

# Connecticut Guardian



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## Hagel Outlines Budget Reducing Troop Strength, Force Structure

NICK SIMEONE  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Feb. 24, 2014 – Defense Secretary Chuck Hagel has proposed cuts in military spending that include further reductions in troop strength and force structure in every military service in the coming year as part of an effort to prioritize U.S. strategic interests in the face of reduced resources after more than a decade of war.

At a Pentagon news conference Feb. 24 detailing President Barack Obama's proposed Pentagon budget for fiscal year 2015, Hagel called the reductions — including shrinking the Army to its smallest size since before World War II and eliminating an entire fleet of Air Force fighter planes — “difficult choices” that will change defense institutions for years to come, but designed to leave the military capable of fulfilling U.S. defense strategy and defending the homeland against strategic threats.

Under a Pentagon budget that will shrink by more than \$75 billion over the next two years — with deeper cuts expected if sequestration returns in fiscal year 2016 — Hagel and other senior defense and military officials acknowledged that some of the budget choices will create additional risks in certain areas.

Some of that risk, Hagel said, is associated with a sharp drawdown in the size of the Army, which the proposed budget calls for reducing to as low as 440,000 active duty Soldiers from the current size of 520,000, while ensuring the force remains well trained and equipped.

The cuts assume the United States no longer becomes involved in large, prolonged stability operations overseas on the scale of Iraq and Afghanistan.

“An Army of this size is larger than required to meet the demands of our defense strategy,” Hagel said. “It is also larger than we can afford to modernize and keep ready.”

But he said the smaller force still would be capable of decisively defeating aggression in one major war “while also defending the homeland and supporting air and naval forces engaged in another theater against an adversary.”

The budget request calls for special operations forces to grow by nearly 4,000 personnel, bringing the total to

69,700, a reflection of the asymmetrical threats the nation is likely to face in the future, Hagel said.

The restructuring and downsizing are in line with a two-year budget agreement that the president and Congress worked out in December, which limits defense spending to \$496 billion.

But Hagel warned that if the budget for fiscal year 2016 returns to the steep, automatic spending cuts imposed



*Defense Secretary Chuck Hagel briefs reporters on his recommendations to President Barack Obama for the fiscal year 2015 budget at the Pentagon, Feb. 24, 2014. (DOD photo by U.S. Marine Corps Sgt. Aaron Hostutler)*

by sequestration, “we would be gambling that our military will not be required to respond to multiple major contingencies at the same time.”

Asked to define that increased risk, a senior Defense Department official expressed it simply.

“If the force is smaller, there's less margin for error,” the official said. “Let's face it — things are pretty uncertain out there.”

The proposed budget also envisions a 5-percent reduction in the Army National Guard and Army Reserve.

“While it is true that reserve units are less expensive when they are not mobilized, our analysis shows that a reserve unit is roughly the same cost as an active duty unit when mobilized and deployed,” Hagel said.

In addition, the Army Guard's Apache attack helicopters would be transferred to the active force, while Black Hawk helicopters would be transferred to the

National Guard, part of a broader realignment of Army aviation designed to modernize the fleet and increase capability.

Within the Air Force, the defense budget calls for saving \$3.5 billion by retiring the A-10 fleet and replacing it with the F-35 by the early 2020s.

“The A-10 is a 40-year old, single-purpose airplane originally designed to kill enemy tanks on a Cold War battlefield,” Hagel said. “It cannot survive or operate effectively where there are more advanced aircraft or air defenses.” In addition, the service also will retire the 50 year-old U-2 surveillance plane in favor of the unmanned Global Hawk.

Hagel warned that much deeper cuts in Air Force structure and modernization will be necessary if sequestration is not avoided in 2016. Among other proposals in the budget request:

— The Army will cancel the Ground Combat Vehicle program;

— The Navy would be able to maintain 11 carrier strike groups, but any steep future cuts could require mothballing the aircraft carrier USS George Washington;

— Half of the Navy's cruiser fleet, 11 ships, will be placed in reduced operating status while they are modernized and given a longer lifespan;

— The Navy will continue buying two destroyers and attack submarines per year;

— The Marine Corps will draw down from about 190,000 to 182,000, but would have to shrink further if sequestration returns;

— An additional 900 Marines will be devoted to securing U.S. embassies; and

— The Defense Department is asking Congress for another round of base closings and realignments in 2017.

Hagel said most of the recommendations in the budget were accepted by senior military officers. Addressing reporters alongside him, Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, said the spending plan reflects a balancing of the military while ensuring it remains the world's finest.

“It reflects in real terms how we're reducing our cost and making sure the force is in the right balance,” Dempsey said.

# Chairman's Corner: Dempsey to Evaluate Profession of Arms Campaign

JIM GARAMONE  
AMERICAN FORCES PRESS SERVICE

WASHINGTON - The chairman of the Joint Chiefs of Staff believes enough time has passed to evaluate the effectiveness of his campaign to highlight the importance of the profession of arms.

Army Gen. Martin E. Dempsey began his campaign to highlight the profession even before he became chairman, beginning the effort when he served as the commander of the Army's Training and Doctrine Command.

The general was ahead of the power curve in looking to the profession. In 2012, he said he wanted to "assess how 10 years of conflict have affected us as we conduct transitions in our current wars, face resource constraints and get leaner as a force."

The chairman called on members of the profession to "institutionalize what we've learned."

Dempsey said he views the campaign in military terms -- a campaign in the military vocabulary implies a series of actions, all intended to converge on a desired outcome.

"The desired outcome in this campaign is that the force rekindles its understanding and resolve as a profession and then recommits itself to that which makes us a profession: our unique skills and attributes, commitment to continuing education, and the agreement to live to a specific set of values," he said during an interview on his way back from NATO meetings in Belgium last week.

Since he became chairman in September 2011, Dempsey has been refreshing U.S. joint professional military education curriculum. He also is working with service leaders to rewrite their professional military education curricula.

"We've reached out into academia for assistance in making these adjustments in the curriculum," he said. "These changes are not only in schools, but in courses

we provide for rising general and flag officers -- Capstone and Pinnacle." The profession of arms always is a topic of conversation when he meets with the chiefs of staff, Dempsey added.

The effort includes training programs for the staffs of senior leaders so the staffs are aware of and empowered to help senior leaders, he said. Staff assistance visits further the effort. Training teams have visited U.S. Southern Command, and will move to other commands shortly. The team members are experts in policy, legal issues and ethical issues, and they spend a week at the combatant commands working with the staffs. They take a look at all aspects of senior leader support, from communications to transportation to gifts. Now is a good time to examine the effort, the chairman said.

"We embarked on this about two and a half years ago, and we're at the point where it is possible to review our progress," he said. He said he will look at the number of incidents or problems with senior leaders. He also will measure the results of assistance visits, and will look at the results of command climate surveys.

"We put a spotlight on what it means to be a professional in a way that didn't exist five years ago," he said. "These initiatives that we are trying to knit together

have much greater interest, and therefore much greater impact, today than five years ago."

Military personnel are serious about studying the profession, the general said. "When we first started down this path there wasn't active resistance that we should, after 20 years, take a good hard look at our profession," he added. "But there was an undertone of 'It's really not broke, so let's not fix it.' There wasn't universal acknowledgement that it was time to look at it.

"So perhaps I would suggest that there wasn't universal acknowledgement that it was time to relook what it means to be a professional," he continued. "I would say we've overcome that."



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

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(Front Page American Flag photo by Buddy Altobello)

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# Chairman Disputes Notion of Declining U.S. Military

JIM GARAMONE  
AMERICAN FORCES PRESS SERVICE

ABOARDA U.S. MILITARY AIRCRAFT, Feb. 25, 2014

The U.S. military has some fiscal constraints, but it is not a military in decline as some critics suggest, the chairman of the Joint Chiefs of Staff said.

Speaking with reporters traveling with him to Afghanistan, Army Gen. Martin E. Dempsey discussed the fiscal year 2015 defense budget request that he and Defense Secretary Chuck Hagel previewed at the Pentagon yesterday.

President Barack Obama will present his fiscal 2015 budget proposal to Congress on March 4. The budget covers the years 2015 to 2020. "I can say with great confidence that by 2020 ... we will still be the most powerful military in the world, with every advantage in every domain," Dempsey said.

The U.S. military has clear advantages in the quality of its personnel, the superiority of its equipment and the realism of training, the chairman said, and it will retain a series of partnerships and alliances that no other country can match. America also maintains diplomatic relationships that allow it to project power across the globe, and the U.S. military has "a training and education system that everyone is trying to replicate," he added.

But this does not mean the United States can let up, he said.

"It doesn't mean we won't be challenged in some domain differently and more seriously than we have in

the past," Dempsey said. "If you think of the five domains — air, land, sea, space and cyber — I think our relative advantage in those domains could erode, but not to the point where I'm worried about being a military in decline."

The military must "grab some certainty out of the uncertainty" and adapt to the different threats and opportunities the world presents, the general said, noting that the Quadrennial Defense Review, which will be released shortly, will detail some of these adaptations that will make sure the United States does not allow its military advantages to erode and place the country at risk.

"That's a little abstract right now, but my point is we will still be the most powerful military in the world in 2020," he said. "The question is, how do we adapt ourselves and reorient ourselves to make sure that's true?"

The chairman said he is worried about the possibility of a hollow force at some level. This is especially true, he added, if sequestration — which is still the law of the land — kicks back in force in fiscal 2016. If sequestration triggers, he said, the speed necessary to make the required cuts almost guarantees a hollow force.

"You can't get rid of force structure quick enough, you can't close bases quick enough, you can't make dramatic changes to modernization programs," Dempsey said. "You tend to grab the money where you can find it — in the near years — and that's in readiness."

Readiness cuts mean that training is cut and the types of missions that forces would train to accomplish would

be curtailed. A certain amount of this is left over now from last year's sequestration spending cuts, the chairman said.

"We can recover from that, but the sooner we can get this uncertainty behind us and account for this near-term readiness gap, the better off we will be," he added. "That's the trade-off. We're too big now to be able to put all the money where we need it to train and in the future. If we go all the way to sequestration — we will be too small. We're trying to find that middle ground."



Secretary of Defense Chuck Hagel and 18th Chairman of Joint Chiefs of Staff Gen. Martin E. Dempsey addressed media during a press briefing in the Pentagon Press Briefing Room, Feb. 24, 2014. The focus of the briefing was to layout a proposed Department of Defense budget for the Armed Services. (DoD photo by Staff Sgt. Sean K. Harp)

## Governor Leads Effort to Protect Guard Structure

COL. JOHN T. WILTSE  
STATE PAO

Gov. Dannel P. Malloy continued his active leadership role in trying to limit force structure cuts to the Army National Guard (ARNG) during a recent series of high-level meetings in the nation's capital.

Malloy is one of ten state chief executives who sit on the bipartisan Council of Governors established to advise the president on issues of national security and defense. The Council met during the recent National Governor's Association mid-winter conference held in Washington, D.C.

The Associated Press reported that Malloy and his fellow governors on the Council object to the Department of the Army's plans to reduce the ARNG well below the current end strength of 354,000 Soldiers and that they intend to offer an alternative plan to the president.

The Department of the Army plan calls for a reduction in the ARNG of nine percent or 35,000 positions by fiscal year 2019 if the severe Budget Control Act spending limits known as sequestration are not modified by Congress.

"We want to ensure that the broad capabilities of the National Guard, proven time and again over the last

decade of war, are protected in our country," said Malloy.

Malloy told CNN's "State of the Union" program that he and the other governors planned to have that discussion with President Obama when they met with him on Feb. 24.

Secretary of Defense Chuck Hagel announced his support of the Army's plan to reduce the Guard on Feb. 24. Hagel said that he would recommend to the president as part of his 2015 budget request moving forward with initial cuts to reduce the Army Guard from 354,000 Soldiers this year to 335,000 by fiscal year 2017.

A reduction to 335,000 Guard Soldiers nationwide will likely result in an in-state reduction of around 100 ARNG positions, according to Maj. Gen. Thaddeus Martin, Connecticut's adjutant general.

Under the full sequestration cuts and related changes being recommended for Army aviation the Connecticut ARNG could lose up to 450 positions, said Martin. Full-time personnel losses associated with the reduced force structure are also anticipated.

"As governors we understand the requirement to balance budgets and the need for defense cuts," said Malloy. "We are not advocating for the National Guard to be exempt from all cuts. We are saying we have a

better way that preserves our Guards' critical force structure and domestic emergencies."

Martin said the adjutants general on behalf of the governors presented a detailed, alternate plan to the Army that would have met the required budget savings of sequestration while avoiding such a significant loss in ARNG force structure. The plan called for achieving \$1.7 billion in savings over the next five years through scalable and reversible readiness adjustments by reducing costs in the areas of full-time manning, training and operations and equipment maintenance. Army leadership has not responded to the states' alternate plan.

The governors have now called on the president to support the creation of an independent, congressional commission to conduct a fair and impartial analysis of Total Army requirements and to establish a floor of 350,000 ARNG Soldiers before any final force structure decisions are made, explained Martin.

"This is the only way that the critical importance of the Total Force concept to the future of our nation's defense will be validated," said Martin. "Gov. Malloy's leadership has been essential in this process to not only sustain our Army Guard but to thoughtfully preserve our nation's overall defense capabilities."

# Flying Yankees Ready for the Storm

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

**BRADLEY AIR NATIONAL GUARD BASE - East Granby, Conn.** — The Airmen of the 103rd Civil Engineer Squadron are ready to provide storm recovery operations and roadway clearance support should the state request their assistance in the event of a major weather event.

With yet another winter storm headed for the state, the engineer squadron began operational checks on their specialized equipment days before the storm's projected arrival; standard practice just in case their help is needed, said Master Sgt. Kevin Quinn of the 103rd Civil Engineer Squadron.

"We can field our domestic operations package consisting of two trailers for transport of two skid-steer tractors with various attachments which can be used to remove debris from roadways," Quinn said.

"The package also has enough chainsaws and support equipment to sustain a 20-man team in the field for route clearing. We could also add a command and control element if necessary."

The civil engineers of the Connecticut Air National Guard are no strangers to storm recovery missions, having answered the call to duty in the wake of Hurricane Irene and Winter Storm Alfred in 2011, Hurricane Sandy in 2012 and Winter Storm Nemo in 2013.

The unit has conducted a wide array of operations including route clearing, search and rescue missions, emergency power production, flood pumping support to critical utilities' infrastructures, emergency management support and other activities both on base and in the surrounding communities.

Despite their current high state of readiness and their proven track record of storm recovery service to the state and community, the men and women of the 103rd Civil Engineer Squadron are not resting on their laurels.

A three-day training course has been developed and planned for later in the year to train additional volunteers from other units of the Connecticut Air National Guard to increase the available pool of skilled team members for recovery operations in the event of a natural disaster, on or off base.

"The training will reduce the demand on the squadron, which is currently the sole provider of emergency route clearing personnel, while also providing a knowledgeable emergency response force," said Maj. Henry Chmielinski, commander of the 103rd Civil Engineer Squadron.

"It will also provide all attendees with training on the proper maintenance of route clearing equipment to ensure down time is minimized while deployed. All teams will deploy with required equipment, supporting materials and parts to be self-sustaining while in the field."



