fort Hood finalizing their training before all of the snow that just fell in their home state has finished melting. Some of that snow was already there before they found out they would be deploying.

"What takes most people a year, we've done in about 45 days," said Sgt. Melinda Nowak, a medic with the 143rd. "Just in terms of getting the training done we've had to do a lot, but I think we're ready. This will be my third deployment there and I think we're ready."

Their stay at Fort Hood will only be a few weeks before they head to Afghanistan. That's how quick this turn around has been.

"We were notified the weekend before Martin Luther King Day," said Staff Sgt. Dan Damon, a member of the 143rd, "and in about a week we'll be leaving for Fort Hood and we'll be in Afghanistan by April."

"It's been busy," he laughed, "but we're getting it done."

Despite the quick turn-around from notification to mobilization, the Soldiers of the 143rd still have to meet certain training and readiness requirements before they get boots on ground in Afghanistan.

Among these is the validation process that every deploying Connecticut Army National Guard unit must go through with the Pre-mobilization Training Assistance Element at Camp Niantic and Stones Ranch Military Reservation. The 143rd conducted their validation March 6-8.

The validation process spans several days and tests the units and training and readiness by putting them through battle drills, during which they must react to various simulated scenarios while manning an entry control point and react to simulated hostile enemy actions during dismounted and mounted patrols.

According to Maj. Mike Jakobson, officer-in-charge of the PTAE, the 143rd aced their validation.

"I've been doing this a long time," he told them after running through the final battle drill. "That was great. It went good, smooth and perfect."

"They did really well. They kept it simple, worked together and talked to each other the whole time. They communicated and worked together well."

After their stop at Fort Hood, the Middletown-based 143rd RSG will provide command, control and administration to all base life support operations on a post in Afghanistan. The unit is commanded by Col. John Wiltse of Berlin.



Maj. Mike Jakobson, officer-in-charge of the Connecticut National Guard's Pre-mobilization Training Assistance Element, briefs members of the 143rd Regional Support Group, March 8, prior to the mounted patrol battle lane portion of their pre-mobilization training and validation at Stones Ranch Military Reservation, East Lyme, Connecticut. The validation was one of the last steps for the 143rd before they deploy to Afghanistan this spring. (Photo by Staff Sgt. Jerry Boffen, JFHQ-CT)



Soldiers from the Connecticut Army National Guard's 143rd Regional Support Group pull security around their vehicles during a mounted patrol during pre-mobilization training and validation, March 8, at Stones Ranch Military Reservation in East Lyme, Connecticut. The 143rd is taking part in an unprecedented deployment to Afghanistan as their timeline from notice of deployment to the actual mobilization will be approximately two months as opposed to the typical 12-18 months. (Photo by Staff Sgt. Jerry Boffen, JFHQ-CT)

Rapid Deployment to Afghanistan



Vehicles driven by Soldiers from the Connecticut Army National Guard's 143rd Regional Support Group navigate the snow-covered terrain during a mounted patrol as part of pre-mobilization training and validation, March 8, at Stones Ranch Military Reservation in East Lyme, Connecticut. (Photo by Staff Sgt. Jerry Boffen, JFHQ-CT)



Staff Sgt. Dan Damon, 143rd Regional Support Group, Connecticut Army National Guard, pulls security from the gunner hatch of his vehicle during a mounted patrol during pre-mobilization training and validation, March 8, at Stones Ranch Military Reservation in East Lyme, Connecticut. The 143rd is taking part in an unprecedented deployment to Afghanistan as their timeline from notice of deployment to the actual mobilization will be approximately two months as opposed to the typical 12-18 months. (Photo by Staff Sgt. Jerry Boffen, JFHQ-CT)



Soldiers from the Connecticut National Guard's 143rd Regional Support Group relay information about a simulated improvised explosive device to their squad leader, Staff Sgt. Alyssa Pichardo (left), March 8, during a mounted patrol at Stones Ranch Military Reservation in East Lyme, Connecticut. Photo by Staff Sgt. Jerry Boffen, JFHQ-CT)

Col. John Wiltse, commander of the 143rd Regional Support Group, Connecticut Army National Guard, gets down in the snow with his Soldiers to pull security, March 8, during a mounted patrol at Stones Ranch



Military Reservation in East Lyme, Connecticut. (Photo by Staff Sgt. Jerry Boffen, JFHQ-CT)

Sgt. 1st Class Gary Henderson, 143rd Regional Support Group, Connecticut Army National Guard, ducks down from the gunner hatch of his vehicle during a simulated improvised explosive device attack during a mounted patrol during pre-mobilization training and validation, March 8, at Stones Ranch Military Reservation in East Lyme, Connecticut. (Photo by Staff Sgt. Jerry Boffen, JFHQ-CT)



143rd Regional Support Group and 192nd Military Police



Lt. Gov. Nancy Wyman walks through the 143rd Regional Support Group's ranks wishing Soldiers well on their upcoming deployment to Afghanistan during send-off ceremonies held March 5 held at the William A. O'Neill Armory, Hartford, Connecticut. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Tyler Sams of the 192nd Military Police is "pinned" to his new rank of first lieutenant by Gov. Dannel P. Malloy during send-off ceremonies March 5 at the William A. O'Neill Armory, Hartford, Connecticut. Arian Wernig (right facing front) of the 143rd Regional Support Group was also promoted to the rank of sergeant first class. Also participating in

the traditional promotion ceremony is Maj. Gen. Thaddeus Martin, adjutant general. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



The traditional presentation of the State of Connecticut flag is made by (lfrom left) Command Sgt. Maj. John S. Carragher, state command sergeant major, Maj. Gen. Thaddeus Martin, adjutant general and Gov. Dannel P. Malloy, to Lt. Col. Paul Deal and Command Sgt. Maj. Boyd Dunbar of the 192nd Military Police. The unit will be deployed to Guantanamo Bay, Cuba, where unit members will support detainee operations. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



A proud Marianna Torres joins her aunt, Sgt. 1st Class Jessica Torres, in formation during send-off ceremonies for Torres' unit, the 192nd Military Police and the 143rd Regional Support Group March 5 at the William A. O'Neill Armory, Hartford Connecticut. The two Connecticut Army National Guard units are deploying to Guantanamo Bay, Cuba and Afghanistan, respectively, and the ceremonies were in their honor. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



(From left) Command Sgt. Major John S. Carragher, Maj. Gen. Thaddeus Martin, adjutant general and Gov. Dannel P. Malloy present the State of Connecticut flag to Col. John Wiltse and Command Sgt. Maj. Paul Dorio of the 143rd Regional Support Group. The RSG is deploying to Afghanistan where unit members will provide logistical support for the day-to-day operations of the military base they will be assigned to. Presentation of the flag has become a tradition for deploying Connecticut National Guard units and usually comes with strict instructions to take a photograph of the flag flying above their base and send it back to the governor's office. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

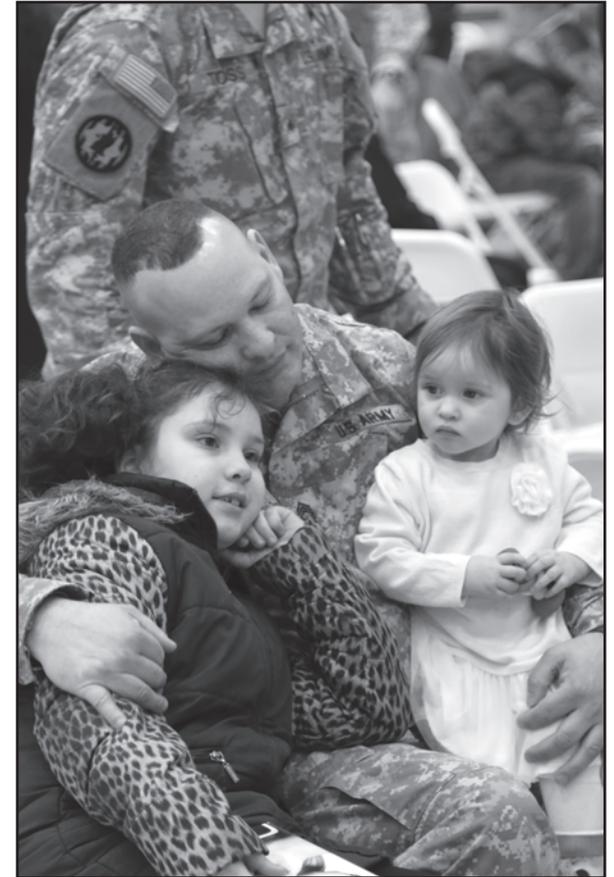
Battalion Receive Heros Send-Off and Departure



A young girl clings to her father's leg while waiting for members of the 143rd Regional Support Group and the 192nd Military Police Battalion to depart for their mobilization stations March 15. (Photo by Sgt. Alicia M. Brocuglio, 130th Public Affairs Detachment)



Sgt. 1st Class Glen Francoeur, 192nd Military Police Battalion keeps a loved one close while waiting to depart for deployment. Members of the 192nd Military Police Battalion are deploying to Cuba. (Photo by Sgt. Alicia M. Brocuglio, 130th Public Affairs Detachment)



Tender moments such as this with Sgt. 1st Class Philip Maldonado of the 192nd Military Police Battalion, could be seen throughout the Army Aviation Support Facility as Soldiers waited to depart for their deployment. (Photo by Sgt. Alicia M. Brocuglio, 130th Public Affairs Detachment)



Maj. Gen. Thaddeus Martin along with Brig. Gen. Mark Russo and other senior leaders shake hands with Soldiers of the 143rd Regional Support Group, Connecticut Army National Guard, as they board a plane to their mobilization station in Texas before deploying to Afghanistan. Members of the 192nd Military Police Battalion left for their mobilization station in preparation for their deployment to Cuba. (Photo by Sgt. Alicia M. Brocuglio, 130th Public Affairs Detachment)



Family members look on with pride and sadness as they watch their loved ones board a plane bound for mobilization stations in Texas March 15. Members of the 143rd Regional Support Group are deploying to Afghanistan while members of the 192nd Military Police Battalion are deploying to Cuba. (Photo by Sgt. Alicia M. Brocuglio, 130th Public Affairs Detachment)

Around Our Guard



1st Lt. Benjamin Sullivan (right) passes the 118th Multifunctional Medical Battalion Headquarters Detachment guidon to Lt. Col. Micheal Desena on Feb 21 during a change of command ceremony. Sullivan has served as HHD commander since January 2014 and has volunteered for deployment with the 169th General Support Aviation Battalion. (2nd Lt. Brent L Hallenbeck, 118th Multifunctional Medical Battalion)

A Soldier of the 1048th Transportation Company performs preventative checks and maintenance on one of the unit's vehicles during the March drill in preparation for annual training. (Photo by Sgt. Arlene Duncan Wright, 1048th Transportation Company UPAR)



Twenty-eight members of the Connecticut Army National Guard and first and second companies of the Governor's Horse and Foot Guards completed unit public affairs representative training in January. The two-day course prepared UPARs to deal with civilian media, write cutlines for photos, prepare hometown news releases, handle social media for their units and prepare their commanders and other spokespeople for interviews. The participants had to complete an online UPAR course and an online OPSEC course before attending the UPAR training offered by the state public affairs office. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

RTI Busy Providing Medical Training to Connecticut's Soldiers

STAFF SGT. MEGAN AUTHIER
2ND BATTALION, 169TH RTI TRAINING NCO, INSTRUCTOR

In January, fourteen medics from units throughout Connecticut came together to attend a 10-day Healthcare Specialist sustainment course held at the Regional Training Institute.

Sustainment training provides medics with needed continuing education units required every two years by regulation. The course provides more than just needed CEUs, giving medics the opportunity to refresh basic medical knowledge and skills while offering exposure to new medical advances and techniques. Soldiers hone foundational skills and incorporate new information through instructor led training and hands on practice.

SGT O'Reilly describes the correct way to perform chest compressions on an infant

Sustainment training began with a CPR refresher course and continued into the higher level medical tasks, concluding with scenario-based validations. These scenarios tested the competency needed to treat patients of various injuries and illness. The testing facilities at the RTI and Camp Niantic reproduced a medical aid station and combat environments to better reflect real world situations, better preparing the medics for situations they may encounter in the future. With successful completion, Soldiers left the course renewed with confidence in basic medical treatments and armed with new information to be shared back at their home units and on the battle field.

As snow fell in February, medical training continued at the RTI, with two basic life support courses.

An initial BLS class taught by instructors of RTI's 2nd Battalion resulted in the issuing of Cardio Pulmonary Resuscitation cards to three non-medical Soldiers. The second BLS refresher course was taught to a group of 22 medics from units throughout Connecticut.

Both BLS courses provided CPR training to the Soldiers and offered opportunities to practice giving lifesaving chest compressions and breaths to a simulated unconscious adult, child and infant victim. Students were also reminded of the proper technique in assisting a choking victim and use of the AED, or automated external defibrillator.

