

# Connecticut Guardian



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## 256<sup>th</sup> Firefighters Hone Aircraft Fire Skills

**SGT. 1<sup>st</sup> CLASS STEVE MARKOWSKI**  
**143<sup>rd</sup> REGIONAL SUPPORT GROUP**

WINDSOR LOCKS, Conn.—The 256<sup>th</sup> Engineer Detachment (Firefighter) spent much of its May drill at a familiar location—the Connecticut Fire Academy—working on aircraft rescue firefighting and rescue skills.

Civilian and military fire departments from the region train at the state facility, which is quite familiar to firefighters from the 256<sup>th</sup> Eng. Det. The East Lyme-based Guard unit is part of the 192<sup>nd</sup> Engineer Battalion and the 143<sup>rd</sup> Regional Support Group.

The fire academy, located next to Bradley International Airport, offers a wide variety of training options. On Sunday, May 18, the 256<sup>th</sup> utilized the academy's aircraft prop, which is a simulated airplane fuselage with a doorway through which the firefighters can practice rescuing passengers using ladders and stretchers. The training prop emits fire that is controlled by an instructor, allowing a variety of training scenarios under realistic conditions.

It's not just the variety of training available at the site that draw interest, it's the fact that firefighters can work on dangerous tasks in a controlled environment.

"We can handle a multitude of fire scenarios under very safe conditions for the firefighters," said Anthony Dignoti, an adjunct instructor at the academy. Dignoti, who is also Wethersfield's full-time fire marshal, said the fact that firefighters are able to use their own equipment against actual fire provides realistic conditions.

"The water flowing through the hoses puts a lot of demand on the firefighters," Dignoti said. "They were probably using between 100 and 150 gallons per minute. A gallon of water weighs about eight pounds, so there's a lot of force behind that. The velocity of the water and the friction involved make it pretty strenuous to keep advancing the hose lines."

While the techniques of advancing hose lines as a

present around ground vehicles. Also, firefighters don't often get to practice on aircraft, unless they work at an airport."

Through multiple iterations, Remillard and his fellow unit members practiced fighting simulated fuselage and engine fires, as well as aircraft rescues.

"An aircraft fire can occur just about anywhere," Dignoti said, adding that firefighters do not have to be

stationed at an airport to be called on to fight an aircraft fire or to rescue passengers. "An aircraft can have problems in the air and must find a landing area far from an airport. Firefighters must be ready to respond."

Members of the 256<sup>th</sup> used the turret nozzle on one of their fire engines to knock down the fuselage fire, to make it safer for ground teams to advance their hose lines toward the blaze. "That's typically how they'd fight this type of fire," Dignoti said. Through some iterations, a rescue team entered the fuselage while colleagues kept the hose trained on a simulated wing or engine fire.

The 256<sup>th</sup> engineers have been training at the state academy since the unit was stood up more than 10 years ago.

"We long ago developed a partnership with the Connecticut Fire Academy

for training," said Staff Sgt. Ron Avery, station chief for the 256<sup>th</sup>. "(The academy's instructors) have been absolutely wonderful to us over the years. They not only facilitate prop training, but also technical rescue training. They've formed a strong partnership with the Connecticut National Guard."



*Members of the 256<sup>th</sup> Engineer Detachment (Firefighter) extinguish a fuselage fire while working on aircraft firefighting and rescue skills at the Connecticut Fire Academy in Windsor Locks, May 18. (Photo by Sgt. 1st Class Steve Markowski, 143rd RSG Public Affairs)*

team are pretty standard for attacking most fires, members of the 256<sup>th</sup> said the aircraft prop at the Connecticut Fire Academy allows them to train for scenarios that are not standard for training for firefighters.

"Any time you get to fight live fire around an aircraft, it's a good experience," Spc. Moe Remillard said. "There are hazards when fighting around an aircraft that are not

# Leader's Corner: *Equate Professionalism With Leadership*

SGT. 1ST CLASS TYRONE C. MARSHALL JR.  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, May 15, 2014 - Evaluating the state of its professionalism is a way for today's military to pay tribute to those who have served before and to keep faith with the American people, the Defense Department's senior ethics officer said last month.

Five weeks into her new position as Defense Secretary Chuck Hagel's senior advisor for military professionalism, Navy Rear Adm. Margaret D. "Peg" Klein discussed during remarks at a Surface Navy Association luncheon the scope of her office's mission and the importance of honoring the value of military professionalism.

"When you think about what goes into military professionalism, frequently the first word that comes to peoples' mind is ethics," she said. Some people think about ethics from a compliance or Law of Armed Conflict standpoint, she added, but she said her office's charter is all-encompassing.

