

Connecticut Guardian



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Two Women, Two Stories of Sexual Assault, Rape, Survival and Finding the Courage to Fight Back

SGT. 1ST CLASS DEBBI NEWTON
STATE PUBLIC AFFAIRS NCO

Editor's Note: April is Sexual Assault Prevention Month in the Department of Defense. The two young women whose stories are told here stepped forward with the goal of giving other victims the courage to do so as well. The Connecticut Guardian has changed their names in order to protect their privacy.

We've all heard the adage "no means no."

For two Connecticut Guardswomen, the opportunity to say no didn't happen. But that did not stop them from fighting back after their attacks.

FAITH

Faith, a member of the Connecticut National Guard (CTNG) for three and a half years, went to a local restaurant to meet some girlfriends for happy hour. While there, three male friends of one of her girlfriends came in and introductions were made.

"I had a few things in common with one of the guys and we talked for about 20 minutes," said Faith. They had both attended the same college and he was prior service so they shared stories of their time in the military with each other.

"He seemed like a perfectly normal guy," she said.

Faith had been at the restaurant for about 35-45 minutes when she paid her bill and said good-bye to her girlfriends, one of whom she said was probably the best friend she had at the time.

"I gave her a hug good-bye and started to leave when she pulled me back in for another hug," she said. "The three guys and a couple of other friends all came in for a group hug."

Struggling with the words and the memory, Faith said that's when things turned ugly.

The 'perfectly normal guy' she had been talking to earlier was behind her and whispered in her ear "Let me get a booby grab before you go." Before she could react, the man reached around from behind, grabbed Faith's breast and shook it.

"No one violates my body like that," she said. She pushed his hand down and turned out of his grasp and said she shouted "What the hell are you doing?"

"He had the most smug smile on his face, like it was

funny. I got really angry and pointed at him and asked again what he thought he was doing," she said. "It was like he was laughing at me, like he thought he hadn't done anything inappropriate. I got the feeling from the way he was behaving this wasn't the first time he had done something like this."



The month of April is designated Sexual Assault Awareness Month (SAAM). The goal of SAAM is to raise public awareness about sexual violence (focusing on sexual assault and rape) and to educate communities and individuals on how to prevent sexual violence. (U.S. Air Force graphic by Hans Roth)

Faith was surprised her girlfriends didn't stand up for her and sought out another friend, the bar manager of the restaurant, to tell her what had happened. Faith had once worked for the restaurant and was again surprised by the reaction she received.

"I was telling her what had just happened, and she wasn't even listening, she just kept texting on her phone. She wasn't acting like a friend or a bar manager," she said.

She said one of the male bartenders heard her talking to the manager and went over and had a few words with her attacker.

"I was so angry, shaky, panicky and upset, and the people I thought were my friends weren't listening."

Faith left the restaurant and started driving to her

parents' house. On her way there, she started questioning why she hadn't called the police to report the incident, so she called the police from her car and explained what had happened. They urged her to come in and file a report. She continued to her parents' house and told her mother what had happened. Her mother drove her to the police station where she filed a report.

While at the police station, Faith said she called the girlfriend to get her attacker's last name, but she didn't answer her phone.

"She had seen what happened and I thought she would help me, but I texted her when she didn't answer her phone and she still didn't respond," said Faith. "We even tried calling from the phone at the police department thinking she might answer the phone if it wasn't my number, but she didn't."

Luckily for Faith, there were several security cameras in the restaurant, the incident was caught on tape, and the police got the attacker's name from the credit card he used to pay his bill.

"My best friend did not want to get involved, she told me I was being 'terribly dramatic' about the whole thing," said Faith. "There were personal insults and lost friendships. I don't understand for my life why she wouldn't help. I called the bar manager after I talked to the police to see if the guy was still there and she did not want to talk to me. What kills me is she has a daughter with a disability who cannot speak up for herself. What if this was her daughter? Why would she choose to protect the bar over me?"

Faith said she felt disloyalty and betrayal from her friends after the attack.

"I'm not sure sometimes which hurts more, what happened to me or how my friends reacted."

Faith said she wants people to know, victims and perpetrators alike, that sexual assault is crime no matter how minor it is. And she has somehow found the strength to see this all the way through.

The police investigated and applied for an arrest warrant from the courts. Faith's attacker was arrested a month after the incident. According to Faith, he had retained a lawyer and admitted to the police he had done

Chairman's Corner: Sergeant Major of the Army Discusses Sexual Assault

Over the last three years while visiting Army posts, camps and stations around the world, I've made a deliberate effort to generate conversations about sexual harassment and sexual assault with your younger Soldiers, since most victims are in their first two years of Army service. Most of your Soldiers say they have not been personally affected by these crimes, but many know someone who has. They know the Army says it is serious about its commitment to find and prosecute sexual predators in our ranks, but many of them don't feel we are doing enough -- or at least don't know if anything has been done.

The statistics show we are making some progress. Victims who were assaulted more than a year ago are stepping forward and reporting these crimes, but many are still concerned about a command climate that judges the victim or allows retaliation for reporting the incident.

Each of these issues requires us to examine the culture in our formations. Whether we are NCOs, Officers, or Civilians, our actions (or inactions) either create a climate that allows these types of criminal acts to be tolerated or they create one that builds trust among Soldiers who support good order and discipline.

We can be successful, but it takes the will to do what is right -- morally, ethically and professionally. For NCOs, that means we must follow through on what we say we will do when we recite the NCO Creed or our Warrior Ethos: we are responsible for the welfare of our Soldiers and we take care of fallen comrades.

But you can and must do much more than caring for victims. You must prevent these incidents by setting the tone in our commands before something happens. When we see Soldiers of all ranks acting inappropriately, we must act. We know now that intimate contact, discussion of sexual acts, pictures of a sexual nature, fraternization and related actions are the precursors of sexual

harassment if not addressed ... and sexual harassment leads to sexual assault.

To support your efforts, the Army and your local SHARP staff have been at this issue for several years. We have created some great programs and tools -- like those found on the SHARP website at <<http://www.army.mil/sharp>> -- to help each of us to do the right thing. But, remember these resources will only be effective if NCOs actively engage the Soldiers they lead in frank and open discussions.

Some of the best tools you have to address the root causes of sexual assault can be found on the Center for the Army Profession and Ethic (CAPE) website at <<http://cape.army.mil>>. The new Stand Strong video case studies on the home page include personal stories from both male and female Soldiers in our ranks who have been victims of sexual assault. The accompanying Facilitator Guides have suggestions on how to start the discussion with your Soldiers. If you need more information, CAPE provides email and live chat support on their website.

These discussions will communicate to everyone in your command that being an Army professional is more than being competent at your job -- it is being a person of character and commitment. I am firmly convinced the

challenges we face are being perpetrated by those in our ranks who may be competent, but lack in commitment and character.

NCOs, you must lead the way. You know what needs to be done, you know how to identify the problem, and you know the resources available to help you be successful. We are the backbone of the Army and as the Chief of Staff often says, "We can do anything when NCOs make it happen."

- Sgt. Maj. of the Army Raymond Chandler



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(Front Page American Flag photo by Buddy Altobello)

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Two Women, Two Stories, Two Tales of Survival

From Page 1

what he was accused of, admitted that it was wrong and said he wouldn't do it again. He bonded out and is going through the court process. About two months after the attack, he was in court.

Faith has a victim's advocate in the court who notifies her each time her attacker is in court or when any action is taken on her case. She said it keeps the assault fresh.

"Every month I have to hear his name again as the case gets continued," she said. "I feel that moment again each time. Some call it a 'ghost feeling.' That moment will never get out of my mind. I have dreams about losing my friends and losing that part of me he took from me that day."

She said she told someone in her chain of command about what happened because she wanted someone to know that she was facing some challenges. He immediately referred her to Maj. Katherine Maines, the State SARC/SHARP (sexual assault response coordinator/sexual harassment assault response & prevention) professional.

Maines put Faith in touch with Capt. Kyle Wilkinson, special victim counselor in the staff judge advocate (JAG) office. Wilkinson has been specially trained to work with victims of sexual assault. Faith said his guidance was invaluable.

"He was someone who knows the court system and he showed no judgment, he just listened," she said. "I wanted to see it through, make a statement in court. I prepared a statement and Kathy helped with the emotional part of it and Capt. Wilkinson helped me with the wording."

Faith said she would recommend to anyone who finds themselves facing a similar situation to "find your SARC. Find your JAG."

Faith explained that when she went to court to make her victim's statement, Maines gathered a group of eight or nine victim advocates from units throughout the state to go with her as part of her support system. She also had family there with her.

With her support group there she said she was able to make her statement with conviction and strength and tears in her eyes. She was choking as she got through her prepared statement and said the judge listened to every word she had to say.

"These two women are extraordinary, not only in their bravery to serve their country, but also their personal courage in coming forward. I can't stop rape, only rapists can. But we can, as an organization, collectively, decide how we are going to treat our members who are victims of this crime and with the TAG's support, we will vigorously and endlessly fight for the rights of our survivors of sexual assault."

Maj. Katherine Maines, JFHQ-CT SARC/SHARP

When she was done, the judge asked the defendant on trial for the assault if he had a statement to make.

"I don't remember all of his words, but I do remember that he acted like it was no big deal, that he was so smug," she said. "I do remember him saying, 'I am sorry for the position I put myself in.'"

According to Faith, her attacker's lawyer painted a picture of an older man with an MBA, a family man who had spent time in the military and had never done anything wrong as he argued for accelerated rehabilitation (AR), an outcome that would eventually remove any conviction from the man's record. The judge did not make any decision that day, deciding instead to

take some time to review the case and continuing the case once more.

"In my statement I asked that if AR was granted, that it be with conditions," she said. "I asked that he be given community service, that he be required to do some volunteer hours with the Connecticut Sexual Assault Crisis Service and that he attend anger management and sexual offender classes. The only thing I have wanted through all of this is for this to not just go away. I want to impact his life like he has done mine so that he will never do this again."

HOPE

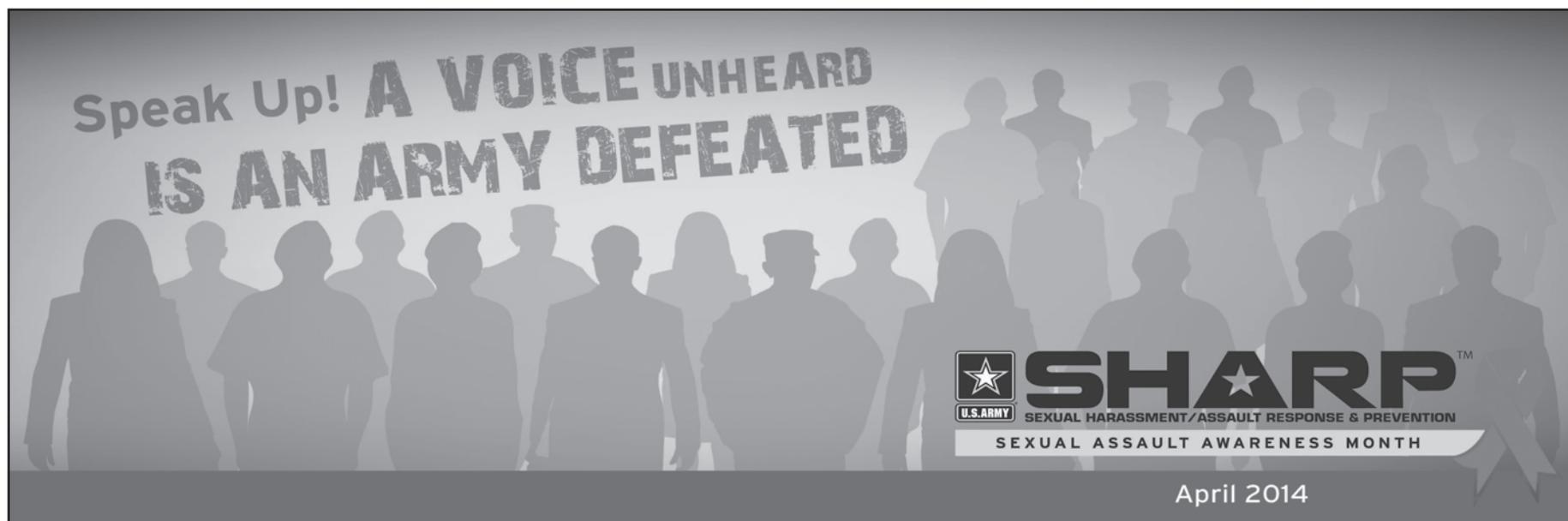
Hope has been in the CTNG for nearly three years and was on her first temporary duty assignment (TDY) out of state when she was raped by a Guardsman from another state.

One night during the TDY, Hope and a group of fellow Guardsmen went off post to socialize. Knowing they would probably be drinking, they made sure to have a designated driver for the evening to get everyone back to post safely. They went bowling and had a few drinks, then decided to go to a local bar.

"Moments after we arrived at the bar, I blacked out for the rest of the night, losing all memory from that point on," said Hope. "I woke up in my bed the next morning, completely naked and raped with my attacker laying next to me. I was extremely upset and confronted my attacker and he told me to calm down, that everything was ok. He was very nonchalant and unalarmed, like he did nothing wrong. I immediately asked him to leave my room. I had never felt that humiliated or scared in my life."

Hope confided in one of her classmates who had gone out with the group that night and he confided in another

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Two Women Find the Strength to Survive Sexual Assault

From Page 3

classmate who had been the designated driver. It was from the designated driver that Hope learned more about what had happened.

“(I was told) that my attacker had been trying to make moves on me earlier that night, even though I wasn’t in a state to make my own decisions. (I was told) he tried grabbing my hips and kissing me on several occasions and was told by other classmates to knock it off,” said Hope. She was also told he took her wallet, with her room key in it, and put it in his pocket.

Hope’s classmates convinced her to report the rape, telling her that by remaining silent, she was allowing her rapist to win. She told her class leader what had happened, a SARC was contacted and Hope was taken to the hospital, where, by her choice, the police became involved.

“I had to fight for many reasons,” she said. “I had to fight for my sanity, my child and my family, and most importantly, so that my attacker never hurt any other fellow Guardsman.”

The next few days were very tough she said. Her attacker was not removed from the class, so she decided not to go back.

“That was very hurtful to me,” she said. “I felt like I was being punished even though I did nothing wrong. I felt the [people] at the location could and should have handled things differently, but my state was there for me one hundred percent and with the help of Katherine Maines and her staff, my family, JAG, the adjutant general, some of my classmates from the training program and numerous others, justice was served.”

Hope said that justice did not come overnight and that it took endless time and trips to her attacker’s state to have her voice heard, but she had support in that fight.

“Everyone put their time aside to support me and now this monster is no longer serving in the Army National Guard,” she said.

Hope praises Maines and her staff for being there for her from day one. She said Maines made endless phone calls and visits to check up on her. They advised her of her rights and the choices she had to fight her attacker. She said everything she did was by her choice and in her time.

“I was supported one hundred percent and they made it known that whether I felt comfortable doing something or not, I was going to be supported by them,” she said. “Rank can be intimidating sometimes, but they never made me feel that way. I felt like I had friends I could confide in without any judgment being passed.”

Maines and her team made several trips out of state with Hope to help her fight her battle. It took more than a year to have some justice served, but Maines and her team never backed down according to Hope.

“She encouraged me to seek counseling, which I am glad I did. When this incident first occurred, I was in a dark place and without counseling,” Hope paused, “I wouldn’t have been able to go on with my life in a healthy,

positive way. Counseling made me feel comfortable because I could talk to someone who had no biased opinions about the situations and Katherine and the team helped me out with this as well. Most importantly, they kept everything confidential, and that is why, today, I feel comfortable sharing my story with others. If my story can convince one person to come forward and report their assault or attack or make someone realize the seriousness of consent and that if a person cannot give consent, it’s not ok to continue with your action, it was worth it.”

“I had to fight for many reasons. I had to fight for my sanity, my child and my family, and most importantly, so that my attacker never hurt any other fellow Guardsman.”