At course's conclusion, the students were validated with hands-on practical evaluations and a 25-question exam. Their skills and knowledge were proven with 100 percent pass rates in both areas. With successful completion, each Soldier received a new CPR certification card from the American Heart Association and the renewed confidence to properly perform lifesaving CPR.

All instructors of these courses are AMEDD-certified medical instructors and were comprised of Soldiers from the RTI, with assistance from two instructors of the 118th Medical Battalion and Detachment 1, Recruiting and Retention Command. This demanding qualification

requires expert knowledge in both medical and instructional skills and is held by very few Soldiers nationally.

RTI also teaches the Combat Lifesaver Course, the Army Basic Instructor Course and the Small Group Instructor Training Course. Next year, the Small Arms Simulation Course will be added to the schedule, which trains the use of the multiple weapons simulator systems over the course of nine days.

With all the courses being offered at the RTI, 2nd Battalion is always looking for highly motivated, staff sergeants of medical and non-medical military occupational specialties with the passion to teach and guide Soldiers. If you are interested please have your chain of command contact Staff Sgt. Authier at 860-691-4284 or megan.i.authier.mil@mail.mil for more information.



Left: Sgt. Ian O'Reilly demonstrates the correct way to perform chest compressions on an infant during a healthcare specialist sustainment course held in January at Camp Niantic, Niantic, Connecticut.

Below: Soldiers from the 1109th Theater Aviation Sustainment Maintenance Group perform CPR on a simulated patient during healthcare specialist sustainment training at Camp Niantic, Niantic, Connecticut. (Photos by Staff Sgt. Megan Authier, 2nd Battalion, 169th RTI)



Resilience Center: Real Time Resilience

PROVIDED BY SGT. MAJ. JAMES SYPHER
STATE RESILIENCE COORDINATOR
INFORMATION FROM STAND-TO!

Real time resilience is a skill that helps build optimism and involves proving your counterproductive thoughts false through tangible evidence, thinking optimistically and putting the situation in perspective. Real time resilience is the skill of fighting back against counterproductive thoughts as soon as they occur so you remain focused and motivated!

Counterproductive thoughts sometimes interfere with our ability to effectively engage the task at hand. Real time resilience is used to lower anxiety and anger and to enhance a person's attention and positive attitude. Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.

The real time resilience skill is designed to get you back in the game when counterproductive thoughts are interfering with your efforts. This skill is used to lower your anxiety, anger, or other strong emotions enough so that you can perform well under tough circumstances. Real time resilience is an internal skill to challenge your own negative thinking – not a tool to be used to argue with others or be insubordinate.

When using this internal skill, it is important to be honest with yourself. It is easy to dismiss a grain of truth, minimize the situation, and rationalize or excuse one's own contribution to the problem. To prevent these pitfalls, one must acknowledge what is true without exaggerating or blowing the situation out of proportion. Remind

yourself that the situation does matter and that you do care about the event. Own up to your contribution to the situation without criticizing yourself.

As an example, let's say that you are a team leader and in the absence of your squad leader have been tasked by your platoon sergeant to lead the squad on a mission this Saturday. You are nervous that you won't measure up to the PSG's expectations and you're afraid you will let your fellow squad members down. Here's how RTR can be used to get you back in the game:

Thought No. 1: I'm not prepared to lead the squad this weekend.

RTR Response (evidence): This is not entirely true, you were validated on the battle drills during annual training and have filled in for your squad leader two other times.

Thought No. 2: The members of my squad don't have any confidence in me and I'm going to let them down.

RTR Response (optimism): Because drill is a MUTA-5 and the lane doesn't start until 2:00 p.m. on Saturday, you have plenty of time to do Troop Leading Procedures and rehearsals prior to the event. This will give you ample opportunity to properly prepare and to prove to your squad that you are a capable and competent leader.

Thought No. 3: I won't be able to meet the expectations of my platoon sergeant.

RTR Response (put it in perspective): Even if you don't lead the squad flawlessly, you are taking on responsibility above your rank and experience level. Your PSG wouldn't have selected you to lead the squad if he didn't think

you could handle it.

That right there is real time resilience in action. Through evidence, optimism, and perspective you have fought back against counterproductive thinking and prepared yourself to accomplish that task at hand!

Resilience Tip of the Month:

Take charge of the day by controlling your thoughts. A day filled with events, so make it a choice to determine how those events will impact the rest of your day. Optimistic thinking allows us to remain realistic, maintain hope, and focus on solutions when change is possible.

Resilience Resources:

BH Helpline: 855-800-0120

Strong Bonds: Chaplain Nutt 800-858-2677

Connecticut VA: Newington: 860-666-6951

West Haven: 203-932-5711

GKO Resilience Portal:

https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/G1/Resilience/SitePages/Home.aspx

Military One Source: www.militaryonesource.mil

All units of company size or larger are required to have at least one Master Resilience Trainer per Army Regulation 350-53.

The next Resilience Trainer Assistant course will be conducted March 17-20, 2015 at Camp Niantic. CTNG Circular 350-15-10 is on the GKO link above and has all of the details.

Mental Health: Ask, Care, Escort (ACE), ACE-SI and ASIST

YANIA PADILLA, MS, CAS
SUICIDE PREVENTION PROGRAM MANAGER

Preventing suicide is a priority for both military and public health stakeholders. The Army Suicide Prevention Program offers three evidence-based trainings to educate service members and provide them with tools to help themselves or a buddy in need.

In addition, the Connecticut National Guard has organic resources as well as community partnerships to help our service members receive free and confidential behavioral health care.

The first tier in the Army SPP is Ask, Care, Escort (better known as ACE). It is a 90-minute briefing and an annual training requirement. It is often handled at the unit level, however, commanders have the discretion to request facilitation from the SPP Manager. Several units have made use of this option, and service members were highly engaged and provided positive feedback.

The second tier is ACE-Suicide Intervention, which is a new requirement. ACE-SI is 4 hours of training geared towards junior leaders and first line supervisors. The CTNG Suicide Prevention Program has funds to pay for service members to attend this training. There are five ACE-SI trainers in state, please contact the SPPM to coordinate training.

Our final tier of training is Applied Suicide Intervention Skills Training. Each company-sized element is required to have a Suicide Intervention Officer, which requires ASIST training for qualification.

ASIST is a two-day course focusing on suicide first aid. SIO candidates are ideally Non-Commissioned Officers in leadership positions who have an interest in and the ability to instruct and moderate small groups. Combat experience is a plus and current or prior experience in public speaking is encouraged. He or she must be a Soldier who is in good standing and can demonstrate personal commitment to the welfare of Soldiers.

These selectees will be the individuals who will conduct Suicide Prevention training for Soldiers on an annual basis and must be capable of training the skills learned to the Soldiers within their respective command. Suicide Intervention Officers must display the following qualities: Mental agility, strength of character, assertive communicator, attentive listener and adept at identifying and solving problems.

Units will be required to achieve, one SIO per company by the end of Training Year 2015. The next open ASIST course is July 25-26 at the Middletown Armed Forces Reserve Center.

Please contact the SPPM, Yania Padilla, to arrange

attendance. In addition, training may be requested for an entire unit.

Important contact numbers: Behavioral Health Team: 1-855-800-0120

Military Support Program: 1-866-251-2913 (free, confidential mental health services available to CTNG members and family)

For more information about training for you or for your unit please contact the Suicide Prevention Program Manager, Yania Padilla, at 203 450-1826 or yania.y.padilla.ctr@mail.mil

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*Text your location for the nearest SARC

Human Trafficking in Connecticut and in the Air National Guard

MAJ. KRISTINA GARUTI
STATE EQUAL OPPORTUNITY MANAGER

In July 2014, WFSB broadcast a story on Theresa Leonard, a Berlin, Conn. resident. She was a sex trafficking victim as a child but now uses her experiences to help others that are victims of this crime.

Her mother abandoned her at birth and Ms. Leonard ended up in the state system. She transitioned from one foster home to another and at the age of 9, during a scheduled visitation with her biological mother, she was kidnapped and the two went into hiding. Her mother was a prostitute and addicted to heroin, and her mother's pimp threatened to hurt Ms. Leonard or her mother if she didn't comply with his sex trafficking demands.

When Ms. Leonard was 12 years old, the pimp was arrested. Because of the life she had lived for the previous three years, she viewed prostitution as a choice rather than something forced upon her, which in reality it was not a choice at all for a child. Sex traffickers have a way of psychologically grooming their victims to believe what they do is good and if they are beaten or harmed in the process, it is just part of their job. This manipulation and coercion is why sex trafficking victims do not realize right away that what has happened to them is a crime and they can seek help.

Ms. Leonard went through a transitional living program that helped her leave the life of prostitution and crime she was brought up. She now works for that same program to help others in similar situations, to show them there is hope for life beyond being a sex trafficking victim.

In late February 2015, a lieutenant colonel from the New Hampshire Army National Guard was charged and sentenced for his participation in a sex-trafficking ring in San Antonio, Texas. Three additional individuals were also charged in the case. While temporarily assigned to Texas in 2013, the lieutenant colonel used the internet to solicit and then engage in sex twice with a 15-year-old girl who was forced into prostitution by the other three individuals charged in the case. As a result, he has been sentenced to 15 years in federal prison, removed from the Guard, and has lost all of his military benefits.

In court, the married father of three acknowledged meeting the girl but claimed it was for research into transnational sex trafficking. He also claimed that he never had sex with her. His conviction was for one count of sex trafficking of a minor. Bottom line, if you see a situation that reasonably leads you to believe a person is being human trafficked for sex, labor or involuntary domestic servitude, do not patronize that establishment or engage in transactions with those individuals.

Do your part to support prevention of sex trafficking by knowing that participating in activities that involve trafficked persons is a criminal offense and if you witness what you believe to be human trafficking, notify your Chain of Command, Security Forces, AFOSI, the Inspector General, the Combating Trafficking in Persons (CTIP) POC, or the Department of Defense hotline via email hotline@dodig.osd.mil. The 103rd Airlift Wing CTIP POC is the Equal Opportunity office via email 103aw.meo@ang.af.mil.



NATIONAL GUARD BUREAU
1636 DEFENSE PENTAGON
WASHINGTON DC 20301-1636

12 MAR 2015

MEMORANDUM FOR THE ADJUTANTS GENERAL
COMMANDING GENERAL OF THE DISTRICT OF
COLUMBIA NATIONAL GUARD

Subject: Sexual Assault Awareness and Prevention Month—April 2015

1. This April marks the Department of Defense's 11th annual observance of Sexual Assault Awareness and Prevention Month (SAAPM). Although we are steadfast in our efforts to prevent sexual assaults in the military throughout the year, SAAPM offers the opportunity to engage our National Guard members and communities in focused and enriching activities, campaigns, and discussions to bolster individual and unit commitments toward this goal.

2. This year's theme—"Eliminate Sexual Assault: Know your part. Do your part" stresses the critical role that each Guard member must embrace to prevent this crime. It is not enough just to uphold our core values; each of us must make a personal pledge to elevate our awareness, raise our voice, and act when inappropriate behaviors unfold. Providing support to victims, contributing to the creation of a positive command climate, and safely intervening when harmful behaviors are observed are actions we can all take to aid in sustaining an environment free of sexual assault.

3. Your personal involvement in States' SAAPM events will reinforce the message that knowing and doing your part are the keys to eliminating sexual assault.

4. Point of contact is Mr. Kevin J. Crowley; NGB-J1; 703-607-3652.


JUDD H. LYONS
Major General, USA
Acting Director, Army National
Guard


STANLEY E. CLARKE III
Lieutenant General, USAF
Director, Air National Guard


FRANK J. GRASS
General, USA
Chief, National Guard Bureau



Sexual Assault
Awareness
Month



IT'S TIME ... TO TALK ABOUT IT!
Your voice. Our future. Prevent sexual violence.

The Mountain Warrior: Connecticut Infantrymen

**SGT. 1ST CLASS MICHAEL FINNEGAN
A Co., 1ST BATTALION, 102ND INFANTRY UPAR**

JERICHO, Vt. - Soldiers of the 1-102 Infantry Battalion spent two weeks conducting rigorous training in sub-zero temperatures, conducting basic military mountaineering skills, earning the ram's head badge and the right to call themselves Mountain Warriors.

Seven Soldiers from the 1-102 graduated from Military Mountain Warfare School, at Camp Ethan Allen, Vermont on Feb. 20.

The United States Mountain Soldiers lineage can be traced back to 1943 when the U.S. Army created a unique mountain warfare unit, the 10th Light Division (Alpine). These men, who were some of the world's top climbers, skiers and winter athletes, specialized in fighting and operating in mountainous and arctic conditions, earning the unit the right to wear the Mountain tab, according to the U.S. Army, Fort Drum, 10th Mountain Division website.