Senior Airman Christopher Cangemi, 103rd Civil Engineer Squadron, uses a new Kabota skid steer machine to clear snow from an accumulation point that could soon host additional snow before the end of winter 2014. Despite their current high state of readiness and their proven track record of storm recovery service to the state and community, the unit will soon conduct a three-day course to train additional volunteers from other units of the Connecticut Air National Guard to increase the available pool of skilled team members for recovery operations in the event of a natural disaster, on or off base. (U.S. Air National Guard photo by Master Sgt. Erin McNamara)



C-130H aircraft assigned to the 103rd Airlift Wing parked at Bradley Air National Guard Base, East Granby, Conn., as a plow works to clear the flightline of the rapidly accumulating snow from a nor'easter Feb. 13. More than 200 Airmen reported to work here and at the Orange Air National Guard Station, ready to answer the call in the event the state required assistance during the height of the storm. (U.S. Air National Guard photo by Maj. Bryon M. Turner)

# CT Guardsman Receives National Award, Finds Bigger Reward in Helping Comrades

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS OFFICE

In 2009, Master Sgt. Claude Campbell was offered a high salary position with Verizon Wireless in Atlanta, Georgia. He refused this position, however, to become the Connecticut Army National Guard Regional Training Institute prevention coordinator.

Campbell said that he made the right decision.

“What’s the point of working, if you are not helping people,” he said.

For his service as a prevention coordinator, in Nov. 2013, he was presented a National Guard Bureau award for his work.

His title has recently changed to the Connecticut National Guard alcohol and drug control officer. He now works in the Connecticut Guard’s counter drug office, but his work requires the same amount of dedication as before.

“We do our best to provide Soldiers resources to help them with substance abuse behaviors,” he said.

“We never put any one down, or make them feel bad,”

Campbell said. “Our job is only to help.”

He attributes much of his success in his job to the acceptance from state commands as well as the autonomy with which he has been allowed to work.

“I’ve heard stories from my colleagues in other states about a lot of push back from their commands,” Campbell said, “but here, everyone has been very receptive and told me to go ahead and do what I need to accomplish my mission.”

Campbell said that he is pleased to receive his award, but said that he takes the most pride in the work that he’s done in helping his fellow Soldiers. He said that he can recall many Soldiers whom his program has assisted, but is especially proud of one in particular.

“This individual initially declined counseling,” he said. “After a while, he finally did commit to counseling and our program. And now he helps us counsel Soldiers, and assists us in RTA training.”

As the state’s alcohol and drug control officer, Campbell wants his office to focus more on substance abuse prevention and being proactive. He said that it’s

important for the state’s units to do their best to identify risk factors in Soldiers before they can become problems.

“That’s why I brief the RSP (Recruit Sustainment Program) Soldiers,” Campbell said. “They need to know that we care and that we’re here to help, before they join their units.”

Going forward, Campbell said it is important to build upon the successes they’ve had already. He said it’s important to not only identify risk factors early, but also to develop plans to reduce those risk factors and to let the Soldiers know where to turn for help.

Campbell plans to finish his second Master’s Degree soon to become a Licensed Professional Clinician, which will allow him to further help his fellow Soldiers.

“I’m glad I decided to stay here instead of continuing at that other job,” Campbell said. “I love what I do. I love helping Soldiers,”

Campbell is easy to find. His name is the first one listed on the Connecticut National Guard’s *help card*.

He can be reached at [claudes.campbell@mail.mil](mailto:claudes.campbell@mail.mil) or 860-883-2352.



Master Sgt. Claude Campbell, Connecticut Army National Guard Alcohol and Drug Control Officer, briefs a group of RSP Soldiers at Camp Niantic on the benefits of abstaining from alcohol and drug abuse during their military careers, Feb. 1. Campbell was awarded a National Award for his work as the Connecticut Guard’s alcohol and drug prevention coordinator, Nov. 2013. (Photo by Staff Sgt. Jerry Boffen. JFHQ Public Affairs Office)

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# Connecticut Guardswomen Make History, Take Command of Battalion, Company

SGT. 1ST CLASS DEBBI NEWTON  
STATE PUBLIC AFFAIRS NCO

The Connecticut National Guard has a long and storied history and women have been part of that history since the early 1970s when they began enlisting.

Since that time, Elizabeth Bourbeau became the first female colonel; Barbara Montigny became the first M-day female sergeant major; Laura Danao became the first full-time female sergeant major; Candace Barton Graves became the first female chief warrant officer four; Maj. Edna Acosta-Newson was the first female to graduate Officer Candidate School in Connecticut; and then-Lt. Col. Bourbeau and Maj. Maxine Stewart were the first females to become commander and executive officer of a battalion when they took command of the 118th Medical Battalion nearly two decades ago.

Now, a trio of female Soldiers are about to step into the history books as they become battalion commander, battalion executive officer and headquarters company commander with the 143rd Combat Sustainment Support Battalion (CSSB) in March.

Maj. Lesbia Nieves, Maj. Dawn Works-Dennis and Capt. Lee Ann Thompson will assume their duties later this month.

Nieves, who enlisted in the Connecticut Army National Guard (CTARNG) in 1987 has served with many units in many leadership roles over the years working in personnel before becoming an officer where she first branched as quartermaster, later re-branching to logistics. She has deployed with the 118th Medical Battalion as the S4 and later with the 143rd Area Support Group as the assistant operations officer. She has worked in recruiting; served as the deputy equal opportunity officer and as the State Partnership Program director, also serving a one year tour with the State Partnership Program at National Guard Bureau; and is a graduate of Command and General Staff College.

She works as a social worker supervisor for Child Protective Services and holds two Masters degrees.

Nieves says the significance of three women taking these leadership roles has an important significance to the history of the CTARNG.

"It is huge in the sense of looking at the relevance of the roles we (as women) have had since 9/11," she said. "The responsibilities we have been given as women overall has been great."

She credits several mentors over the years for where she is today.

"Maj. John Bolduc, Col. William Shea, Col. Scott Panagrosso, Lt. Col. Maxine Stewart and Maj. Edna Acosta-Newson, who became the highest ranking Hispanic female in the Connecticut Army National Guard, all played a major role in mentoring me," she said. "Various people have been giving of their time and support."

Although women have been enlisting in the CTARNG

for about four decades, not many have risen to the level Nieves, Works-Dennis and Thompson have. Reflecting on this, Nieves said she believes it is the level of determination and strength, both physical and inner, that a woman has. There are two aspects to look at she said.

"You have to look at your personal situation, life circumstances," she said. "You can succumb to those circumstances. It requires full time dedication to find that balance between marriage, children and career. Professionally, you have to see beyond yourself to those coming after you. You have to think if I am not the one to break through that glass ceiling now, who after me will have to?"

Nieves said she has had times when she thought about leaving the Guard, but always found the strength to stay.

"You have to understand your life circumstances and ask yourself, 'Do I allocate that time to them, is there something I still need to do for others that come after me?'"

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**"We are the female dream team. This is a great opportunity, a great challenge. We are up to the challenge and are a unified front. It will be Soldiers first, mission always. And we will make sure their families are taken care of, too."**

***Maj. Lesbia Nieves***

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Works-Dennis says the new responsibilities are a "natural progression of our careers as we've held key positions. But it is kind of groundbreaking."

Works-Dennis enlisted in the CTARNG in 1997 as a carpenter/mason and was the only female in the engineer battalion at the time. She spent 13 years with the engineers before re-branching to logistics.

She has served with the CSSB before, as the support operations officer and says she is excited to be returning as the executive officer (XO).

"Being XO will be a natural fit for me," she said. "I know the units. I know the people."

Like Nieves, Works-Dennis has a group of people she considers her mentors: Col. Ralph Hedenberg, Lt. Col. Joseph Danao, Col. Jerry Lukowski, Lt. Col. Kim Rolstone, Col. Chris Egan and Maj. Gen. Thaddeus Martin. She said as she was coming up through the ranks there weren't many female Soldiers to mentor her. She now has a core

group of women that she says keeps her grounded, that she can bounce ideas off and that mutually mentor each other. Among that group are officers and enlisted alike.

"It is critical to have mentoring within your own gender," she said. "Capt. Sonja Smilich and Capt. Liz Turner are two of my peer group that I lean on."

"The person who mentors me the most is my husband, Lt. Col. Tom Dennis. He is my partner, my sounding board. I have this amazing knowledge base that I get to commute with everyday," she said.

She believes, as Nieves does, that you have to want to succeed and have to want to find the strength to do so.

"We, as women, can be very demanding of each other and the military is a culture with high expectations," Works-Dennis said. "Knowing that, standing behind each other, holding each other to standards is key so that we all exceed those expectations. You have to be at drill an hour before anyone else and stay an hour later. You have to be willing to make yourself available to each other. I don't see them (other female Soldiers) as competitors, I see them as allies."

Nieves has already had a meeting with the commander of the 143rd Regional Support Group, which the CSSB falls under, and discussed his leadership philosophies and expectations. She has, in turn, discussed her leadership philosophies and expectations with Works-Dennis as well as the goals and priorities of the organization.

"As commander, I will be responsible for the reintegration of the Headquarters Headquarters Company into the battalion," said Nieves. "We will be bringing back a battalion under a unified command, creating a new command." The CSSB recently returned from an overseas deployment, as did a subordinated company, the 1048th Truck Company. Two smaller units under the CSSB command and the rear detachments were placed under the command and control of other battalions during those deployments.

"How can we ensure everyone is taken care of? That they have the equipment, personnel, training to succeed? We will be bringing the staff together and getting to know where each unit is and how we can best serve our units," Nieves said.

She is looking forward to working with Works-Dennis and Thompson.

"We are the female dream team," she said. "This is a great opportunity, a great challenge. We are up to the challenge and are a unified front. It will be Soldiers first, mission always. And we will make sure their families are taken care of, too."

And there is still one last bit of history to be written.

When Nieves takes command later this month, she will become the first Hispanic female in a major leadership role in the CTARNG and her promotion to lieutenant colonel will make her the highest ranking Latina in the long and storied history of the CTARNG.

# New Army OER to be Implemented April 1

COL. JOHN T. WILTSE AND ARMY NEWS SERVICE REPORTS

Set your own careers up for success by studying the new officer evaluations report (OER) system going into effect across the Army on April 1.

That is the message from the Connecticut Army National Guard's (CTARNG) senior personnel officer (G1), Col. Fran Evon.

"Our officers need to do their homework on this major change on how they will be evaluated as leaders going forward," said Evon. "Although we are conducting focused training over the next 60 days, officers need to conduct their own on-line research. The information is available now."

The OER system changes being implemented on April 1 are the most significant changes to how Army officers are evaluated in the last 20 years. The new system, designed to both strengthen rater accountability and reflect current Army leadership doctrine, affects officers in all branches and all components of the Army.

Evaluations on any CTARNG officer with a "thru" date of April 1, 2014 or later must be completed under the new guidelines and via the Evaluation Entry System (ESS), an updated web-based tool which will now be used to complete and submit all support forms and evaluations.

OERs due for CTARNG officers in April have already been identified and will need to be successfully completed under the new system right up front.

Initial train-the-trainer instruction has been provided by the CTARNG G1 officer personnel management staff to full-time support personnel of all major commands and battalions. Each command is now responsible for conducting further training of all officers.

One major change to the OER is emphasis on a clear delineation of responsibilities between raters and senior raters, according to Maj. Gen. Richard P. Mustion, commander, Army Human Resources Command (HRC).

"Raters discuss performance, and senior raters discuss potential," Mustion said. Under the current system, he added, that distinction is not being made.

There will also now be three separate evaluation forms based on grade. Those three "grade plates" include one for company-grade officers, warrant officers and chief warrant officers two; one for field-grade officers as well as chief warrant officers three through five; and one for "strategic leaders," which includes colonels and brigadier generals.

Other significant changes under the new OER system include implementing a rater profile for the company and field-grade officer plates; emphasizing recommendations for future operational and career broadening opportunities on the field grade plate; redefining the senior-rater box check; and limiting the use of intermediate raters to special branches and dual-

supervision situations.

Gone from the OER will be the "outstanding performance, must promote," "satisfactory performance, promote," and "unsatisfactory performance, do not promote" boxes. Instead, raters will now choose from "excels," "proficient," "capable" and "unsatisfactory," Mustion said.

The ESS online tool that will allow officers to rate other officers will limit the number of "excels" ratings they can offer a particular grade to less than 50 percent. During an officer's career, the system will ensure the rater rates less than 50 percent of captains, for instance, as "excels." Such information about a rater's rating history will be part of his or her "rater profile." Right now, raters do not have a "rater profile," while senior raters do.

**Bottom Line - What is changing?**

- Three revised OER forms:
  - Company Grade (WO1 thru CPT)
  - Field Grade (CW3 thru LTC)
  - Strategic Leaders (COL and BG)
- "Rater" profile established for raters of company and field grade officers (WO1-LTC)
- Redefined Senior Rater box checks
- Mandatory use of Support Form (WO1 thru COL)
- Raters identify Future Operational and Broadening Assignment Recommendations
- Discourage "Pooling"
  - Limit use of Intermediate Ratery to Specialty Branches
  - Commanders will rate Commanders
  - Rating Schemes approved one level up
  - Published regulatory guidance
- Clear delineation of rating responsibilities:
  - Rater assesses Performance
  - Senior Rater assesses Potential

Evaluation Entry System (EES) consolidates IWRS, AKO Myforms Wizard

For senior raters, the "above center of mass," "center of mass," "below center of mass, retain," and "below center of mass, do not retain" blocks will be replaced with "most qualified," "highly qualified," "qualified," and "not qualified" check boxes.

With those ratings, a senior rater will also be limited to less than 50 percent of rated officers being marked "most qualified."

For company grade officers, what Mustion calls the "Rubik's Cube of attributes and competencies" will also disappear. The current OER DA Form 67-9, included about 16 "yes" or "no" check boxes for a rater to answer an array of questions about an officer's mental, physical and emotional characteristics; their conceptual, interpersonal, technical, and tactical skills; and, among other things, their ability to communicate, make a decision, or develop their subordinates.

In place of that matrix of yes and no check boxes, raters will instead evaluate an officer in six distinct areas — and it won't be multiple choice to complete the section.

"What our raters will do is write three to four sentences, documenting the officer's performance, not potential, in line with each of the attributes and competencies,"

Mustion said. Raters will be asked to write about an officer's character; "presence," which includes professional conduct; intellect; leadership ability; ability to develop subordinates; and ability to achieve their mission.

For field grade officers, raters will instead provide narrative commentary that demonstrates an officer's performance regarding "field grade competencies."

"It reverts back to a narrative description, similar to what we have today, except it is a documentation of performance in line with the attributes and competencies," Mustion said. "What it reflects are those things that our field grade officers and warrant officers should be able to accomplish."

Mustion said among those attributes are the ability to adjust to an ambiguous situation, for instance, and the ability to manage resources.

A key part of the new OER system will be to ask raters to make determinations about what an officer is capable of, and what suggestions there might be for how the officer can be better developed — both for his or her sake, and for the sake of the Army. The intent is to have leaders identify future broadening assignments for officers who are rated, not just the traditional operational career assignments of the past, according to Mustion.

Chief Warrant Officer Three Jacqueline Thomas, officer personnel manager for the CTARNG, sees substantial benefit in the expanded use of the web-based tool to complete and process evaluations. Thomas is quick to stress, however, that all officers need to have regular access to a CAC-accessible computer and frequently check

their official military email accounts. All processing notifications about the status of OERs and support forms will automatically be sent to each officer's official DoD enterprise email address through the ESS system.

"It is a great system that will improve communication between the rated officer, rater and senior rater," said Thomas. "It is a one-stop shop for creating the support form, the OER, and managing your rating profile."