Hope

Hope’s attacker was discharged from the Army National Guard in his state after serving many years and lost his career and family. Though he never served any jail time, Hope knows that she fought her hardest, along with the support of the CTNG, and she says that puts her at peace.

“I let my attacker know that by fighting for my rights, I was not scared of him and I was going to protect other Soldiers from this happening to them,” she said. “No, I will never forget what happened, but I am able to move on with my life knowing I didn’t stay silent and didn’t let him get away with rape.”

SURVIVAL

Both Hope and Faith agreed that the support given them by Maines and her team gave them strength.

“There was not a shred of doubt on their faces in what I said,” Faith said. “They believed me.”

Maj. Gen. Thaddeus Martin, adjutant general (TAG) of the Connecticut National Guard has been very vocal about his zero tolerance policy when it comes to sexual assault and rape. Faith and Hope have no doubt that he stands behind his words.

“The support system in the National Guard has been there every step of the way,” said Faith. “I chose not to talk to some of my friends about this because I did not want to create ripples between them and the friends who were there and did not stand by my side. The support I have received in the Guard has been by far what I had

hoped would be coming from my friends. Katherine and her team have been the ones checking in on me. The military people were really the ones who understood.”

If there is one thing Faith wants people to take away from her story it’s this:

“Do what is right for you, not what is right for other people,” she said. “No matter how small it is, it is sexual assault.”

Hope knows that for anyone that has been sexually assaulted or raped, male or female, it is not easy.

“There are days when you just want to give up,” she said. “You live in fear. You feel like you are alone. Please speak up and don’t let these attackers get away with their actions. If we don’t say anything, it only gives them confidence to attack again. If not for any other reason...do it because you are worth it.”

“These two women are extraordinary, not only in their bravery to serve their country, but also their personal courage in coming forward,” said Maines. “I can’t stop rape, only rapists can. But we can, as an organization, collectively, decide how we are going to treat our members who are victims of this crime and with the TAG’s support, we will vigorously and endlessly fight for the rights of our survivors of sexual assault.”

GAIL BURNS-SMITH SEXUAL ASSAULT FORENSIC EXAMINERS PROGRAM

In September 2009, Public Act 09-3 authorized the Office of Victim Services (OVS) to establish a program to train and make available Sexual Assault Forensic Examiners (SAFEs) to adult and adolescent victims of sexual assault at participating hospitals.

The program is named after the late Gail Burns-Smith, a dedicated community and national advocate for victims of sexual assault.

The SAFE Program is available through an on-call system at the following six acute care hospitals:

Hartford Hospital

Manchester Memorial Hospital

Middlesex Hospital

Saint Francis Hospital

Windham Hospital

The Hospital of Central Connecticut, New Britain

Danbury Hospital and Yale-New Haven Hospital have Sexual Assault Nurse Examiners (SANE) and they have been working on developing a hospital program based on the SAFE Program

April is Sexual Assault Awareness Month, Known as SAAM

Sgt. 1st Class Daniel Freeman
JFHQ Victim Advocate Coordinator
SHARP Specialist

The Connecticut National Guard (CTNG) has many programs to offer to its Active Guard-Reserve (AGR), M-Day, recruits, cadets, student flighters, civilian work force and dependants 18 years or older if they have been sexually assaulted.

What if they are sexually assaulted before they join the military? Or on a Tuesday night, not in duty status, or by a civilian? Two years ago, we could only offer referrals to civilian resources and offer to listen if they wanted to talk.

Today that is a 100 percent different outcome. Multiple, helpful resources are now available within the CTNG.

1) Joint Force Headquarters Sexual Assault Response Coordinator (JFHQ SARC) The SARC, Maj. Katherine Maines, will meet with a survivor, listen to what he or she needs and offer a plethora of resources available.

2) Connecticut National Guard Sexual Assault Prevention & Response Program (CTNG SAPR) Incident Team now has a special counsel to provide legal assistance to victims/survivors. The CTNG also has a special investigator trained to handle sexual assault cases

not getting law enforcement response.

Military victims of sexual assault have two reporting options — **restricted reporting** and **unrestricted reporting**. Military retirees, dependents, over 18, and other civilian victims currently may use only unrestricted reporting.

Restricted Reporting

This option is for victims of sexual assault who wish to **confidentially**, disclose the crime to specifically identified individuals without triggering the official investigative process. Service Members who desire restricted reporting under this policy must use one of the following reporting avenues:

- 1) Sexual Assault Response Coordinator (SARC)
- 2) Victim Advocate (VA)
- 3) Health Care Provider (HCP) or personnel
- 4) Chaplains*
- 5) Legal Assistance Attorneys*

*While legal assistance attorneys and chaplains have confidentiality/privilege, they are not a restricted source.

Policy permits victims of sexual assault to report the crime to these specified individuals who can then ensure the victim receives medical care, treatment and counseling without notifying command or law

enforcement officials. A survivor has one year to convert a restricted report to an unrestricted report, but an unrestricted report cannot ever be made restricted.

Unrestricted Reporting

This option is recommended for victims of sexual assault who desire an official **investigation of the crime**. When selecting unrestricted reporting, you should use current reporting channels such as a Sexual Assault Response Coordinator (SARC), a Victim Advocate (VA), health care personnel, chaplain, chain of command or law enforcement.

Reporting in this way will initiate an investigation; jurisdiction depends on location and duty status.

In all cases the first concern is for safety and medical attention - this can be provided no matter which option someone chooses.

State and local civilian resources may also be available depending who is adjudicating the case.

A military victim advocate and a victim's legal counsel are available to support and advise survivors throughout the adjudication process.

The CTNG standard is to ensure victims are treated with respect and provided frequent updates on the status of their cases.

Sexual Assault Resources

DoD: Safe Helpline, 24/7,

<https://www.safehelpline.org/>, 877-995-5247

MSP-Military Support Program 860-8721486

State: **CONNSACS**, Connecticut Sexual Assault Crisis Services

Each Center Provides:

- Hotline Services 24 hours/day 7 days/week
- 24 hour crisis counseling
- Information & referral
- Advocacy for children and non-abusing parent
- Short-term counseling for victims and their family and/or friends
- Support groups
- Community education programs dealing with sexual assault issues
- Community prevention programs dealing with safety concerns, etc.

All services are FREE and CONFIDENTIAL

[Center for Women and Families of Eastern Fairfield County, Inc. Rape Crisis](#)

[Services](#)

753 Fairfield Avenue

Bridgeport, CT 06604

Office: 203-334-6154

Hotline: 203-333-2233

[Women's Center of Greater Danbury Sexual Assault Crisis Services](#)

2 West Street

Danbury, CT 06810

Office: 203-731-5200

Hotline: 203-731-5204

Email: womenscenter@wcogd.org

[Women and Families Center](#)

[Meriden office](#)

169 Colony Street

Meriden, CT 06451

Office: 203-235-9297

[Middletown office](#)

100 Riverview Center

Middletown, CT 06457

Office: 860-344-1474

[New Haven Office](#)

1440 Whalley Avenue

Suite 274

New Haven, CT 06515

Office: 203-389-5010

Hotline: 203-389-9700

[The Center for Sexual](#)

[Assault Crisis](#)

[Counseling and](#)

[Education](#)

700 Canal Street

Suite 22B

Stamford, CT 06902

Office: 203-348-9346

Hotline: 203-329-2929

Email: info@sacec-ct.org

[YWCA of New Britain Sexual Assault Crisis Services](#)

[New Britain Office](#)

19 Franklin Square

New Britain, CT 06051

Office: 860-225-4681

Hotline: 860-223-1787

Email: nbsacs@snet.net

[Hartford Office](#)

175 Main Street (Hispanic

Health Council)

Hartford, CT 06106

Office: 860-241-9217

Hotline: 860-547-1022

[Susan B. Anthony Project](#)

29 Central Avenue

P.O. Box 1503

Waterbury, CT 06721

Office: 203-753-3613

Hotline: 203-753-3613

[Rape Crisis Center of](#)

[Milford](#)

70 West River Street

Milford, CT 06460

Office: 203-874-8712

Hotline: 203-878-1212

[Safe Haven of Greater Waterbury](#)

179 Water Street

Torrington, CT 06790

Office: 860-489-3798

Hotline: 860-482-7133

[Sexual Assault Crisis Center of Eastern Connecticut](#)

[Willimantic Office](#)

PO Box 24

90 South Park Street

Willimantic, CT 06226

Office: 860-456-3595

and 860-423-7673

Hotline: 860-456-2789

Email:

weconnect@snet.net

[New London Office](#)

78 Howard Street

2nd Floor

New London, CT 06320

Office: 860-442-0604

Hotline: 860-437-7766

Freedom Salute Honors Three Connecticut Units



143rd Combat Sustainment Support Battalion salutes during the National Anthem at a Freedom Salute Ceremony March 18 at the Governor William A. O'Neill Armory, Hartford, Conn. The 1048th Transportation Company and B Company, 2nd Battalion, 104th Aviation Regiment with the 143rd CSSB all returned to Connecticut within the last eight months. The ceremony recognized their federal overseas service in support of the Global War on Terror. Two Purple Heart Medals and 20 Bronze Star medals were awarded at the ceremony. (Photo by Sgt. Alicia Brocuglio, 130th PAD)



Governor Daniel P. Malloy addresses the 1048th Transportation Company, 143rd Combat Sustainment Support Battalion and B Company 2nd Battalion, 104th Aviation Regiment during a Freedom Salute Ceremony, March 18 at the Governor William A. O'Neill Armory, Hartford, Conn. The ceremony recognized their federal overseas service in support of the Global War on Terror and awarded two Purple Heart Medals and 20 Bronze Star medals were awarded to at the ceremony. (Photo by Sgt. Alicia Brocuglio, 130th PAD)



Representative Elizabeth Esty, 5th District Congressional Delegation, addresses the 1048th Transportation Company, 143rd Combat Sustainment Support Battalion and B Company, 2nd Battalion, 104th Aviation Regiment during a Freedom Salute Ceremony, March 18 at the Governor William A. O'Neill Armory, Hartford, Conn. The ceremony recognized teach units' federal overseas service in the support of the Global War on Terror. (Photo by Sgt. Alicia Brocuglio, 130th PAD)



Staff Sgt. Alex Seretny (center right) of Windham and Spec. Michael Peterson (right) of Weymouth, Mass., both members of the 1048 Transportation Company, were awarded the Purple Heart and Bronze Star by Maj. Gen. Thaddeus Martin (left), adjutant general, and Governor Dannell P. Malloy (center left) during Freedom Salute ceremonies honoring their unit and two other units who had recently returned from deployments. Eighteen additional Soldiers also received the Bronze Star. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Governor Daniel P. Malloy, assisted by Maj. Gen. Thaddeus Martin, pins a Bronze Star Medal on 1st Lt. Henry Vargas, Waterbury, Conn. for his service during deployment with the 1048th Transportation Company at a Freedom Salute Ceremony March 18, at the Governor William A. O'Neill Armory, Hartford, Conn. (Photo by Sgt. Alicia Brocuglio, 130th PAD)

242nd Engineer Detachment Begins Work in Afghanistan

SGT. BRENDAN McLAUGHLIN
242ND EN DET. UPAR

The 242nd Engineer Detachment (Construction Management Team) has hit the ground running in Afghanistan on their nine-month Operation Enduring Freedom mission. The unit finished their training and validation at Ft. Bliss, Texas well ahead of schedule due to the extensive pre-mobilization training received in state prior to deploying. On Feb. 28 the unit departed Ft. Bliss and arrived in Afghanistan 36 hours later.

Upon arrival the unit spent the first several days at Bagram Air Field (BAF) receiving orientation training. A significant part of the orientation consisted of counter IED (CIED) training to help mitigate one of the largest threats U.S. and the International Security Assistance Force (ISAF) personnel face in Afghanistan. Additional training and courses conducted touched on Afghan culture and cultural etiquette.

Within several days the team migrated to the New Kabul Compound (NKC), the unit's primary mission location. Falling in under the 130th Engineer Brigade, the 242nd is assuming responsibility for managing multiple engineering projects that are taking place throughout Afghanistan. The main efforts and oversight will focus on the deconstruction of several forward operating bases (FOBs) throughout the country for either closure or turn over to the Afghan National Army (ANA). The 242nd will track and provide progress updates to ISAF Joint Command (IJC) on the closure and transfer of individual bases from now through Oct. 31, 2014.

The survey and design team within the unit have begun performing on site inspections and design of future projects in eastern and western Afghanistan.

"The unit has integrated very well with the 130th Engineer Brigade, our higher headquarters and have begun performing several engineer missions already,"

said Col. John Whitford, commander of the 242nd En Det & J7 OIC for Task Force Sapper. "The unit is playing an integral part at a very important and crucial time in Afghanistan."

"It's going to be a very exciting and historical time to be part of the engineer force during the drawdown as we prepare for the resolute support mission later this year," said Sgt. Maj. David Moorehead, 242nd Sgt. Maj. and J7 NCOIC for Task Force Sapper.

The next several months will be crucial for the future of Afghanistan as the exit plan for combat forces is finalized, national elections are held and NATO's post-combat the execution of "resolute support" mission is further developed.

The 242d Engineer Detachment is currently the only forward deployed unit of the Connecticut Army National Guard.



Members of the 242nd Engineer Detachment (Construction Management Team) stand ready to accomplish their mission in Afghanistan. The Soldiers began their nine-month rotation in Afghanistan in early March. (Photo courtesy Sgt. Maj. David Moorehead, 242nd Engineer Detachment CMT)



It's Time to Get Your DA Photo

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

This year's promotion boards have passed. One of the things that could have boosted your chances of getting promoted is having had an updated DA photo in your record.

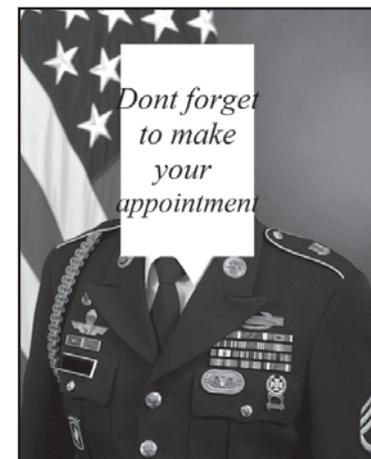
There's plenty of time between now and next year's boards—plenty of time to square away your new army service uniform (only authorized DA photo uniform as of Sept. 2014), get haircuts, and work your hardest to ensure promotion to the next rank.

To make an appointment at your nearest defense imagery facility, go to: www.vios.army.mil.

To find a facility near you, go to:

www.defenseimagery.mil/community/facilities.html.

Questions? Email the Connecticut Guard's visual information manager, Staff Sgt. Daniel Damon at daniel.m.damon.mil@mail.mil.



Social Media Offers Many Benefits, but Guardmembers Must Remain Aware of its Risks

TECH. SGT. DAVID EICHAKE
NATIONAL GUARD BUREAU

ARLINGTON, Va., (3/6/2014) - The use of social media has made it easier for many to stay connected to friends and family. It often provides the opportunities to give near instant communications via text or images and can help ease stresses when servicemembers are deployed. The benefits of social media are nearly endless and often far reaching.

"Social media spreads news faster than any other media," said Chief Master Sgt. Mitchell Brush, the senior enlisted advisor for the chief, National Guard Bureau, on his Facebook page, adding "it empowers us to effect change and do good on a community, state, national or even international level."

But while there are many benefits of social media, there are sometimes dangerous ramifications if used inappropriately. The use of social media can often have unintended consequences and in some cases, end military careers.

Even things that may be part of an inside joke among friends, may have a larger meaning or significance when the uniform is worn. Guardmembers must avoid offensive

and inappropriate behavior that could bring discredit upon themselves and the National Guard. This includes posting any defamatory, libelous or obscene material.

"You represent the National Guard in cyberspace just as you do in the real world," said Brush, adding "the same military bearing is expected of you here as we expect on the street."

To educate Soldiers and Airmen of the use of social media, both the Army and Air Force have each published a social media handbook which gives guidance for Guardmembers on the use of the medium.