In 1944, it was renamed the 10th Mountain Division and sent to fight in the mountains of Italy, some of the roughest terrain in the country. By the 1950s the 10th Mountain Division would deactivate and discontinue their mountain warfare specialization, according to the U.S. Army, Fort Drum, 10th Mountain Division website.

It wasn't until 1983 that 3rd Battalion, 172nd Infantry Regiment, Vermont Army National Guard would become the Army's only conventional unit trained and equipped for mountain operations, according to U.S. Army Infantry School, Army Mountain Warfare School website. This would be the birth of the United States Military Mountain Warfare School. The school is located at Camp Ethan Allen Training Site, Jericho, Vermont in the Green Mountains.

The school was established to qualify Soldiers from 3rd Battalion, 172nd Infantry Regiment (Mountain) on Military Mountaineering skills, earning a special qualification identifier of "E" Military Mountaineer and the ram's head badge, according to U.S. Army Infantry School, Army Mountain Warfare School website.

In 2006, with the creation of the 86th Infantry Brigade Combat Team (Mountain), with Infantry Battalions from Vermont, Connecticut, New Hampshire and Massachusetts, the Mountain Warfare School would have to qualify hundreds of Soldiers that would be required to be trained on mountainous operations not seen since WWII, said the U.S. Army Infantry School, Army Mountain Warfare School website.

The school is conducted in two phases during summer and winter. Soldiers only need to complete one phase to become qualified. The course is 14 days of rigorous training. Soldiers will test their ability in operations such as, individual mountain skills, knot tying, knot systems, climbing, mountain navigation skills, small unit mountain skills, mountain medical skills and mountain movements where Soldiers will move approximately five to eight kilometers each day with a 45- to 60-pound rucksack, according to the cadre at the Army Mountain Warfare School.



Soldiers perform mountaineering training at the Basic Military Mountaineering at Camp Ethan Allen, Jericho, Vermont on Feb 20. Soldiers spent two weeks conducting rigorous basic winter mountaineering skills training. The course is 14 days of rigorous training. Soldiers were tested in operations such as individual mountain skills, knot tying, knot systems, climbing, mountain navigation skills, small unit mountain skills, mountain medical skills and mountain movements where Soldiers will move approximately five to eight kilometers each day with a 45- to 60-pound rucksack. Soldiers are from the 1st battalion, 102nd Infantry, 86th Infantry Brigade Combat Team (Mountain), Connecticut Army National Guard. (Photos by Sgt. 1st Class Michael Finnegan, A Co. 1-102nd Infantry UPAR)

Soldiers are introduced to a range of mountain equipment and put it to the test building confidence in their gear and abilities.

"My favorite part was ice climbing. Learning how to use the crampons and ice picks while ascending an ice wall was challenging but a great learning experience. Eventually we moved to one pick climb or just hands climb," said Spc. Brandon Brown from Alpha Company, 1st Battalion, 102nd Infantry Regiment.

Pfc. Garrett Pagel, also of Alpha Company, said his favorite part was learning how to evacuate a casualty in mountainous terrain.

"In my opinion it's going to be a skill that is going to have to be used more frequently than anything else," said Pagel.

The Soldiers are tested frequently throughout the two weeks. Failing any given section twice will result in dismissal from the course, according to the Army Mountain Warfare School curriculum.

The graduating Soldiers are part of a long history of Mountain Warriors, keeping up with a tradition started many years ago with the creation of the Alpine Division.

With wars being fought all over the world, you never

know when the next fight might be in the roughest mountains of the world.

"These men will be ready; they will be members of an elite force that can operate faster, longer and easier than most if not all of their enemies," said Staff Sgt. Joseph Paoli, Squad leader from Alpha Company.

Alpha Company Soldier and recent graduate Spc. Javar Latibeaudiere will take what he learned in the course back to his Soldiers.

"With all of the knowledge I have gained from the school I plan to teach all the guys in my squad and then platoon in order to familiarize them to prep for mountainous terrain as well as Mountain Warfare School," he said.

These men will be the next generation of mountain war fighters. The school teaches an advanced mountain school that all the graduated Soldiers are encouraged to attend. The school also holds refresher and small classes to keep the units and Soldiers up to date on mountaineering skills.

For information on this course please visit the Army Mountain Warfare School on the Fort Benning website, <http://www.benning.army.mil/infantry/amws/>.

Attack Vermont Mountains, Come Out on Top



Dempsey Reflects on Leadership, Building Leaders

JIM GARAMONE
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON - Investments in leadership will pay dividends the U.S. military can't imagine today, the chairman of the Joint Chiefs of Staff said during a recent interview.

Army Gen. Martin E. Dempsey spoke at length about leadership, and said he is still learning about the subject.

"Leadership is kind of a journey — not a destination," the chairman said. "If you ever think you've got it right and you don't have anything more to learn about leadership, then you're probably making a very serious mistake."

The chairman said he draws upon a lifetime of leadership experience. And, he added, he has taken lessons from and has listened to mentors from a plethora of professions and situations. He has taken lessons from his parents, friends, military leaders and civilian acquaintances. These experiences span the range from high school in Orange County, New York, to the highest levels of government.

Expertise, Humility, Courage

Dempsey said his leadership philosophy has three key principles: expertise, humility and courage.

"The nation counts on us uniquely to provide expertise in how to use the military instrument of power to both protect and promote our national interests," he said. "I started my career as a tanker, and I fundamentally wanted to be the best tank commander in the Army long before I wanted to be a company commander or a battalion commander."

Learning everything possible about jobs — whatever job a person has — is key, Dempsey said.

"Bloom where you're planted, because you'll never know where you're going to end up," he said. "Whatever you do, don't accept mediocrity. There's no place for mediocrity in the world we live in."

Dempsey said humility is his second guiding leadership principle, and this touches on building relationships.

'Leadership is All About Relationships'

"I think leadership is all about relationships," he said. "The precursor to building relationships ... is humility. Because if people question your motivation to lead — if they think you are leading for self-benefit — they will be suspicious and far less inclined to approach you."

Being humble does not exclude ambition, said Dempsey, noting ambition makes people want to excel.

"But I would always remind myself that in exercising leadership ... that I also had to balance that with a sincere degree of humility," he said. "People know if you're yourself. If you are trying to be somebody you're not and putting on airs or lacking humility, it'll come through pretty quick. It's really hard to build relationships without humility."

Courage is the third principle, he said, and that includes both physical courage and moral courage.

"You have to decide what right looks like, and then actively seek it," he said. "In a world that's constantly changing and where things seem ambiguous and you can talk yourself into relativism, you have to have a moral

compass. You have to have that inner voice that says, 'This is the correct path.' In listening to that voice, you then have to have the moral courage to walk that path."

Dempsey said moral courage means acting on deeply held values, and these cannot be abstract ideas. If "duty" is a core value, he said, then service members need to take the time to understand what that value entails.

Building Teams to Reach a Common Goal

Leadership is about building teams and that means bringing together a sometimes disparate group of people to reach a common goal, Dempsey said. During a recent talk at Texas A&M's Student Conference on National Affairs the chairman noted that in discussions about national affairs, "you almost have to talk about who we are as a nation."

"When you think about us as a nation, it is certainly an issue of bringing together people who otherwise might not ever have a reason to live together or work together or appreciate each other, and when we are at our best it's when that kind of a commitment is made. Where we trust that our fellow citizen ... will act both for their self-benefit and for the benefit of the team. Then we find those teams that are extraordinary."

Gen. Martin E. Dempsey

America is all about "the dash," he said.

"More than any other country in the world, we are a nation of Irish-American, African-Americans, Hispanic-Americans, Polish-Americans, Muslim-Americans — fill in the blanks and that's really what makes us different," the chairman said. "When I go back to my roots, they really understood that, the way I hope this generation appreciates it."

He added, "At our most ideal, we are a nation of diversity and it is that diversity that gives us our identity as a nation and our standing in the world."

The dash is what makes America special, he said. Immigrants to the United States quickly become part of the larger ideal of America.

"In other parts of the world, you will have people who are of mixed ethnicity and mixed religion but they simply don't integrate into the society the way we do," he said. "And we should never take that for granted. We have to work at that."

Best Teams Build Trust

The best teams, Dempsey said, find "that special sauce" that is trust among people who might not have

any reason to come together.

"I just saw a movie called 'When the Game Stands Tall' ... it was about a football team that had a 150-game winning streak and they lost a game," he said. "It completely shook the fabric of the team and they had to go back to what made them great in the first place, which is when you become part of a team ... you have to give up some of yourself for the team. The whole becomes greater than the sum of its parts."

America is like that, the chairman said.

"When you think about us as a nation, it is certainly an issue of bringing together people who otherwise might not ever have a reason to live together or work together or appreciate each other, and when we are at our best it's when that kind of a commitment is made," he said. "Where we trust that our fellow citizen ... will act both for their self-benefit and for the benefit of the team. Then we find those teams that are extraordinary."

Today is a time of change and it requires strong leaders, Dempsey said.

"We don't know what will happen next but we know it will happen quicker," the general said. "The requirement is to be adaptive."

The key is learning, he said.

Focus on Leader Development

"From the time I've had influence at the senior leader level I've put a premium on leader development," Dempsey said. "And as I look back and wonder if I got it right in terms of priorities, I can say with great confidence that my focus on leader development has been the right focus."

This is because quick, thoughtful, agile leaders can adapt, he said.

"Because of all the different challenges coming our way, we're going to find that some of the equipment we field won't be exactly right for everything," Dempsey said. "It might be right to field a piece of equipment for Europe or the Korean Peninsula, but it might be ill-suited to what we need to do in the Middle East."

"So the equipment is not going to be perfectly suited to need 100 percent of the time," he continued. "Similarly, our doctrine and our organization and even the guidance we give ... is not going to be perfectly suited. And so these young men and women out there on the edge — it'll be their responsibility to take what they are given ... and apply it in a way that will allow us to protect our national interest and promote our values."

Dempsey said his 41-year military career has convinced him that life where service is involved is a more rewarding life. The chairman said you can never stop learning about leadership. He recommended "Once an Eagle," the Anton Myrer novel about two U.S. military officers serving from World War I through Vietnam, for reading.

"I take information or pieces from many different areas and knit them together," the chairman said.

With leadership, there is a lot to think about, Dempsey said.

"I wouldn't mind being at the beginning of this leadership thing again, because it's been quite a ride," he said.



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Enlisted Update

Greetings and welcome to spring! It has been an incredibly rough winter, particularly the month of February. I know that everyone is ready for the nice weather and to get back outside without being cold.

The beginning of spring usually means nice weather and the beginnings of outdoor activities.

This year spring officially started on March 20 at about 6:45 PM. What do you think 24 off the best Soldiers and NCOs in the Connecticut Army National Guard doing on that day? They were competing in the 2015 Best Warrior Competition!

These great Soldiers were taking on some of the most physically and academically challenging tasks that the Army has to offer to earn the privilege to represent you at the regional level.

The competition was all the more challenging because the weather was not what you would expect for the first day of spring. The weather was more typical of mid-winter, complete with cold temperatures, wind, and snow.

On day one, our Soldiers completed an Army physical fitness test, combat water survival test, advanced marksmanship/stress shooting, and were tested on Army Warrior Tasks.

Day two brought a 10-kilometer ruck march, a written test, and day land navigation. If that was not enough, on the morning of day three the competitors appeared before a board of Senior NCO's.

I could not be prouder of each and every competitor. The level of competence, dedication, and motivation was inspiring. I would be proud and confidant to have any one of them represent us at the next level. In order to provide a bit of perspective, point spread between the top four Soldier competitors was nine. The point spread on the NCO side was 13. Each and every competitor should be commended for representing their units in an outstanding manner.

It is my distinct pleasure to announce to you that Spc. Jessica Abu-Hijleh of the 142nd Medical Company is the 2015 CTARNG Best Warrior. Staff Sgt. Andros Thomson of Detachment 2, Co. D, 2-104th Aviation is the 2015 CTARNG NCO Best Warrior. These outstanding Soldiers, along with their mentors, will represent us at the Regional competition May 12-15, 2015 at Camp Edwards. I have no doubt the Connecticut Army National Guard will be well represented. Congratulations!!

Spring is also a time to re-energize your personal physical fitness program. In an effort to develop some motivation and friendly competition, we started a

Facebook group called 2015 Spring Fitness Challenge. It is a place where you can record your goals and your progress toward meeting them. The group will also provide a link for help and encouragement in achieving your goals. If you are looking to improve your level of fitness, please let us know. If you are not a Facebook user, please contact me to participate.