Officers have a unique opportunity before March 22 to test out the system and create sample support forms and OERS while the system is in a demonstration mode by visiting <https://evaluations.hrc.army.mil/index.html>. After March 22 all test data will be deleted while final preparations are made to stand-up the live system on April 1.

"These system changes are significant and will require independent study and research by each officer," said Evon. "The message is simple — know the system requirements and take charge of your own career."

Additional training information and guidance about the new OER system is available on the HRC website at <https://www.hrc.army.mil/TAGD/Evaluation%20Systems%20Homepage>.

# Hard Work Pays Off as 103<sup>rd</sup> Takes Flight

TECH. SGT. JOSHUA MEAD  
103<sup>RD</sup> AW PUBLIC AFFAIRS

BRADLEY AIR NATIONAL GUARD BASE, East Granby — Last month, Airmen from the 103rd Airlift Wing here flew solo so to speak. That is, they successfully conducted their first all Connecticut-crewed, locally generated, C-130H flying sortie, under the supervision of trainers from Air Force and Air Guard bases across the United States. For the Flying Yankees of the 103rd Airlift Wing, this is the next mile marker in the marathon to complete C-130H conversion.

The training to get to this point has been significant and has meant change for a lot of Airmen here.

“Training was a new world for me, having been a prior flight engineer aboard C-5’s,” said Master Sgt. Elcian Torres; flight engineer with the 118 Airlift Squadron.

According to Torres, he had to learn how to fly in a different manner. The C-5 flying world is more strategic than the tactical flying of the C-130 world.

This change has also come by way of time spent away from home. Some of the new air crew assigned to the C-130H’s must go through their initial qualification at Little Rock Air Force Base for as long as seven months, then head off to Naval Air Station Pensacola for water survival training, before returning to Bradley to finish their training here.

As with all things where hard work and determination are watchwords, gearing up and training for our first all-Connecticut flight has finally paid off.

“[It’s] very cool to be part of the first training flight. It’s a culmination of a lot of hard work on the part of all the organizations on base with the tangible result of a C-130 taking off for the first training sortie,” said Maj. John Saunders, tactics officer, 118 Airlift Squadron.

Moving forward is never easy, but is usually always necessary. During that process, there is the opportunity to meet new people and a new community, and take that rare chance to write your own history; much of which we could not have done alone.

“This is an incredibly important milestone,” said Col. Frank Detorie, 103rd Airlift Wing commander. “The fact that Connecticut Airmen have demonstrated the ability to generate and execute a successful C-130 mission just a few short months after taking delivery of our first airplane, is a remarkable achievement. It is clear evidence that we are making significant progress in our C-130 conversion,” Detorie said.

“Of course, having the honor of being on the first all Connecticut Air National Guard C-130 crew is a fantastic, energetic feeling; and a feeling I am sure that was deeply felt among all the other crewmembers that flew aboard the flight,” said Torres. “Even more an honor was having the knowledge that I was flying alongside the very same crewmembers that I was off at training with at Little Rock AFB.”

Master Sgt. Elcian Torres, flight engineer with the 118th Airlift Squadron, makes final pre-flight checks on a C-130H aircraft assigned to the 103rd Airlift Wing moments before the crew earned their place in history by conducting the first locally-generated sortie fully operated by newly-trained Connecticut Airmen Jan. 31. The flight marks a significant milestone in the Flying Yankees’ ongoing mission conversion. (U.S. Air National Guard photo by Maj. Bryon M. Turner)



Maj. Mike Armstrong, pilot with the 118th Airlift Squadron, completes pre-flight checks at the controls of a C-130H aircraft assigned to the 103rd Airlift Wing under the watchful eye of Maj. J.J. Hunt, an instructor pilot from the Arkansas Air National Guard, in preparation for the first locally-generated sortie fully operated and crewed by newly-trained Connecticut Airmen Jan. 31. (U.S. Air National Guard photo by Maj. Bryon M. Turner)



A C-130H aircraft assigned to the 103rd Airlift Wing lifts off into history as the aircraft flown for the first locally-generated sortie fully operated and crewed by newly-trained Connecticut Airmen Jan. 31, 2014. The flight marks a significant milestone in the Flying Yankees’ ongoing mission conversion. (U.S. Air National Guard photo by Maj. Bryon M. Turner)

# Unit Marksmanship Training Coordinator Course Trains the Trainer with Assistance from RSP Soldiers

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS OFFICE

Sgt. First Class Jonathan Cuebas-Marrero is the Connecticut Army National Guard's State Marksmanship Training Coordinator. As a subject matter expert on marksmanship training, part of his job consists of training new Unit Marksmanship Training Coordinators (UATC) for the state Guard's battalions and companies. On Feb. 2, Cuebas-Marrero conducted a Unit Marksmanship Training Coordinator course at ACADEMI firing range in Salem, Conn. to instruct selected Soldiers on becoming their units' UMTC's.

Cuebas-Marrero's UMTC training course consists of two phases. The first, teaches Soldiers how to instruct basic marksmanship fundamentals, utilizing electronic and non-electronic training aids. The second phase consists of range operations and live fire exercises.

To the benefit of Soldiers enrolled in Cuebas-Marrero's course, RSP (Recruit Sustainment Program) Soldiers were available to provide assistance as training aids. Cuebas-Marrero said that the day benefitted everyone involved.

"Not only are the Soldiers enrolled in the course receiving valuable training on how to become their unit UMTC's, but RSP Soldiers are receiving marksmanship training from experienced Soldiers," he said.

Pfc. Enrique Bello, from Torrington, Conn. is currently an RSP Soldier. He said the marksmanship training he received at the UMTC course is increasing his confidence. Upon completing IET training, he will join the 250<sup>th</sup> Engineer Company.

"I didn't realize how much I'd forgotten since basic," he said. This training has reminded me how important marksmanship is."

Sgt. 1st Class John Kaminsky is enrolled in the UMTC course. He said it's great that Soldiers from so many of the state's units are involved.

"We all have so much experience from our years in service. It's great to learn how to effectively coach and mentor while passing on knowledge to RSP Soldiers.

"It's also great to be able to train at a range that is conveniently located and totally military friendly," he said.

The owners and instructors at ACADEMI firing range are actually former members of the military.

ACADEMI instructor Chris Fleming said that he loves seeing the military train at ACADEMI.

"During Super Storm Sandy, it was fantastic to see Connecticut Guard Soldiers on TV, doing their jobs, knowing that we trained many of them here."

Fleming said that he would love to see more Connecticut Guard Soldiers at ACADEMI, and hopes that they utilize the range more often in the future.

Cuebas-Marrero said the UMTC course is held annually, and that he is looking forward to more participation from Conn. guard units.

The weekend was successful, he said. RSP Soldiers will get to their units with more training, and new Unit Marksmanship Training Coordinators will provide their units with the marksmanship subject matter expertise required to lead their units to success in future missions, he said.

For more information on the Unit Marksmanship Training Coordinator course, contact Sgt. First Class Cuebas-Marrero: jonathan.cuebasmarrero.mil@mail.mil

RSP Soldier, Pfc. Enrique Bello, receives instruction on how to properly fire in the prone-supported position from Sgt. 1st Class Paul Bennett at ACADEMI firing range in Salem, Conn., Feb. 2. (Photo by Staff Sgt. Benjamin Simon JFHQ Public Affairs Office)



Officer Candidate Roger Pappineau engages a target silhouette during the Unit Marksmanship Training Coordinator course at ACADEMI firing range, in Salem, Conn., Feb. 2. Pappineau, from Thomaston, Conn., said the marksmanship training conducted by JFHQ is a great refresher and will help him in the next phase of his officer training. (Photo by Staff Sgt. Benjamin Simon JFHQ Public Affairs Office)



Sgt. Jeremy Fry, Company B, 102 Infantry Bn. instructs RSP Soldiers and their coaches prior to their occupying firing lanes at ACADEMI firing range in Salem, Conn., Feb. 2. The Unit Marksmanship Training Coordinator course prepares unit leaders to properly and safely conduct pre-marksmanship instruction and range operations. (Photo by Staff Sgt. Benjamin Simon JFHQ Public Affairs Office)

# New York National Guard Maintenance Technicians Help Renovate Historic Vehicles to Tell Guard Story

ERIC DURR  
DIRECTOR OF PUBLIC AFFAIRS  
NEW YORK STATE DIVISION OF MILITARY AND NAVAL AFFAIRS

FORT DRUM, N.Y. — Technicians at the New York Army National Guard's Fort Drum maintenance facility are honing their vehicle repair and painting skills, and helping the Guard tell its story, by refurbishing old military vehicles on their way to armories to serve as display vehicles.

The paint shop at the New York Maneuver Area Training Equipment Site, or MATES, has been cleaning and repainting vehicles bound for display in Connecticut and several New York armories as time permits, said Lt. Col. Dana Brewer, the MATES superintendent.

"We've got two new painters. This gets them some hands on training and at the same time there's a little welding and fabricating going on," he said.

This lets him train his painters, along with a newly hired metal fabricator so they can refine their skills before they work on operational gear, he said.

The New York MATES facility, just outside Fort Drum's "old post" on the tank trail that runs by Wheeler Sack Army Airfield serves as a storage site for equipment Army Guard units use while training at Fort Drum. MATES' personnel maintain those vehicles and other equipment to keep them in good shape for training or deployment.

The historic vehicles have been stored up at MATES, or were being displayed at the 10th Mountain Division's military museum, said Courtney Burns, Director of the New York State Military Museum.

The military museum is run by the New York State Division of Military and Naval Affairs and keeps track of all historic items across the New York National Guard, as well as maintaining the museum in Saratoga Springs.

There is a pool of military vehicles at Fort Drum which are no longer needed because the equipment is now considered obsolete, Burns explained. As the man in charge of telling the story of the New York National Guard's history he tapped into this pool to provide display vehicles outside armories.

Other pieces of equipment were once displayed at Fort Drum's military history museum but had more to do with the history of the Army National Guard units that trained at the post and not the 10th Mountain Division, a light infantry unit, Burns said.

The Center for Military History, the Carlisle, Pennsylvania-based command which oversees Army museums wants post museums to focus on the history of their current units, so these vehicles are no longer appropriate exhibits, Burns explained.

An M901 Improved TOW V Vehicle once employed as an anti-tank weapon by the Army and the Army National Guard was repainted and sent to the National Guard Armory in Ithaca because the Soldiers who once drilled

at this armory used this vehicle, Burns said. The goal is to connect today's Soldiers to their past in a concrete way.

The Army's TACOM Life Cycle Management Command (TACOM once stood for Tank and Automotive Command) "owns" all the Army's military vehicles, Burns said. Requesting a vehicle as a historic display piece involves getting permission from TACOM to move the vehicle.

And since the New York Military Museum is part of the U.S. Army Museum network, the museum must ask the Army's Center for Military to approve the request and pass it along to TACOM, Burns added.

Once permission has been granted MATES has been taking the old vehicles and fixing them up for display as time permits, Burns said.



*The New York Army National Guard Maneuver and Training Equipment Site (MATES) worked on this M48A5 tank bound for Connecticut. (Photo courtesy NYARNG MATES)*

The MATES technicians treat the old equipment like any other job, said Chief Warrant Officer Robin Steele, the allied trades supervisor at MATES.

The vehicles are moved to a special preparation bay - by towing them - and cleaned and the grease is removed, Steele said. Then they go into a special booth where a water hose at 40,000 pounds per square inch of pressure is used to strip away all the paint until just the bare metal is left.

Once that is done the vehicles are moved into the painting booth and repainted.

It's too difficult to match the historic paint schemes of the vehicles so they are being repainted with modern water-based Chemical Agent Resistant Coating, or CARC, military paint, Steele said.

Historically a Sherman tank MATES will repaint for the Military Museum would have had a glossy paint, Steele said. The modern military paints are all flat finish.

The time it takes for each piece of equipment varies, Steele said. An M-48A5 Patton tank that is being

repainted for the Connecticut Army National Guard will take about 100 hours of prep work and 40 hours to paint, Steele said.

The M901 that now sits outside the Ithaca Armory was repainted by MATES as were an M-1 Abrams tank and AH-1S Cobra attack helicopter which mark the entrance to Division of Military and Naval Affairs headquarters in Latham.

The Cobra refurbishing job included a special touch, hundreds of thin plastic strips that stick up from the rotor blades to keep birds from nesting on them.

Next in line for work at MATES are an M-102 light howitzer like the ones once used by the no longer existing 1st Battalion 156th Field Artillery, which is planned for the Kingston Armory where the unit once had a battery, and a Combat Engineer Vehicle, or CEV, that will grace the headquarters of the 204th Engineers in Binghamton.

The CEV, called officially the M728, is an M-60 series tank with a massive cannon 165 millimeter cannon firing a high explosive shell used to remove obstacles, a plow blade on the front, and a winch and hoist. The vehicle was used by combat engineers assigned to Army mechanized and armored divisions from the 1960s to the end of the 20th Century.

The Connecticut National Guard will also receive an M-113 armored personnel carrier for historic purposes.

The M-113 heading for Connecticut has a personal connection for Brewer. Once the vehicle was cleaned up he found that it had his name and rank as 2nd Lt. Brewer stenciled on the side of the vehicle. That had been his track when he was a mechanized infantry platoon leader, Brewer said.

An M4 Sherman tank which the New York State Military Museum acquired in 2003 was recently sent to MATES so it could be repainted for display out front of the museum.

Prior to this MATES revamped an M-48 tank which has been on display at the front gate of the Camp Smith Training Site just north of Peekskill.

Nicknamed "Lucille" the tank was named in honor of five M-4 Sherman tanks Chief Warrant Officer Frank Costanza commanded by a New York Army National Guard officer in World War II. He nicknamed his five tanks Lucille, after his wife, and all five were shot out from under him while he was earning three Bronze Stars for Valor and four Purple Hearts, Brewer said.

Revamping Lucille was a really tough project, Brewer said. The salt from the road had corroded a lot of the metal.

While there are no more historic vehicles in the MATES pipeline now for repainting, Burns said he expects to get more requests from units for display pieces.

"They really tell the story about those units and those Soldiers in a very dramatic way," Burns said. "Everybody wants something in front of their armory."

# Of Interest to Veterans

## New Veteran Health ID Card Coming Soon

VETERANS AFFAIRS PRESS RELEASE

- Increased security for your personal information - no personally identifiable information is contained on the magnetic stripe or barcode.

- A salute to your military service – The emblem of your latest branch of service is displayed on your card. Several special awards will also be listed.

The VHIC replaces the Veteran Identification Card (VIC) and will be issued only to Veterans who are enrolled in the VA health care system.

### Purpose of the VHIC

The VHIC is for identification and check-in at VA appointments. It cannot be used as a credit card or an insurance card, and it does not authorize or pay for care at non-VA facilities.

### Getting the New Card is Easy

VA began issuing the VHIC to newly enrolled Veterans and enrolled Veterans who were not previously issued a VIC but request an identification card starting Feb. 21.

Beginning in April, VA will automatically mail a VHIC to enrolled Veterans who were issued the VIC. Because we will be reissuing more than 4 million cards, we ask for your patience during this time.

Enrolled Veterans who do not have the VIC can contact their local VA medical center Enrollment Coordinator to arrange to have their picture taken for the new VHIC, or they may request a new VHIC at their next VA health care appointment.

To ensure their identity, Veterans must provide either one form of primary identification or two forms of secondary identification. Please see the Acceptable Documents for Identity Proofing table below.

Important!! Veterans who are already enrolled should ensure the address we have on file is correct so you can receive your VHIC in a timely manner. To update or to confirm your address, call 1-877-222-VETS (8387). If the post office cannot deliver your VHIC, the card will be returned to the VA.