"You are personally responsible for what you say and post on social networking services and any other medium," according to the Air Force Social Media Guide. In addition, "if you have doubts about whether you should post something, err on the side of caution."

The Army Social Media Handbook provides similar guidance for Soldiers.

"Soldiers using social media must abide by the Uniform Code of Military Justice at all times. Commenting, posting or linking to material that violates the UCMJ or basic rules of Soldier conduct is prohibited," adding "it is important that all Soldiers know that once they log on to

a social media platform, they still represent the Army."

Even if personal settings are set to private, posted items may not stay private as those who have been granted access can share those postings with others.

According to the Army Social Media Handbook, acceptable postings include pride and support for service, links to published articles about a unit or any information that is already public domain is acceptable.

Prohibited postings include specific unit movement information, gossip, or anything that would represent the military in a bad light.

Guardmembers should not release personal identifiable information that could be used to distinguish their individual identity or that of another servicemember.

Further information and guidance can be obtained by following the Air Force and Army Social Media handbook links below.

- U.S. Army Social Media Handbook http://www.nationalguard.mil/features/Social_media

- U.S. Air Force Social Media Handbook http://www.nationalguard.mil/features/Social_media/docs

Behavior in or out of uniform must reflect our shared values and those of our parent services at all times.

Son Joins Father in CTARNG



Private Patrick S. Blake (second from left) is congratulated by his father, Sgt. 1st Class William Blake, Chief Warrant Officer 2 Peter Conklin, his mother, Christine Palardy, and his step-father, Stephen Palardy, after Conklin swore him into the Connecticut Army National Guard at the MEPPS Station in Springfield, Mass. (Photo courtesy Sgt. 1st Class William Blake)



[facebook.com/USARMY](https://www.facebook.com/USARMY)
The Official U.S. Army Fan Page



twitter.com/USARMY
The Official U.S. Army Twitter



[youtube.com/USARMY](https://www.youtube.com/USARMY)
The Official U.S. Army YouTube



[flickr.com/SOLDIERSMEDIACENTER](https://www.flickr.com/SOLDIERSMEDIACENTER)
The Official U.S. Army Flickr



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



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



[slideshare.net/USARMYSOCIALMEDIA](https://www.slideshare.net/USARMYSOCIALMEDIA)
U.S. Army Social Media Resources



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



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

Heroism, Medicine, Wilson French and Harpers Ferry: Connecticut Civil War Connections Run Deep

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

Independent historian Carolyn B. Ivanoff believes the outcome of the Battle of Gettysburg may have been different, had Gen. Lee not suffered a heart attack months before the battle.

This was one of many fascinating subjects Ivanoff spoke of at the Connecticut National Guard Professional Medical Education Seminar held on March 1 at Camp Niantic.

Sponsored by the medical and recruiting/retention commands of the Connecticut Army National Guard (CTARNG,) the seminar featured medical professionals and teachers from around the state of Connecticut and surrounding region.

Camp Niantic's Col. Robert Nett Hall was packed with seminar guests and students for the day's presentations.

Presenter Leah Ward spoke about Chronic Traumatic Encephalopathy. Robert Haley discussed lessons learned from the Boston marathon bombing. CTARNG Col. Richard Young, the seminar organizer, shared information on contemporary causes and preventions for child abuse in military families.

Ivanoff was the seminar's final speaker. Her presentation, titled, "Civil War Medicine: Myth, Maggots, Minnie Balls, Gangrene and Glory," covered a wide range of Civil War medical facts, as well as numerous Civil War wartime connections to the state of Connecticut.

The Civil War was responsible for many medical breakthroughs, due to the necessity of new techniques needed in battles, she said.

Dr. Jonathan Letterman's plan for triage and battlefield evacuation is still in use today, she said.

"The techniques Letterman pioneered in Civil War battles are extremely common. They were put to use at the Boston Marathon bombing," said Ivanoff.

If only antiseptic surgical practices, popularized by British surgeon Joseph Lister, had been practiced during the Civil War, thousands of additional lives could have been saved, said Ivanoff.

Ivanoff's wealth of historical knowledge and expertise extends far beyond Civil War medicine. As housemaster and teacher at Shelton Intermediate School, in Shelton, Conn., she is one of the state's foremost Civil War experts and historians.

She has most recently used her knowledge and resources to assist many Connecticut residents track and discover their Civil War ancestry.

The walls of her office at Shelton Intermediate School are plastered with pictures of Civil War Veterans she has traced to living descendants in Connecticut.

And her office's vast collection of history books and artifacts are accompanied by Civil War paintings, pictures, and even an Abraham Lincoln *Chia Pet*.

"Without the Civil War, the American 20th century would not have been as flourishing as it had been," she said.

"The North would not have emerged as an industrial technological powerhouse, and the United States would not have become such a great colonial power."

Ivanoff said Connecticut was in the forefront of the United States' postwar industrial boom. The North's new power and progressiveness, however, came at the expense of the South, which was left with a damaged and old agrarian based economy and little remaining infrastructure, she said.

Connecticut did not come away from the war unscathed. The state suffered thousands of casualties. And while the dead were buried near and on battlefields, many wounded Veterans eventually made their way back home, Ivanoff said.

Many returning Connecticut Veterans joined a new fraternity/advocacy group called The Grand Army of the Republic, said Ivanoff.

The Grand Army of the Republic consisted of Civil War Union Veterans, and was one of the first groups to advocate for the rights and benefits of Veterans, she said.

The Grand Army of the Republic was the forerunner to contemporary Veterans' advocacy groups like the American Legion, VFW, and even the Department of Veterans Affairs.

During her research on Connecticut residents' Civil War ancestors, Ivanoff discovered a number of untold heroic tales of Connecticut Veterans. Among them—Capt. Wilson French from the Connecticut 17th Volunteers.

French was one of the fortunate wounded Veterans who made it home after the war.

French's great great-granddaughter is a resident of Stratford, Conn. She shared with Ivanoff hundreds of letters exchanged between her great great-grandfather and her great-great-grandmother, during his Civil War service.

Through these letters, Ivanoff discovered that French was wounded at the Battle of Gettysburg. He was then captured, released, and later captured and released again before the war ended.

Amazingly, with shrapnel in his arm, French walked more than two miles to reach a field hospital at Gettysburg, Ivanoff said.

When he finally reached this field hospital, all of the doctors there spoke German. They wanted to amputate his arm, but he couldn't understand them, Ivanoff said.

"He kept his arm," she said. "There are hundreds of Connecticut Veteran stories like French's."

Ivanoff said these stories are often hidden away in letters and libraries.

An extremely popular Connecticut 19th century historical figure, who was responsible for one of the events that directly led to the Civil War, was John Brown, a resident of Torrington.

In 1859, Brown led a raid on the Harpers Ferry armory in Harpers Ferry, Virginia. Brown and his group successfully took and occupied the armory, but then something interesting occurred.

"1st Lt. J.E.B. Stewart was sent to Arlington Virginia, to retrieve Col. Robert E. Lee," said Ivanoff.

She said Lee was home on leave but was summoned by the War Department, to lead the attack on Brown, and his men, who occupied the armory.

"Lee returned to Harpers Ferry with Stewart. Lee was

wearing his civilian clothes," Ivanoff said.

John Brown was eventually tried for treason and hanged.

Soon after the events at Harpers Ferry, Lee turned down an appointment by President Abraham Lincoln to lead the Union Army.

During the Civil War his property at Arlington was 'annexed' and transformed into what would eventually become the nation's largest military cemetery.

"When the war started, he told his wife that she should leave the estate," Ivanoff said. "Lee knew that they would take his property."

Ironically, due to medical advances, there will never be another tomb of an unknown Soldier on his property, she said.

And many deceased Connecticut Veterans now rest there.

When he later had a heart attack, Robert E. Lee's symptoms were treated with quinine," said Ivanoff.

"The quinine helped reduce his symptoms, but by the Battle of Gettysburg, it was too late," she said. "The damage was done."

Ivanoff said she would like to focus her future attention on American civilians caught in war—particularly at Gettysburg, where the fighting took place in streets and on the properties of residents.

"Women would run onto these battlefields after the fighting to help nurse the wounded," she said.

"Many of these women hoped that the same care would be given to their sons and loved ones on other battlefields," said Ivanoff. "Without volunteer nurses, like Cornelia Hancock, who worked closely with the 14th Connecticut Infantry Regiment, many more wounded men may have died."

This was not a medical breakthrough. Unlike evacuation/triage, and antiseptic practices, volunteer women nurses have always been present on battlefields, Ivanoff said.

Carolyn Ivanoff would happily instruct a seminar on such a subject. At next year's CTARNG Professional Medical Education Seminar, perhaps she'll have the chance.

To learn more about Carolyn B. Ivanoff's Civil War work, or to find out how to discover your Civil War veteran ancestors, visit her website: <https://sites.google.com/site/carolynivanoff/>.



Police Ride-along Brings Two Combat Vets Back Together

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

“Taillights are out,” said Dave Rodriguez.

We followed the mid-size sedan on Route 44, through Collinsville and Canton, for roughly a mile.

“He’s swerving a little too. I’m going to pull him over,” he said.

Rodriguez reached to turn a small control knob. His police car sirens and lights came on.

I was nervous. I’d never before been in a police car.

Dave Rodriguez is a police officer in the Canton Connecticut Police Department. The town of Canton borders Avon, Simsbury and Farmington.

Dave Rodriguez is also Staff Sgt. Rodriguez, from the Connecticut Army National Guard’s Recruit Sustainment Program (RSP). Before RSP, he was a mortarman in Charlie Company, 1st battalion, 102nd Infantry.

As I’d recently considered applying to become a police officer, Rodriguez invited me to join him for an evening ride-along.

He said that the evening would be quiet, but in an hour we’d already responded to a near car accident, a fire and were now on our second vehicle pull-over.

“I wanted to work nights, to be with my family during the day,” said Rodriguez, while reaching for his flashlight.

I watched him get out of the car and approach the pulled-over vehicle. I thought about our first deployment together with the 1-102 in 2006, and how he waited in anticipation to get home for his first daughter’s birth.

He now has three daughters.

Rodriguez got back into the police car.

“This guy’s getting a warning. Failure to replace taillight lights,” he said.

After returning home from Afghanistan in 2006, Rodriguez applied to become a police officer on a whim. His best friend, Sgt. First Class Barry Labarre, from HHC 1-102 convinced him to apply.

“He took the test, so I took it too,” Rodriguez said. “One of the best decisions I ever made. There’s no better job than being a police officer. You get to wear every hat with this job: teacher, authority figure, friend, role-model. I have to be all of those things every day.”

The fire we responded to earlier in the evening was in a very wealthy neighborhood of Canton.

When we arrived, the firefighters were laughing.

“Burnt meatloaf,” their Captain said.

“You also get to know everyone,” said Rodriguez, referring to the firefighters.

“Teachers, business owners, kids—it’s important that they know who we are and trust us.”

We drove along the dark wooded streets of Canton and Collinsville for a few quiet minutes. As we pulled into the Canton Junior High School, it was evident that Rodriguez had indeed found his life’s calling.

“Must be a play or a recital going on here tonight,” he said while waving through his window at families walking to and from the school entrance.

“Even though Canton is a small town, the worst thing a police officer can do here is let their guard down. Just

like being in Afghanistan, we have to be vigilant all the time.”

He waved at a group of children passing by.

“And I still do PCCs and PCIs,” he said while placing his flashlight back into its spot behind his seat.

As we drove away from the school, Rodriguez quickly noticed a car driving with its headlights off.

“Sometimes people forget to turn their lights on,” he said. “But most often, they’ve been drinking.”

He turned a small control knob for his sirens and lights, and the vehicle accelerated.

I felt a little bit of an adrenaline rush: something I’d experienced with Rodriguez a hundred times in 2006 and 2007 in Afghanistan. He seemed to read my mind.



Officer Dave Rodriguez is all smiles while on duty as a police officer in Canton, a job he says makes him “feel very lucky.” (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Staff Sgt. Dave Rodriguez in Afghanistan as a member of Charlie Company, 1st Battalion, 102nd Infantry. (Photo courtesy Staff Sgt. Dave Rodriguez)

CT Army National Guard, DOC Work Together at Closed Gates Correctional Facility

STAFF SGT. JERRY BOFFEN
JFHQ PUBLIC AFFAIRS

NIANTIC, Conn. – Soldiers from the 143rd Military Police Company and 643rd Military Police Company conducted detainee operations training at J.B. Gates Correctional Institution in Niantic, Conn., March 1-2. The weekend's training event was a continuation of training that the MPs have been doing over the past several months at the prison, which was closed in June 2011.

This training is used to keep the Soldiers familiar with detainee operations and to ensure that the Soldiers continue to use the proper procedures inherent in such operations, which include entering and running a correctional facility; dealing with unruly detainees; and using of the proper level of force when dealing with detainees.

The Connecticut Department of Corrections (DOC) still maintains jurisdiction over the now closed facility and all training there has therefore been a coordinated effort between the Connecticut Army National Guard (CTARNG) and the Connecticut DOC.

Lt. Col. Paul Deal, commander of the 192nd Military Police Battalion, which both the 143rd Military Police

Company and 643rd Military Police Company fall under, said that this coordination with DOC for use of Gates Correctional Facility arose out of necessity.

"Having a real facility to fall in on for training is absolutely vital to our mission," Deal said. "We didn't have one so we pushed through [higher command] to get something and they decided to contact DOC."

The move has been very beneficial to the Soldiers, Deal said.

"Morale is extremely high." He said. "They come in here and what you see is real. It's been a win-win for us."

DOC Capt. Charles Fritz, the DOC liaison to the CTARNG for this training, agreed that the training site has been good for the Soldiers and said that he likes what he has seen from them.

"They're doing really well," Fritz said. "For a lot of the younger Soldiers this is their first time behind bars. This isn't pretend. It's the real McCoy. When they walk in here and they see all the razor wire surrounding the place it makes [the training] very realistic and they're doing a great job. This is absolutely the perfect facility for this type of training."

Master Sgt. Edmund Scarchelli, a member of 643rd's

Headquarters and Headquarters Company and an employee of the CT DOC, echoed what Fritz said and added that the coordination between the CTARNG and DOC creates an environment that is highly beneficial to the training experience.

"The way that the DOC and military conduct detainee operations mirror each other very closely," Scarchelli said. "They conduct detainee operations almost identically so this is the perfect setting for this training."

Scarchelli also said that this coordination has been a great effort on the CTARNG and DOC's parts to utilize the state's assets fully and that he hopes they can continue to work together in the future.

Additionally, this training has provided an opportunity for select members of the 143rd to prepare themselves for a possible mission next spring at Guantanamo Bay detention camp in Cuba, where they would augment the Joint Task Force there and oversee the running of the facility.

"It's not a new mission for us," said Deal, "and we are fully capable of doing it again should we get sent there."

Maintenance Part of Convoy Operations Training

Spc. John Meade, 1st Platoon, 143rd Military Police Company performs a PMCS inspection on his assigned HMMV at the U.S. Army Reserve Training Center in West Hartford, Feb. 2. The 143rd are currently in the 'crawl' phase of their annual convoy operations training. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Of Interest to Veterans

DOD Official: Quadrennial Review's Focus is Protecting Homeland

NICK SIMEONE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Mar. 7, 2014 - Two countries that have long concerned the United States in terms of national security -- North Korea and Iran -- are mentioned first in the 2014 Quadrennial Defense Review, a document that a senior Defense Department official told reporters has a renewed emphasis on protecting the homeland.

The congressionally mandated review of national defense strategy establishes priorities for defense spending, assets and a rebalancing of the military in anticipation of the security challenges the nation is likely to face in the coming years, all in light of an increasingly tight fiscal situation.

In explaining the objectives to foreign journalists, Christine E. Wormuth, deputy undersecretary of defense for strategy, plans and force development, said the United States remains concerned about North Korea in particular, which she called a "major challenge" for the United States in the Asia-Pacific region.