I know we are all anxiously awaiting the warmer weather. With the warmer weather, our motorcycle enthusiasts start to get the itch to ride. I beg each of you to consider the road conditions (excessive sand, potholes, etc.) and the awareness level of other drivers on the road before you make that first ride of the season. Waiting a few more weeks may be the prudent decision and may save your life. As always, proper training, licensing, and the use of personal protective equipment are non-negotiable.

If you have not heard, there are several new recruiting and retention incentives that are available to our Soldiers. If you have not seen them, please get with your unit retention NCO or first sergeant. In addition to staying on the best team in the Army, there are again some monetary incentives to continuing to serve. Please take advantage of these incentives if you can and make informed decisions about your future.

Enjoy your spring (it will get here!) As we move into prime training time, I look forward to seeing you during drill and annual training.

Talk to you in June.

“Any Soldier, Any Issue, Any Time”

Quote of the Month:

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

Theodore Roosevelt
April 23, 1910

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Governor's Horse and Foot Guards

Second Company Governor's Horse Guard Kick's Off 2015 Parade Season at Stamford's St. Patrick's Day Parade

STORY AND PHOTO BY SGT. RAFAEL FREER
2GHG UPAR

STAMFORD, Conn. – Connecticut's Second Company Governor's Horse Guard kicked off its 2015 parade season in fine form March 7, paying tribute to the Emerald Isle's patron saint at Stamford's St. Patrick's Day Parade.

Four mounted troopers, led by unit commander Maj. Gordon Johnson, clip-clopped their way down Atlantic Avenue, proudly holding aloft the Stars and Stripes and the Connecticut state flags. The crowd – awash in a sea of green – cheered and pointed as the Cavalry unit passed by.

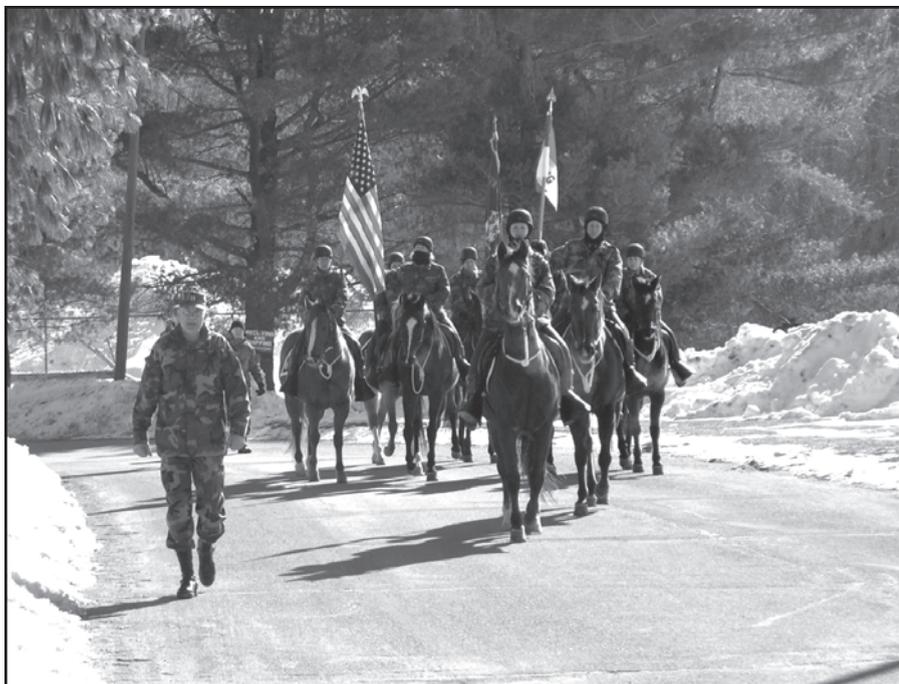
The parade marks the first of nearly a dozen parades scheduled annually for 2GHG. Newtown, Connecticut - based 2GHG, which boasts more than 200 years of continuous service to the citizens and governor of the State of Connecticut, is an elite unit whose mission is to protect and escort the governor, and preserve Connecticut's living history.

Chartered in 1808, 2GHG is one of the oldest active Cavalry units in the United States. An all-volunteer state militia unit, 2GHG serves the governor and the State of Connecticut at the direction of the Connecticut Army National Guard. 2GHG Troopers continue to serve Connecticut as willingly today as they did during Colonial times, most often riding in ceremonial functions. For further information, visit our Web site: www.thehorseguard.org, or contact 2GHG at 203-426-9046 or thehorseguard@gmail.com.



Organized Militia members and their mounts, led by Maj. Gordon Johnson of The Second Company Governor's Horse Guard, got an early start to their parade season at the St. Patrick's Day Parade in Stamford, Connecticut, March 7. So began the Newtown, Connecticut – based 2GHG's 207th year representing Connecticut's Military Department, the Governor, the Citizens of Connecticut and the living history of the U.S. Mounted Cavalry.

Supporting Special Olympics



The First Company Governor's Horse Guard serves as color guard at the opening ceremonies for Connecticut Special Olympics' Winter Games Feb. 28 in Simsbury, Connecticut. The unit members involved include Cpt. Chris Miller (right, walking), Pfc. Daniel Filipone in the background. The riding squad is led by 1st Lt. Evelyn Keller, left, with Pfc. Heather Jacobs, right, carrying the 1GHG flag, (second row) Pfc. Jennifer Jeandell; Cpl. Christina Meador, Pfc. Paula Deutz, center, carrying the State of Connecticut flag and Pvt. Sarah Steinbacher, right. The other troopers riding include: Cpl. Brigitte Soucy, and Pvt. Julie Baily. (Photo by Capt. Anna Borgiorno, 1GHG)

1GFG Presents Colors at UCONN Women's Basketball Senior Day



The First Company Governor's Foot Guard Color Guard, under the command of Sgt. 1st Class Ray Hite, presents the colors prior the University of Connecticut women's basketball team's Senior Day game against Memphis at Gampel Pavilion on the University of Connecticut campus in Storrs on Feb. 28. (Photo by Ms. Janet Dexter)

Inside OCS: Rewards of Stepping Outside Your Comfort Zone

OFFICER CANDIDATE BEN GAGNE
OCS CLASS 60

I will be the first to admit it; anxiety begins to set in the Monday prior to an Officer Candidate School drill weekend.

Regardless of the training and which candidates are planning and executing the drill weekend, the actions of every candidate will be under the microscope. Even the best of plans will be thrown a curveball. This feeling is not enjoyable by any means, but strangely enough, as the anxiety intensifies from that Monday to Friday, it sets the stage for a positive rush of emotions on that long sought after Sunday evening: accomplishment and satisfaction.

Getting to Sunday evening is no easy feat. An OCS drill is physically and mentally demanding.

By design, each month of OCS is a different learning

experience, whether it be platoon level tactics or general military knowledge a successful officer needs to know. Not all development is done in the classroom though. I would argue the most valuable lesson continuously driven into candidates is that in order to be better, both as a Soldier and as a leader, one must leave their comfort zone in pursuit of accomplishing something new.

Setting goals and overcoming self-doubt and the fear of the unknown forces you to learn how to set intermediate goals, focus on achieving the task at hand, and develop a better sense of patience and humility that is required to achieve a long term goal, whether it be a personal goal or mission accomplishment.

These skills transcend the military and a member of the cadre is not required in order to learn and grow. For me, personally, that monthly sense of accomplishment has directly impacted how I conduct myself in my civilian

life. Where I would have normally been hesitant at taking on an unfamiliar project at work or trying out a new hobby, overcoming the stress, anxiety and fear of failure in training in Officer Candidate School has driven home the point that the process of rising above all of that doubt and insecurity is immensely rewarding and makes me a better person.

It does not matter what the goal is - take a class on a topic you are interested in, start learning a new language or join a recreational sports league.

The point is, silence the voice that gives you a thousand reasons not to try to accomplish something, then just do it. That feeling one receives when one steps outside of one's comfort zone is just the mind acknowledging that a new opportunity for personal growth and success has begun.

MARIJUANA: STILL NOT LEGAL FOR CONNECTICUT SOLDIERS



MARIJUANA CAUSES A POSITIVE DRUG TEST AND IS GROUNDS FOR SEPARATION

Dr Steve Langehough, Alcohol and Drug Control Officer (ADCO)
Jennifer Gonzalez-Smith, Prevention Coordinator (PC)
Accenture Federal Services
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Education: CH 1607 REAP or CH 33 Post 9/11 - Make a Choice

MAJ. DEREK J. MUSGRAVE
EDUCATION SERVICES OFFICER

One of the greatest benefits of deploying overseas is that when you return, you are now possibly eligible for more than one GI Bill. Depending on when you deployed, you may have earned both CH 1607 REAP and CH 33 Post 9/11 GI Bill.

I am often asked which GI Bill is the best one to use. This can be a very complicated question to answer, but here are some of the factors that your education services officer needs to know to better help you decide which GI Bill is most beneficial:

When did you deploy? Public Law 111-377 changed the way you earn GI Bill based on the year of your deployment. Everyone who deployed between Sept. 11 2001 and Aug. 1, 2011 earned both CH 1607 REAP and CH 33 Post 9/11 with the same period of service. If you deployed after 1 August 2011, you would have to choose which GI Bill you would like your service to count towards. If you deployed multiple times and at least one of them was before Aug. 1, 2011, then you would use the first one for CH 1607 REAP and all of them for CH 33 Post 9/11 (Remember, qualifying time for CH 33 Post 9/11 is cumulative so you want to have as many deployed months as possible to gain the 100 percent eligibility amount of 36 months).

Will you go to school full time or part time? In most

cases, CH 33 Post 9/11 GI Bill will pay more in stipends over the course of a school year than CH 1607 REAP but that is not always the case. You must be going to school more than half time for you to receive the CH 33 Post 9/11 housing stipend (assuming you are not AGR). If you are going to school half time or less, CH 1607 REAP may be the better choice for you.

Do you have children? If you have children, it may be wise for you to transfer all of your CH 33 Post 9/11 to your children and use the other programs you are entitled to as a member of the Connecticut National Guard. If you are going to a state school, you will be able to utilize the State Veteran's Waiver. If you are going to a private school, you can utilize the Federal Tuition Assistance program.

Are you going to a state school or a private school? If you are going to a state school your tuition is covered 100 percent by the Guard Waiver or the Veteran's Waiver. The CH 33 Post 9/11 also pays tuition so there is a duplication of benefits. Again-It may be wise to save the CH 33 Post 9/11 for dependents if you are going to a state school.

How many months of benefits do you have remaining? Everyone who becomes eligible for their first GI Bill gains 36 months of education benefits. If you deployed and became eligible for one or two more GI Bills, you gain an additional 12 months of eligibility for a maximum of 48

months. All 48 months can be used with multiple GI Bills but no more than 36 months can be used with any one benefit and only the CH 33 Post 9/11 GI Bill can be transferred to dependents. If you have 48 months of benefits, you can transfer all of your CH 33 Post 9/11 GI Bill to your dependents and possibly use the remaining 12 months with the CH 1607 REAP program (this would only work if you were also eligible for CH 1606 SR at the time you transferred your CH 33 Post 9/11 to your dependents).

Get in touch with the Education Services Offices if you have any questions about the GI Bill, or any other education-related benefits, by using the contact information below.

Maj. Derek J. Musgrave: Education Services Officer and GI Bill Manager.
860-524-4816 or derek.j.musgrave.mil@mail.mil

Mrs. Mirza Henderson: Education Service Specialist. mirza.y.henderson2.civ@mail.mil or 860-524-4820

Sgt. 1st Class Erika Thurman: Incentive Manager.
ericka.g.thurman.mil@mail.mil or 860-524-4820



CONNECTICUT ARMY NATIONAL GUARD 2015 PHYSICAL FITNESS CHALLENGE

MARCH 20TH - JUNE 21ST

IT'S TIME TO JUMPSTART YOUR FITNESS PROGRAM!