The admiral said she has had discussions with academics and practitioners as she has sought to examine the issues facing military professionalism.

"We were energized because of the value of the profession and [because] the honor that we pay to those who've gone before us is very important," she said.

"We care deeply about the profession. We are professionals -- what we do impacts the profession. It's how we honor the people who have gone before us, but I also want to talk about our collective responsibility to those who come next."

Klein touched on various topics relating to the question of why an evaluation of military professionalism is necessary.

"As a profession," the admiral said, "you could say that we've been dead reckoning for a while, and that, perhaps, it's time to take a fix and have a closer look at our position."

Klein said it would be easy to say this examination has

come about in light of recent behavior and incidents that "grab headlines and causes us to talk and maybe ask questions among ourselves."

"But it's more than that," she added. "It's about leadership. That is what we all have in common. We are all leaders, whether in civilian clothes or whether in the uniform of our country." Regardless of whether people wear a military uniform now or have done so previously, Klein said, there is an "obligation as leaders to be stewards or custodians of this profession."

Klein noted that Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, began extensively exploring the profession of arms when he led the Army's Training and Doctrine Command.

"General Dempsey, when he was the head of Training and Doctrine Command, spent a lot of time thinking and writing, and talking about the profession," she said. "He undertook a study of the profession, noting that ... 'war has changed us, but we don't yet know how,'" Klein said.

The chairman also had an understanding of the profession that ancient Greek poet Homer wrote about in "The Iliad."

"The Iliad' is an ancient story about ethical conduct during war," Klein said. "That little microcosm inside of 'The Iliad' indicates that the discussion about professionalism is not new, nor the questions that we're asking ourselves."

The admiral noted the U.S. military has evaluated itself as a profession dating back to the Civil War. After World War II, Vietnam, and the end of the Cold War, Klein said, "we have re-evaluated who we are, and what we stand for as a profession."

Professions that are agile ask very fundamental questions, the admiral said. "They evolve, they challenge assumptions, they reflect and they grow, and not just in size," she told the audience.

"But there's still a bigger reason to ask questions," Klein added. "As a profession, we don't exist because we're a jobs program. We don't exist to perpetuate ourselves. We're an instrument of national power, and we take an oath to the Constitution. Every one of us, when we joined, we answered a calling -- a calling that that oath represents."

Therefore, Klein said, actions by service members are not judged against whatever societal norm someone picks out and uses. "We're judged against that special trust and confidence that's placed in us," she said. "So our actions -- good and bad -- reflect on the profession. ... We have the leadership role to carry out, [and] it's that profession that we're responsible to."

Hagel established the position she occupies, Klein said, so someone could spend time thinking about the profession.

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# Flying Yankees Bid Farewell to State Command Chief

MAJ. CATHY ROYSTER  
STATE PUBLIC AFFAIRS, CTANG

Connecticut Joint Force Headquarters Command Chief Master Sergeant John Carter III bid farewell to the Flying Yankees and the Connecticut National Guard May 4 after more than 30 years of service.

As the state command chief, he was responsible for advising the adjutant general on matters concerning the welfare, health, morale, proper utilization and progress of the Air enlisted force. Additionally, he recently retired after 26 years from the Connecticut State Police where he served as a polygraph examiner and a legislative liaison.

Carter was first exposed to the Connecticut National Guard in 1983 through the Camp Grasso youth camps and Comprehensive Employment and Training Act summer work programs at both Camp Hartell and the Bradley Air National Guard base working with the base financial management office. That same year, he enlisted into the Flying Yankees and began his career as an air crew life support specialist. In this capacity he worked full-time as a technician and an Active Guard Reserve member for five years before joining the Connecticut State Police in 1988. Continuing his service as a traditional guardsman, Carter supported numerous state-side and overseas deployments with the 118<sup>th</sup> Fighter Wing.

In September 2002, Carter entered a new phase in his

career when was selected to become a first sergeant. He would continue to hold positions within the 103<sup>rd</sup> Logistics Readiness Squadron, the 103<sup>rd</sup> Fighter Wing, and later the 103<sup>rd</sup> Airlift Wing over the coming years. In March of 2008, he deployed as the first sergeant to Joint Base Balad in Iraq. There he stood up both the 332nd Expeditionary Security Forces Group and Squadron and provided leadership to more than 300 Airmen.

Upon returning from deployment, Carter transitioned into the role as chief of airfield management, 103<sup>rd</sup> Operations Group. Shortly after, he was selected to serve as the state command chief of the Connecticut Air National Guard where he served out the remainder of his military career.