"The regime remains very insular and closed, and has engaged in a series of provocations," Wormuth said, adding that the United States is working closely with South Korea to ensure stability on the Korean Peninsula.

"I think we've developed, together with [South Korea], a counter-provocation plan that's designed to help us coordinate and respond to potential future provocations more effectively than ever before," she said.

North Korea tested a long-range missile this week in what was described as a reaction to annual U.S. and South Korean military exercises.

"I think we feel confident that with the force that we have going forward and the strategy that we have, that we will be able to meet our responsibilities with [South Korea] to address threats that we might see from North Korea," Wormuth told reporters a day after the missile test.

Wormuth called the U.S. military's rebalance to the Asia-Pacific region announced two years ago an important part of the U.S. strategy and said U.S. officials are paying close attention to China's military modernization.

"We would like to see more transparency in terms of Chinese intentions behind the various elements of its modernization," she said. China this week announced plans to increase defense spending by more than 12 percent.

The Quadrennial Defense Review also says the United States must stay ahead of the ballistic missile threat posed by Iran.

To that end, Wormuth said, the strategy highlights the importance of investing in national missile defense in light of Iran's growing capabilities, and added that the strategy anticipates a lot of continued instability in the Middle East in general, especially involving ongoing Sunni-Shia tensions and the consequences of revolutions rooted in the Arab Spring.



Hagel Orders Review of Military Decorations, Awards Program

JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

Defense Secretary Chuck Hagel has ordered a comprehensive review of the military decorations and awards program, Pentagon Press Secretary Navy Rear Adm. John Kirby said.

The secretary wants to capture the lessons learned from 13 years of combat to improve the program, Kirby said. The review will begin in June under the direction of Jessica L. Wright, acting undersecretary of defense for personnel and readiness. It is due to be completed in June 2015.

Wright will consult closely with Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, as well as the military department secretaries and chiefs and the combatant commanders, Kirby said during a Pentagon news conference.

"Secretary Hagel believes this is a solemn obligation for the Department of Defense, one that we can never take lightly," the admiral said. "The review will focus on ensuring that the awards program appropriately recognizes all levels of combat valor, as well as the service, sacrifices and actions of all our service members."

The review will examine how the awards program is structured to make sure that it fully reflects the joint nature of warfare, the admiral said. "It will examine the processes and procedures of how medals for valor are nominated in order to determine whether they can be improved or streamlined and help make the overall awards process more timely," he added, "and it will determine the best way to recognize service members who use remote technology to directly impact combat operations, such as through cyber and remotely piloted aircraft."

Some awards and decorations are service-specific, and others cut across the military. The secretary recognizes joint military operations have become the norm, Kirby told reporters. "You don't have to look any farther than what we accomplished in Iraq and Afghanistan to see how joint the services have become," he said, "and I think it's a fair question to ask: do we need to look at the kinds of awards that we give, particularly for combat valor, in a more joint nature than perhaps some of them are?"

Are You Struggling with Finances?



There may be help! As a Soldier or Airman in the Connecticut National Guard, you may be eligible for financial assistance from the following programs.



The Conn. Military Relief Fund

POC: Mr. Bonaccorso Tel. (860) 524-4968

<http://www.ct.gov/mil/cwp/view.asp?a=2447&q=310106&PM=1>

The Conn. National Guard Foundation

POC: Mr. Thomas Tel. (860) 241-1550

<http://www.ctngfoundation.org/>

The Conn. National Guard Family Program Office

POC: Ms. O'Donnell Tel. (860) 493-2767

<https://www.facebook.com/CTNGFamilies>

The Conn. Soldiers', Sailors' and Marines' Fund

Tel. (860) 296-0719

<http://www.ct.gov/ssmf/site/default.asp>

Resilience Center

Create Winning Streaks Through Active Constructive Responding

SGT. MAJ. JAMES SYPHER
STATE RESILIENCE COORDINATOR

Have you ever been sharing some good news and the person you are telling turns the conversation into something about them? That person is a conversation hijacker! How about when you share your good news and the person you are telling isn't happy for you? That person is a joy thief! What about when the person you are telling doesn't really pay attention to the story because they are too busy or on their phone? That person is a conversation killer! Have you ever fallen into one of these categories when someone was sharing their good news with you?

To build and maintain strong relationships, a listener must respond to others with authentic, active, and constructive interest – also referred to as “active constructive responding.” When someone you care about is sharing their good news with you, it is imperative that you pay attention, listen closely, make eye contact, ask questions and give positive feedback to that person in order to maintain a strong relationship with them. By conveying authentic interest, you are sending a message that you care about them and that you care about your connection with them.

Resilience Tip of the Month:

Learning from others is one way we can change our own mindsets. It can help us think and do the things that might help others who are sometimes, without us knowing, learning from us.

Resilience Resources:

- Outward Bound: www.outwardbound.org/veterans
- Strong Bonds: Contact Chaplain Nutt at 800-858-2677

- Connecticut VA:

Newington: 860-666-6951

West Haven: 203-932-5711

- Military One Source: www.militaryonesource.mil

All units of company size or larger are required to have at least one 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: May 20-23, 2014

Jr. RTA: July 17-18, 2014

In next month's issue we will cover the MRT competencies and the five dimensions of resilience. Until then Connecticut, stay resilient!



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 BR additional skill identifier.

Master Resilience Trainers

- Live and teach the skills they have been taught
- Provide resilience training during NCODP / 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  iBook

<https://www.milsuite.mil/book/groups/arngmt> <https://g1arng.army.pentagon.mil/>

Find out more information at <http://csf.army.mil/>

Suicide Prevention: Supporting the Military Child

YANIA PADILLA, MS
SUICIDE PREVENTION PROGRAM MANAGER

Deployments can take a heavy toll on military families. The service member's safe return is always greeted with happiness and reintegration concerns may be centered on the service member, his or her spouse, and other adult family members. Children within the family, particularly younger children, are likely to feel the same confusion and anxiety as adult family members do, but may not be able to express it as clearly.

Recent media reports have discussed the difficulties some military children may experience due to the deployment and reintegration of their parent or caregiver. For children of National Guard families, particularly those in states where there is a low concentration of military personnel, it is crucial that parents and/or caregivers be the primary advocates for their children. Michelle McCarty, the lead child and youth program coordinator for the Connecticut National Guard, advises parents to inform their children's schools and teachers when there is a deployment or reunion pending. Schools should definitely be informed of the deployed parent's return, since most issues seem to occur during that transitional time. Parents and caregivers should work with their children's educators to extend support and monitor for any behavioral changes.

Getting military children involved with other military children is also crucial.

“Civilian peers do not understand the military lifestyle, and the majority of kids in their classroom will not be military connected kids,” McCarty states.

In Connecticut, the Service Member Family Support Center offers numerous programs for military kids to connect meaningfully with other military children and form lifelong friendships. These programs include day camps, overnight camps, monthly educational programs, leadership training, Horses to Homecoming, and other fun and educational activities.

Additionally, parents and caregivers concerned about their child's behavior, health and mental well-being can contact the Service Member Family Support Center for guidance, resources and referrals free of charge. National Guard families also have access to the Military Support Program, a network of over 425 clinicians sponsored by the Department of Mental Health and Addiction Services. Their services are available free of charge. Each National Guard unit in Connecticut also has an embedded clinician courtesy of the Military Support Program.

The most important preventative measure a parent or caregiver can implement is to communicate honestly and openly with their child. Military children in Connecticut have an abundance of resources available to them, but the most important resource is the support and honesty of their parent or caregiver.

In this month of the Military Child, the following tips and tricks will help you support the children in your family.

- Be honest and direct with your children about pending deployments.

- Help younger children express their feelings by modeling: “I know that thinking about Mommy coming home makes me feel happy and nervous, because XYZ. And that is a normal reaction. How do you feel?”

- Establish a strong relationship with your children's educators and keep them informed of deployments and reunions.

- Provide your children with opportunities to interact with other military kids.

In other news, we have two ASIST (Applied Suicide Intervention Skills Training) courses scheduled for this year. Space is still available for April 8-9 and July 26-27 and both will be held at the Armed Forces Reserve Center in Middletown. If you are interested in attending, please have your chain of command contact Yania.y.padilla@accenturefederal.com or at (203) 450-1826.

Important Telephone Numbers:

- If you or someone you know are in crisis, call the National Suicide Prevention Hotline: (800) 273-TALK

- Military Support Program (866) 251-2913

- CT Service Member Family Support Center: (800) 858-2677

- Military OneSource: (800) 342-9647

- Vicky Scully-Oakes, CYB MFLC (860) 567-3300

Senior Enlisted Advisor to the Chief, National Guard Bureau, Visits Connecticut

STORY AND PHOTOS BY SGT. 1ST CLASS DEBBI NEWTON
STATE PUBLIC AFFAIRS NCO

Chief Master Sgt. Mitch Brush came to Connecticut in March to visit the Soldiers and Airmen of the Connecticut National Guard. While here, he learned about some of the successful programs the state has implemented and toured some of the command's more unique facilities.

The senior enlisted advisor to the Chief, National Guard Bureau, started by visiting with Maj. Gen. Thaddeus Martin, the adjutant general, before receiving several briefings on Connecticut's resilience and behavioral health programs, medical readiness and the Servicemember and Family Support Center.

During those briefings he learned about the five-point behavioral health program: response; leader development; protocol development; community relations; and quality assurance. During the discussion on suicide prevention, he learned about the Junior Resilience Training Assistant (Jr. RTA) program that is unique to Connecticut and came about because non-commissioned officers in the RTA course thought it would be beneficial for enlisted members of the Guard to have similar courses.

"Isn't it a shame that we need to teach our young people how to talk to each other," he said while also praising the programs creation.

He said the ultimate goal is zero suicides and having Soldiers and Airmen able to talk to one another.

"We used to be really good at that," he said. "Social media may be a way to talk to them, but face-to-face is always best."

Following that brief, Brush, who had received an open invitation from State Command Sgt. Maj. John Carragher to visit the state, traveled to the Bradley Air National

Guard Base with Carragher and Command Chief Master Sgt. John Carter, to learn about the 103rd Airlift Wing's capabilities.

While there, he learned about the multiple missions the Wing has had over the past few years and received a tour of the base. He was pleased to see the C-130s sitting on the flightline and had an opportunity to visit the building where parachutes are inspected, cleaned and packed.

He then held a town hall meeting in the dining facility filled mostly with Airmen, but with some Soldiers in attendance as well.

There he told the Airmen that he and Gen. Frank J. Grass, the chief of the National Guard Bureau, were "working very hard to protect all those things you are working on right now."

He challenged the Airmen to make the 103rd the best C130 unit in the country.

"Can you do that?" he asked. "Can you do that for yourselves? Of course you can. That's what makes us relevant."

Brush spoke about suicide and sexual assault as being priorities he and the chief have. He said he wants to hear any ideas the Airmen and Soldier in the field have to stop suicides and sexual assault.

"I am not the good idea guy," he said. "I am the guy that carries the good ideas from unit to unit. That's what we do in the Guard. We share."

He stressed the importance of talking to each other.

"You have to let your supervisor know how you want to be led," he said. "We have to talk to each other. We have to share our knowledge. We have to know our neighborhoods. That is the relationship you should have in your units. That's how we are going to stop suicide. You guys have gone through a lot of airframes. What has remained the same is the people. We have got to get back

in the people business."

The following day, Brush visited the 928th Military Working Dog Detachment in Newtown. Connecticut is home to the only military working dog unit in the National Guard, and Brush told the unit members he wants to get the word out about them, what their capabilities are and get them assigned more missions.

"This is the best kept secret in the Guard," he said.

He also had a chance to visit the 103rd Air Control Squadron in Orange, the Army Aviation Support Facility in Windsor Locks and the 1109th Theater Aviation Support Maintenance Group in Groton, one of only four in the country. At each location, he spent a great deal of time talking to the Soldiers and Airmen and learning not only about their jobs, but about them as individuals as well.

He finished his tour with a second town hall meeting, this time in Nett Hall at Camp Niantic.

There, his themes were the same as the day before: suicide, sexual assault and social media. At both events, he took questions (see sidebar on page 15).

The key to preventing suicide and sexual assault is knowing your people, he said both days.

"I need them all to come back," he said. That is the purpose of everybody in this room - to make sure they come back next month safely. Make sure your reputation is solid and they will come to you."

Brush said we need to get better in preventing sexual assault.

"If you see something, you better get on it," he said. "Stop it. If you see something that even resembles it, you better say something."

He left attendees at both town halls with the following three tasks: Take care of yourself at least 30 minutes every day; take care of your professional development; and take care of your families.



Airmen at the Air Control Squadron in Orange, showed off their equipment and facilities to Chief Master Sgt. Mitch Brush, senior enlisted advisor to the Chief, NGB.



Soldiers had the opportunity to ask questions of Chief Master Sgt. Mitch Brush, senior enlisted advisor to the Chief, NGB, during a town hall meeting in Niantic.



Chief Master Sgt. Mitch Brush, senior enlisted advisor to the Chief, NGB, visits the 928th Military Working Dog Detachment in Newtown.



Chief Master Sgt. Mitch Brush, senior enlisted advisor to the Chief, NGB, talks with military personnel during a town hall meeting in Niantic.



Chief Master Sgt. Mitch Brush, senior enlisted advisor to the Chief, NGB, visits the 928th Military Working Dog Detachment in Newtown.



Chief Master Sgt. Mitch Brush (center) receives a briefing on the facilities and capabilities of the 28th Military Working Dog Detachment during his visit to Connecticut in March.



Chief Master Sgt. Mitch Brush, senior enlisted advisor to the Chief, National Guard Bureau, speaks with Soldiers at the Army Aviation Support Facility in Windsor Locks.



Connecticut Air National Guardsmen listen to Chief Master Sgt. Mitch Brush, senior enlisted advisor to the Chief, NGB, during a town hall meeting at the Bradley Air Base in March.

Q&A with Chief Brush

Chief Master Sgt. Mitch Brush, senior enlisted advisor to the Chief, National Guard Bureau, held two town hall meetings during his visit to Connecticut: one at the Bradley Air Base in East Granby and one at Nett Hall, Camp Niantic. Following are some of the questions and answers from those town halls.

Q: CBTs (computer based training) are a waste of time. They take time away from actual training. Are we going to continue to see more of them?

A: CBTs are not a waste of time. They provide a great way to track training requirements. Do we have too many? Perhaps.

Q: We talk a lot about the suicides that have happened. Do we know how many saves we have?

A: We had that conversation this morning with Family Readiness. There is no way to know. How many have been saved simply because we took the time to talk to someone we didn't know was thinking about it? I didn't get here because it was easy. We need to have that conversation with our Airmen and Soldiers. Life ain't easy. Life ain't fair. You need to learn that at an early age. You guys need to affect change. Let me train the way I know how to train. Let me do that face-to-face. We have to learn how to speak to our Soldiers and Airmen. We need to learn how to teach them. We need to learn how to listen.

Q: News reports have been full of the Defense budget lately, talking about staffing going to pre-World War II levels. Are we going to be an operational or strategic reserve?

A: Our numbers have not really fluctuated all that much over the years. Your governor needs you to shovel elementary school roofs and run Kabotas. You need to understand that mission sets may change. You may not be doing the job you came in to do 10 years ago. We are not going back to a strategic reserve. The genie is already out of that bottle.

Q: Do we, as the National Guard, have any voice on future furloughs of technicians?

A: The easiest answer to your question is yes. The draft exemption was meant to cover all technicians, but it didn't. The second time we had furloughs we were able to stop them. I think we have it fixed.

Q: Prior to the Boston Marathon bombing there was talk of cuts to the CSTs (Civil Support Teams). Any truth to that rumor?

A: There is no talk of reorganizing the CSTs. Governors love their CSTs. In fact, we are standing up Cyber Protection Teams based on the success of the CSTs.

Q: With all the talk of downsizing, how do we keep the positions we have now?

A: Force structure has remained pretty steady. That's because of your governor and your TAG. When a Hurricane Sandy strikes, who do they call?