### What to do if you are NOT enrolled

If you are not currently enrolled with the VA for your health care, we encourage you to apply for enrollment online at [www.va.gov/healthbenefits/enroll](http://www.va.gov/healthbenefits/enroll) or by calling 1-877-222-VETS (8387). You may also apply for enrollment in person at your local VA medical facility. Once your enrollment is verified, your picture will be

taken at your local VA medical center so that, once production begins, a VHIC will be mailed to you. To ensure your identity, you must provide either one primary or two secondary documents.

### What to do if you do not receive your new VHIC

You should receive your VHIC within seven to 10 days after you apply for enrollment. Although we strive to do all we can to ensure we enroll Veterans in a timely manner, sometimes we are unable to either verify your military service or we need additional information from you. If so, we will try to contact you to get the information we need to complete your enrollment application. If we are unable to reach you, we encourage you to contact the local VA facility where the card was requested or contact us at 1-877-222-VETS (8387) to complete your application and find out the status of your card.

### What to do with your old VIC

VA wants all enrolled Veterans to have a Veteran Health Identification Card that protects their personal information. Until Veterans receive the new, more secure VHIC, Veterans are encouraged to safeguard their old VIC, just like they would a credit card, to prevent unauthorized access to their identity information. Once the new VHIC is received, Veterans should destroy their old VIC by cutting it up or shredding it.

### What to do if your VHIC is lost or stolen

If your VHIC is lost or stolen, you should contact the VA Medical Facility where your picture was taken to request a new card be re-issued, or call us at 1-877-222-VETS (8387). Identifying information will be asked to ensure proper identification of the caller.



# TRICARE Ends Walk-in Administrative Services at 189 Facilities

JIM GARAMONE  
AMERICAN FORCES PRESS SERVICE

WASHINGTON - TRICARE military health plan service centers will end administrative walk-in services in the United States on April 1, Pentagon officials said.

While the 189 facilities will stop taking walk-ins, beneficiaries can accomplish any administrative task online or by phone, said Pentagon spokesman Army Col. Steve Warren.

TRICARE service centers overseas are not affected, Warren said.

“The change will not - let me repeat that - will not affect any TRICARE medical benefit or health care service,” he said. “What it will do is allow the department to save \$250 million over the next five years, allowing TRICARE to invest in more important services.”

Fifty percent of the visits to the centers are for in- and out-processing and requests to change primary care providers, and the rest involve billing-related questions, officials said.

The Defense Department spends roughly \$50 million a year on these services, and this type of customer service can be handled more efficiently by phone or online, they added.

TRICARE gets about 38,000 hits per day on its website. Officials have run tests to ensure the website and call center can handle the expected increase in volume.

The TRICARE service centers have been around since the 1990s, and contractors staff them, Warren said. “This is being driven by the fact that technology has gotten so much better,” he added.

Customers who need the type of assistance that was being done in these walk-in service centers can quickly and efficiently receive help online or via phone, he said.

### Related information:

Beneficiaries can get more information and sign up for updates at <http://www.tricare.mil/tsc>.

Primary Identification	Secondary Identification
Present ONE form of Primary Identification	If a Primary form of identification is not available, present TWO forms of Secondary Identification
State-Issued Drivers License	Certified Birth Certificate
State Issued ID	Original Social Security Card
United States (U.S.) Passport	DD214 or equivalent certificate issued by Department of Defense or War Department
VA Identification Card (VIC) or VHIC	Marriage License (certified copy)
Military ID Card	State Vote Registration Card
Temporary Resident Card	Student ID Card
Resident Alien Card	Native American Tribal Document
Permanent Resident Card	Certificate of U.S. Citizenship (INS Form N-560 or N-561)
Other Federal or State issued photo ID	Certificate of U.S. Citizenship (INS Form N-550 or N-570)
	Certificate issued by US Consular Offices documenting the birth of a child on foreign soil to a US citizen. (Form FS-545, Form DS-1350, DS Form 240 or Form 240)

## Resilience Center

# Real Time Resilience – the Shutdown Corner!

SGT. MAJ. JAMES SYPHER  
STATE RESILIENCE COORDINATOR

The skill of fighting back against counterproductive thinking is real time resilience. This is an internal skill which challenges one's own counterproductive thinking. Real time resilience takes the evidence and facts at hand along with thinking optimistically to help you put the situation in perspective. Real time resilience helps keep Soldiers and family members on task and focused!

When using real time resilience, it is critical that you shut down counterproductive thoughts as they occur; don't allow them to interfere with the task at hand. This skill will also help you to regulate your emotions by lowering anxiety and reducing negativity.

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 platoon sergeant'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 #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 #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 1400 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 #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:

Foster and build internal motivation with competence, relatedness and autonomy: goal attainment is more likely if we feel competent and confident in ourselves, are part of a social network that relates and supports our goals and have personal autonomy.

### Resilience Resources:

Outward Bound: [www.outwardbound.org/veterans](http://www.outwardbound.org/veterans)  
Strong Bonds: Contact Chaplain Nutt at 800-858-2677  
Connecticut VA: Newington: 860-666-6951  
West Haven: 203-932-5711

Military One Source: [www.militaryonesource.mil](http://www.militaryonesource.mil)

All units of company size or larger are required to have at least one Master Resilience Trainer. Seats for FY 14 have been sub-allocated to the major commands and separate units. Ask your Readiness NCO for more information.

### Upcoming Resilience Training:

RTA: March 11-14/ May 20-23

Jr. RTA: July 17-18

In next month's issue we will cover active constructive responding. Until then Connecticut, Stay Resilient!

## Suicide Prevention: Always Available - National Suicide Prevention Hotline

MAJ. DEREK MUSGRAVE  
SUICIDE PREVENTION PROGRAM MANAGER

The National Suicide Prevention Hotline is a toll free lifeline that will connect you to trained counselors in your area. Despite its name, you can call the hotline for many issues to include substance abuse, depression, economic issues, relationship and family problems and even loneliness.

Your confidential phone call will be routed to a local crisis center here in Connecticut. If you prefer, an automated greeting can route you to a Veteran's Affairs suicide prevention hotline with specialized counselors available to talk to Veterans.

No matter what issues you are dealing with, the National Suicide Prevention Hotline is available 24 hours a day, 365 days per year. The crisis worker will listen to your problems and can direct you to mental health services in your area. They can also direct you to support groups in your area. Whatever your issue is, you do not have to suffer alone.

### ASIST Course: Helping Others

Are you interested in looking out for your Soldier's safety? The Applied Suicide Intervention Skills Training

course (ASIST) is a two-day intensive, interactive and practice-dominated course designed to help fellow service members and battle buddies recognize risk and learn how to intervene to prevent the immediate risk of suicide until the person at risk can be seen by a professional. The workshop provides opportunities to learn what a person at risk may need from others in order to keep safe and get more help. It encourages honest, open and direct talk about suicide as part of preparing Soldiers to provide suicide first aid.

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

If you are interested in getting involved in the Suicide Prevention program, or to sign up for the two-day ASIST class, have your chain of command contact Maj. Derek J. Musgrave at 860-493-2703 or [derek.j.musgrave.mil@mail.mil](mailto:derek.j.musgrave.mil@mail.mil).

### Other Suicide Prevention Resources:

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





**NATIONAL GUARD**  
A RESILIENT AND READY FORCE

PHYSICAL \* EMOTIONAL \* SOCIAL \* FAMILY \* SPIRITUAL

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

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

**Master Resilience Trainers**

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

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

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

Find us on



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



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

Find out more information at <http://csf.army.mil/>  
[james.a.syphe.mil@mail.mil](mailto:james.a.syphe.mil@mail.mil)

# Today's WOC School: Capitalizing

COL. JOHN T. WILTSE  
STATE PAO

Challenging, motivating, and career-changing.

Those are some of the adjectives Chief Warrant Officer Three Michael Mottolo uses to describe the Connecticut Army National Guard's (CTARNG) Warrant Officer Candidate School (WOCS) that he administers as the course manager.

The eight-month program, broken down into three phases, is designed to take a strong, experienced noncommissioned officer (NCO) and tap into those talents to fill the unique subject-matter-expert role of a warrant officer in today's Army.

"WOCS is a leadership development course that is designed to develop and strengthen the weaker competencies, while building and solidifying the greater ones," said Mottolo, who previously served as a TAC officer at the active duty resident WOCS program at Fort Rucker before coming to Connecticut two years ago.

The WOCS curriculum consists of 80 hours of distance learning courses, five drill periods conducted at the 169<sup>th</sup> Regiment, Regional Training Institute, at Camp Niantic and a culminating two-week annual training phase III held at Camp Atterbury, Ind., with candidates from across the country.

Distance learning and classroom instruction topics range from Army operations to critical thinking to effective communications to troop leading procedures. Physical and practical exercises to further hone leadership and military skills are also part of the program and include land navigation, a 6.2 mile road march, tactical operations center operations, urban warfare operations and a field leadership exercise.

Every test and event at WOCS receives a quantifiable score which is used to compute each candidate's final academic average.

Phase III is where all the candidates' training comes together as they work together in full training platoons while TAC officers evaluate their leadership skills and potential in a different environment.

"The experience at phase III is physically and mentally stressful, but only as much as the candidates let it be, said Mottolo. "In the end, phase III is the conclusion of eight long months of learning, self-reflection, development and growth, culminating in the beginning of a new chapter of their military career as a U.S. Army warrant officer."

Six CTARNG Soldiers successfully completed phase III last September and graduated as members of Class 13-001: Todd Columbus, Chris Curtiss, Laura Hernandez, Amy Mish, Brian Moulthroppe and Susan Weiss. Three of these former WOCs – Warrant Officer Ones Todd Columbus, Chris Curtiss, and Susan Weiss – have been able to secure officer positions and accept their

appointments as warrants to date. There appear to be no regrets from this group of new officer leaders about the sacrifices they made to complete the program.

"I chose to submit a WOCS predetermination packet as a signal warrant primarily because of my passion for information technology and thirst for self-improvement," said Curtiss who is assigned as a member of the Joint Force Headquarters cyber network defense team. "My motivation to become a warrant officer has proven true and worthy."

Warrant Officer One Weiss, who just recently pinned her new rank on after being assigned to the G1 as a human resources technician, said she never questioned her decision to attend even knowing there was no guaranteed officer position to immediately accept her appointment.

"Both personally and professionally, the WOCS program was the most beneficial course I have ever attended and has contributed significantly to my professional development and leadership abilities," said Weiss. "It was extremely challenging at times but always with a purpose."



*Warrant Officer Candidates practice stacking in preparation for entering a building during phase III of the eight month course. During this phase of training, candidates hone their leadership and military skills through practical and physical exercises. (Photo courtesy of 1st Bn. (GS) 138th Regiment (CA), Indiana Army National Guard)*

The Connecticut Guardian recently sat down with Mottolo to learn more about the WOCS program, what it takes to be a successful candidate and service opportunities as a warrant officer.

**The Guardian:** What type of new warrant position opportunities are out there today in the CTARNG? Do candidates have to have a specific enlisted or technical background s to apply?

**Mottolo:** The CTARNG currently fields 14 warrant officer MOSs. The position opportunities available are based upon the state's current strength and any projected attrition. As the course manager, I work closely with our command chief warrant officer and warrant officer

strength manager, as well as applicable personnel systems, to identify individuals within the organization who may be potential applicants and have the NCO experience to fill projected vacancies.

**The Guardian:** What do you tell potential candidates who are considering applying for WOCS about the potential benefits to them as individuals and their careers – and to those who may be on the fence about submitting an application?

**Mottolo:** The biggest benefit I see from my experience as a prior NCO working with warrants, and having become one myself, of course, is the unequivocal ability to affect change on a larger scale than ever before. If an applicant is driven to surpass their own perceived limitations, this is the route for them to take. A commander has a certain expectation of a warrant officer. A leader of character, with breadth of knowledge; the ability to effectively communicate both orally and in writing; and the ability to develop and implement staff products are elements and areas I would stress as vital requirements for success as a warrant officer. These factors positively feed and

challenge a type-A personality to perform. I'd say if the applicant is up to the challenge, the benefits are immeasurable. In all honesty, I don't want someone who is on the fence because they can't decide if there's enough in it for them to go warrant. It's not easy, but nothing worth it is. Being an Army officer is not a job, it's a profession that requires service to something greater than oneself.

**The Guardian:** For the qualified NCO who is considering either applying to the WOCS or Officer Candidate School (OCS) programs, what do you see as the major differences?

**Mottolo:** The major differences I see between OCS and WOCS are the way the two different programs will affect the organization and ultimately the Army as a whole, once their respective officers are created.

For warrants, branch proponents require extensive knowledge in specific MOSs in order to be approved to attend WOCS, and potentially become a warrant officer. This level of prior enlisted knowledge lends itself to a more seasoned and experienced NCO within that

individual area of expertise. WOCS paints a clear picture from concept to completion of what an applicant can expect from their new career path.

An applicant is evaluated by the branch proponent and is either approved or not to attend WOCS. Once complete, the new warrant officer's career path will become a direct extension of their prior enlisted MOS and career. WOCS also fosters a high-tempo environment of mentorship, leadership and officership. The expectation of success is very high, because the caliber of candidate is reflective of that high standard.

The pool of candidates who attend OCS generally tend to be younger, with less Army operational experience,



*Warrant officer candidate practicing leadership skills. (Photo courtesy of 1st Bn. (GS) 138th Regiment (CA), Indiana Army National Guard)*

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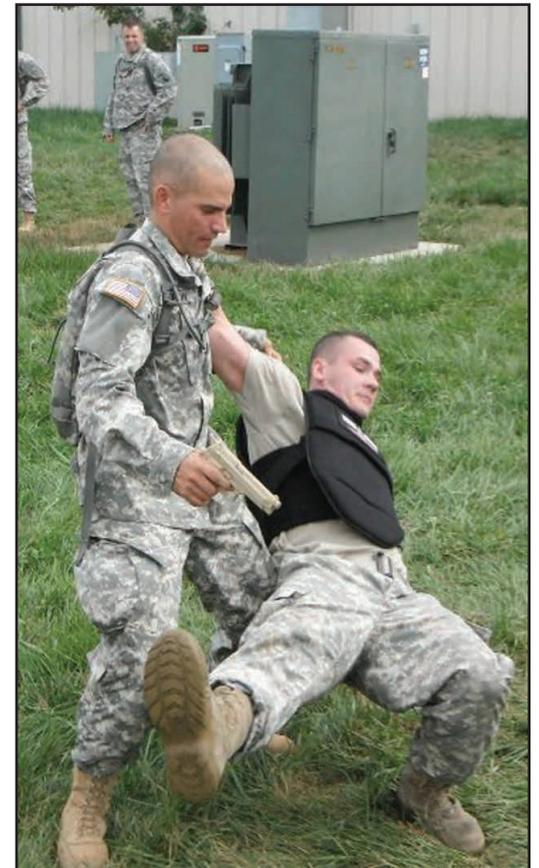
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# ing on NCO Expertise, Potential



Officer Candidates perform tactical maneuvers during phase III training at Camp Atterbury, Ind. in September as part of their field maneuver exercise (FLX). Six candidates from Connecticut were among the Soldiers working towards joining the warrant officer ranks. (Photo courtesy of 1st Bn. (GS) 138th Regiment (CA), Indiana Army National Guard)



Warrant Officer Candidates underwent combatives training during phase III of Warrant Officer Candidate School. The six candidates from Connecticut underwent this portion of their training at Camp Atterbury, Ind. with students from several states. (Photo courtesy of 1st Bn. (GS) 138th Regiment (CA), Indiana Army National Guard)

there are of course exceptions. The tempo and stress are also probably greater because this is their initial exposure to the job, minus initial entry training, and they are learning everything for the first time. At WOCS, we don't treat them like privates because they didn't come to us as privates, the expectation of knowledge and performance is that of a mid-level senior NCO.