*Join CSM Carragher for the
CTARNG Spring Physical Fitness Challenge
and meet your fitness goals before beach weather!*

THE CHALLENGE

Achieve your fitness goals between March 20th and June 21st

THE RULES

*Open to members of the CTARNG
Join the Physical Fitness Challenge Facebook Group
[facebook.com/groups/CTARNGFitnessChallenge/](https://www.facebook.com/groups/CTARNGFitnessChallenge/)
Submit your fitness goals
Share your weekly fitness activities and include progress
Encourage fellow Soldiers to participate*

THE REWARD

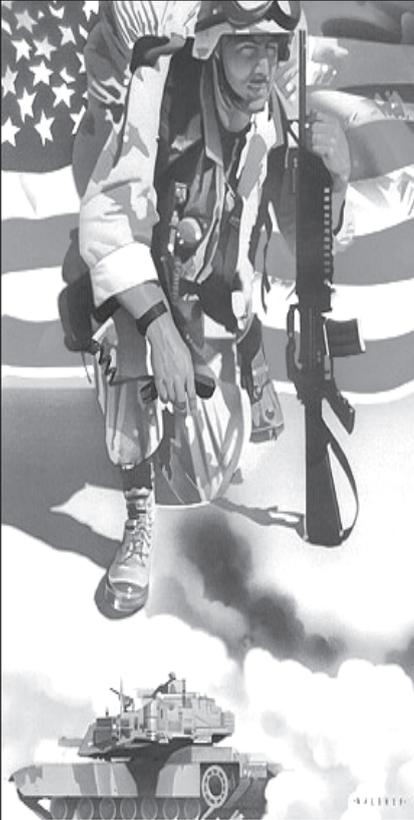
*Soldiers who achieve their personal goals will receive a Fitness Challenge t-shirt
Special recognition for any Soldier who goes from a failing APFT score to a passing APFT score (must be validated by Company 1st Sergeant)*

ASSISTANCE FROM MASTER FITNESS TRAINERS AVAILABLE UPON REQUEST
Message Connecticut Guard for more information

JOIN THE CHALLENGE. POST YOUR GOALS. GET TO WORK.



<https://www.facebook.com/groups/CTARNGFitnessChallenge/>



INFORMATION

Security Begins With You!



HEROES 4HIRE

11TH ANNUAL VETERANS CAREER FAIR

April 14 - 2015, 11 A.M. to 3 P.M.
Rentschler Field Ballroom, East Hartford

Veterans - you'll have the opportunity to interact one-on-one with employers, social service providers and non-profit organizations. Explore a wide range of possible career opportunities.

★ Learn about specialized services and benefits ★ Free résumé critiques by our experts

CTJOBFAIRS.COM  /CTCAREER.FAIRS  /CTCAREERFAIRS



Legal: Legal Assistance May be Available to Soldiers

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

Service members face many of the same legal issues as their civilian counterparts. Like other citizens, military members have custody issues, financial pressures and other everyday concerns with legal implications.

However, the demands of military service create additional stressors and considerations that can exacerbate the legal needs of Soldiers. The Army Legal Assistance Program responds by providing legal services to eligible members of the military community.

Army Regulation 27-3 governs the provision of legal services through the Legal Assistance Program in the Army. It states, "the mission of the legal assistance program is to assist those eligible for legal assistance with their personal legal affairs in a timely and

professional manner by - (1) Meeting their needs for information on personal legal matters," and "(2) Resolving their personal legal problems whenever possible." In pursuing this mission, the program has direct impact in the areas of readiness, morale, discipline, and the maintenance of a quality force.

Eligibility for legal services is also governed by the regulation. Service members, Retirees, dependents of deceased service members, Department of Defense employees, and even government contractors are eligible for legal assistance in certain delineated circumstances. Provision of services is subject to mission constraints and subject to availability of resources.

A multitude of legal matters are handled pursuant to the regulation. Some matters that service members can seek consultation on include family law, estates, real

property, personal property and economic cases. The list extends to civilian administrative matters, military administrative matters, torts, taxes and civilian criminal matters.

The types of services that fall within the scope of AR 27-3 are broad and inclusive. Services provided for service members include ministerial services, legal counseling, legal correspondence, legal negotiation and legal document preparation, legal document filing, in-court representation (in specifically authorized circumstances), legal referral, providing lists and providing mediation.

Legal assistance is a valuable benefit that can be used as a force multiplier. The Legal Assistance Office of the Connecticut National Guard may be reached at 860-493-2770.

Diversity

Remembering the Holocaust: If We Do Not Reflect on the Past We are Destined to Repeat Our Mistakes

MASTER SGT. CONRAD WALKER
EQUAL OPPORTUNITY ADVISOR, 1109TH TASMG

April is the month set aside to remember the Holocaust. This event is recognized as one of the greatest actions of intolerance and displays of man's inhumanity to man in history. April 16 is the national day of remembrance and the theme this year is, "Learning from the Holocaust: Choosing to act."

A few years ago I had the privilege of going to the Museum of Tolerance in Los Angeles, California.

The Museum of Tolerance is a human rights educational center dedicated to challenging visitors to understand the Holocaust in both historic and contemporary contexts and confront all forms of prejudice and discrimination in our world today, according to the museum's website. The Holocaust was the German state-sanctioned plan to instill hatred for people of non-Aryan ethnic backgrounds and especially promote the genocide of the Jewish people of Europe. This resulted in the mass murder of over six million Jews and millions of non-Jews. The result of the tour through the museum left a lasting impact about the result of dehumanizing and promoting hatred and intolerance.

The following is from Irwin Cotler's article titled, "7 Lessons From the Holocaust, the Lessons and Actions in a Snap Shot."

Lesson 1- The Duty to Remember

We have a responsibility to remember that the millions that were terminated had names, faces, identities and were a part of the human race, "the abiding imperative – that we are each, wherever we are, the guarantors of each other's destiny."

Lesson 2- The Danger of State-Sanctioned Incitement to Hatred and Genocide – The responsibility to Prevent

"The Holocaust did not begin in the gas chamber- it began with words." We must not tolerate the teaching of contempt and the demonizing of others that are not like ourselves. Racism resulted in the Holocaust.

Lesson 3- The Danger of Silence and the Consequence of Indifference

The crime of indifference and silence by those that had an ability to make a difference gave energy to the Holocaust actions. The world was silent when the Armenians were being eradicated and Hitler used that silent sanctioning when he determined to eradicate the Jews. He made the statement "Who now remembers the Armenians." We must speak out against injustice, and those that have the ability must protect those that cannot protect themselves.

Lesson 4- Combating Mass Atrocity and the Culture of Impunity

"Allow no sanctuary for hate no refuge for bigotry." Bring to justice those that commit hate crimes.

Lesson 5- The Responsibility to Talk Truth to Power

As a result of the complicity of the elites - judges, lawyers, architects, engineers, church leaders etc., the Holocaust was able to be made possible. We must not look past the fact that "a person can both love poems and kill children".

Lesson 6- Holocaust Remembrance -The Duty to Educate

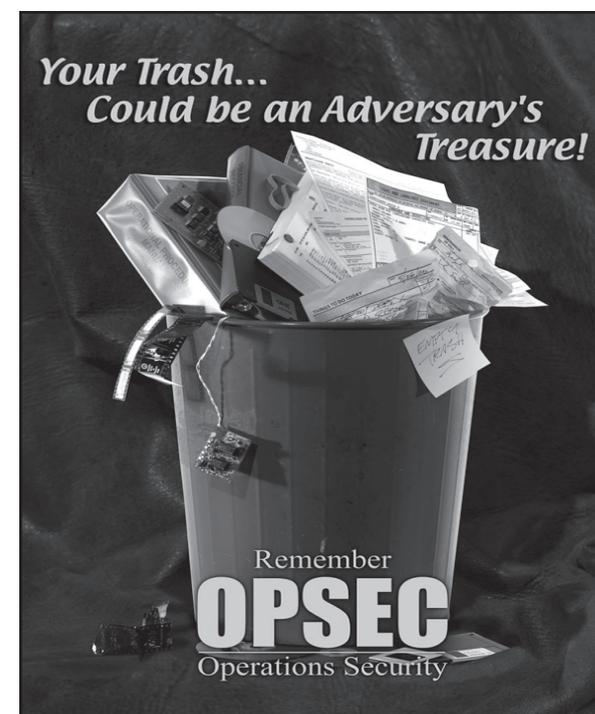
The declaration of the Stockholm International Forum concluded "We should study the Holocaust in all its dimensions, commit to throw light on the still obscured shadows of the Holocaust...Commit to plant the seeds of a better future amidst the soil of a bitter past." Let us strive through education to develop mutual understanding, respect and justice

Lesson 7- The Vulnerability of the Powerless

The genocide began with the disabled and the weak and focused on the powerless. Let us take action to ensure that those that find themselves powerless in society no matter who are empowered and defended.

A sign I remember from the Museum of Tolerance read, "Never Forget; Never Again"

I encourage those that would participate in the day of remembrance to hold true to the theme - Learning from the Holocaust: Choosing to act and consider the lessons learned.





National Guard Association of Connecticut (NGACT)

Boozman, Donnelly, Walz Introduce Bicameral Legislation Giving Military Retirees Honor They Deserve

PRESS RELEASE FROM THE OFFICE OF SEN. JOHN BOOZMAN

WASHINGTON—U.S. Senators John Boozman (R-AR) and Joe Donnelly (D-IN) and U.S. Representative Tim Walz (D-MN) on March 17 introduced the *Honor America's Guard-Reserve Act of 2015*, a bipartisan, bicameral bill honoring as Veterans, Guard and Reserve Retirees who served honorably for a minimum of 20 years but do not meet the active duty service requirement to qualify them as veterans under existing law.

The law defines a Veteran as servicemen and women who have served on active duty. This legislation would amend this definition and allow these Guard and Reserve Retirees to be recognized as a Veteran.

Due to the fact that no additional benefits beyond the title of Veteran are extended to these Retirees, there is no

cost associated with this legislation.

“National Guard and Reserve members who selflessly serve in defense of our country should be honored for their sacrifice. These men and women earned this recognition for their steadfast commitment to our national security and Armed Forces and rightfully deserve to be honored with the title of Veteran,” Boozman, a member of the Senate Committee on Veterans’ Affairs said.

“Members of our National Guard and Reserve serve our country honorably, here in our home states and overseas. Indiana has the fourth-largest National Guard contingent in the country and a strong history of Hoosiers serving in the Reserves. After twenty years of service to their communities and our nation, these dedicated men and women deserve our recognition and respect as Veterans,” Donnelly, a member of the Senate

Armed Services Committee, said.

“These folks took an oath, and that oath was to defend our nation at any cost; to stand ready for decades, at a moment’s notice, to deploy anywhere in the world in defense of our great nation,” Walz, the highest ranking enlisted Soldier to ever serve in Congress, said. “The very least we could do is to give them the honor and recognition they have earned and deserve. I’m proud to re-introduce this bicameral, bipartisan bill and urge my colleagues to support it.”

This legislation is supported by the National Guard Association of the United States (NGAUS) and the Enlisted Association of the National Guard of the United States (EANGUS).

The House of Representatives passed similar legislation last Congress.

Reforms Just as Important as Budget Increase, Dempsey Tells Appropriations

JIM GARAMONE
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON - Internal reforms are just as important to the Defense Department as an increase to its budget, the chairman of the Joint Chiefs of Staff told the House Appropriations Committee’s defense subcommittee March 4.

Army Gen. Martin E. Dempsey told the subcommittee that the department requires the flexibility to trim its excess infrastructure; re-examine its pay, benefits and retirement systems; and retire unneeded weapon systems in this fiscally constrained time.

All members of the Joint Chiefs of Staff, he said, are convinced that this flexibility is crucial to the long-term health of the force.

Budget Increase, Reforms Required

“It’s been difficult to communicate to our men and women serving why we have to do it,” Dempsey said. “But we’ve taken that responsibility on and have made several recommendations to you on internal reforms and we certainly need both the topline [budget] increase that the president has provided, but just as importantly, the reforms that we’ve requested.”

If Congress does not approve the president’s fiscal year 2016 budget request — which is \$33 billion above sequester caps — or if Congress does not give the department flexibility, “we’ll have to change our strategy,” the chairman said.

The strategy addresses the threats of today and puts in place the force of the future, he said.

“And if we can’t execute it, what I’ll be saying to you is that we’re not doing what the nation needs us to do,” the chairman said.

For the past 25 years, he said, the U.S. military has secured the global commons and deterred adversaries.

“We’ve reassured our allies and we’ve responded to conflict and crises by maintaining our presence abroad,” Dempsey said. “It has been our strategy to shape the international security environment by our forward presence and by building relationships with regional partners.”

He explained that under the strategy, one-third of U.S. forces are deployed, one-third returned from deployment and one-third getting ready to go.

Sequestration Harms Readiness

“Sequestration will fundamentally and significantly change the way we deploy the force and shape the environment,” he said. “We’ll be almost 20 percent smaller when all is said and done, from where we started. And our forward presence will be reduced by about a third.”

This would mean the United States would be less influential and less responsive, the chairman said.

“Conflicts will take longer to resolve and will be more costly in both dollars and in casualties,” the general said.

The global security environment is as uncertain as he has ever seen it, Dempsey said. A resurgent Russia, the Islamic State of Iraq and the Levant, al-Qaida, China modernizing its military, Iran, North Korea and more are of concern to U.S. national security officials, he said.

“We’re at a point where our national aspirations are at genuine risk of exceeding our available resources,” Dempsey said.

The president’s fiscal year 2016 budget request would allow officials to follow the defense strategy, he said.

“It’s what we need to remain at the bottom edge of manageable risk to our national defense,” Dempsey said.