Q: Will there be more money coming for schools? We have a lot of Soldiers who need to go to school, who want to go to school and there is no money and not enough seats.

A: Active duty is doing more distance learning. The reason we have SSD now is to look like them (active duty). We will continue to have the slots we have. We have to fill those slots. If we don't, we won't get them next year. Keep using the seats allocated, but don't overextend yourself and wind up with Soldiers who get sent back.

Q: There's been a lot of recommendations on Army Aviation and moving missions to all active and all Guard. Is that going to happen?

A: The Pentagon leaders are acting on our behalf right now with Congress and making decisions. They are in the room. We are not heard unless we get invited to testify. Thirty-nine days a year? Right? When a Soldier calls during the week...we don't get paid to take that call, but we do the work. That's Sergeant's Time, right?

Gov. Malloy: Connecticut Air National Guard Awarded \$14.6 Million in Federal Funding to Support New C-130 Hercules Flying Mission

Additional \$1.88 Million Awarded for Orange Air Guard Station Improvements

(HARTFORD) - Gov. Dannel P. Malloy today announced that the Connecticut Air National Guard will receive \$14.6 million in federal construction funding for major facility renovation and modernization projects at its Bradley Air National Guard Base as part of the ongoing conversion to C-130H Hercules cargo aircraft. The Department of Defense (DoD) awarded the Connecticut Air National Guard the C-130 mission last year after a series of other aircraft assignments since the loss of the A-10 Warthogs. Governor Malloy is an appointed member of the Council of Governors, a Congressionally-mandated advisory group to the President and Secretary of Defense on matters pertaining to homeland defense support to civil authorities, synchronization and integration of state and federal military activities in the United States and matters of mutual interest pertaining to the National Guard.

"This federal funding is good economic news for the greater Bradley Airport region and good news for our Air National Guard's new flying mission," said Governor Malloy. "I and many other governors fought very hard with DoD regarding their short-sighted plans to significantly reduce the number of aircraft assigned to the Air Guard. The assignment of C-130s to Connecticut after many years of indecision by DoD was part of that fight. This funding is a positive indication of the Air Force's revised commitment to maintaining the extensive flying expertise of the 103rd Airlift Wing as well as other

Air Guard units across the country."

The funding will be used for multiple construction projects required to support the new flying mission of the 103rd Airlift Wing at the Bradley Air National Guard Base in East Granby. The Connecticut National Guard has a \$76 million capital improvement plan for the Bradley Air National Guard Base through fiscal year 2019. The C-130H construction projects to be supported from this round of federal military construction funding include:

- Modifications and infrastructure improvements to the main aircraft hangar including re-sized doors, additional equipment cranes, a new roof and building siding (\$12 million);
- Renovations to the squadron operations building to provide expanded flight planning and briefing space for the C-130H crews (\$1.9 million);
- Downsizing and relocation of the munitions storage facility (\$550,000);
- Repair and modernization of the liquid oxygen storage facility (\$120,000).

Approximately \$1.88 million was also approved to upgrade the fire protection system and repair the vehicle maintenance facility at the Orange Air National Guard Station, home of the 103rd Air Control Squadron.

"I am pleased to see the Air Force following through on its commitment to provide the support for the Connecticut Air National Guard," said U.S. Senator Richard Blumenthal (D-CT). These improvements will maximize the capabilities of our C-130s both for security at home and efforts abroad. The Connecticut Air National Guard has met every mission asked of them since September 11.

These investments honor that proud record, and ensure that they will become even more effective in future missions. In my new role as chairman of the Senate Armed Services AirLand Subcommittee, I will be a staunch supporter of additional funding and resources for our National Guard."

"This funding will go a long way to support the Connecticut Air National Guard and the C-130 conversion program. These planes are effective and reliable, and because of the hardworking men and women in Connecticut, they'll be even better as a result of this award," said U.S. Senator Chris Murphy (D-CT). I'm proud to work with such a strong Congressional delegation that can bring meaningful

assistance back to Connecticut— we'll continue to push for even more support in the future."

"Connecticut's Air National Guard will finally have a long-term flying mission and that is good news for the brave men and women who serve our state," said Congresswoman Rosa DeLauro (CT-3). "I am proud to support this transition and will continue to fight for Connecticut's priorities in Congress. Additionally, I am pleased the Orange Air Guard Station will be able to make needed updates and repairs to support the 'Yankee Watch' Squadron as it continues its proud history serving our state and the nation."

"With the C-130 mission, the Connecticut Air National Guard now has a long term and relevant mission in support of our national defense, and I am grateful for Governor Malloy's commitment to this new enduring mission," said Congressman Joe Courtney (CT-2). "These investments by the Air Force are indicative of the important role Bradley Air National Guard Base will continue to play in our nation's defense, and as a member of the House Armed Services Committee I will continue to do all I can to support the new mission and its future."

"I applaud the Department of Defense for funding these important construction and modernization projects at Bradley Air National Guard Base in support of the 103rd's C-130 mission," said Congresswoman Elizabeth Esty (CT-5). "The men and women of our National Guard and Reserve components in Connecticut have bravely served our nation and stand steadfast in defense of our freedom. I'm proud to help announce these funds that will help support the 103rd Airlift Wing and keep good jobs here in our state."

An additional \$800,000 in project design funding was awarded to plan future C-130-related projects at the Bradley Air National Guard Base. If approved, these projects would total approximately \$8 million in additional construction funding. These future projects include construction of a new air terminal facility, renovations to the existing supply warehouse and engine shop and flight line pavement and apron improvements.

The 103rd Airlift Wing has received the first five of eight authorized Lockheed C-130H Hercules aircraft and is conducting training throughout the unit to prepare personnel for the new mission. In January the 103rd successfully completed its first local sortie from the Bradley Air National Guard Base with a C-130H aircraft.

Celebrating the Green



Maj. Christopher Cain leads the First Company, Governor's Foot Guard in the Hartford St. Patrick's Day parade on March 15. (Photo courtesy of Mrs. Yvette Cain)



"WE STAND FOR LIFE"

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

IT'S YOUR CALL

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

1-800-273-8255 PRESS 9

Military CrisisLine

*** Confidential chat at MilitaryCrisisLine.net or text to 888235 ***

U.S. Department of Defense



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Enlisted Update

Greetings and welcome to April! Hopefully, this most recent “winter of discontent” is finally past us and we can work into some nice weather. I know that if your physical training (PT) program is anything like mine has been for the last few months, warmer weather is very much

needed! If you have not started already, now is the time to jump start your PT program.

The single real constant in our military lives is change. We consistently change units, the people we work with and for frequently change and we often change missions. Another constant for a long time in our Connecticut Air National Guard has been the presence of Command Chief Master Sgt. John Carter. If you do not know, change is coming on that front too as Chief Carter has decided to retire from the Connecticut Air National Guard after over 30 years of dedicated and faithful service to our state and nation. If you know Chief, you know that he can’t do things half way. Chief has also decided to retire from the Connecticut State Police after a distinguished 26 year career. Just to make things interesting, he has also accepted a position with the Las Vegas Metropolitan Police Department. Talk about change! When I first started this job, I asked my predecessor, Command Sgt. Maj. Joe Sevigny, some Air Guard questions. His response was simple, to the point, and reflected what Airmen have known for a long time – “Ask the Chief.” This really sums up in very few words what Command Chief Master Sgt. John Carter is all about. His love of Soldiers and Airmen and his absolute dedication to mission accomplishment truly sets him apart from his peers. A formal retirement ceremony will be held for Chief Carter at Bradley Air National Guard Base on May 4, 2014. I want to personally and publicly thank my wingman for his wise counsel and years of dedicated service. Thank you my friend and my best to you and your family for health, happiness and prosperity in your well deserved retirement.

The explosion of social media as a method of communication in our society grows exponentially every day. The various social media sites are fantastic tools for us to use to tell our story, not only within our social group, but around the world. Social media allows us to reconnect with former friends and comrades. Social media is a powerful information tool that has literally assisted with the overthrow of oppressive governments. The power of social media to advance the message we believe in as professionals is undeniable. With that power, however, comes extreme danger, personally, professionally and organizationally. On the personal side, we must remember that anything and everything that we post to social media is permanent, whether we intend it to be or not. As a professional Soldier or Airmen, we have a responsibility to maintain that professionalism in our social media domain just as we do in the physical domain. Items,

comments and links we post to social media reflect on that professionalism and have the potential to irreparably damage our reputations, careers and even units. What may look or sound perfectly innocent (and be perfectly innocent) to those in our immediate circle may or may not look so innocent to the outside observer. Out of context, the person looking at an item cannot see beyond the frame of the item. Organizationally, the power of social media can be exploited and used to our advantage as an information tool and to tell the stories of all the great things our units and people do. I urge leaders at all levels to do so. I also urge them to educate our Airmen, Soldiers, and Family members on the appropriate uses of social media. If anyone has any questions, please feel free to contact any member of your chain of command for additional guidance.

In March, Chief Carter and I were privileged to show off a small sliver of the Connecticut National Guard to Chief Master Sgt. Mitch Brush, the senior enlisted advisor to the Chief, National Guard Bureau. I think these visits our very important to the organization as it allows states to show off a little bit while enabling our senior leaders to interact with those working on the front lines. We had a very successful visit. I have no doubt that Chief Master Sgt. Brush was able to go back to Washington and report to Gen. Grass that the spirit of the Guard is strong in Connecticut! It is not really showing off because you are all just that good. I don’t think we give ourselves enough credit, but your dedication really shows based on the comments we get from senior leaders who visit our Guard.

With the advent of the warmer weather we return to fair weather leisure activities including taking the motorcycle out of storage. Although I am not a motorcycle operator, I understand that the beginning of the season is often the most dangerous. Road conditions may be difficult and car and truck drivers are not used to motorcycles being on the road. Make no mistake, however, the rules for members of the Connecticut National Guard to operate a motorcycle, on or off duty, have not changed. They are non-negotiable. You must be a licensed rider. You must complete a basic motorcycle safety course (we will reimburse you for the cost!). You *must* wear the appropriate personal protective equipment, whether riding on or off duty. All leaders are required to enforce the standard. If you have any questions at all, feel free to contact me and I will personally educate you on the policy and link you up with the appropriate safety officer/NCO as well as an experienced rider. I refuse to accept any risk I can reduce that will help me avoid having to bury another service member or watch as they try to put the pieces of another friend back together following a motorcycle crash. Crashes happen even when the operator does everything correctly. Not being properly trained or equipped is unacceptable.

Thank you for continuing to choose to serve our nation and state.

Talk to you again in June.

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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: Establishing Paternity in Connecticut

CAPT. ERICH HEINONEN
JUDGE ADVOCATE, ATTORNEY-ADVISOR

According to the United States Center for Disease Control and Prevention, approximately 45 percent of children born in the U.S. are born to unwed mothers. As it is often stated, the military is a cross-section of our society, so it follows that the percentage of children born out of wedlock to a mother or father (or both) serving in the military is not too dissimilar. Paternity is the legal identification of the father of a child. In Connecticut, there is a rebuttable presumption that a child born in wedlock is presumed to be a legitimate child of the mother and her husband.

However, in the event a child is not born in wedlock, establishing paternity is important as it provides the legal basis for a father's parental rights and responsibility to the child. This means, by establishing paternity, the father has legal grounds to seek custody or visitation of the child, but it also means that he must financially support and safeguard the child as well.

In Connecticut, there are three general ways to establish

paternity. The first and simplest method has already been addressed. For children born of a marriage, it is presumed that the child is the legitimate son or daughter of the mother and her husband. For children born out of wedlock, paternity must be established through mutual acknowledgement of the parents, or through an order of a court of competent jurisdiction.

Mutual acknowledgement of the parents refers to the completion of an Acknowledgement of Paternity form. The form is called a VS-56, and it is normally filled out at the time of birth at a hospital. However, it can be completed at a later time. Once the Acknowledgement of Paternity form is completed and processed, the father's name will be included on the child's birth certificate. This acknowledgement requires cooperation between the parents, but not much more. Proper execution of the acknowledgement is considered a legal finding of paternity and does not require further ratification.

Establishing paternity through a court order is necessary when there is no legal father of record, and there is a dispute as to who is the legitimate father of a

child born out of wedlock. Commonly, establishing paternity through a court order becomes necessary when an unmarried mother seeks to acquire financial support from the reputed father. However, it may also become necessary for a reputed father who desires to exercise his parental rights. Separate state statutes govern the procedures and process to be used in the two different scenarios just discussed. While the procedures provided by the two statutes vary, in contested cases, paternity will often be determined by genetic or DNA testing. Upon final judgment, if the reputed father is found to be the actual father, a certified copy of the court order is sent to the Department of Public Health and the father's name will be added to the birth certificate.

If you have any issues or concerns over establishing paternity for your child you may seek legal assistance through the Office of the Staff Judge Advocate of the Connecticut Army National Guard. Call (860) 493-2770 to schedule an appointment.

Knowledge Base Offers 'Umbrella' of DOD Information

TERRI MOON CRONK
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Mar. 10, 2014 - Whether it's how to replace a lost military service medal, ship a package to overseas troops or get the details of the Servicemembers Civil Relief Act, there's a good chance the Defense Department's Knowledge Base will have the answers.

A DOD information tool to answer public inquiries, the database offers about 18 pages of 180 Defense questions and answers that address the hottest topics of public concern, said Nancy Kuck, a public affairs specialist working in community and public outreach for the office of the assistant secretary of defense for public affairs.

"We are an avenue to ask questions," Kuck said of the Knowledge Base.

Anyone can use the database, and Kuck encourages people to first look at Knowledge Base's frequently asked questions to find the information they need. If the answer to a question is not listed, information-seekers can submit questions and receive electronic responses.

If the staff of three full-time employees doesn't know the answer to a question, they will research a topic and find the answer, Kuck said. The staff answers more than 40,000 inquiries a year submitted through the Knowledge Base and by letters, emails and phone calls, she said.

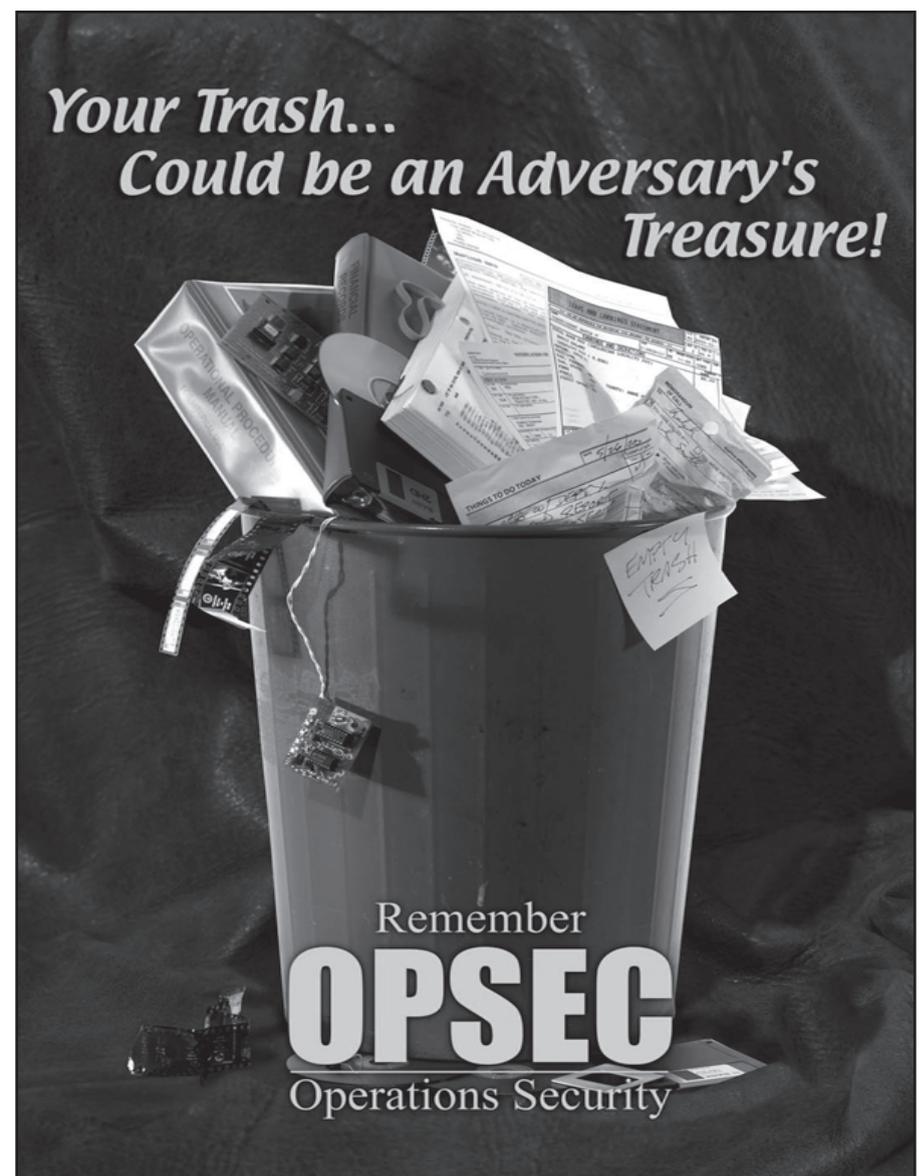
Two of the most popular questions are how to replace an identification card, and how to obtain a DD 214, the certificate of release or discharge from active duty, she said.