**Guardian:** What do WOCS candidates need to bring to the program to be successful - what qualities, strengths, experiences? For those with an outside career and family responsibilities, is this challenging program possible?

**Mottolo:** Candidates need to take a deep hard look at themselves and ask themselves this question: "Am I the type of (potential) leader that I would follow?" If the answer is anything but "yes" then serious self reflection needs to take place in order for that candidate to become a successful Army officer. Being a leader of men, and doing what is ethically, morally and legally correct is not easy. Taking the "hard right" over the "easy left" and being able to deliver bad or unpopular news on a regular basis are things that some candidates struggle to understand. The program is absolutely do-able for any applicant with the right attitude and determination to succeed. Again, it will not be easy, but

nothing worth it ever is.

**The Guardian:** Warrants have traditionally been known as the technical, subject matter expert but isn't there a critical leadership component to today's modern warrant officer? Is this what is meant in one of the program ads, "some lead by example ... you can lead by expertise"?

**Mottolo:** Yes, there absolutely is a critical leadership component to the modern warrant officer, and we as TAC Officers take great pride in developing that component. I agree with the message, however I think in saying "some lead by example ... you lead by expertise" it's actually saying that as NCOs you do lead by example, NCOs lead the way! Now, take that experience, build upon it, show you are an expert in your career field, lead by expertise and become the subject matter expert that the Army expects its warrant officer cohort to be comprised of.

**The Guardian:** Tell us a little bit about yourself and specifically why did you elect to become a warrant? What has becoming a warrant officer meant for you personally and for your military career?

**Mottolo:** I am about to turn 36 and have been in the Army going on 17 years in August. I first joined the active component in 1997 as an 11M. I then joined the Guard in 2000, transitioned to 75B,

then 42A and eventually 420A. I was very fortunate to work with some amazing warrants. I wanted to emulate those people; their knowledge, influence, experience and concern for affecting what was right by the regulation. They were "action officers" that were heavily relied upon because their commanders had unwavering confidence in their knowledge and abilities. My personality type lends to that type of pressure. I'm not perfect, but I constantly self-assess and strive to improve when and where I can. Becoming a warrant officer has afforded me some great assignments and opportunities to lead, and greatly humbled me as a leader. I consider leadership, like command, to be a privilege and I am honored and extremely fortunate to be where I'm at today.

*(Editor's note: Eligible NCOs who are interested in applying for this year's WOCS class should contact Chief Warrant Officer Two John Nerkowski, CTARNG warrant officer strength manager, as soon as possible at (203) 410-0828 or john.v.nerkowski.mil@mail.mil. Application packages must be accepted and phase I distance learning requirements completed before the start of Phase II on April 25.)*

## Governor's Horse and Foot Guards

### Year of the Horse Celebrated at Beardsley Zoo

Troopers from the Second Company, Governor's Horse Guard were on hand at Connecticut's Beardsley Zoo in Bridgeport to talk about all things equine during the zoo's Year of the Horse event that took place in the Carousel Building, Feb. 8. In celebration of the Asian New Year, Beardsley Zoo highlights the animal sign of the zodiac calendar and offers a day-long celebration of that animal by hosting a family fun day of events at the zoo. The Second Horse members answered questions about the mission of the Horse Guard and the care and use of the horses, as well as the heritage and history of the State's Militia units. Members of the Beardsley Zoo Discovery Corps hold the dragon while members of the Second Company Governor's Horse Guard stand by. (Photo courtesy of Beardsley Zoo)



### 85th Dog Show & Obedience Trials Best in Show Named



Members of the First Company, Governor's Foot Guard congratulate Best in Show dog winner, Sonnus Silho (Sanchez), a smooth coat Chihuahua, shown by Erika Lanasa (holding the ribbon) at their 85th Dog Show and Obedience Trials held Feb. 16 at the XL Center in Hartford. The dog, whose call name is Sonnito, is held by show judge Norman L. Patton. (Photo courtesy of Sgt. Barbara Berg, 1GFG)



Chief Master Sgt.  
John Carter

## Enlisted Update

Greetings everyone, have you had enough snow yet? We certainly have had another demanding winter here in Connecticut. Last year at this time we were digging out from Winter Storm Nemo. Remember all

that snow? Well, we have some exciting events this month to help take During the month of March, Command Sgt. Major Carragher and I will be hosting Command Master Sgt. Mitchell O. Brush, senior enlisted advisor to the chief, National Guard Bureau (NGB) from March 10 to 12. He is coming to visit Connecticut National Guard Soldiers and Airmen and learn about our effective enlisted programs and mission accomplishment. During his visit he wants to talk to our technician and active guard reserve (AGR) full-time force to focus on how they assimilate with our drill-status Guard members and prepare for drill.

Here is some pertinent information about Chief Brush. He is charged with advising the Chief, NGB on all enlisted matters affecting training, effective utilization, health of the force and enlisted professional development. He is from Montana and served as that state's command chief master sergeant prior to accepting his current position. His military background is within the security forces and in his civilian career, he served as a police sergeant for the City of Billings, Mont. While in Connecticut, Chief Brush will visit with our family program and behavioral health staffs and tour the Bradley and Orange Air National Guard (ANG) bases, Army Aviation Support Facility (AASF), Newtown military working-dogs compound and Theater Aviation Sustainment Maintenance Group (TASGM) in Groton. He will also host two town hall meetings at Bradley ANG Base and Nett Hall at Camp Niantic and participate in a dinner with Connecticut senior enlisted members. This is where we get to show off our Soldiers and Airmen, equipment and facilities, ask questions, and tell our story to NGB's senior enlisted advisor. Command Sgt. Major Carragher and I are confident that after his visit to our state he will go forward and tell our great story to his boss, Gen. Frank Grass.

On the ANG side in March, the Air Wing will have their awards ceremony honoring all of our hardworking and deserving Airmen. The 103d CTANG Outstanding Airman, NCO, SNCO and Honor Guard Member of the Year for 2014 are:

- Senior Airman Michelle M. Saucier, 103 FSS, 2014 CTANG Outstanding Airman of the Year;
- Tech. Sgt. Richard P. Marks, 103 SFS, 2014 CTANG Outstanding NCO of the Year;
- Master Sgt. Kirkland T. Foran, 103 MXG, 2014

CTANG Outstanding SNCO of the Year; and  
· Tech. Sgt. David U. Zelaya, 103 MXS, 2014 CTANG Outstanding Honor Guard Member of the Year

I also want to extend my appreciation for everyone who took the time to recognize our many outstanding Airmen. After competing in a highly competitive state board for selection, these individuals will now go on to compete at the national level. Please, when you see these Airmen, tell them congratulations on a job well done!

Also during this month the 20<sup>th</sup> Annual National Guard Association of Connecticut (NGACT) Conference takes place on Saturday, March 22, at the Crown Plaza Hotel, 100 Berlin Road, Cromwell with registration starting at 8 a.m.. Remember that this is *our* organization which works with our elected leaders to gain and preserve both our state and federal military benefits! This is very important during these hard fiscal times when government is looking to cut personnel costs and benefits. We need all of our members' support to help keep the benefits that we have and to try to get additional benefits for our military members and their families. This is our state professional military organization, do you belong?

For those who were not paying attention at the end of calendar year 2013, Veterans' pensions were cut as the Congress voted in a new budget deal. Our professional military organizations banded together as a coalition to fight against this pension change voted in by Congressional action. Due to the effective lobbying by these organizations, Congress voted to rescind the military pension cuts and sent the bill to the President's desk which he signed. The bill was a partial fix to the problem covering only current retirees and military members up to Jan. 1 2014. For those service members entering military service after Jan. 1 the pension cuts will go forward. This lesson in democracy is especially important for our younger Soldiers and Airmen. Because of the hard work of our professional military organizations, part of the pension issue has been fixed but there are still pension cuts left on the table that will affect you and your future retirement. Become a member and get involved because numbers mean something to our elected representatives - votes!

In closing, please participate in Chief Brush's visit to Connecticut this month and share your story if you get the opportunity; congratulations to the CTANG Outstanding Airmen of the Year winners and good luck at the national level; attend the NGACT conference on March 22; and become active with our professional military organizations so that we can preserve the benefits we have earned for future generations.

See you again in May when spring should finally be here!

**IT'S YOUR CALL**

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

**1-800-273-8255 PRESS 1**

Confidential chat at [MilitaryCrisisLine.net](http://MilitaryCrisisLine.net) or text to 838255

[www.preventsuicide.army.mil](http://www.preventsuicide.army.mil)

U.S. Department of Veterans Affairs

## 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**

## Legal Affairs: Annual Training - Some Like It Hot!

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

In recent years, Annual Training season has surfaced allegations of fraternization, adultery and misuse of social media.

While these types of situations may be condoned in civilian life, they can and do lead to trouble for members of the military.

With Annual Training upon us, some basic legal guidance and common sense can help the Soldiers and Airmen of the Connecticut National Guard avoid adverse legal actions and derailed careers.

**Question:**

What does the ban on fraternization in the military prohibit?

**Answer:**

Dating, gambling, some financial transactions and other unduly familiar relationships between officers and enlisted personnel (or service members of vastly different rank) have been found to violate the military ban on fraternization.

**Legal Reference:**

Generally, the Uniform Code of Military Justice, the Connecticut Code of Military Justice, and the policy of each military branch prohibit fraternization to the extent it negatively impacts good order and discipline or brings discredit upon the armed forces.

**Question:**

What does the ban on adultery in the military prohibit?

**Answer:**

Having sex with someone who is married to someone else, or having sex with someone who is not your spouse while you are married, have been found to violate the military's ban on adultery.

**Legal Reference:**

Generally, the Uniform Code of Military Justice, the Connecticut Code of Military Justice, and the policy of each military branch prohibit adultery to the extent it negatively impacts good order and discipline or brings discredit upon the armed forces.

**Question:**

What types of social media posts by military members

are prohibited?

**Answer:**

Posting revealing photos, sensitive information, and negative postings about superiors have been found to violate military social media policy.

**Legal Reference:**

Generally, the Uniform Code of Military Justice, the Connecticut Code of Military Justice, and the Department of Defense social media policy prohibit postings that negatively impact good order and discipline or bring discredit upon the armed forces. Additionally, Department of Defense Social Media policy (along with each branch's Social Media Handbook) prohibits postings that compromise the mission.

While there is no prohibition against enjoying annual training, there are certain things which might be fun but lead to less-than-fun consequences. So in the spirit of full disclosure, service members should be aware of the prohibitions against certain conduct during Annual Training and stay out of hot water.

# Breakfast with the Easter Bunny!

**Join Us!**

Saturday, April 19, 2014  
William A. O'Neil Armory  
360 Broad Street  
Hartford, CT 06105

Registration begins at 8:30 AM  
(please no early birds)

Breakfast is served at 9:00 AM  
(Pancakes, Bacon, Sausage, etc)

*Service Members and their dependents only are welcome and reservations are **REQUIRED** no later than April 14th, 2014. Please call 1-800-858-2677 or email [michelle.m.mccarty4.ctr@mail.mil](mailto:michelle.m.mccarty4.ctr@mail.mil).*

*Egg Hunt for ages infant to 10 years  
The Easter Bunny will join us!  
Don't forget your cameras  
Crafts and Activities!*

*Dress your best  
for the Bonnets and  
Bowtie Parade!!*

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



# Happy Easter!



## Education

# Helping Veterans Earn a UConn Degree

FROM THE UNIVERSITY OF CONNECTICUT WEBSITE  
UConn.EDU

Seeking to further ease the way for Veterans to earn their college degrees, the University of Connecticut recently announced two new initiatives.

Beginning this summer, the University will expand the current fall and spring tuition waiver for Veterans to include courses during the summer and winter intersessions. This provides the opportunity for Veterans admitted to UConn for an undergraduate or a graduate program to take courses tuition-free year round and pick their own timeframe for completing their degrees.

Additionally, beginning this fall, Veterans applying to

UConn will be able to do so at no cost. The Undergraduate Admissions office has agreed to waive all application fees for Veterans.

"We did this because this is the right thing to do for our vets," says Kristopher Perry, director of the Office of Veterans Affairs and Military Programs.

The initiatives are the latest work of an office that, in the year since it was established, has quickly gained a reputation as a leader in support for veterans.

"We are in the forefront in higher education in terms of our support services for Veterans," says Perry, who was tapped to give a presentation this semester at the National Student Affairs Convention about how to

establish a Veterans' support office.

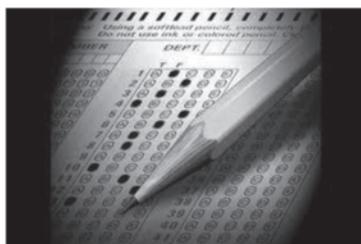
"We are quickly becoming a model for other schools." About 900 Veterans from all branches of the military are currently enrolled at UConn. The most recent initiatives are among numerous efforts aimed at continuing to grow that population, according to Perry.

The initiatives also meet a need identified by Connecticut Gov. Dannel P. Malloy to boost ways to put Veterans into the workforce as quickly as possible.

"The feedback from the vets about the tuition waiver has been incredible," says Perry. "We've heard plenty of vets remarking 'I'm going to be able to graduate in three years.'"

## 90% Discount on SAT and ACT Test Prep

eKnowledge Offers \$250 SAT and ACT PowerPrep Programs For Under \$20.00



eKnowledge is offering Military Service Members and their families \$250 SAT and ACT test prep programs for just the cost of providing the programs (under \$20)...the fee covers everything, including: materials, shipping, student support, and streaming. You may request your programs online: [www.eknowledge.com/NationalGuard](http://www.eknowledge.com/NationalGuard)

The Donation Project is in alliance with the Department of Defense and supported professional athletes from the NFL

and MLB as well as 150 Affiliate Partners. In 9 years, eKnowledge has donated more than 200,000 SAT/ACT programs valued over \$44 million – no profit is created by the donation effort and all proceeds are reinvested to improve the program.

eKnowledge has received thousands of thank you notes from families just like yours:

"We cannot thank you enough for your generous donations!! What a blessing that our high school aged son will be able to really prepare for his ACT and SAT in hopes of qualifying for a college scholarship through the ROTC program! He wants to be an engineer and design advanced equipment to benefit the military!" Marilyn Macklin 2/21/2014 DODEA

The SAT and ACT PowerPrep™ Programs are available online or on a single DVD. Programs include more than 11 hours of video instruction and 3000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, and practice tests Students select the training they need and study at their own pace.

Request your program online:

[www.eknowledge.com/NationalGuard](http://www.eknowledge.com/NationalGuard)

or call: 951-256-4076

The SAT/ACT Project waives 100% of the retail cost (\$200 to \$250) of all STANDARD version programs and up to 93% of all other programs and services (up to \$1,575). For Standard Programs there is a nominal per program, student fee of under \$20 for materials, shipping or streaming.