Carter has provided active support to more than 1,000 Airmen during the most tumultuous period in the Connecticut National Guard's history, while continuing his full-time service with the Connecticut State Police. His tireless and compassionate leadership was instrumental as the state endured multiple mission changes stemming from the 2005 Base Realignment and Closure Commission and numerous Air Force right-sizing initiatives. Over a period of nine years as state command chief, Carter helped guide the closing of an air operations group, a centralized repair facility, as well as a guard-wide review of the enlisted force grade structure. His

leadership and dedication to the force ensured that not a single Airman lost his or her job and the Connecticut Air National Guard's enlisted force maintained appropriate grade allocations as the base converted to the C-130H aircraft mission.

Despite the many challenges Carter has faced over the thirty plus years of his career, repeatedly taking risks and stepping outside of his comfort zone has admittedly been his biggest. He also admits that by taking on his challenges, he has been able to continually grow as a both a person and a leader. After stepping into the role as state command chief, he says that it has been the ability to touch each individual of the enlisted force and help them succeed in their military careers that has been the most rewarding.

As Carter departs the Flying Yankees and begins the next phase in his life, the members of the Connecticut Air National Guard thank him for his leadership and unwavering dedication to service and the Airmen of the 103rd Airlift Wing. He departs having felt that he has made a difference and is confident to pass the torch knowing the future of the 103<sup>rd</sup> Airlift Wing is strong and the mission is secure. To all the Airmen and Soldiers who have been fortunate to work with Chief Carter, he leaves us with, "this is not goodbye, but so long, for I am sure that we will cross paths again in the future."



*Command Chief Master Sgt. John Carter III is congratulated by Maj. Gen. Thaddeus Martin, adjutant general, at the conclusion of a retirement ceremony in Carter's honor. Carter served as the state command chief for the last five years of his 30-year career. (Photo by Senior Airman Emmanuel Santiago, 103rd FW Public Affairs)*

# Maines Receives National Recognition for Work on

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS

EAST GRANBY, CONN— Maj. Katherine Maines, Connecticut National Guard Joint Forces Headquarters Sexual Assault Response Coordinator was awarded the 2014 DOD Exceptional Sexual Assault Response Coordinator Award, April 23.

20,000 U.S. service members were nominated for this award but only six were awarded. One member per military branch received this award and Maines was the award recipient on behalf of the entire National Guard.

“The 2014 exceptional SARCs deserve recognition for their professional abilities and service on the front lines and for the quality care they provide for victims of sexual assault,” said Army Maj. Gen. Jeffrey J. Snow, director of the DOD Sexual Assault Prevention and Response Office.

“I am privileged to work with such dedicated individuals who continue to strengthen the department’s prevention and response efforts.”

The Connecticut National Guard is grateful to the mailman who delivered a U.S. military recruitment postcard to Maines more than a dozen years ago.

“How can you serve your country?” Maines read on the postcard.

The daughter of a World War II bomber pilot, and no stranger to the military, Maines, who worked as a private licensed clinical social worker practitioner, joined the Air Force shortly thereafter.

She eventually brought her career and dedication to public service into the Connecticut Air National Guard and for that, the state of Connecticut has been extremely fortunate.

During her career in the Connecticut Guard, Maines has completely and positively transformed the Guard’s environment and attitude towards sexual assault and harassment.

When Maines became the Connecticut National Guard SARC, there were only three victim advocates in the entire state. Due to her work in enhancing the Connecticut Guard’s victim advocacy program, there are now 80 victim advocates in the Connecticut Army and Air National Guard.

“Maj. Maines has brought an energy and tenacity to this program that is without equal,” said Maj. Gen. Thaddeus J. Martin, the adjutant general. “We are very proud that her exceptional work on prevention and victim support services has earned this DoD-wide recognition.” She is responsible for numerous additional changes

## Connecticut National Guard SARC/SAPR Statement of Ethics

Maj. Maines requires that all Connecticut Guard SARC coordinators and Sexual Assault Prevention and Response victim advocate representatives read and agree to a statement of ethics.

In recognition of her award, Maines would like to share that statement:

“Every Sexual Assault Response Coordinator (SARC) and Sexual Assault Prevention and Response Victim Advocate (SAPR VA) must act with integrity, treat all victims of sexual assault crimes with dignity and compassion, and uphold principles of justice for accused and accuser alike. It is the JFHQ SARC or JFHQ VAC duty/responsibility to assign a SAPR VA to a victim.