Additionally, if Kuck's office sees a trend in questions or concerns -- such as last year's furlough, -- the staff researches and gathers the information for posting on the Knowledge Base so it's readily available to the public, she said.

The Knowledge Base is "the big umbrella" of DOD information, although some questions are military service-specific, Kuck said, noting that directly contacting the appropriate branch of service is sometimes faster to get an answer.

"If it's service-specific, we encourage people to go to them, because they would know more than we would," she said. The public will find contact information for various organizations at <http://www.defense.gov/landing/comment.aspx>, she added.

"Our team does its best to address the questions and concerns of the general public," Kuck said, "because they have a voice, and we are there to answer them."



Education: Only Official Transcripts Accepted

MAJ. PAUL DRAPER
EDUCATION OFFICER

To verify civilian education transcripts, only official transcripts are to be submitted to the State Education Office, copies will not be accepted.

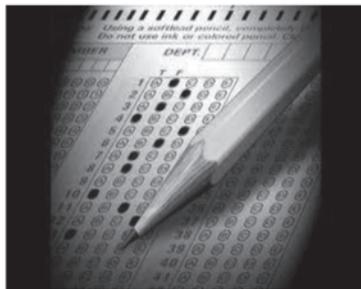
This applies to both officer and enlisted transcript verification by the Connecticut Army National Guard Education Services Officer.

Questions may be addressed to Maj. Paul Draper at paul.l.draper.mil@mail.mil or 860-524-4820/4816.



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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

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Healthy Lifestyles

DOD's Top Doc Outlines Medical Advances

TERRI MOON CRONK
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Mar. 6, 2014 - The Defense Department's top doctor says the innovations and technology in military medicine derived from more than a decade of war in Iraq and Afghanistan have led to advances in caring for the sick and injured.

Dr. Jonathan Woodson, assistant secretary of defense for health affairs, told the Reserve Officer Association yesterday that in addition to the significant strides made in medical technology, other improvements in the military's health care system such as a "data-driven, high-learning system that constantly improves and innovates," have also made significant strides.

During the decade of war, medical data was "mined" from combat casualty care, which quickly transformed into strategies for well-functioning standards in military medicine, Woodson said.

The transformation from medical practices in a noncombat environment to working in theater with Army, Navy and Air Force medical personnel created more adaptive and agile military medicine, he said, noting that wars historically have been medical learning experiences.

The latest in combat trauma care, for example, begins

at a service member's point of injury with sophisticated care from well-trained medics, followed by paramedics and critical-care nurses who transport the patient by helicopter to a level-2 trauma hospital that offers "robust capabilities."

There, basic procedures can be done to stabilize the patient, for air-strategic evacuation with onboard intensive care units flying at 37,000 feet to get the patient to a level-4 or level-5 trauma medical center where advanced care is provided.

The trauma system and other key advances in the last decade of combat medicine have produced the lowest death rate in the history of recorded warfare, he said, while at the same time creating greater challenges in rehabilitation.

Combat care goes beyond healing wounds, Woodson noted, because other complications can exist and affect the rehabilitation process -- such as brain or spinal cord injuries, pain management issues and sensory loss.

"We need to customize the rehabilitation strategy to the individual," Woodson said. "Our mantra is to 'create the ability, not define disability.'"

DOD is looking at rehabilitation holistically, he pointed out. "It's about rebuilding their bodies, minds and spirits, and making them economically whole and rebuilding

family units."

Improvements in prosthetic technology have also advanced, Woodson said, adding that implants for prostheses also are in the near future.

"[Prosthetic implants are] light years ahead of what we had and give much more functionality," adding that such technology would be particularly helpful for upper extremities.

"With [the newest technology in] prosthetics is earlier mobility and independence, which is vocationally and psychologically satisfying," Woodson noted.

"There is a new type of wounded warrior," Woodson said. "In the era of the all-volunteer force, wounded warriors see themselves as professional warriors and aren't ready to divest themselves of that identity."

Because of medical advancements, about 24 percent of wounded warriors stay on active duty and many have returned to combat, he said, adding in some cases, service members with double amputations, spinal cord injuries and sight impairment have remained on active duty.

"Some of those folks have been in command positions and are uniquely suited to command wounded warrior battalions, because it's about their cognitive ability, their leadership and ability to role model that is so important in those positions."

Diversity: Never Again - More than Remembering

CAPT. MEGAN E. ELLIS
85TH TROOP COMMAND EQUAL OPPORTUNITY ADVISOR

"A destruction that only man can provoke, only man can prevent."

—Elie Wiesel

Hindsight is 20/20, as they say. In 1938, few Americans realized the significance of the events that would later be known as the Holocaust.

This year, as we observe the annual Days of Remembrance, April 28 to May 4, we will not only recall these dark moments in history but we should also reflect on the ways such events might be anticipated and prevented in our world today.

On March 11, 1938 Adolf Hitler and his German troops entered Austria in order to implement anti-Jewish laws. In doing so, they perpetrated unbelievable violence upon Austrian Jews and generated widespread public hostility towards them.

Some of the civil rights stripped away from Jewish people included Jewish doctors being prohibited from practicing, Jews being removed from all public service positions and Jews being banned from practicing law. Jews' property and assets were confiscated by the German government.

That summer, Jews were arrested and shipped to concentration camps under horrific conditions. In the

coming year, violence would escalate and would include burning of synagogues, looting and destruction of Jewish business and would culminate in the Kristallnacht, or the beginning of the systematic state-sponsored murder of an entire community.

In 1938, Jews were fleeing Germany, Austria and Hungary where these discriminatory laws had begun to make their home states uninhabitable at best and deadly at worst.

This prompted the governments of many other countries to review their immigration policies. Most countries, including the U.S., had sympathy for the refugees but refused to adapt their policies to provide them an option to escape the aggression.

In September, hope was rekindled for peace when England, France, Italy and Germany signed the Munich Agreement, which gave Germany control of parts of Czechoslovakia along its' borders. However, Germany blatantly violated the settlement within just six weeks, shocking the world with the violence we now know as the Holocaust.

Looking back on these events, the themes that led to violence are clear. Territorial expansion motivated Germany to target the majority populations of annexed states.

Disregard for international laws created an environment of chaos and lawlessness that allowed for horrific

violations of human rights. The persecution of targeted groups of people based on race, religion and other discriminatory factors created division and hostility that led to the perpetration of systematic violence.

Other countries' reluctance to update or provide exceptions to immigration laws, or to become involved in the conflict, placed the victims in a position with no way out. This month, remember the violence endured by the victims, but also remember these signs of impending tragedy.

Take a stand in your own small way, perhaps by visiting the Holocaust Museum in Washington or correcting a friend who makes a racially inappropriate comment or joke.

The Holocaust did not occur in ancient times, but in the modern world. Every citizen can help to prevent future violence by being aware of the issues and never tolerating hatred.

To learn more, please go to <http://deomi.org/SpecialObservance/> or <http://www.ushmm.org/remember/days-of-remembrance/2014-days-of-remembrance/2014-theme>.



Inside OCS: A Desire to Serve

OC PATRICK HEVEY
OCS CLASS 59

I came to phase 1 of Officer Candidate School (OCS) only a week after graduating from Basic Combat Training. Saying that I was fresh to the Army would be an understatement. I understood that Phase 1 would be stressful, but I certainly did not foresee the huge challenge it presented. These two weeks were extremely physically and mentally demanding, teaching me much about myself.

Phase 1 made me reflect on my life and what I was doing in the OCS program. I have had other experiences in my life that pushed me to the limits mentally and physically, but none like this. It's amazing what the human body can do if the person is determined to never quit. I remember thinking of that many times while out in the woods in the middle of the night doing land navigation, feeling exhausted and trying my best not to get lost. An officer needs to be mentally, emotionally and physically sound to perform his duties. I can understand why they require so much of us. I would certainly be lying if I said I didn't question my reasons for doing this during those two weeks.

After graduating from UConn and being in the civilian work environment for the past three years, I realized that I wanted something more. I have worked at a mortgage lender for the past year and a half and have enjoyed the experience, but I now know the desire to make money is not enough for some people such as myself. I desired to

do something more than simply wake up, go to my job every day, come home and get caught in the routine that all too many of us find ourselves in. Fitness has always been a great hobby for me, but even that hasn't brought me the fulfillment I've been searching for. I looked back at my college years to figure out what I enjoyed most.

I've always been interested in service towards others since working as a community service chairman for my fraternity in college. We would volunteer at a camp that helped individuals with mental disabilities. This experience showed me that service can be a very rewarding experience. It involved quite a bit of coordination as well as working together as part of a team. After doing research on the military, I felt that OSC with the Army National Guard presented the challenge and service-oriented experience I was looking for.

Looking towards the future, I see phase II as the chance to learn more in-depth about duties of an officer. Troop leading procedures and The five paragraph operations order will likely play a huge role in everything we do in that phase. Proper time management will also be a main requirement. Juggling civilian life along with OCS will test my productivity while meeting deadlines. This is useful not only for OCS, but also for my civilian career. To be successful in life we need to understand how to manage work, family and a social life. They are all intricate parts in leading other people. OCS is proving to be a great learning experience.

RTI Establishes Officer Candidate School Hall of Fame

Applications Now Being Accepted

MAJ. CHRISTOPHER J. STRONG
ADMINISTRATIVE OFFICER, 169TH REGIMENT REGIONAL TRAINING INSTITUTE

During the summer of 1940 Gen. George Marshall, then Army chief of staff, recognized the critical importance of establishing rigorous training facilities for new officers. His vision for this officer training was first put into action at Fort Benning, Ga. Brig. Gen. Asa L. Singleton, commandant of the Infantry School, established the plan for the modern Officer Candidate School (OCS) for Infantry. His plan went into effect in July 1941 as the Infantry, Field Artillery, and Coastal Artillery Officer Candidate Schools. Other branches later followed with their own Officer Candidate Schools. The first infantry OCS class began with 204 candidates and on graduated 171 second lieutenants on Sept. 27, 1941. Gen. Omar Bradley, former commandant of the Infantry School, is credited with establishing the foundation of training still used in OCS today. Bradley emphasized rigorous training, strict discipline and efficient organization.

These tenets remain the base values of today's OCS program. The Connecticut State Officer Candidate School has been commissioning officers since the early 1950's.

Since that time the Connecticut OCS program has commissioned hundreds of officers who have accepted the challenge to lead Soldiers.

The Connecticut Army National Guard Heritage Committee has established the 169th Regiment Regional Training Institute (RTI) OCS Hall of Fame to acknowledge the distinguished service of officers who initiated their leadership journey through Connecticut OCS and have attained federal recognition in the rank of full colonel (O6). Applications are now being accepted for the OCS Hall of Fame and may include officers who went on to serve in any branch of service or component from any era, to include posthumous nominations. Inducted members of the Hall of Fame will have a framed photograph proudly displayed in "leadership hallway" of the Connecticut RTI at Camp Niantic.

The new Connecticut OCS Hall of Fame is intended to provide inspiration to the OCS candidates that will become our next generation of senior leaders. All current and past officers who meet the eligibility criteria are encouraged to contact the 1st Battalion (OCS), 169th Regiment training officer, Capt. David Lord, at 860-691-4236 or at david.m.lord.mil@mail.mil for assistance in completing an application. Applicants will be asked to provide some basic biographical information and an 8 x 10 photo in military uniform or appropriate civilian business attire.



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POINT OF CONTACT: OC ANDREW SEVERSON
ANDREW.BOYD.SEVERSON@GMAIL.COM
1/169TH RTI OCS



169TH REGT (RTI)



CONNECTICUT OFFICER CANDIDATE SCHOOL HALL OF FAME

The 169th Regiment Regional Training Institute is
establishing the Connecticut Officer Candidate
School Hall of Fame

Induction criteria:

- Graduate of the CT State OCS program
- Federally recognized O6 or higher

Retirees are eligible

May be awarded posthumously

Participants should submit an 8x10 photo in military uniform or appropriate civilian business attire to:

Commander, 1/169th (OCS) BN
ATTN: Training Officer
38 Smith Street, RTI Bldg
Niantic, CT 06357

Need additional information? Contact Capt. Lord at 860-691-4236



National Guard Association of Connecticut (NGACT)

2014 Scholarship Applications Now Available On-Line

The National Guard Association of Connecticut (NGACT) proudly announces the 2014 Scholarship Application for NGACT members and their dependents. For a full list of those eligible to apply, and an application, please visit our website at www.ngact.org.

NGACT was founded in 1994 as a combined officer

and enlisted organization for the purpose of representing active and retired members of the Connecticut Army and Air National Guard.

NGACT was originally organized as a non-profit organization designed to serve as the collective voice of all Guard officer and enlisted personnel. Together,

members share in the pride, patriotism and vigilance that keep America strong, accomplishing together what no person could accomplish alone. This united voice helps keep the Connecticut Army and Air National Guard ready and equipped to defend our freedom and represented at the national level through the National Guard Association of the United States (NGAUS).

NGACT provides a means to express the wishes of its many members. In the past it has proven its value through improved benefits, modern facilities and better equipment. Moreover, NGACT offers individual and family benefits otherwise not available including ; Group Insurance for members and families, the annual NGACT Conference; support services including co-sponsorship of National Guard events and support of send-off and welcome home celebrations. The Scholarships program is just one of the many ways the organization gives back to the members, and recognizes its members for exceptional service and academics.

Applications are available on-line at www.ngact.org and must be postmarked by June 1, 2014.



A voice unheard is an Army defeated

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April 2014

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Stand up and join the call to destroy this insider threat. Together, we can be the force behind the fight.



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Save the Date

August 7, 2014

Retirees' Picnic and Benefits Update Briefing

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

March 28, 2015

21st Annual NGACT Annual
Conference



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CONNECTICUT NATIONAL GUARD ON FACEBOOK
www.facebook.com/ConnecticutNationalGuard

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

JESSICA.TORRES2.MIL@MAIL.MIL



Off the Bookshelf : "Saturn Myth"

David Talbott Says to Imagine the Sky of our Ancestors

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Immanuel Velikovsky, friend and colleague of Albert Einstein, proposed in 1950 that the alignment of the planets in our solar system did not always fit the contemporary paradigm. He proposes in his book, "Worlds in Collision," that the solar system's planets were in fact in very different places within the solar system, within human memory.

Velikovsky's work on this subject was not taken seriously by mainstream astronomers and physicists. Lacking support, his theories fell into obscurity, and were kept alive only by alternative cosmologists and theorists.

In the 1970s, comparative mythologist, David Talbott, fell in love with Velikovsky's work and realized that it was possible to bring Velikovsky's theories out of obscurity. He understood, however, that that task would require the use of a missing element.