Save the NGACT Date

April 15

NGACT Executive Board Meeting
NGACT Office, Hartford Armory
5:30 p.m. Open to all

May 20

NGACT Executive Board Meeting
NGACT Office, Hartford Armory
5:30 p.m. Open to All

June 17

NGACT Executive Board Meeting
NGACT Office, Hartford Armory
5:30 p.m. Open to All

July 15

NGACT Executive Board Meeting
NGACT Office, Hartford Armory
5:30 p.m. Open to All

Aug. 6

NGACT Retirees Picnic

Aug. 8-13

EANGUS Conference
Indianapolis, Indiana

Aug. 19

NGACT Executive Board Meeting
NGACT Office, Hartford Armory
5:30 p.m. Open to All

Sept. 10-13

NGAUS Conference
Nashville, Tennessee

Plan - Prepare - Execute Training

INFORMATION PROVIDED BY LT. COL. PAUL THOMPSON
STATE TRAINING OFFICER

Editor's Note: This is the 12th in a 13-part series.

The Unit Training Plan is the unit's over-arching plan to attain key collective task proficiency in the time allotted to train (planning horizon). Commanders, leaders and training managers plan-prepare-execute and assess each training event as the UTP progresses. Each training event is planned and coordinated in detail prior to execution.

This is done during company-level training meetings using the "T-Month" construct. This process has to start early enough in the planning cycle to ensure all required resources are present and accounted for as training begins. Unless this is done, training proficiencies the commander envisions will not happen.

Each unit has to have a deep understanding of the local and installation-level resources available. This also includes understanding training resource cycles and conferences to ensure the unit can influence these cycles early enough to get the resources needed to train. The following is a breakdown of major "T-Month" activities to use as a guide for units to follow in the development of training events. Keep in mind that each major training event would fall into the T-Month concept at different points in time on the training calendar.

T Month Execute Training

T Month begins with pre-combat checks. Pre-combat checks are detailed final checks that units conduct immediately before and during the execution of training and operations. These checks are usually included in unit SOPs. They are normally conducted as part of troop

leading procedures and can be as simple or as complex as the training or operation dictates. Pre-combat checks start in garrison and many are completed in the assembly area or in the training location; for example, applying camouflage, setting radio frequencies and distributing ammunition. Commanders must allocate sufficient time for subordinate leaders to execute pre-combat checks and inspections to standard.

Next month will feature T+1 Recover, conduct final AARs and assess.



Connecticut Military History - CTNG Hero: Col. Francis Carberry

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

Connecticut military history is rich with the stories of heroes. Since the Civil War, 56 service members from Connecticut have been awarded the Medal of Honor. Many of us are familiar with the exploits of first lieutenants Robert Nett and Lee Hartell, Medal of Honor recipients whose names grace Connecticut National Guard landmarks. Unknown to many, however, is Babe Carberry.

Francis "Babe" Carberry was born in New Haven in 1909 and enlisted as a private in the 102nd Infantry Regiment of the Connecticut National Guard at age 16. By 1939, he was the first sergeant of C Company. He was commissioned a second lieutenant just before the 43rd Division was activated for a year's service.

When the 102nd Regiment moved to Camp Blanding, Florida, Capt. Carberry was the commander of C Company. He led the company through the maneuvers in North Carolina and Louisiana. After the attack on Pearl Harbor, the 102nd was redesignated a Regimental Combat Team of three battalions and deployed to the South Pacific with the 25th Infantry Division.

Carberry saw combat at Guadalcanal, New Georgia and the Philippines. He was awarded the Silver Star for conspicuous gallantry and intrepidity in connection with military operations against the enemy while serving with the 25th Infantry Division. For this, Carberry was promoted to major and given command of the battalion. Not long after, he was the regimental commander. He was promoted to colonel in December 1945, but took a reduction to lieutenant colonel in order to remain on active duty after hostilities ended.

Lt. Col. Carberry served in the Korean War with the 17th Infantry Regiment. He commanded the first battalion to reach the Yalu River on November 21, 1950. He told his Soldiers that they were in a "race to the Yalu with the Marines and he expected 1/17 Infantry to BE THERE

FIRST!" Carberry earned two more Silver Stars in Korea with the 7th Division.

In addition to his Silver Star with two Oak Leaf Clusters, Col. Carberry earned the Bronze Star with Oak Leaf Cluster, the Legion of Merit, the Purple Heart and a Presidential Unit Citation. He also wore the Combat Infantry Badge (2nd Award).

Col. Francis Peter Carberry retired from the Army in

1963 after 37 years of service, culminating his career as the Senior Army Advisor to the 42nd Infantry Division of the New York Army National Guard. He died on June 23, 1997 in New Haven and was buried with full military honors at Sacred Heart Cemetery in Meriden.

I gratefully appreciate the assistance of MSG (Ret) Frank Carrano in preparing this article. His passion for CT military history has been an inspiration to me.

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

Off the Bookshelf : Wuthering Heights: Thank You Sam Simon

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

The recently deceased Sam Simon said in an interview a few years ago the reason why contemporary television shows and movies were of poor quality was because the writers were no longer readers.

Yes, sometime in the 1990s television shows and movies started to stink. Their producers, writers and directors were not to blame. Generation-X was at fault.

Generation-X did not notice a decay in quality of anything.

Television and films from the 1970s and 1980s, however, offered viewers entertainment with multiple layers and complexities. It was not rare to see references to Shakespeare in common show plots, or bits and pieces of Wordsworth and Coleridge mixed into dialogue.

Mash and *Taxi* were immersed in such references. *Newhart* was essentially *Readers Digest* on television. Even *Star Trek: The Next Generation* based many of its plots around classic novels and literary themes.

Cheers takes the cake. *Cheers* was *The Canterbury Tales* in a Boston bar. It's first five seasons are *The Taming of The Shrew*, Dante and Beatrice, Helen and Paris, all encompassed in the 'gather round the fire' story telling archetype narrative format.

There is one particular book, however, referenced in *Cheers*, that is extremely important to the history of the English language. It is a book that has been referenced thousands of times in television and movies, and has had numerous reincarnations on BBC. It's one of the best-selling and most famous novels of all time: Emily Bronte's *Wuthering Heights*.

Yes, Sam Malone was Heathcliff, and Diane Chambers was Cathy. In seasons one through five of *Cheers*, the

episode plots were glued together by tension enveloped around Sam and Diane's relationship.

There is a direct reference to the novel in season one. The couple, during an argument, refers to themselves as Heathcliff and Cathy. It's safe to assume that most of their viewers (the mature/silent and baby boomers) got the reference. Some may have even likened the stairs leading to Melvilles to the Moors.

Wuthering Heights is so archetypally good, that it has been marketed in all of the following categories: mystery, romance, ghost story, young adult, British lit, Victorian lit, historical lit. Emily Bronte's (or the real writer: a story for another day) haunting and beautiful prose stretches the length of the short novel.

Why didn't Heathcliff and Cathy just run away together? Why did it seem like the world conspired to keep them apart? Why didn't Sam and Diane make their relationship work? Who was this Frasier Crane Guy? Narrative romantic tension is a popular tool used to maintain readers/viewers' attention. It works.

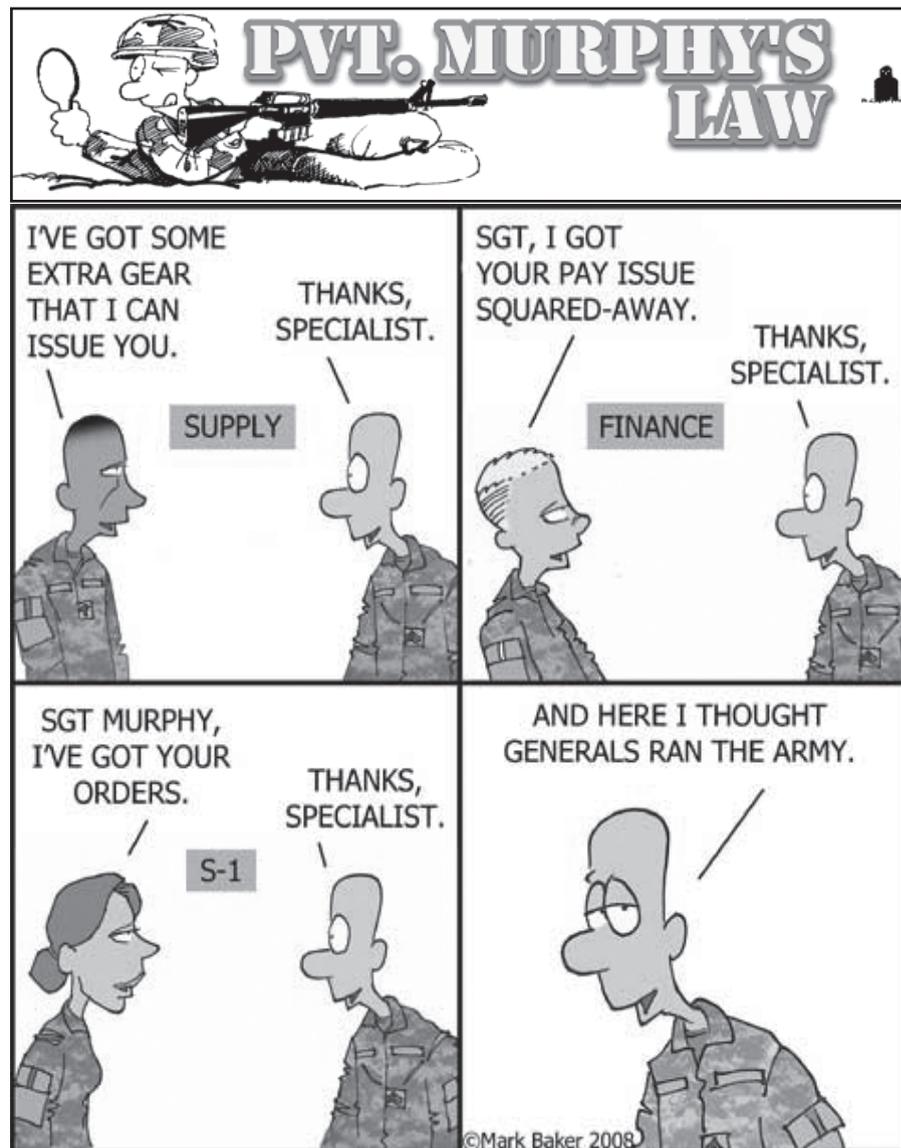
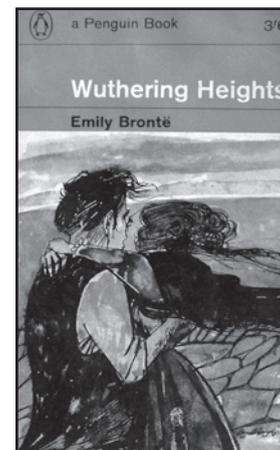
Wuthering Heights should be read by candlelight during the evening, next to a small fire, a bit of wind blowing through tree branches outside, and with a mug of hot buttered-rum. It will be impossible to not think about Cathy and Heathcliff years following reading Bronte's classic, and numerous references to it will be impossible to miss.

Wuthering Heights has something that even *Les Miserable* does not: the inability to be packaged in a

format that is of better quality than the original text. As a plot-driven novel, it has not been out-done yet. Emily Bronte's sisters even tried to one-up her but didn't come close.

Wuthering Heights is an old archetypal tale: doomed star-crossed lovers; dark energetic male and sublimely passionate female surrounded by an audience that is aware of their hapless destiny, but is spellbound in watching it unfold: wanderers, passerby, a mailman, an accountant, an old coach, a bad magician, a Carla.

Thank you Sam Simon and friends for your tremendous amount of work over the past decades. Thank you for being a reader, for keeping the world's old archetypal tales relevant, and for speaking to the world's glasses wearers through odd satirical and literature fueled sitcoms.



Connecticut National Guard HELPLINE

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

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

Your call will be answered by a behavioral health professional. You will receive information and referrals to community resources to support you and your family.

**HELPLINE
1-855-800-0120**

Retiree's Voice: What the MCRMC Report May Mean for You

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

The Military Compensation and Retirement Modernization Commission released its report on Jan. 29. This congressionally mandated committee was charged to recommend reforms to modernize military pay and benefits and generate budget savings for DoD and the VA. If implemented, these recommendations could significantly change current retirement and health care systems.

The MCRMC report suggested 15 total reforms. Some of the key proposals include replacing the current 20-year retirement system with a blended defined benefit and 401(k)-style retirement package; eliminating TRICARE for military Families and working-age Retirees and replacing it with a selection of commercial insurance plans; and creating a new cost structure for Survivor Benefit Plan premiums.

A few of the highlights:

Pay and Retirement

Recommends the creation of a blended system that would automatically enroll each service member in the federal government's Thrift Savings Plan (TSP). Individual servicemembers would be responsible for managing their own accounts, with the money typically

not being available to withdraw (without penalty) until age 59.5.