SAT/ACT Test Dates 2014

SAT	March 8	May 3	June 7	October 11	November 8	December 6
ACT	April 12	June 14	September 13	October 25	December 13	

For further information contact Lori Caputo, 951-256-4076 [LoriCaputo@eknowledge.com](mailto:LoriCaputo@eknowledge.com)

**SOME LEAD BY EXAMPLE  
YOU LEAD BY EXPERTISE**

**BE A WARRANT OFFICER IN THE NATIONAL GUARD**

**To Find Out How, Contact  
CW2 Nerkowski  
203.410.0828**

**[john.v.nerkowski.mil@mail.mil](mailto:john.v.nerkowski.mil@mail.mil)**

**CONNECTICUT  
NATIONAL GUARD**

# Healthy Lifestyles

## Guard Your Health: 28 Ways in 28 Days to Feel, Look, Live Better

FROM THE WEBSITE  
[HTTP://WWW.GUARDYOURHEALTH.COM/SMALLSTEPS](http://www.guardyourhealth.com/smallsteps)

Want to make a change but don't know where to start? Army National Guard Health is here to help. Mark your calendars for the #SmallSteps to a Healthier You Challenge: 28 ways in 28 days to look, feel, and live better. Check it out ...

Every year, close to half of Americans set New Year's resolutions (for comparison, only a third of Americans watch the Super Bowl). The top resolutions include losing weight, quitting smoking, and saving money. Despite the good intentions, only an estimated eight percent of individuals ever achieve their resolutions.

If this scenario sounds all too familiar, don't fret. Guard Your Health - a health and medical readiness website for Army National Guard Soldiers, Families, and their communities - is here to offer a much more realistic approach to self-improvement. The plan is grounded in a very simple concept: baby steps.

On March 1, Guard Your Health launched the Small Steps to a Healthier You (Small Steps) Challenge. This challenge, lovingly referred to as an un-resolution, is meant to serve as a stepping stone for bigger, long-term changes by paving a path to success that is realistic and manageable. It is for anyone that is tired of failed resolutions and excuses. With Small Steps, you can re-think the way you approach change and kick-start your year in the right direction.

The online challenge, [www.guardyourhealth.com/smallsteps](http://www.guardyourhealth.com/smallsteps), consists of 28 daily steps (one step a day for 28 days) that are designed to enhance the mind, body, and spirit. The 28 steps require little effort and are so easy anyone can do them (even at work). Each step may seem small, but over time, these changes can add up to have a big positive impact on one's total health and well-being.

If you're looking to make 2014 your year for REAL, lasting change, join Guard Your Health in taking Small Steps to a Healthier You. Pledge to participate at [www.GuardYourHealth.com/SmallSteps](http://www.GuardYourHealth.com/SmallSteps). Daily challenges begin on March 1. Sign up on the website now - and get ready to join the movement.

<p>MARCH 1</p> <p><b>STEP IT UP</b> Climb 5-10 flights of stairs.</p>	<p>MARCH 2</p> <p><b>PAY IT FORWARD</b> Perform one random act of kindness. And read <a href="#">why giving is good for you</a>.</p>	<p>MARCH 3</p> <p><b>DECOMPRESS</b> Take deep breaths, meditate, or pray for five minutes.</p>
<p>MARCH 4</p> <p><b>HYDRATE</b> Drink eight glasses of water and no more than one caffeinated beverage.</p>	<p>MARCH 5</p> <p><b>RAPID WORKOUT</b> Do three sets of 10 lunges, push-ups, and burpees (break as needed).</p>	<p>MARCH 6</p> <p><b>HEALTHY START</b> Eat a high-protein, low-carb breakfast. <a href="#">Try these</a>.</p>
<p>MARCH 7</p> <p><b>FRESH FOOD FRIDAY</b> Eat clean. No fried or processed food. Eat fruits, veggies, etc.</p>	<p>MARCH 8</p> <p><b>KITCHEN CLEANSE</b> Clean out your fridge and cabinets. Throw away one fatty food.</p>	<p>MARCH 9</p> <p><b>RUN/WALK IT OUT</b> Run/walk one mile as fast as you can.</p>
<p>MARCH 10</p> <p><b>GET OUTDOORS</b> Take three 5-minute breaks outside. Snap a photo on each outing!</p>	<p>MARCH 11</p> <p><b>YOUR CHOICE!</b> See our <a href="#">list of bonus/alternate activities</a> for inspiration.</p>	<p>MARCH 12</p> <p><b>SKIP DESSERT</b> Say no to post-meal or pre-sleep sweets and treats (including alcohol).</p>
<p>MARCH 13</p> <p><b>CRUNCH!</b> Do as many sit-ups as you can in 2 minutes.</p>	<p>MARCH 14</p> <p><b>SAVOR YOUR EATS</b> Eat one meal without multitasking (no phone, computer, TV, or reading). <a href="#">Here's why</a>.</p>	<p>MARCH 15</p> <p><b>DE-CLUTTER</b> Organize one drawer or area in your home/office. <a href="#">Get inspired</a>.</p>
<p>MARCH 16</p> <p><b>UNPLUG</b> Unplug for 15 minutes. Do something active or social instead.</p>	<p>MARCH 17</p> <p><b>COUNT YOUR BLESSINGS</b> Write down three things you're thankful for. Post prominently as a reminder.</p>	<p>MARCH 18</p> <p><b>SUBSTITUTE</b> Replace one unhealthy snack/meal with a healthy one. <a href="#">Learn how</a>.</p>
<p>MARCH 19</p> <p><b>STRETCH</b> Wake up early and stretch for five minutes.</p>	<p>MARCH 20</p> <p><b>5 MINUTE MUSCLE BLAST</b> Do a 5-minute ab, leg or arm workout. <a href="#">Click here for examples</a>.</p>	<p>MARCH 21</p> <p><b>GET-IT-DONE</b> Complete one task you keep putting off.</p>
<p>MARCH 22</p> <p><b>FEEL THE MUSIC</b> Find/create and share the ultimate workout playlist.</p>	<p>MARCH 23</p> <p><b>COOK AT HOME</b> Instead of eating out, cook at least one meal at home.</p>	<p>MARCH 24</p> <p><b>EXPRESS GRATITUDE</b> Leave a nice note for a friend, loved one, co-worker, or stranger.</p>
<p>MARCH 25</p> <p><b>GET OFF THE COUCH</b> Limit your TV time to one program. Read, exercise, or socialize instead.</p>	<p>MARCH 26</p> <p><b>YOUR CHOICE!</b> See our <a href="#">list of bonus/alternate activities</a> for inspiration.</p>	<p>MARCH 27</p> <p><b>COUNTDOWN WORKOUT</b> Do 5 jumping jacks, 5 lunges, 5 squats, 5 push-ups. Repeat, doing fewer reps until you get to 1.</p>
<p>MARCH 28</p> <p><b>MAKE HEALTH A HABIT</b> Write down one small step you want to focus on. Pledge to continue doing it for the next 21 days until it becomes a habit.</p>	<p><b>CHALLENGE COMPLETE</b> Victory is sweet.</p>	<p><b>BONUS STEPS</b> Challenge yourself or customize your experience with <a href="#">this listing of bonus/alternate steps</a>.</p>

## Inside OCS: A Perspective on Resiliency

### Survival in the Wilderness

OFFICER CANDIDATE LYLE N. WILLIAMS  
1<sup>ST</sup> BATTALION (OCS), 169<sup>TH</sup> REGIMENT

Like most Soldiers, I had my reasons for joining the military; some noble, and some born out of desperation. Desperation: a word that is hard to use when describing yourself, yet fortuitously hopeful at the same time. As I train to become an officer in the U.S. Army, I have learned that resiliency sometimes requires desperation. When one finds themselves in bleak circumstances in which they have little control over the situation, we have three natural choices: quit, run away or fight out of desperation.

There was one critical moment in my Army training that symbolizes my development in resiliency. It occurred during night land navigation training at Stones Ranch

Military Reservation during Officer Candidate School (OCS) phase 1. I was walking through the woods in pitch black darkness with only my map, compass and pace count to guide me. As I was walking I heard an animal snarl and begin to approach me. Needless to say, I felt out of control in that situation and had three choices: quit (curl up into a ball and get mauled by a woodland animal); run away (and risk causing injury to myself because I couldn't see the terrain); or fight out of desperation. I chose to fight out of desperation. So after yelling for help, I took out my knife, got into a fighter stance and began kicking and swinging my knife in the direction of the footsteps! The scene probably would have looked very funny from an onlooker's point of view through some night vision goggles; especially if it was only a small warthog or a fox. Despite the awkwardness of my reaction, the result was undeniable. The animal decided not to mess with the crazy, kicking and knife wielding officer candidate who was walking around alone in the forest at night.

Life is sometimes like being in the wilderness at night. We move about life being led only by our moral compass and values, our life plans and our self-esteem which is based on the mental recognition of the progress that we are making toward our goals. Without fail, we sometimes find ourselves in moments where we are out of control in the situation and our resiliency is tested. We might consider running (escaping through drugs and alcohol) because we think we can get away. The reality is that often times the monsters in the wilderness of life are our own inner demons. You can't run from yourself. We might consider quitting (committing suicide) because we think the circumstances are more than we can handle. However, we should always consider that from an onlooker's point of view, what we are dealing with is really not as intimidating as how we perceive it to be.

You are bigger than your inner demons. Your willpower is stronger - so fight out of desperation! It may not always be pretty, especially when you don't have much control in the situation, but someone who is desperate to survive (win in life), probably will.

## Diversity: Exhibiting Character, Courage, Commitment

SGT. 1<sup>ST</sup> CLASS DANIEL N. FREEMAN  
EQUAL OPPORTUNITY ADVISOR, 169 REGIMENT (RTI)

"Character, Courage and Commitment" is the theme of this year's Women's History Month.

Connecticut Army National Guard Maj. Dawn Works-Dennis has self-published a book about her deployment to Iraq in 2003-2004 while serving as a platoon leader with the 248<sup>th</sup> Engineer Company. The book is a short read packed with powerful introspection and inner reflection of the meaning of being a soldier, a female soldier and a leader. I recently interviewed Works-Dennis who has exhibited this year's theme in the autobiographical tale "Home Through Baghdad" (Outskirts Press, 2010).

**EOA Columnist:** What inspired you to write your book?

**Works-Dennis:** I have always been a fluent writer. In theater, I needed an outlet to capture the feelings and experiences I was having there. After returning home, I continued writing and when a colleague self-published, it inspired me to do the same.

**EOA Columnist:** Is there a message in your novel that you want your readers to grasp?

**Works-Dennis:** If there is a message it is the last sentence of the book. "Whatever I felt I needed to prove in this life...I feel I proved enough in Iraq to see me through." I have a tendency to minimize my own accomplishments and sometimes even minimize my own deployment.

Publishing this book was a process of validating my own accomplishments and not needing anyone else to do that for me. To publish this book, I had to face the fear of ridicule and contemptuous comments from others,

which believe me, I got. I had to be able to accept my own vulnerability, and be ok with it. I did that. I feel personally and professionally stronger for that experience.

**EOA Columnist:** Can you name a particular entity that you feel particularly supported you during your deployment, outside of family members?

**Works-Dennis:** The entity of the 248<sup>th</sup> Engineers, as a unit and military family, was the most supportive. The book helped members connect and talk to me about the deployment in ways that we hadn't. Members realized after reading my book that we had the same thoughts and feelings about situations there. As a leader I was unable to show or express my own fears and anger at that time, so we bonded even stronger once I was able to express myself.

**EOA Columnist:** What was the hardest thing about writing your book?

**Works-Dennis:** It was hard to keep going back to bad times from the deployment. I had to revisit situations that have caused the most intrusive thoughts for me. We all have intrusive thoughts that we do not want to think about, whether that's from deployment or just life in general. But to purposely go back and open those scars is tough, to not to let them take over again or persevere on them.

**EOA Columnist:** How was writing this book therapeutic for you?

**Works-Dennis:** It comes down to feeling that I was in a good enough place with the chain of command and colleagues.

It was a good feeling to know it would be well-received.

**EOA Columnist:** What were the challenges in bringing the book to life?

**Works-Dennis:** The publishing process! Researching publishing companies and submitting a manuscript was completely foreign. The re-editing I did was costly in time and money. I was dealing with editors asking for photos to go with the book, book cover design, and I even had to write the book jacket overview. The process was trying at times.

**EOA Columnist:** What advice would you give young Soldiers?

**Works-Dennis:** Find a mentor or mentors, even if they are of the opposite gender or a different culture. Mentors are not going to seek you out. I had no females in senior leadership to talk to for most of my career, so I found male mentors that really supported me and kept me straight. When you get the occasional constructive criticism reflect on it. Really take time to understand what you have done and how to do it better.

**EOA Columnist:** Is there anything else you would like to add?

**Works-Dennis:** If people are looking to get ahead they should get involved with our professional organizations like NGAUS, NGAUS and EANGUS. The chance of interacting with people of influence outside of their traditional military roles is an invaluable experience. Supporting these organizations supported my own career in the CTARNG. Another item is learning to balance the equilibrium of self-promotion and humbleness. Doing this interview was a risk for me because of that balance, so I just want to end with saying there are hundreds of other women in the Connecticut National Guard that deserve this honor just as much, and I salute them.



# National Guard Association of Connecticut (NGACT)



## 20<sup>th</sup> Annual NGACT Conference & Awards Luncheon

**Saturday, March 22<sup>nd</sup> 2014**

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

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**NGACT Conference & Awards Luncheon Registration**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

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

Total Amount Enclosed \_\_\_\_\_

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

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

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

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

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

**September 5, 2014**  
17th Annual NGACT Golf Tournament



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OR CONTACT, SGT. 1ST CLASS JESSICA TORRES  
(860) 493-2745



[jessica.torres2.mil@mail.mil](mailto:jessica.torres2.mil@mail.mil)

# Off the Bookshelf : Anne Carson Novels

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS OFFICE

“red doc>” is the sequel to Anne Carson’s 1998 verse novel, “Autobiography of Red.” I am partial to “Autobiography of Red,” because I read it at Jalalabad Airfield in Afghanistan in 2010. It fit extremely well with Afghan flat bread (nan) and the sounds of aircraft repeatedly taking off and landing on the run-way.

“Autobiography of Red,” is about a young boy’s search for liberation from overbearing family members and friends (Well, kind of). It’s really about a boy monster, named Geryon, who is seduced by an older adolescent, named Herakles.

This is much less strange than it sounds. Anne Carson specializes in Greek writing and mythology, and has provided new translations to classic Greek texts and poets, including Sappho. She is a professor at New York University.

According to Greek legend and myth, to fulfill his tenth labor, Herakles had to kill the red monster, Geryon, and steal his herd of mysterious red cattle. In “Autobiography of Red,” Carson takes this classic myth and interjects into it, hardships faced by adolescents in the contemporary western world.

She is successful. Her storytelling and poetry fuse with the myth and archetype of Herakles to create something new, beautiful, modern, and therapeutic to read.

In “red doc>,” her approach in continuing her creative interpretation of Herakles tenth labor is similar to “Autobiography of Red.” In “red doc>,” however, Geryon and Herakles are adults. They are in a relationship. Herakles has also become a noncommissioned officer in the Army who suffers from serious mental health disabilities.

For such a serious and heralded author, poet and professor, to address the most severe threat to members of the military (PTSD, and depression), in her literature means a lot. It means that the voices of Veterans are being heard by even the most unlikely of ears.