That 'missing element' was directly in his line of work in comparative mythology. Talbott studied ancient symbols, artwork and myths from around the world. He knew that the key to proving Velikovsky's theories correct, lay in uncovering the origins of common world myths and symbols. Talbott, like Velikovsky, believed that the origin of the world's myths and symbols descended from a single source.

David Talbott's 1980 book, "The Saturn Myth,"

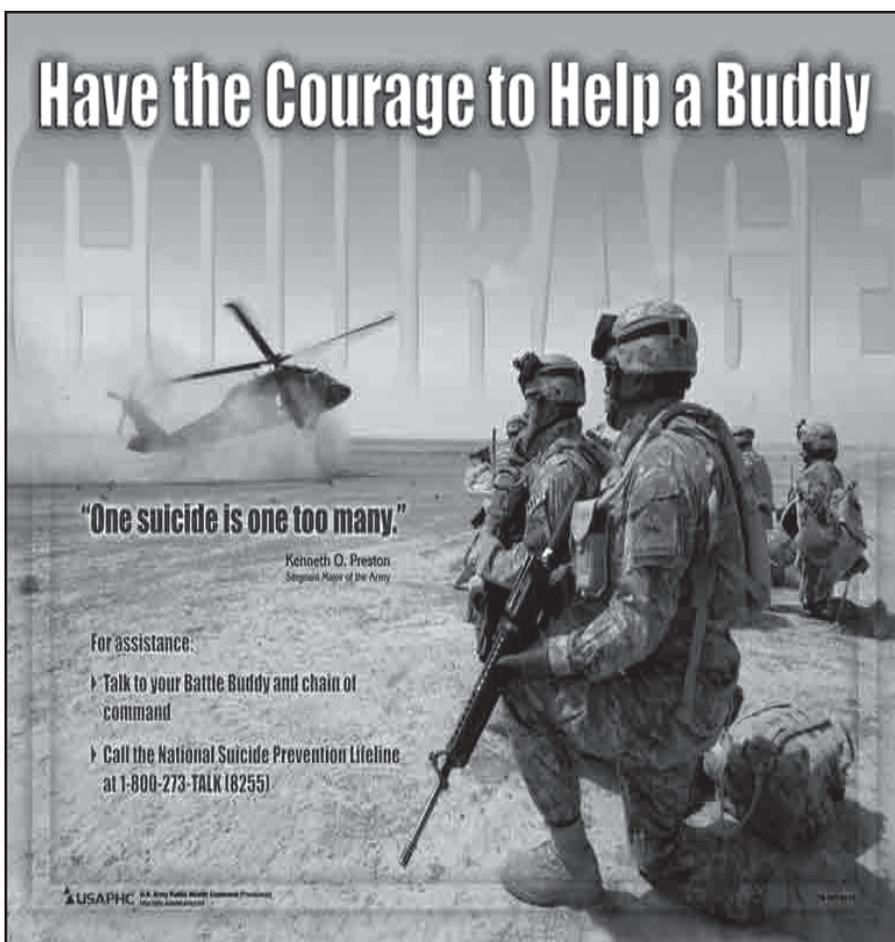
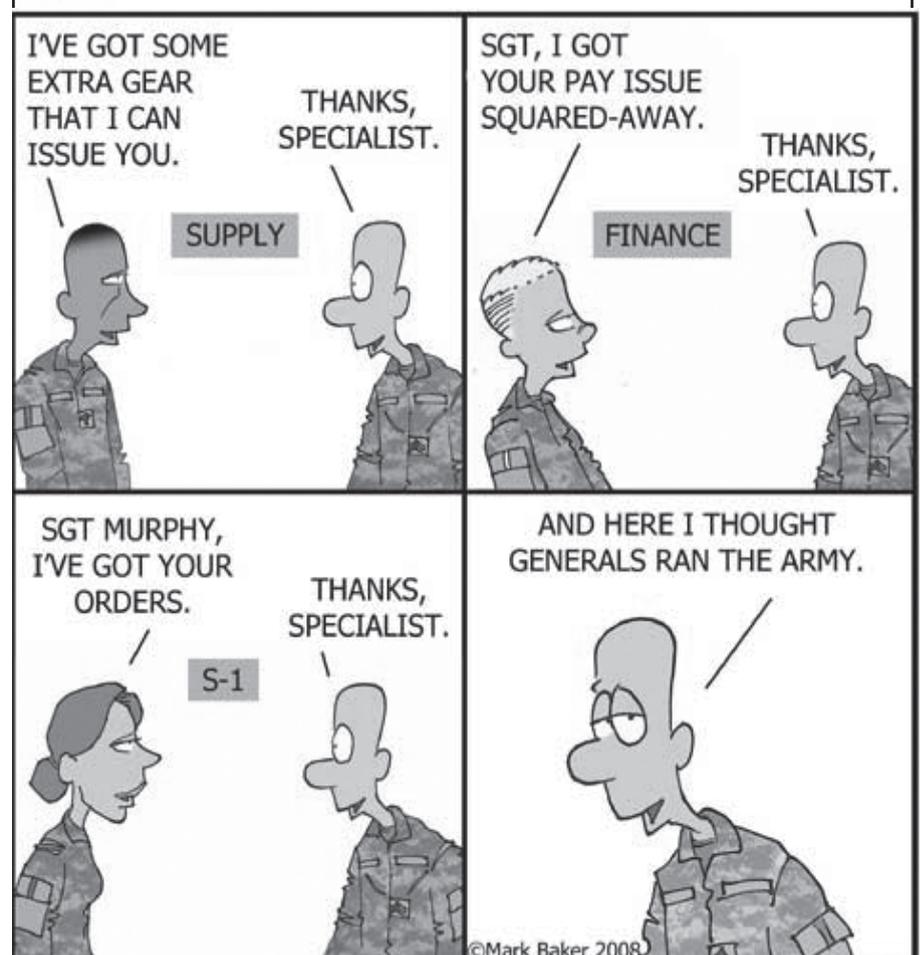
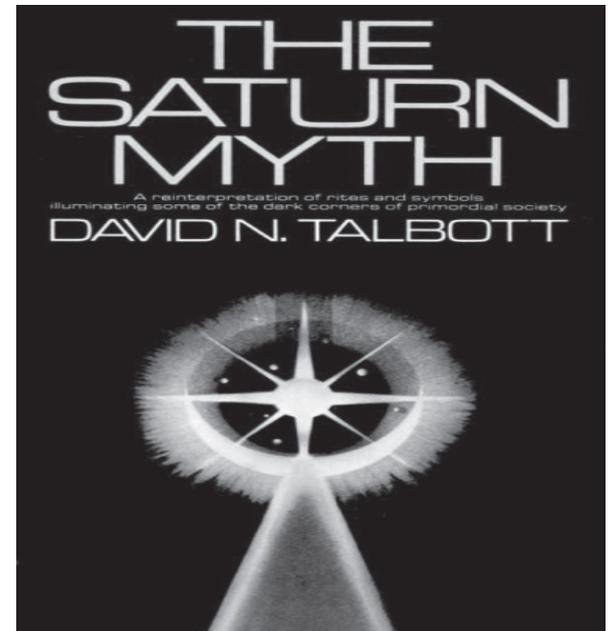
proposes that the planet Saturn was the most visible and large body in the Earth's sky in as little as a few thousand years ago. He proposes that common archetypal symbols like, crosses, 'all seeing eyes,' totem poles, and even obelisks, are original symbolic representations of the visible planet Saturn and its related phenomena.

Talbott proposes that all myths descended from this once so present celestial body: monolithic religions, fairy tales and legend—hero journeys, north poles, and mountains which ascended into the cosmic heavens (and even the idea of heaven). Talbott suggests that the actual planet Saturn was the original 'god' who lived in the sky and ruled 'over' humanity.

Talbott's proposal is presented very logically, and does not delve into the world of conspiracy, like most contemporary alternative cosmology theories.

He suggests, only, looking at the history of the solar system in a very different manner: a manner which could allow the pulling together of all the world's creation, religious, and archetypal myths/symbols into a single source: a large, bright and warm celestial body which on which once stood fixed in the sky.

The first sun: Saturn.



Retiree's Voice

Proud, Ready and Resilient: Honoring Our Military Children

SGT. 1ST CLASS (RET.) STEPHANIE CYR
RETIREE AFFAIRS COLUMNIST

This year's theme, "Proud, Ready & Resilient," highlights military children's unique lifestyle and their ability to succeed despite frequent relocations, reintegration, deployments, loss or care for a wounded parent.

Each April America honors the courage and recognizes the sacrifice of over 1.7 million children in military families nationwide. The life of a military child has always had its challenges, foremost among them being frequent relocations. Many military children take life changes, such in the case of active duty personnel relocating every few years, in stride and some even thrive on them. However, children of deployed Soldiers and Airmen face challenges of stress and family dynamics that are unique to military families. This Month of the Military Child provides an opportunity to raise awareness and build support to help these children meet the unique challenges they face. It is an opportunity to recognize military children and youth for their heroism, character, courage, sacrifices and continued resilience. In Connecticut, it is an opportunity to support the children and families of our deployed Connecticut National Guard members.

This month we highlight some of the opportunities for Retirees' dependent children, deployed Soldiers' children, and opportunities for participation.

Fisher House Foundation Scholarships for Military Children are available to dependent unmarried children under age 21 (23 if enrolled as a full-time student) of active duty personnel, Reserve/Guard and retired military members, or survivors of deceased members. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) database and that they have a current ID card. The DEERS database will be the primary method of verifying eligibility. This and other educational scholarship opportunities can be found at www.scholarships.com.

Children ages 8 to 17 of Connecticut deployed soldiers have the opportunity to attend one of the "Operational Purple" camps at the channel 3 Kids camp this summer. This one week overnight program from July 13 to 18 offers care-free, traditional camp activities to military children to help cope with the stress of a deployed parent. More information can be found at www.militaryfamily.org/our-programs/operationpurple/2014-camps.

The Child and Youth Program (CYP) of the Connecticut

National Guard, offers monthly activities for all military children ages 3 to 18. Children from any branch of service are eligible to participate. A wide range of activities are offered. Attending CYP events helps military children connect with one another. These events allow them the opportunity to discuss the challenges of being a military child and how to deal with deployment and reunion issues. Volunteer opportunities exist for Retirees who want to help. Contact the CYP coordinator at (860) 548-3254, michelle.m.mccarty4.ctr@mail.mil or visit the website at <http://www.jointservicessupport.org> for more information.

The National Guard Family Program supports and educates families in the National Guard on a wide range of issues. This extensive program relies heavily on volunteer staff support and is an excellent opportunity for Retirees to remain involved with currently serving Guard families. Guard Retirees, even, if not retired in civilian life, can lend their skills by volunteering for specific events and programs throughout the year or by becoming active members of individual units' Family Readiness Groups. As experienced military members, Retirees can provide a unique and candid understanding of the issues that Guard families and their units may be facing.

This is a small sample of the opportunities available to Retirees to give back by actively supporting those families who are serving in our Connecticut National Guard. Your pride, success and time as a Retiree can make a difference in the resiliency of those who continue to serve.

Retirement Service Officer Notes

SGT. 1ST CLASS REBECCA AVERY
RETIREMENT PROGRAM MANAGER

Making changes to your Retirement Pay Account:

Do you need to make changes after you begin receiving your Retirement Pay? Here are some reasons for changes, and how to make them:

Change Banks: complete a Direct Deposit Enrollment Form FMS 2231

Change Federal Withholding: fill out a new W-4 Form
Change State Withholding: DD Form 2866, fields 5a – 5g allow you to change your election

Change of Address: DD Form 2866, fields 3a – 3c allow you to change your address with DFAS

Feel free to e-mail me your new address and I can send a message to Human Resources Command (HRC), Ft. Knox, Ky and update your address for the Guardian as well. All the forms above can be mailed or faxed to Defense Finance and Accounting Service (DFAS); U.S. Military Retired Pay, P.O. Box 7130, London, KY 40742-7130 Fax: 800-469-6559

MyPay information and sign-up, and more FAQs can be found at <http://www.dfas.mil/retiredmilitary/>.

Retirement briefings: If you would like to attend a briefing, please 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 retired pay application with HRC.

Upcoming Retirement Briefings – 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

Upcoming events:

192d MP Regimental Ball: Thursday, May 10, 6 p.m. at the Sheraton, 100 Capitol Blvd, Rocky Hill. Present, past members and friends of the 192nd MP Battalion are invited. Please R.S.V.P. by March 21 to 2nd Lt. Michalak at ryan.a.michalak.mil@mail.mil.

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

4th Annual Charity Golf Tournament: Friday, August 1, at Tower Ridge Country Club, 140 Nod Rd, Simsbury. Contact: Maj. Gen. (Ret.) James Throwe for more information (860) 289-2318.

9th CT Nike Soldier Reunion: Sept. 8 - 10, 2014 at the Clarion Inn, 269 North Frontage Road, New London, 1-800-442-0631/32. When making a reservation indicate that you are with the "Nike Reunion 9" group. For more information about the reunion, please contact Karen Atkinson at jratkinson@hotmail.com.

Monthly Retiree Breakfast: April 24, May 29: at 9 a.m. at Charlie's Place, West Main St, Niantic.

Retiree Tips:

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

Register for ECHOES: register for the ECHOES newsletter and get the latest updates and changes applicable to Retirees: https://www.armyg1.army.mil/rso/echoes_issues.asp

Upcoming Retirement Briefing Dates:

April 6

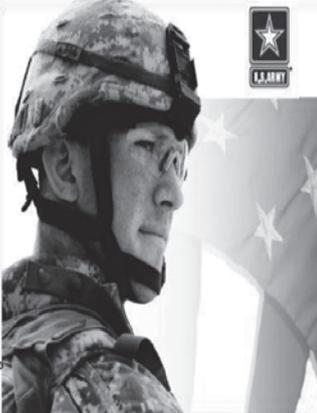
May 24

July 13

Aug. 3

No briefing in June or Sept 2014

TY- 2015 briefings schedule TBD



"WE STAND FOR LIFE"

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

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1-800-273-8255 PRESS 1

www.preventsuicide.army.mil

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192nd REGIMENTAL BALL



All present and past members and friends of the 192nd are hereby invited to attend the 1st Annual 192nd Regimental Ball.

The 192nd Military Police Battalion, the 192nd Field Artillery Association and the Connecticut Chapter of the Military Police Regimental Association request your presence

Date: 10 May 2014

*Time: 1830-1900 Social Hour
1930- Dinner*

*Place: Sheraton
100 Capital Boulevard; Rocky Hill
Rooms available for \$89.00*

*Menu: Rib Eye Steak
Chicken Marsala
Grilled Salmon*

*Dress: Dress Blue/ Blue Mess
ASU/Class A (w/Bow Tie)
Civilian- Semi formal*

*Guest Speaker: CSM John F. McNeirney
11th Military Police Regimental
Command Sergeant Major*

*Cost: 45.00 per person
RSVP: NLT April 10th 2014
Contact: 2LT Ryan A. Michalak
ryan.a.michalak.mil@mail.mil*



Please detach and return along with check made payable to:

192nd MP Battalion
38 Smith Street, Niantic, CT 06357
Attn: 2LT Ryan Michalak / CSM Dan Lawler

Name: _____ Rank _____ Unit/Former Unit _____
 Guest: _____
 Address _____
 I/we will _____ will not _____ attend. Total Attending _____

Entree Choice: _____ Rib Eye Steak
 _____ Chicken Marsala
 _____ Grilled Salmon



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Army

To Private 2

Perkins, David N.
Daleen, Ashley E.
Edgar, Deanna R.
Lenning, Christopher J.
Torresjimenez, Jeremy
Smith, Rajohn
Hall, Shamel N.
Loeza, Andy L.
Wilson, Joshua G.
McVeigh, Cody F.
Rudewicz, Connor S.

To Private First Class

Davis, Paul A.
Onofrio, Joshua M.
Robitaille, Bryan R.
Siguenza, Delgado F.
Bernadel, Allen P.
Collazo, Jonathan M.
Perez, Julissa M.
Romano, Jaime L.