Full ownership of the TSP account would come after service members had completed "several" years of service, and would allow many troops to keep their TSP after separation. This proposal could potentially give limited retirement benefits to the vast majority who leave the military before hitting the traditional 20 years of service. However, the pension would not begin paying out immediately after individuals leave the service; rather, payments would begin at a more traditional retirement age, such as age 60 or older.

Current service members and Retirees would be grandfathered in the current systems, but would be allowed to switch to the new plan if they wanted.

It would also provide more options for service members to protect their pay for their survivors by offering new Survivor Benefit Plan coverage (to be determined) without dependency and indemnity coverage offset.

Health Care

The commission recommended that active duty military Families, survivors and Retirees be moved into commercial insurance plans, similar to those offered to federal employees. A Basic Allowance for Health Care would be created to help offset the premiums and co-

pays of the commercial plans for active duty Family members.

For non-Medicare Retirees, cost shares would go up 1 percent each year for 15 years to 20 percent. Medicare-eligible Retirees would remain on the TRICARE-for-Life program.

Education

The MCRMC concluded that the Post 9/11 GI Bill and the Reserve Educational Program are redundant, and recommend that the Montgomery GI Bill and the Reserve Educational Program be phased out. They also recommend that transferability requirements be allowed at 10 years of service with a two-year additional commitment.

I have only touched on a few of the highlights of the MCRMC recommendations in this article. These recommendations are far from a "done deal" and will need to go through a number of congressional hearings and votes to become law, but it would behoove all current service members and Retirees to become familiar with all of the committee's recommendations, and to then contact your congressional representatives to let them know how you feel.

Stay tuned, this should be an interesting ride.

Gray Area Retirement –Prepare Today for Tomorrow

SGT. 1ST CLASS REBEKAH AVERY
RETIREMENT PROGRAM MANAGER

Soldiers retiring from the National Guard should set aside documentation needed for their application for retired pay at age 60 (or prior if eligible for Early Retire Pay due to qualifying service after Jan. 29, 2008). Preparing now for this future date will help ease confusion and anxiety, and provide awareness of all the benefits in retirement - especially TRICARE benefits at age 60.

Retirement pay packets consist of the following documentation: DD 108, DD 2656, Direct Deposit forms, Discharge Orders, NGB 22, NGB 23, NGB 23D, initial RC-SBP election, any changes to this election with supporting documentation, DD 214s, 215s and additional NGB 22s, mobilization orders and memo to support any ERP applications.

Additional documentation is needed if there is an age waiver, medical retirement, different rank at retirement, etc.. Please remember retirement pay is not automatic – you must initiate the process on your own.

Often times, Soldiers retire out and their retire pay date will not be for 10 to 15 years. If you do not plan today, you may miss the window of opportunity to apply for ERP, or your regular retirement pay to begin on time because you do not have, or cannot find your close out documents or you didn't get proper guidance upon retirement.

As the RSO, I enjoy researching and preparing all sorts of pay applications for Retirees and look forward to assisting you. I will provide you information, a briefing, connections to resources, a "future pay" packet to assist

you when eligible to apply for retirement pay and a copy of your iPERMS account if applicable.

Always remember: you are welcome to receive a Retirement Briefing- future dates: April 12, May 3, July 12, Aug. 2, Oct. 4 and Nov. 8 (no briefing in June, September or December). Please RSVP today via e-mail: ng.ct.ctarnng.list.g1-rso@mail.mil or call Sgt. 1st Class Avery (860) 524-4813.

Upcoming Events:

- Monthly Retiree Breakfast: Thursdays, April 30 and May 28, 8:30 a.m. at Charlie's Place, West Main Street, Niantic. Cost is \$15. POC- Frank Perry.

- 242d Engineer Battalion Association Meeting: April 14, 7:00 p.m. Stratford Armory – If your contact information has changed since joining the association- contact Fred Luongo : kte3@comcast.net or bima61@ct.metrocast.net

- OIF/OEF Military Support Coalition Meeting: April 21 Middletown Armed Forces Reserve Center. For more information contact Mr. Daniel McHale at daniel.j.mchale.ctr@mail.mil

- Benefit for "Vietnam 50th Commemoration": April 25, 7:30 pm. A time to Thank Our Vietnam Veterans. Exclusive limited seating in the luxury Earth Sky Box at Mohegan Sun Arena, \$250 per ticket (50 percent donation tax deductible) includes complimentary food. Cash bar. For tickets call Shaun Winton (860) 832-2977 or e-mail shaunwinton@my.ccsu.edu.

- 66th Armed Forces Day Luncheon: May 15. Cost \$30, held at the Aqua Turf Club, 556 Mulberry St., Southington, CT; RSVP no later than May 5. 2015- POC is Sgt. 1st Class

William Blake at william.d.blake14.mil@mail.mil

· CT Chapter AUSA Charity Golf Tournament: Friday, June 5, at Tower Ridge Country Club, 140 Not Rd., Simsbury, CT.

Point of Contact for Air National Guard Retirees:

Retirees from the Air National Guard can contact the full-time POC for Traditional Air-Guard Retirees, Master Sgt. Lisa Todaro at (860) 292-2573 or email lisa.todaro@ang.af.mil; or the part-time (drill weekend) POC, Master Sgt. Diana Nelson at (860) 292-2366 or email- diana.nelson@ang.af.mil. Often times, Air Guard Retirees will be referred to the Air Reserve Personnel Center (ARPC) in Colorado: 1-800-525-0102; website portal at: www.mypers.af.mil; HQ ARPC/DPTTR, Retirement Division, 18420 E. Silver Creek Ave., Bldg 390 MS68, Buckley AFB CO 80011

Point of Contact for Army National Guard Retirees:

Retirees from the Army National Guard can contact the Retirees Service Officer, Sgt. 1st Class Rebekah Avery (860) 524-4813 - e-mail ng.ct.ctarnng.list.g1-rso@mail.mil

Guardian Address Changes:

e-mail: ng.ct.ctarnng.list.g1-rso@mail.mil to update address, make any corrections to Name or Rank, or to be removed from the Retiree Database.

THE 102D ARMY BAND



WANTS YOU

TO AUDITION!

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

IMMEDIATE openings for:

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

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

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

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

Life Lines

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

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

Emergency - 911

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

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

National Suicide Hotline - 1-800-SUICIDE

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

The signs are all around
it's up to **YOU** to recognize
and act on them

PLS DNT
TXT & DRV

Training, Discipline and Standards

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.



KNOW WHAT'S RIGHT
**know the
signs**
DO WHAT'S RIGHT

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

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

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

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ARMED FORCES DAY LUNCHEON

MAY 15TH 2015

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SOUTHINGTON, CONNECTICUT

with Special Guest Speaker

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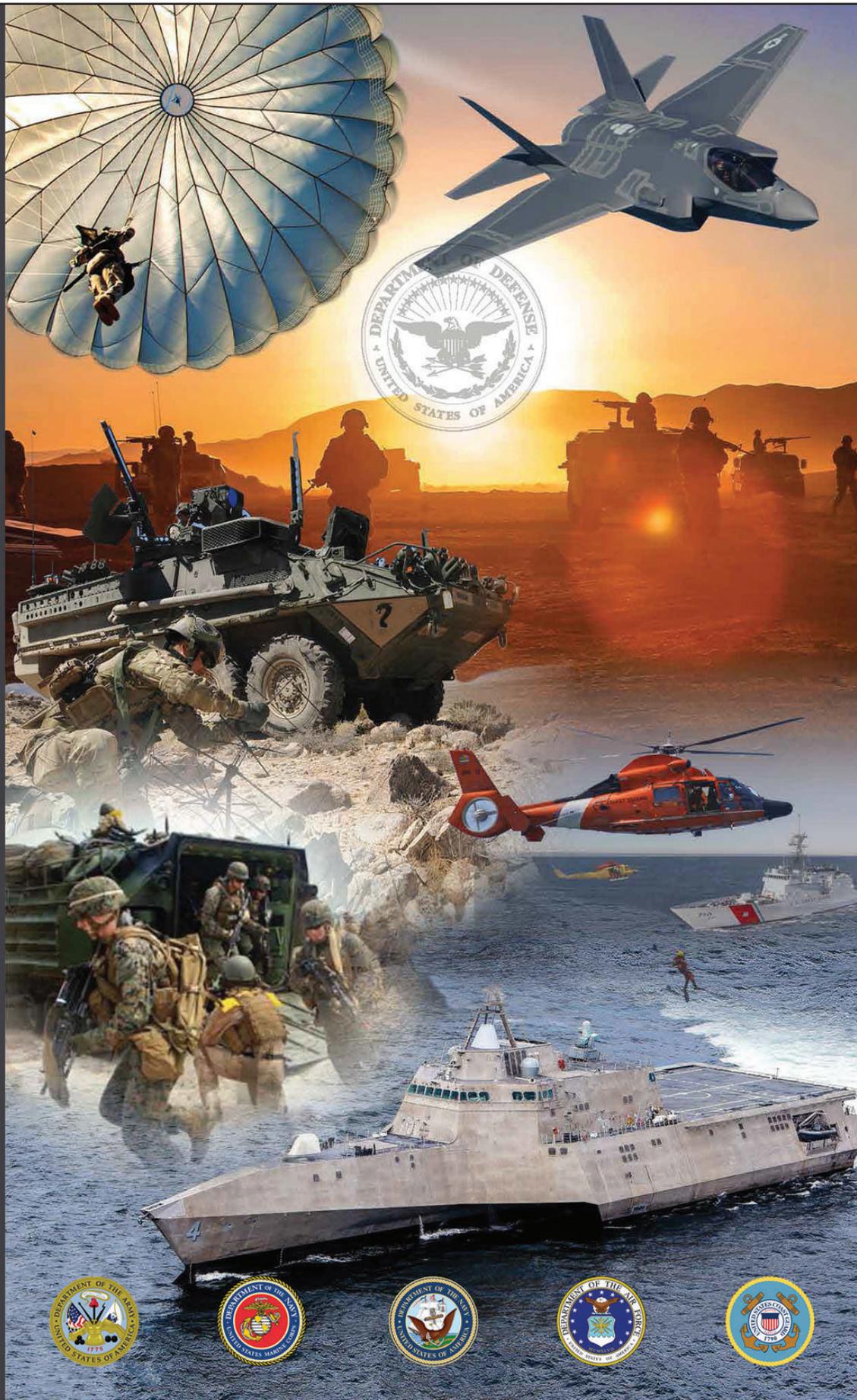
Adjutant General of New York State



For More Information, contact
SFC William Blake
(860) 493-2750
William.D.Blake14_mil@mail.mil

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Connecticut FAMILY Guardian



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HARTFORD, CONNECTICUT

APRIL 2015

Make the Most of Your Money

CHIEF WARRANT OFFICER 4 (RET.) JOHN GODBURN

With both federal and state taxes due this month, it got me thinking about how we all might benefit from some simple reminders about how to save more of our income, reduce debt and build wealth. While I do not profess to be a financial planner, what I do share here are some time-tested and proven tools to build a solid financial future – regardless of what age you are when you start.

In researching this topic, I came across hundreds of institutions, organizations, groups, and websites all designed to help you save and invest your money. While I'm sure most are sincere in the advice they offer, I just want to mention a few that cater specifically to military members and Retirees.

Military Saves is a part of the Department of Defense's Financial Readiness Campaign and has partnered with DoD since 2003. I found their website very easy to navigate and understand, while it takes you through critical steps toward debt reduction and building a solid financial future, keeping your military lifestyle in mind. Military Saves encourages servicemembers, their families, civilian employees, and Retirees to save money every month, and to also encourage leaders within their organizations to promote automatic savings for their members.

Military Saves also works with the defense credit unions, military banks and other non-profit groups to promote savings and debt reduction, by encouraging participants to: save a portion of each paycheck; develop a personal financial plan; establish good credit; and enroll

in such programs as Thrift Savings Plan, Savings Deposit and SGLI.

All DoD service branches participate in Military Saves. For more information about this program, and help in developing your own financial future, visit www.militarysaves.org.

Looking into financial education services offered by your bank or insurance companies is another good source of information. USAA, for example, offers almost unlimited financial information and services, again tailored to the military lifestyle and those that served. For those who are (or are not) already members, visit www.usaa.com for more help and information.

"Save and Invest" is a free resource of the FINRA Investor Education Foundation, dedicated to helping you gain financial health. Sections such as the Military Center, Financial Basics, Protect your Money and Controlling Debt, make it easy to find information and get you started (or continue) on your road to financial security. Go to www.saveandinvest.org for more help and information.