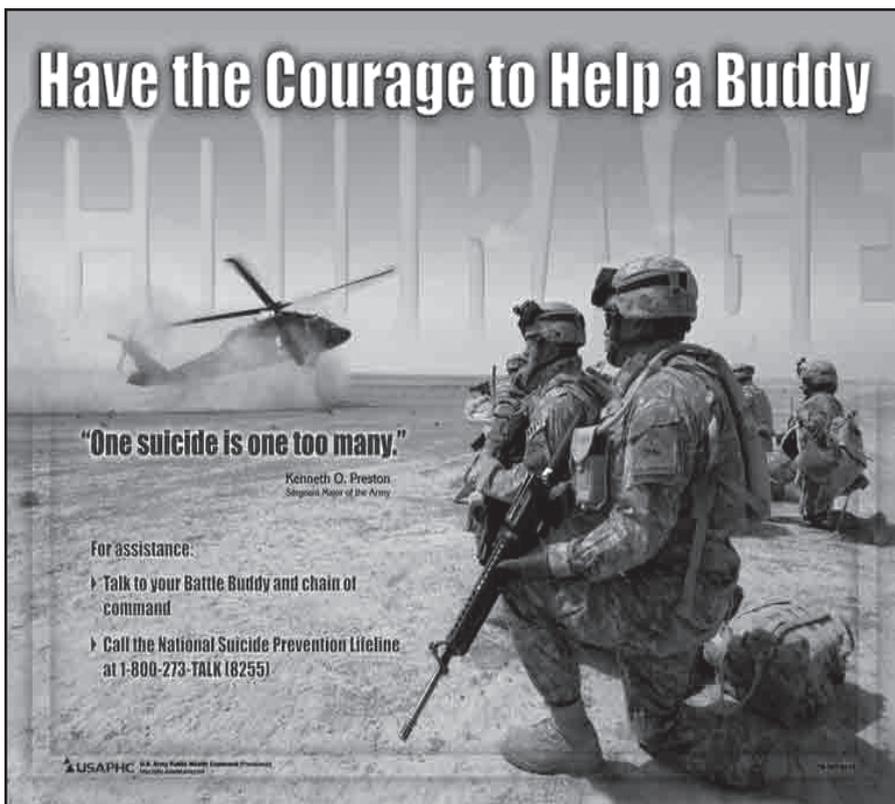
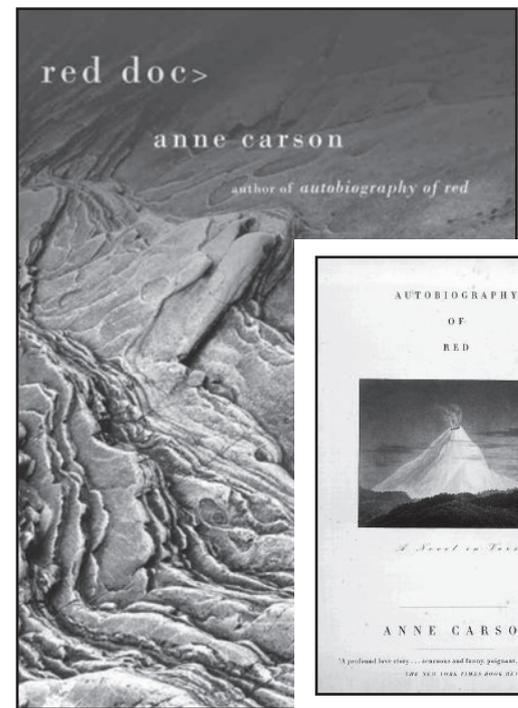
Anne Carson could have easily written about any subject in “red doc>,” and generated the same praise from her countless academic followers and fans. It appears, though, that she wrote “red doc>,” with military Veterans and their sacrifices in mind.

“red doc>,” is not easy to read. Carson did not write this for everyone. It is short, however, and her poetic page layouts look similar to newspaper articles—perhaps alluding to countless news articles about the past decades wars and conflicts.

I’m biased towards Anne Carson’s work. I read “red doc>” while waiting at the Newington Veterans hospital for a counseling appointment. It fit well with the noisy hospital sounds and voices of staff and patients.

In both novels, Carson states loudly in verse that Herakles had serious unresolved mental health problems, prior to joining the military. He inflicted pain upon himself and upon many people around him. In the military, he did his job. But he eventually decided to stop hurting the people that he loved, including Geryon. So he got help.

According to Anne Carson, this was Herakles toughest labor.



## Retiree's Voice

# Military COLA Reinstated for Retirees, TRICARE Changes

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

The Bipartisan Budget Act of 2013 passed by Congress on Dec. 18 contained a little noticed provision that reduced working-age Retirees' annual cost of living increases for Veterans age 62 and younger to one percentage point below the rate of inflation beginning in 2015. This change to the law also failed to grandfather existing Retirees and currently serving military members who planned to serve a 20-plus year career.

Thanks to some senior leaders in Congress, and a lobbying campaign by multiple Veterans organizations the cost of living adjustment to military Veterans who are younger than 62 years of age has been restored. The new law, however, does contain language that states a Veteran who first became a member of the uniformed services on or after Jan. 1, 2014 would still face the one percent COLA reduction.

The House of Representatives on Feb. 11 approved the measure by a vote of 326 to 90. The Senate vote the next day of 95 to 3 clearly shows the overwhelming support of our Veterans by members of Congress and the clout that Veterans groups currently enjoy. Senate

Majority Leader Harry Reid said from the Senate floor, "These Soldiers, Sailors, Marines and Airmen, who have given so much ... they've already paid their debt. It should pass." President Obama signed the bill into law on Feb. 15.

### TRICARE Update

There are some other recent legislative changes retirees and currently serving members should be aware of. The Fiscal Year 2014 Defense Authorization Act contained several provisions affecting TRICARE.

The first provision rejected all proposals to establish or increase TRICARE fees. It also included a grandfather clause for TRICARE beneficiaries affected by the reduction in Prime service areas. Those who were removed from TRICARE Prime coverage and switched to TRICARE Standard last October may now have a one-time option to remain in the program. Re-enrollment eligibility was limited to those living within 100 miles of a military treatment facility. The new provision would allow military Retirees living outside the 100-mile restricted TRICARE Prime Service Area to have a one-time opportunity to remain enrolled in TRICARE Prime as long as the beneficiary resides in the same zip code he or she

did at the time of election of benefits. To re-enroll, the beneficiary may have to wait until their new enrollment period begins and may have to waive their drive-time standards.

The second change is for TRICARE for Life (TFL) beneficiaries. Beginning Feb. 14, TFL beneficiaries will be required to fill maintenance medication prescription refills through the TRICARE Home Delivery (mail-order) pharmacy system. Beneficiaries may have the option to opt out after using the mail-order refill system for a one year period.

Most beneficiaries should find that the mail-order system does lower their costs. A 90-day refill of generic medication is free through the mail-order pharmacy and only \$13 for brand-name medications. Beneficiaries living near a military hospital or clinic can continue to fill their prescriptions there and do not need to enroll in the mail-order program. This mandate applies to maintenance medications only.

For these or any TRICARE questions, I encourage all Retirees to contact their regional contractors as changes to the laws and regulations can be quite confusing and each person's situation is different.

## Retirement Service Officer Notes

SGT. 1<sup>ST</sup> CLASS REBECCA AVERY  
RETIREMENT PROGRAM MANAGER

**Early Retire Pay-** You may be eligible to receive your retired pay before the age of 60. All Soldiers who have earned their 20 Year Letter- Notice of Eligibility, and served in a qualifying campaign on or after Jan. 28, 2008, may be eligible to file and receive retire pay before the age of 60. Please call or visit me anytime to find out if you qualify- Sgt. 1st Class Avery (860) 524-4813 or e-mail: [rebekah.j.avery.mil@mail.mil](mailto:rebekah.j.avery.mil@mail.mil).

**Your RPAS Statement-** Each Soldier and Retiree is responsible to review, understand and correct their RPAS statement- If you need a copy of your RPAS, do not understand your RPAS, or need help making corrections to your statement- don't hesitate, don't wait- call or e-mail me today.

**Retirement briefings** If you would like to attend a briefing, sign-up today. Retirement briefings are mandatory for all Soldiers who are approaching or at their 20 years of Service, and available again for Retiring Soldiers entering Gray Area Retirement, or at age 60 and ready to file their Retire Pay application with HRC, Ft. Knox, KY.

**Upcoming Retirement Briefings-** Apr 6, May 4, July 13, and Aug 3.

RSVP with the RPAM Office, Sgt. 1st Class Avery at (860) 524-4813 or [rebekah.j.avery.mil@mail.mil](mailto:rebekah.j.avery.mil@mail.mil)

### Upcoming events:

**192d MP Regiment Ball:** Thursday, May 10, 6:30 p.m. at the Sheraton, 100 Capitol Blvd, Rocky Hill. Present,

past members and friends of the 192<sup>nd</sup> MP Battalion are invited- RSVP by April 10- Contact: Second Lt. Michalak, [ryan.a.michalak.mil@mail.mil](mailto:ryan.a.michalak.mil@mail.mil)

**Groton Sub Base Retiree Seminar:** Saturday, June 28. Call for reservation 860-694-3284.

**4th Annual Charity Golf Tournament:** Friday, Aug. 1 at Tower Ridge Country Club, 140 Nod Rd, Simsbury. Contact: MG (RET) James Throwe (860) 289-2318

**Monthly Retiree Breakfast:** March 27, April 24: 9 a.m. at Charlie's Place, West Main St, Niantic.

### Retiree Tips:

**New TRICARE RETIRE DENTAL BENEFITS** effective Jan. 1:

- Increased benefits and maximums
  - Third cleaning for retirees with Type 1 or 2 Diabetes
  - Monthly premium dropped approximately 20 percent
- Important TRICARE retiree dental program points to remember:
- Retirees, spouses and children (age 21 or 23 if in college) are eligible.
  - Gray area retirees and their family members are eligible- No need to wait until age 60.
  - You can combine the TRDP with another program so they can pay together (even if they're both Delta programs).

- If you enroll within four months after retiring from active duty or after entering the Retired Reserve, you skip a 12-month waiting period for major services like crowns, bridges, dentures, implants, etc... You'll need to submit a copy of your retirement orders as proof.

## Upcoming Retirement Briefing Dates:

April 6

May 24

July 13

Aug. 3

No briefing in June or Sept 2014  
TY- 2015 briefings schedule TBD

- Braces are a benefit for kids and adults. Each enrollee gets up to \$1750 lifetime for orthodontic care. This is in addition to any money you got from the MetLife TRICARE Dental Program.

More info on enrolling, prices, benefits, etc... can be found at <http://www.trdp.org/retirees/enroll-today.html>.

Weekly **TRICARE Beneficiary Bulletin:** [www.tricare.mil/Welcome/MediaCenter/Podcasts](http://www.tricare.mil/Welcome/MediaCenter/Podcasts) (subscribe to get podcasts via e-mail)

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

[http://www.armyg1.army.mil/rso/echoes\\_issues](http://www.armyg1.army.mil/rso/echoes_issues)



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

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[www.preventsuicide.army.mil](http://www.preventsuicide.army.mil)

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- Don't go out unless absolutely necessary

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# Connecticut National Guard Promotions

## Army

### To Private 2

Cobb, Tyler  
Gawlik, Mateusz K.  
Cruzgregory, C.  
Crocker, Edward P.  
Jurovaty, Cassandra L.  
Melendez, Isai J.  
Alicea, Angel L. Jr.  
Akers, Brendan P.  
Lacour, Christopher D.

### To Private First Class

Alvarado, Luis M. Jr.  
Smith, Shane E.  
Murphy, Dakota D.  
Bavaro, Ryan A.  
Sinclair, Noah W.  
Moore, Dean R.  
Brown, Joshua H.  
Cash, William L.  
Quinones, Emanuel N.  
Visel, Willard R.  
Perez, Lucila M.  
Thompson, Michael J.  
Reid, Rashaun T.  
Lafortune, Stanley  
Olivencia, Luis A. Jr.

Narvaez, Sergio J.  
Phillips, Michael I.  
Gallardopolanco,  
George  
Rodriguezbarrera, Jose  
Desautels, Jeffrey A. Jr.  
Hurlburt, Joshua R.  
Krug, David C.  
Jimenez, Jesse J.  
Schumacher, Alex M.  
Stark, Lucas A.  
Fox, Cory N.  
Brady, Brian A.

### To Specialist

Ricci, Gregory A. Jr.  
Mishali, Alan M.  
Chitacapa, Kenny M.  
Knopf, Aric D.  
Roman, Miguel A.  
Rivera, Nathan P.  
Parker, Colin A.  
Fortin, Stephen J.  
Marino, Matthew O.  
Cruz, Jose L.  
Blair, Shana L.  
McNary, Joshua M.  
Niiaryee, Dylan A.

Siretanu, Mihail  
Mercado, Luis A.  
Vega, Luis A.  
Ortiz, Emmanuel J.  
Walker, Justin M.  
Dominguez-  
Gonzalez, Rafael  
Porter, Jeremy S.  
Malizia, John G. Jr.  
Santiago, Douglas B.  
Brunet, Joshua F.  
King, Robert J.  
Scalora, Michael A.  
Canfield, Zakari W.  
Monteleone, Jeffrey M.  
Burke, Stephanie A.  
Labreck, Justin R.  
Semczysyn, Victor G.  
Acevedo, John M.  
Esker, Jacob H.

### To Sergeant

McArthur, Damar R.  
Prochnickifitzgerald,  
Joshua  
Jones, Rachael  
Dutkiewicz, Mandolin J.  
MacFarlane, Eric J.

Cruz, Danielle E.  
Cooper, Synquan A.  
Petersen, Timothy J.  
Johnson, Jocquel J.  
McLaughlin, Brendan  
Griffith, Ashley R.

### To Staff Sergeant

Elderkin, Kenneth F.  
McCarthy, Nathan D.  
Julian, John A.  
Symmes, Daniel D. IV  
Triano, Nicholas C.  
Gonzalez, Juan C.  
Ward, Jaelyn C.  
Lewis, Jeremy P.

### To Lieutenant Colonel

McLean, James H.

## Air

### To Senior Airman

Coletta, Marco  
Glennon, Zachary J.  
Sumeersarnauth, Brandan J.  
Clark, Edward J.

### To Staff Sergeant

Rivera, Joseph

### To Technical Sergeant

Arnau, Elisha

## Life Lines

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

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

Emergency - 911

[www.armyfamiliesonline.org](http://www.armyfamiliesonline.org) - 1-800-833-6622

[www.militaryonesource.com](http://www.militaryonesource.com) - 1-800-342-9647

National Suicide Hotline - 1-800-SUICIDE

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) - 1-800-273-TALK (8255)

## Coming Events

### March

#### March 10-12

Chief Master Sgt. Mitchell Brush,  
Senior Enlisted Advisor to the Chief,  
NGB Visit

#### March 12, 2:30 p.m.

Chief Master Sgt. Mitchell Brush Town  
Hall Meeting with AGR and Technicians  
Nett Hall, Niantic

#### March 17

St. Patrick's Day

#### March 18

Freedom Salute for 143rd CCS, 1048th  
Truck Co. and 104th AVN

#### March 19

NGACT Executive Board Meeting

#### March 20

\*Guardian Deadline for April\*

#### March 22

NGACT Annual Conference & Awards  
Luncheon

#### March 25

Veterans Career Fair  
Rentschler Field, East Hartford

#### March 27-30

State Best Warrior Competition

### April

#### April 13

Palm Sunday

#### April 15

First Day of Passover

#### April 17

\*Guardian Deadline for May\*

#### April 18

Good Friday

#### April 19

Breakfast with the Easter Bunny

#### April 20

Easter

**Deadline for the April Issue of  
the Guardian is March 20  
Deadline for the May Issue of the  
Guardian is April 17**



# HEROES 4HIRE

10TH ANNUAL VETERANS CAREER FAIR  
**March 25, 2014 - 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.