To Specialist

Nadolny, Nicholas J.
Quint, Mark W. Jr.
Barner, Darien M.
Golding, Samantha A.
Espinosa, Nia
Taborda, Oscar G.
Forrester, Ryan C.
Flounders, David J. Jr.

To Sergeant

Ruppar, Kimberlee A.
Bolieau, Robert E.
Morin, Michael M.
Gosselin, Mitchell A.

To Staff Sergeant

Sanchez, Alberto L.

To Sergeant First Class

Fontaine, Gerald A. II
Caron, Raymond M.

Air

To Airman

Romero, Jhonny J.
Arroyo, Sol M.

To Senior Airman

Doyle, Daniel Z.
Boorman, Ryan M.

To Technical Sergeant

Devine, Christopher L.
Egerman, Derek J.
Stanford, Joe Louis III
Thomas, Conor M.

To Master Sergeant

Marks, Richard P.
Walsh, Robert F.

To Airman 1st Class

Korogodon, Schuyler S.

To Staff Sergeant

Brown, Ethan S.
Smith, Kayla M.

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

Life Lines

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

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

Emergency - 911

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

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

National Suicide Hotline - 1-800-SUICIDE

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

Coming Events

April

April 13

Palm Sunday

April 15

First Day of Passover

April 16

NGACT Executive Board Meeting

April 17

Guardian Deadline for May

April 18

Good Friday

April 19

Breakfast with the Easter Bunny

April 20

Easter

May

May 11

Mother's Day

May 14

NGACT Executive Board Meeting

May 16

Armed Forces Day Luncheon

May 17

Armed Forces Day

May 22

Guardian Deadline for June

May 26

Memorial Day

June

June 11

NGACT Executive Board Meeting

June 14

Flag Day

June 15

Father's Day

June 19

Guardian Deadline for July

**Deadline for the May Issue of the
Guardian is April 17
Deadline for the June Issue of the
Guardian is May 22**

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COOKS

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MAJOR DATES AVAIL.
more available dependent on qualifications

APRIL 12,23,27, APRIL 19-25
APRIL 29- MAY 4 MAY 15- JUNE 2
JUNE 14-23 JULY 11-27.
AUGUST 20-29

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for more details: 860-691-4214/5900

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Connecticut FAMILY Guardian



VOL. 15 NO. 4

HARTFORD, CT

APRIL 2014

Help Your Family Face Challenges Successfully

MILITARY ONE SOURCE

Long deployment separations, difficult post-deployment adjustments, frequent moves and major life changes and challenges can make navigating military life difficult. While most families are able to manage the unique demands of military life, some families seem to handle these challenges with more ease. Some families may be naturally more able to address these challenges based on their life experiences, for example. If you are looking for ways to improve your own and your family's resilience, this information may help.

What is resilience?

One popular definition of resilience is the ability to withstand, recover and grow in the face of stressors and changing demands. Being resilient doesn't mean you avoid emotional pain and suffering when faced with a crisis. Instead, it means you're able to recover and even grow stronger from the experience. Experts are beginning to discover what makes some people more resilient than others and to identify things we can do to increase resilience in ourselves and our families.

Characteristics of resilient families

In *Strengthening Family Resilience*, (The Guilford Press, 2006), resilience specialist Dr. Froma Walsh identifies nine characteristics that resilient families share. These characteristics reveal the family belief systems, organizational patterns and communication/problem-solving skills that foster resilience in adults and children.

· **Finding meaning in adversity** - Resilient families view crises as shared challenges that together they can understand, manage and make meaningful in some way. They see their emotions as human and understandable under the circumstances and believe in their ability to learn from their experiences and move forward.

· **Positive outlook** - Resilient families have an optimistic rather than pessimistic view of life. Members see each other's strengths and offer encouragement to overcome difficulties or accept what can't be changed.

· **Transcendence and spirituality** - Resilient families have beliefs and values that offer meaning, purpose and connection beyond their personal lives and troubles. They find strength and comfort in their cultural and religious traditions and experience spiritual inspiration in a variety of ways, including nature, the arts, service to others, and faith in a higher power.

· **Flexibility** - Resilient families adapt to change.

They're able to adjust their family roles and rules to fit new life challenges while maintaining the rituals and traditions that provide stability in their relationships. Their flexibility depends on strong, yet nurturing leadership, guidance, protection of children, and mutual respect in the marital relationship.

· **Connectedness** - Resilient families pull together during times of crisis. They're able to function as a team and support each other while respecting individual needs, differences and boundaries.

· **Social and economic resources** - When they can't solve problems on their own, resilient families reach out for help by turning to extended family, friends, neighbors, community services and/or counseling.

· **Open emotional sharing** - Resilient families accept and encourage a wide range of emotional expression (joy, sadness, fear, silliness, etc.) in adults and children. Family members take responsibility for their own feelings and accept others who have different feelings. They value positive interactions and appreciate humor, even as they cope with difficult circumstances.

· **Clarity** - Resilient families practice clear, consistent and honest communication. Family members say what they mean and mean what they say; thus, they avoid sending vague, confusing or mixed messages to each other.

· **Collaborative problem solving** - Resilient families manage their difficulties by working together to understand a problem and identify ways to solve it. They make decisions together in ways that allow family members to disagree openly and then resolve those disagreements through negotiation, compromise and give-and-take. These families seek to repair the hurts and misunderstandings that go along with conflicts and act proactively to solve current problems and prevent future ones. They also learn from their mistakes.

Increasing your family's resilience

If you're currently coping with a stressful situation such as the deployment of a loved one to a combat area or caring for a wounded warrior or if you're suffering from a loss or dealing with a crisis of any kind, there are things you can start doing right now to strengthen your own resilience and model resilience for your children. The American Psychological Association in its publication, *The Road to Resilience*, recommends 10 ways to become more resilient when dealing with stress or adversity:

· **Make connections.** Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations or other local groups provides social support and can help restore hope. Assisting others in their time of need can also benefit the helper.

· **Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to them. Try looking beyond the present to brighter days a little farther down the line. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

· **Accept that change is part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on things you can change.

· **Move toward your goals.** Develop some realistic goals. Do something, however small, on a regular basis that helps you move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

· **Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

· **Look for opportunities for self-discovery.** People often learn something about themselves and may find that they've grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, a greater sense of personal strength even while feeling vulnerable, an increased sense of self-worth, a more developed spirituality and a heightened appreciation for life.

· **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trust your instincts helps build resilience.

· **Keep things in perspective.** Even when facing a painful event, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing it out of proportion.

See **FAMILY CHALLENGES PAGE S3**



CATHERINE GALASSO

See Yourself as God Sees You, and You'll be Blessed

The air was cool, but with the rising temperatures and the days growing longer, there was plenty of sunlight as I began clearing my flower garden. I looked

around, and it was a joy to see the delicate leaf buds on the trees. "It's a natural clock," I thought to myself, telling us that springtime is here.

I slipped on my gardening gloves and first uprooted the old plants and weeds. Over the next hour, with a bag of potting soil next to me, I mulched new life into the tired dirt. Then, I nestled pink and purple pansies into the new soil around a birdbath, and I added an angel garden stone. The vision I had of my garden was coming to life before me.

One hour turned into two hours. And as I toiled, my mind traveled to a story I had once heard. It was about a businessman who was working in his home office. However, every few minutes, his six-year-old son would ask a question and disrupt his chain of thought.

After several interruptions, the man heaved a sigh. After that, he picked up the newspaper on his desk and had a clever thought. He saw that on one of the pages there was a map of the world printed on it. The businessman took the map and ripped it into a few pieces. He looked at his son who was sitting cross-legged on the floor next to him and uttered, "Put this map together."

He slipped it to his son and eagerly, the boy buried his nose in the paper and began putting the pieces together. Yet, in five minutes the boy was finished.

Surprised, the businessman turned to his son and asked, "How did you complete the project so quickly?" The boy answered simply, "There was a picture of a man on the other side. So I turned it over and put the man together. When I got the man right, the world was right," the boy blurted.

How we see ourselves is the way we tend to see the world.

What is the view that you have of yourself? Are you tapping into all of the potential that God has given to you? What have you been conditioned to believe?

Perhaps, you've had some negative events or missed opportunities in your past. And, like weeds in a garden, destructive thoughts can creep into your mind and take root. Then, you might be apt to focus on so-called flaws, weaknesses or mistakes, rather than seeing yourself the way God sees you.

Try this: Hold a small stone in your hand and imagine that the stone has something contained within it that you need to release—a painful past incident, self-doubt, bitterness toward someone, or an unfair or worrisome circumstance. Next, acknowledge the hurt, and cast the stone away. And with it go all those negative feelings.

Do you know that you are valuable?

For when your everlasting Father looks at you, He sees you as His masterpiece and His beloved child: "I will be a Father to you, and you will be my sons and daughters,"

says the Lord Almighty." (2 Corinthians 6:17-18).

God created you to be unique. There is no one else exactly like you. I'm reminded how my daughter always glances at clothing labels to see where the items are manufactured. The other day, she looked inside her jacket and questioned, "Mom, guess where this was produced?" Promptly, I exclaimed, "The USA!" My daughter replied, "You're right, mom." The label that God has for you says, "Fearfully and wonderfully made." (Psalm 139:14)

You were born and gifted with natural skills, inner resources, and abilities. You're worthy of great things. It's not too late for you to be victorious. Keep trying. You can prevail over challenges. You can achieve your goals and make a difference in the lives of others. Thus, don't allow self-doubt, fears, or a past disappointment to keep you from God's best plan for you.

Some time ago, I received a letter from a woman who, after 25 years, found herself out of work because her job was eliminated. Instead of being bitter and thinking her career was over, she prayed for strength. Then, she asked herself, "What do I really want to do with my vocational life?" In her heart, God gave her the answer.

She described that when she was a teenager, over 40 years ago, she loved music and acting. But, a family member told her to forget that profession. It was a long shot and wouldn't provide any security. So, she didn't pursue her dream and after college, she got 'a real job.'

Now, this woman had another chance. With faith in God and confidence in herself, she decided to follow her long-forgotten dream. Immediately, she started to implement a plan, and in her mind's eye, she saw herself succeeding. When she hit bumps in the road, "I tackled obstacles one at a time," she wrote. Today, she is the proud owner of a theater company, blessing others and thoroughly enjoying her life.

Back at my flower garden, I believe God can speak to us through nature. And in this season of renewal, God is saying to you:

- "I want to take you to new places this year."
- "The right people will be drawn to you and bless your future."
- "You have amazing gifts, so use them to serve others."
- "If you can see your dream fulfilled and work towards it, I will help you accomplish it."

So step forward with a new confidence. See yourself as God sees you, "His treasured possession." (Deuteronomy 7:6) Always show kindness to others and reach forth to your dreams. God's hand is upon you. There are so many possibilities in your future. And if you just look, you'll see the open window before you.

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

Visit her website at www.anewyouworldwide.com

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

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

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

Military OneSource: Together, Everywhere

CHRIS ROULEAU, MS, MPA
CT MILITARY ONESOURCE CONSULTANT

The lives of military children can be challenging. MilitaryKidsConnect.org is a website that helps military kids, tweens and teens understand that they can overcome obstacles. The struggles they face do have solutions. No matter where they are in the world, no matter what time of day, military kids can watch personal story videos, view animated graphic novels, play games and communicate with other military kids.

MilitaryKidsConnect.org is a frequently updated, Department of Defense website designed to help military kids support one another and learn coping and resilience-building skills that will help them thrive amid the many changes of military life. The site was developed by psychologists at the National Center for Telehealth & Technology, the DoD's primary agency for applying innovative technology to issues of psychological health and traumatic brain injury.

For kids, tweens and teens

MilitaryKidsConnect.org uses innovative ways to help military youth cope with the unique strains of military

life. In addition to disruptions in family life from a parent's deployment, military children are affected by moving frequently, changing schools and making new friends. They also have to live with readjustment issues when a parent returns from deployment. These issues may include post-traumatic stress and physical disabilities.

The site features customized content for three age groups: children, tweens and teens. Users are directed to an age-appropriate homepage where they can find:

- Videos of military kids telling their personal stories about how they overcame challenges
- Moderated social networking message boards for tweens and teens (parent approval required for registration)
- Engaging, age-appropriate games
- Interactive maps
- A personal scrapbook application
- Instructional vignettes
- A virtual personal space kids navigate with a customizable avatar

Together, these features create a safe and comfortable place for young people everywhere, including those who

live outside military installation communities, to share with their peers and learn how to handle the pressures of being a military kid.

For parents and educators

MilitaryKidsConnect.org also provides content for parents and educators of military kids to help them improve their ability to support the unique needs of military kids. Among the many informative topics are:

- Military culture videos and lesson plans for teachers, school counselors and educators to better understand the differences between military and civilian youth.
- New modules for children and parents on handling grief, loss and physical injury.
- Information on common behavioral responses to deployment by age group and methods to cope with these behaviors.
- Information about website safeguards and parental controls.

To find out more, visit the parental section of MilitaryKidsConnect.org or get your child started today at the secure registration page.

Breakfast with the Easter Bunny!

Join Us!

Saturday, April 19, 2014
William A. O'Neill Armory
360 Broad Street, Hartford

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

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

Cost per Family is \$5.00
(to help offset the cost of food)

Checks made payable to *CT Youth Council* and mailed to the above address by the RSVP date to secure your space.

*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.*

*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!

Family Challenges

From Page S1

· **Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try to visualize what you want instead of worrying about what you fear.

· **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Raising resilient children

Different factors, including temperament and intelligence, influence children's resilience. However, no influence is more important than the parenting they receive. When parents model and teach their children the habits of resilient families, the children will already have many of the skills needed to cope with difficult situations when they occur. Still, during difficult times, children need additional support and attention from parents, even as the parents are dealing with the same difficulties themselves.

You can help build resilience in your children during times of stress or adversity by giving them as much of your time as you can. When you're with them, encourage communication by listening to their concerns and answering their questions with openness, honesty and reassurance.

Easter Word Search

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



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



Happy Easter!

School Family Your go-to guide for school success. Visit SchoolFamily.com

**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
By Appointment

Norwich Armory

38 Stott Avenue
Norwich, CT 06360
(800) 858-2677
By Appointment

Windsor Locks Readiness Center

85-300 Light Lane
Windsor Locks, CT 06096
(860) 292-4602
M, T, W, TH, F
Troy Walcott, Michael Cortes

Veterans' Memorial

Armed Forces Reserve Center

90 Wooster Heights Road
Danbury, CT 06810
(203) 205-5050
M*, T, W, TH, F
Nancy Cummings

103rd Airlift Wing

100 Nicholson Road
East Granby, CT 06026
(860) 292-2730
M*, T, W, TH, F
Rick Uliano, Donna Rivera

103rd Air Control Squadron

206 Boston Post Road
Orange, CT 06447
(203) 795-2961
M*, F*

New London Armory

249 Bayonet Street
New London, CT 06320
(800) 858-2677

Camp Niantic

39 Smith Street
Niantic, CT 06357
(800) 858-2677
By Appointment

William A. O'Neill Armory

360 Broad Street, Hartford, CT 06105
(800) 858-2677
M, T, W, TH, F

Kim Hoffman, Donna Rivera, Michelle McCarty,
SSG Melody Baber, Andrea Lathrop, Mitch Foreman,
Rita O'Donnell, Jessica Koehler, Megan Macsata,
Joshua Hamre, Linda Rolstone, Kim Dumas,
SSG John Cummings, SGT Shivers, Chris Rouleau,
Cindy Hould, Vicky Scully-Oakes, Ernie Lacore

Volunteers are always needed in each facility and for most events. Those wishing to help can contact the Connecticut National Guard Service Member and Family Support Center at **(800) 858-2677**.

Family members or loved ones of a Service Member with questions, concerns, or in need of assistance should contact us immediately**. Please visit us on Facebook: www.Facebook.com/CTNGFamilies.

**The Service Member and Family Support Center is NOT an emergency call center.

Support is available 24/7 by calling (800) 858-2677

*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.