But even with all these tools and services, the best laid plans won't work if you do not act on them and execute your plan. According to an article written by Jacqueline Curtis of "Money Crashers", personal budgets fail due to seven common reasons:

1. It's too restrictive
2. You don't set goals
3. You haven't adjusted it since "day one"
4. Your spouse is not on board
5. You don't plan for emergencies
6. You don't give it enough time

7. You really, really hate budgets

"Budgeting is not an exact science.

It takes work, tweaking, practice, and a lot of trial and error to make it effective in the real world," Curtis states.

In a recent survey, fewer than 50 percent of Americans said that they have a savings plan with specific goals. For all of us, whether we are a financial novice or an experienced investor, to be financially successful and secure, we must: Set a goal, Make a plan, and Save automatically. Whatever means or method you choose to use to get on the road to financial security, the key is to start today. Remember: Start Small, Think Big.

Editor's Note: The opinions outlined in this article are that of the author and the author alone. When it comes to choosing an option to save/invest your money, do your own research and ensure you speak to a professional financial advisor.



Veterans Services and Where to Find Them

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

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

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

Health Care

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

Benefits & Services

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



CATHERINE GALASSO

When You Are Down to Nothing, God is Up to Something

There was once a story about a man who throughout his life collected valuable art from all over the world which he proudly displayed in his expansive library. One afternoon, the man was informed about an exceptional watercolor that he

wanted to acquire for his collection. And so he sent his agent abroad to find the picture and purchase it for him.

A month later, the agent returned back to the states empty-handed. "Where is the painting?" asked the man. The agent replied, "I searched and searched, but."

Interrupting, the man questioned, "Did someone else buy it first?" Shaking his head, the agent said, "Sir, come with me."

The two men walked down the long hallway into the elegant mahogany library. There were dozens of masterpieces displayed.

"I did find the watercolor you desired, sir," the agent uttered. The man was confused.

"Then where is it?" he questioned.

With a grin, the agent pointed to the corner of the room, "Sir, that treasured painting has been in your home all along. It was just a few steps away."

Has something happened that has caused you to live below your possibilities?

Maybe you were blind-sighted, rejected or dealt an unproductive blow.

Perhaps, your momentum has been crippled because someone hurt you. Or else, you stood up after a trial, only to be knocked down by the next. Now, you might have a gnawing sense of despair and increased uncertainty about the days ahead. Unfulfilled and stagnated, you may feel as though you're falling behind and spinning down a spiral of anxiety and hopelessness.

But wait. Hold on. Now is not the time to fold your arms, walk away and quit. God is able to bring hope into your life when everything seems hopeless. He can take nothingness and turn it into something. But you must keep moving forward. Persist with faith in God, and you may discover that the abundant life, for which you've been searching, like the man's treasured painting, is just a few steps away.

. The answer to your dilemma can be just a few steps away.

. Your breakthrough can be just a few steps away.

. The desires of your heart can be just a few steps away.

You could be at a pivotal point, and that next step might lead you to victory. Therefore, do not stop short of success. You may have had some tough times, losses or defeats. Yet, don't allow a challenging 'season' or a bad experience ruin your entire life. A few weeks ago, my family and I attended a girls' basketball game. Our hometown team was playing in the finals, and many of our friends and neighbors turned-out to cheer on the team. However, while the girls played amazing and tried their best, they came in second place. After the game, though the coach was disappointed in the loss, he told the girls, "Do not judge the entire season by that loss."

In the same way, don't allow a few challenges to bring down your whole future. God's plan for your life far

exceeds a temporary, tough situation.

"Press on toward the goal." (Philippians 3:14) Regardless of what you've been through, you will get through difficult times and emerge stronger and better than ever. Don't give up now. You still have what it takes to succeed. So stop reliving all of the negative things that have happened. Rather, each morning wake up and thank God for 'everything He has bestowed upon you,' for 'the person that you are,' and 'all that He is going to help you accomplish in the future.' Then, continue to persevere toward your heart's dream. Put all those disappointments behind you and dare to try again. Do not be like the salmon fish that only swims upstream to continue their life cycle. You could change directions. Open up your mind to the new possibilities of today. Move beyond self-imposed boundaries. Take a different route. There are several options. Try another approach. There is always one more chance or opportunity.

In an instant, things could miraculously change. God is not finished with you for He is faithful and, "He who began a good work in you will complete it." (Philippians 1:6). Help will come from unexpected places. So, "be strong in the Lord and in His mighty power." (Ephesians 6:10). If God could sustain three million Israelites in the wilderness for 40 years, God is well-able to orchestrate the right circumstances, opportunities or combination of people to help you. For, "No good thing will God withhold from those who walk with integrity." (Psalm 84)

God's resources are inexhaustible. Hence, cast all of your cares on Him for He is able to care for your every need. One day soon, you are going to turn around and joyfully ask, "How did I get to this wonderful place in my life?"

And then you will know it was God who directed your steps. All it takes is one touch of God's Hand of blessings on your life and suddenly your dreams will come true.

And so, what do you want God to do for you in your life? If you don't give up, He can still do it!

Remember, "God's work done in God's way will never lack God's supply." (Missionary, Hudson Taylor)

For God is going to reward your faithfulness and abundantly bless your future. Persist onward. Be joyful, expectant, and picture in your mind your desired outcome. Pray and believe, while you think and speak only what you want to unfold in your future. "If thou canst believe, all things are possible to him that believeth." (Mark 9:23).

Right now, God's arms are around your shoulders, patiently leading and guiding, taking you onto new and greater things. Each day you are moving closer toward success. You might have seen blessings in the past, but be on the lookout. God is going to out-do Himself.

You could be just a few days, weeks or even steps away from victory!

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

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army.mil/BLOG
ARMY | LIVE - The Official U.S. Army Blog

vimeo.com/USARMY
The Official U.S. Army Vimeo

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

Overview of Children & Youth Programs

PROVIDED BY CHRIS ROULEAU
CT MILITARY ONE SOURCE CONSULTANT

The military offers a wide variety of quality services for children and youth in structured developmental settings to provide safe, age-appropriate activities.

Youth programs

- **Instructional programs.** Instructional programs provide opportunities to develop new skills and learn in hands-on, informal settings. Programs cover a wide range of topics including photography, woodworking, science and technology, gardening, health and safety.

- **Recreation sports programs.** These programs are typically offered through the installation youth center. A year-round program of team sports provides numerous opportunities for youth to challenge themselves physically while developing life skills, such as good sportsmanship and the value of teamwork.

- **Recreation programs.** Recreation programs are geared toward individual interests and skills such as golf and tennis. These programs may be offered through a variety of Morale, Welfare and Recreation and services facilities,

such as the golf course, bowling center and youth centers.

- **Educational and youth development programs.** These programs are focused on citizenship, character building, public speaking and leadership.

Child care programs

The services and the Department of Defense also recognize the importance of providing families with access to quality, affordable child care programs, because child care is a work force issue that directly impacts the efficiency, readiness and retention of the total force. The services provide child care through a portfolio of programs:

- **Child development center program.** This program is designed for children ages 6 weeks to 5 years.

- **School-age care program.** The SAC program provides care to children from kindergarten to 12 years of age before and after school and during holidays and summer vacations.

- **Family child care/child development home program.** This program provides care for children ages 4 weeks to 12 years of age in a home setting.

- **24-7 child care.** This program is provided in a group home that operates 24 hours a day, seven days a week, designed to meet the needs of shift workers and families seeking flexible child care arrangements.

- **Community-based child care program.** This program provides care for children ages 4 weeks to 12 years of age in state licensed and nationally accredited programs operating in community-based facilities and homes.

The Office of the Secretary of Defense, Office of Children and Youth provides policy and budget support, conducts annual aggregate operations data collection and supports special initiatives addressing children and youth.

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

OPERATION MILITARY CHILD INTELLIGENCE TRAINING (MCIT)

Military Youth in grades K-5 are welcomed to participate in this 4 day event! These 4 days will include a variety of fun activities that will make learning fun! Activities include, Health and Fitness, Science, technology and MORE! Most importantly you will be with other military kids just like you!!

Date: April 14-17, 2015

Time: 9:00 a.m. to 3:00 p.m.

(Lunch, drink and snacks provided)

Location: Southington Armory
590 Woodruff Street, Southington CT

RSVPs are **REQUIRED** by April 6th in addition to completed registration paperwork prior to the program! Please contact Michelle Mc Carty at 860-548-3254 or michelle.m.mccarty4.ctr@mail.mil for an application!

\$20 non-refundable registration fee per child (checks made payable to CT Youth Council)



On April 17th we will have a field trip to the CT Science Center!!!



State Youth Training Weekend

05/29/15- 05/31/15

Location: Camp Niantic, RTI

Scheduled activities:

- Leadership Training
- Challenge Course
- Team Building
- Campfire
- Picnic

CONTACT:

Michelle McCarty for
Registration Paperwork and
Info:
860-548-3254
Michelle.m.mccarty4.ctr@
mail.mil

Open to CTNG Youth ages 11-18

Drop Off: 05/29/14 @ 5:00 PM

Pick up: 05/31/14 @ 12:00 PM

Food & Snacks are provided

\$25.00 Registration fee per youth

RSVP and registration packet due
by May 25th!

Checks made
payable to

CT Youth Council



Leadership Reaction Course



Teambuilding



Campfire and S'mores



Lifelong friendships



www.facebook.com/CTCYP



Instagram

@CTNG_CYP

Easter Word Search

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



- BASKET
- BUNNY
- CHOCOLATE
- DYED EGGS
- EASTER SUNDAY
- EGG HUNT
- EGG ROLLING
- GAMES
- GOOD FRIDAY
- HOT CROSS BUN
- JELLYBEANS
- MARZIPAN
- SIMNEL



Happy Easter!

**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 Staff Directory

William A. O'Neill Armory - 360 Broad Street, Hartford, CT 06105 - Open Mon.-Fri.			
State Family Program Director	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Lead Family Assistance Center Coordinator	Andrea Lathrop	andrea.e.lathrop.ctr@mail.mil	(860) 524-4938
Family Assistance Center Specialist	Rita O'Donnell	lerita.m.odonnell.ctr@mail.mil	(860) 493-2797
Family Assistance Center Specialist	Mitch Foreman	mitchell.d.foreman.ctr@mail.mil	(860) 524-4821
Family Assistance Center Specialist	Jessica Koehler	jessica.w.koehler.ctr@mail.mil	(860) 524-4969
Senior Family Readiness Support Assistant	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 548-3283
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4963
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920
ARNG Yellow Ribbon Program Coordinator	Staff Sgt. Clint Shivers	clinton.r.shivers.mil@mail.mil	(860) 493-2796
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254
Family Program Technician	Staff Sgt. Melody Baber	melodycheyenne.c.baber.mil@mail.mil	(860) 548-3276
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.macsata.ctr@mail.mil	(860) 548-3258
Military OneSource Consultant	Chris Rouleau	christopher.rouleau@militaryonesource.com	(860) 502-5416
Military Family Life Consultant (Adult)	Judith Charles	nghartfordctsurge@magmflc.org	(860) 471-7286
Military Family Life Consultant (Youth)	Pearl Pappas	nghartfordctsurge@magmflc.org	(860) 471-7133
Personal Finance Consultant	Ernie Lacore	elacore@mflc.zeiders.com	(860) 372-6404
Windsor Locks Readiness Center - 85-300 Light Lane, Windsor Locks, CT 06096 - Open Mon.-Fri.			
Family Assistance Center Specialist	Troy Walcott	troy.a.walcott.ctr@mail.mil	(860) 292-4602
Family Assistance Center Specialist	Michael Cortes	michael.cortes1.ctr@mail.mil	(860) 292-4601
Veterans' Memorial Armed Forces Reserve Center - 90 Wooster Heights Road, Danbury, CT 06810 - Open Mon.-Fri.			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050
New London Armory - 249 Bayonet Street, New London, CT 06320 - Open Mon.-Fri.			
Family Assistance Center Specialist	Van Nessa Foster	vannessa.n.foster.ctr@mail.mil	(860) 772-1422
103rd Airlift Wing - 100 Nicholson Road, East Granby, CT 06026 - Open Mon.-Fri.			
Airman & Family Readiness Program Manager	Donna Rivera	donna.rivera.civ@ang.af.mil	(860) 292-2730
ANG Yellow Ribbon Program Coordinator	Rick Uliano	richard.uliano.ctr@ang.af.mil	(860) 292-2730
103rd Air Control Squadron - 206 Boston Post Road, Orange, CT 06477 - Open Mon. & Fri. - (203) 795-2961			
Niantic Readiness Center - 38 Smith Street, Niantic, CT 06072 - By Appointment - (800) 858-2677			
Waterbury Armory - 64 Field Street, Waterbury, CT 06072 - By Appointment - (800) 858-2677			
Norwich Armory - 38 Stott Avenue, Norwich, CT 06360 - By Appointment - (800) 858-2677			