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- ★ Free résumé critiques by our experts

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# Connecticut FAMILY Guardian



VOL. 15 NO. 3

HARTFORD, CT

MARCH 2014

## 'MyICP' Gives Military Spouses New Career-Planning Tool

TERRI MOON CRONK  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Jan. 27, 2014 - Military spouses who need guidance on education and careers have a new online tool at their fingertips, a program analyst for the Spouse Education and Career Opportunities program, known as SECO, said in an interview last week.

"My Individual Career Plan," or MyICP, allows spouses to build a virtual career roadmap based on their specific goals and objectives, Lee McMahon said.

MyICP launched Jan. 10 on Military OneSource's MySECO website, the primary access point for the Defense Department's Spouse Education and Career Opportunities program, McMahon said.

"SECO provides expert career and education guidance to military spouses worldwide," she explained, "supporting them in four career lifecycle stages: career exploration, education, training and licensing, employment readiness, and career connections."

The MyICP tool is available for all active-duty Army, Navy, Air Force and Marine Corps spouses and to National Guard and Reserve spouses as well, McMahon said, noting that it's also open to spouses for up to 180

days after their service member separates or retires from the military. Spouses must first register at <https://myseco.militaryonesource.mil> to use it. Surviving spouses of military members who died while on active duty also are eligible.

To illustrate how MyICP works, McMahon used the example of a nursing student military spouse who has just moved to a new duty station and wants to see what opportunities exist in the new area.

Licensing requirements are an issue for nurses, McMahon notes. So once logged on and after clicking on "manage my individual career plan," the spouse would begin to build a MyICP by selecting "licensed" and "student."

Next, the spouse would go to the occupation page to find "nursing," which would generate information from the Labor Department.

The spouse would then select topics from the "challenges and growth opportunities" category. This category may include topics such as child care and relocation or time-management skills.

The self-service wizard then produces a MyICP, McMahon said, which recommends activities to meet a

person's career and education goals based on the selections made.

The Military Spouse Employment Partnership, a component of SECO, is composed of more than 200 companies and organizations that have committed to hiring military spouses, she added, so MyICP also includes the ability for users to see which of MSEP's partners might have jobs in the user's occupation, and provides a link to check the company's openings in the chosen field.

McMahon encouraged all military spouses in search of such opportunities to try the MyICP tool.

"We would love to hear their feedback," she said, noting that users can submit their input on the MySECO website by clicking on "SECO Satisfaction" or the feedback button.

Military spouses who have additional questions or need more information about using the MyICP tool can call Military OneSource at 1-800-342-9647 <http://www.defense.gov/news/#> and speak to a SECO career counselor.

CRITICAL ALERT Upgrade Your DS Logon Account - A Premium DS Logon account makes accessing MySECO easier and faster. Learn More

Military OneSource SECO Learn. Advance. Succeed.

How Do I? About Login

### Welcome to MySECO!

The MySECO website ensures military spouses have 24-7 access to online education and career information, resources, tools and assessments. Using the tools and assessments, spouses can begin to explore their interests, skills, passions and personality type to determine the best fit for education and career choices.

FEEDBACK SECO SATISFACTION

#### Getting Started

- 1 Visit My Access Center and choose MySECO.

#### About The SECO Program

The Spouse Education and Career Opportunities Program provides expert education and career guidance to military spouses worldwide. The program offers comprehensive information, tools and resources to support career exploration, education and training, employment readiness and career

10:33 AM 1/27/2014

**"SECO provides expert career and education guidance to military spouses worldwide, supporting them in four career lifecycle stages: career exploration, education, training and licensing, employment readiness, and career connections."**

*Lee McMahon  
SECO Program  
Analyst*



CATHERINE GALASSO

## Be Not Dismayed, God Will Take Care of You

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

It seemed as though his plans, his dreams and his life were finished. And, no doubt, Penney could have thought, "I don't know if I'm strong enough to overcome this challenge. Maybe I won't recover. There are too many obstacles in the way," and... "It might be too late for me now."

Have you ever had those kinds of thoughts? Are you tired and weary, possibly passing through a difficulty or a disappointment of your own? Or else, you might have struggled in an area for so long that now you've convinced yourself that it's never going to change. Beset by obstacles, weighed down with frustrations and anxiety, victory may seem im-possible.

But Penney also had great faith in an all-powerful, all-loving God who he knew was with him and who "keeps His covenant of love with those who love Him and obey his commands" (Nehemiah 1:5). So one day, while Penney was being treated in the hospital, he heard some music coming from the hospital's small chapel. The encouraging words of the melody caught his attention: "Be not dismayed, what-e'er betide. God will take care of you . . .

All you may need He will provide,  
Nothing you ask will be denied,  
No matter what may be the test,  
Lean, weary one, upon His breast,  
God will take care of you..."

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

God had a new start for J.C. Penney and likewise, He has another dream and more victories to come for you. Therefore, you must not lose hope. You may be facing some large challenges, but don't give up on yourself, your life, or your dreams for the future. Remember, just because circumstances didn't work out yesterday, that doesn't mean that they won't successfully turn around tomorrow. So pray and release the heaviness of any stresses and worries to God. Say, "I give it all to you." And just as the prophet Elijah hid in the wilderness, and

God provided his needs by ordering the ravens to bring him food, rest assured, God loves and will care for you, too.

- Maybe it seems as though the odds are against you. But do your part, and plan and prepare by faith. You're on the verge of receiving a tremendous breakthrough. Keep moving forward. In the coming weeks, God is going to do something extraordinary on your behalf. "... I will make a way in the wilderness, and rivers in the desert." (Isaiah 43:19)

- At times, you may think that you don't have the connections or come from the right background to succeed. However, continue to do what is right, and God will supply the resources, the people and whatever else that may be needed to help you. Soon, you will see His hand of favor in your life. So, "In everything you do, put God first, and He will direct you and crown your efforts with success..." (Proverbs 3:6)

- Perhaps, you're im-mersed in a situation and can make no headway. Well, just because there have been some roadblocks, God is not saying, 'no.' Pursue your goals again. Suddenly, that stumbling block will turn into a stepping stone that leads you to blessings that exceed your expectations. "The Lord is able to give you much more than this..." (2 Chronicles 25:9)

- Or, you could be dwelling on unfair situations of the past. Let go of the scars of yesterday and be on the lookout for the great things that lie ahead. You are strong and competent and God is on your side, so you cannot be defeated. Close your eyes and imagine that God's arms are around your shoulders, patiently leading and guiding, taking you onto new and better circumstances. For, "A righteous person may have many troubles, but the Lord delivers him from them all." (Psalm 34:19)

As parents prepare for their beloved child's future; God is preparing the path to victory for you. For in God's time, in His way, He will make your dark nights bright and turn past adversities into future opportunities.

There was once a tiny bird that was nestled quietly in the crevice of a large rock on the seashore. Then, a storm came. And, along with the heavy rains, there were 80-mile-per-hour winds, as the ocean's waves were crashing mightily against the rock. Yet, in the rock's crevice, the tiny bird sat in peace. He did not worry. He wasn't nervous or intimidated. And with his little head tucked beneath his wing, the bird was oblivious to all the chaos happening around him.

So, "Cast all your cares upon Him..." (1 Peter 5:7) Be at peace. There are new and wonderful things in store for your future.

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

*Visit her website at [www.anewyouworldwide.com](http://www.anewyouworldwide.com)*

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U.S. Army Social Media Resources
-  [socialmedia.DEFENSE.GOV](http://socialmedia.DEFENSE.GOV)  
Dept. of Defense Social Media Hub

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

# Enriching Vacation: America's National Parks

CHRIS ROULEAU, MS, MPA  
CT MILITARY ONESOURCE CONSULTANT

With winter coming to a close and spring around the corner, a great, low cost activity for you or your family can be found in one of America's national parks. America's national parks are an 84-million-acre wonderland of fields and forests, canyons and coastline. For the military family looking to "unplug" and enjoy time outdoors together, national parks are the perfect recreation destination.

Not only can outdoor exercise and play reduce the stress of the mobile military life, they also help keep service members and their families physically fit and strengthen family bonds.

For budget-conscious military families, national parks offer the fun of a theme park vacation at a fraction of the cost. National parks also help nurture an appreciation for America's history and natural beauty — things that can take on special importance for the military community.

America's 397 national parks offer endless opportunities for hiking, biking, swimming, climbing, camping and exploring, so pick a park, pack up the family and hit the road.

## Finding a park

Whether you're looking for a real change of scenery or want to stay close to home, there's a national park for every military family. Tools at the National Park Service website (<http://www.nps.gov/findapark/index.htm>) let you search parks by name or location, activity, topic (e.g., Civil War, endangered species, mountains, etc.), or state. You might also ask fellow service members or neighbors on your installation about national parks they've visited — which ones were their favorites and what activities

they enjoyed there. Take into consideration your family members' preferred vacation destinations, interests and favorite outdoor activities, and choose a park that offers something everyone can get excited about.

## Activities for all ages

National parks offer military families a multitude of activities almost as diverse as their plant and animal life. In many national parks, hiking trails abound, offering beautiful scenery, wildlife encounters or just the chance to learn more about the park's history or native plants. Service members can hone their survival skills in the great outdoors and teach the young ones how to pitch a tent, fish or even identify edible or poisonous plants. Where the coast, lakes or rivers are part of the landscape, you and your family may be able to go swimming, canoeing or kayaking. The more skilled or adventuresome members of your family may enjoy more demanding activities like rock climbing in Yosemite National Park in California or skiing at Essex National Heritage Area in Massachusetts. For fun "under the sea," you can even go snorkeling at Virgin Islands National Park in the Caribbean.

You'll find more information about things to do on the pages of each individual park; there's sure to be something to suit almost any age or fitness level. Also, if someone in your family uses a wheelchair, be sure to check in advance for wheelchair-friendly activities and accessible trails or sights.

## Park-sponsored activities and programs

Parks frequently offer guided programs combining hiking or some other activity with informative commentary on notable sights, historic events or other interesting park trivia. You can take a guided full moon hike in Bryce Canyon National Park, join the Hudson

River Valley Ramble in New York or take a narrated tram tour into the "River of Grass" at the Everglades. To keep the kids busy, Junior Ranger events and programs are also available. Kids can earn an official Junior Ranger badge and certificate by completing a series of activities during their park visit and sharing their answers with a park ranger.

If you visit the National Park Service website for information on a particular park, look under "Plan Your Trip," then "Things to Do" for details on guided or park-sponsored programs and activities.

## Learning opportunities

Along with the scenery, sun and fun, there's a lot to learn in a national park. Individual national parks offer information about the plants and animals that live there along with area history and environmental issues affecting that park.

The history buff in your military family can learn more about the events that shaped America's history at the National Park Service's 11 National Battlefields, nine National Military Parks, four National Battlefield Parks and one National Battlefield Site. Teach young patriots about how America got its start at Minute Man National Historical Park (Massachusetts). Relive the drama of Civil War battles by visiting Antietam National Battlefield (Maryland). Check out where General George Custer made his fateful Last Stand at Little Bighorn National Monument (Montana). All the while enjoying the fresh air and getting some exercise on foot or a bicycle.

The lessons learned at these national parks not only contribute to your family's education, they can also help instill a lasting appreciation for America's places and its natural and national history.



**FREE**

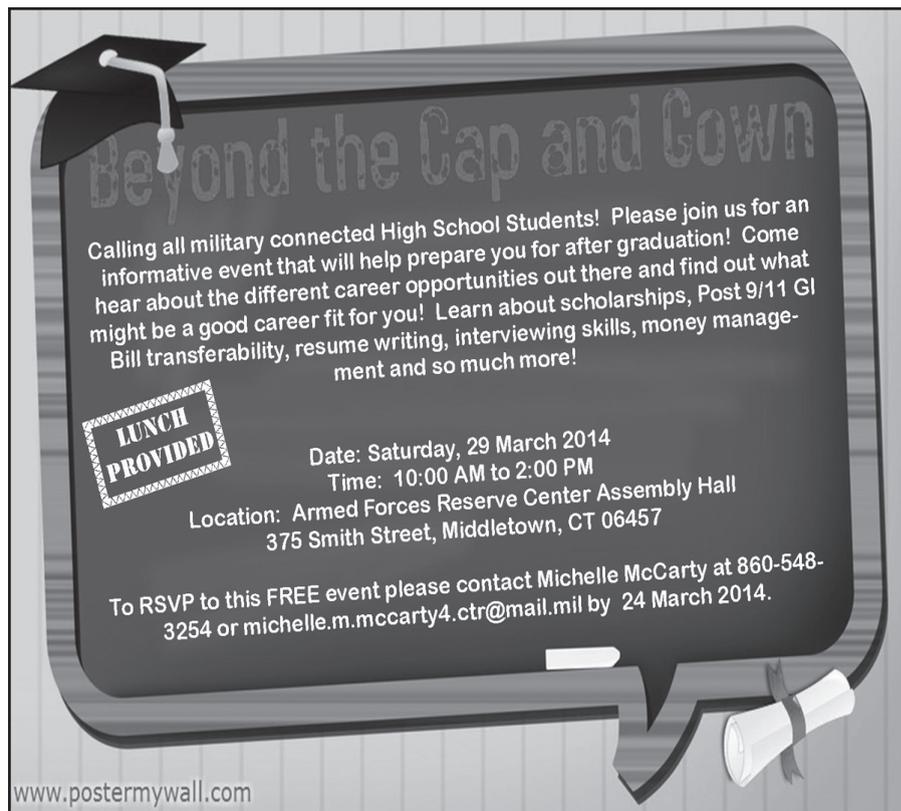
**Connecticut Youth Council  
103rd Airlift Wing Event**

We invite all military connected youth between the ages of 11 and 18 to join the CT Youth Council (CYC) for a day at the 103rd AW. We will tour the new C-130 plane, the base Fire House and Security Forces followed by fun activities and snacks!

**Date: Saturday, April 5, 2014**  
**Time: 1:00 PM**

**Location: 103rd Airlift Wing, 100 Nicholson Road, East Granby, CT  
JFHQ Conference Room, building 78.**

**RSVPs REQUIRED to Michelle McCarty, 860-548-3254 or  
Michelle.m.mccarty4.ctr@mail.mil by April 1, 2014.**



**Beyond the Cap and Gown**

Calling all military connected High School Students! Please join us for an informative event that will help prepare you for after graduation! Come hear about the different career opportunities out there and find out what might be a good career fit for you! Learn about scholarships, Post 9/11 GI Bill transferability, resume writing, interviewing skills, money management and so much more!

**LUNCH PROVIDED**

**Date: Saturday, 29 March 2014**  
**Time: 10:00 AM to 2:00 PM**

**Location: Armed Forces Reserve Center Assembly Hall  
375 Smith Street, Middletown, CT 06457**

To RSVP to this FREE event please contact Michelle McCarty at 860-548-3254 or michelle.m.mccarty4.ctr@mail.mil by 24 March 2014.

www.postermywall.com

**St. Patrick's Day Word Search**

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



- DYEING OF FOUNTAINS
- FEAST
- GREEN CLOTHING
- IRELAND
- IRISH CULTURE
- KELLY GREEN
- MARCH
- PARADES
- SHAMROCK

# KID'S CREATIVE CORNER

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

## Service Member and Family Support Center Locations

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

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

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

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

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

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

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

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

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

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

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