To these ends, this Code will govern the conduct of Connecticut National Guard Major Subordinate Commands SARC/SAPR VAs and Battalion SAPR VAs:

1. In relationships with every victim, the SARC/SAPR VA shall:
  - A. Accept the victim’s statement of events as it is told, withholding opinion or judgment, whether or not a suspected offender has been identified, arrested, convicted, or acquitted.
  - B. Only transport a victim in a Government Services Administration (GSA) vehicle.
  - C. Disclose information to only appropriate individuals.
  - D. Not disclose personal identifying information of a victim/survivor to another victim/survivor.
  - E. Respond compassionately to each victim with personalized services.
  - F. Not disclose personal issues of sexuality to a victim/survivor.
  - G. Not meet with a victim/survivor at a SARC/SAPR VA home. If approached at the SARC/SAPR VA’s home, inform JFHQ SARC to this fact.
  - H. Refrain from alcohol consumption during any interactions with a victim/survivor.
  - I. Pay for own fare if meeting at a restaurant. A SARC/SHARP VA shall not cover a victim’s expenses and vice versa. This will avoid a sense of indebtedness by victim/survivor to a SARC/SHARP VA.
  - J. Notify, immediately, the JFHQ SARC of any and all alleged sexual harassment/sexual assault incidents. This is a SARC/SAPR VA requirement. Information is still considered confidential as it is detailed to JFHQ SARC or JFHQ VAC. The SARC/SAPR VA shall inform the victim/survivor of this requirement.
2. In relationships with colleagues, other professionals, and the public, the SARC/SAPR VA shall:
  - A. Notify, immediately, the JFHQ SARC of any and all alleged sexual harassment/sexual assault information that was brought to their attention.
  - B. Be assigned to a victim after JFHQ SARC has deemed appropriateness to such assignments. A SARC/SAPR VA most likely will not be assigned to someone of their

own unit to avoid a conflict of interest and to lessen chance of accidental disclosure.

C. Conduct relationships with allied professionals such that they are given equal respect and dignity as professionals in the victim assistance field.

D. Take steps to quell negative, statements and rumors about colleagues and other SARCs/SAPR VAs.

E. Provide professional, support, guidance and assistance to new SARCs/SAPR VAs to the field, in order to promote consistent quality and professionalism in victim assistance.

F. Obey all applicable Federal and State laws, DoD and Service regulations.

3. In her or his professional conduct, the SARC/SAPR VA shall:

A. Not discriminate against any victim, employee, colleague, allied professional, or member of the public on the basis of age, gender, ethnicity, race, national origin, religious belief, or sexual orientation.

B. In accordance with restricted reporting, applicable privileged communications, and all applicable Federal privacy laws, DOD and Service privacy regulations, respect the privacy of information provided by the victims served before, during, and after the course of the professional relationship.

C. Clearly distinguish in public statements representing one’s personal views from positions adopted by organizations for which she or he works or is a member, in accordance with Service policy.

D. Not use her or his official position to secure gifts, monetary rewards, or special privileges or advantages.

E. Notify JFHQ SARC of the conduct of any colleague or allied professional that constitutes mistreatment of a victim/survivor or that brings the profession into disrepute.

F. Notify JFHQ SARC of any conflict of interest that prevents oneself or a colleague from being able to provide competent services to a victim, or from working cooperatively with colleagues or allied professionals, or from being impartial in the assistance of any victim.

G. Notify, immediately, the JFHQ SARC of any and all alleged sexual harassment/sexual assault information that was brought to a SARC/SAPR VA attention.

4. In her or his responsibility to any other profession the SARC/SAPR VA will be bound by the ethical standards of the allied profession of which she or he is a member.

CERTIFICATION: I, the undersigned applicant, hereby certify that I have read and agree to follow the Code of Professional Ethics for a SARC/SAPR VA. I understand that continued Certification is subject to surrender on demand to my JFHQ SARC for cause, and this action may be listed in my permanent record by my Senior Commander.

# Behalf of Sexual Assault Prevention, Response

which have resulted in a Connecticut military working environment where Soldiers and Airmen who are victimized can acquire the service and support they need, and where offenders can be punished to the fullest extent possible.

Such changes coordinated and facilitated by Maines include:

1. Victims of sexual assault and sexual harassment are now offered help and assistance at every step of their reporting process, through referrals to victim advocacy, Military Support Program counseling services and legal services.

2. Sexual assault prevention training now takes place in every level of the Connecticut Army National Guard's Recruit Sustainment Program.

3. Sexual assault/harassment offenders can now expect to suffer long term consequences for assault/harassment offenses: discharges other than honorable and potentially jail time.

4. The Connecticut Guard now has a sexual assault review board.

5. The Connecticut Guard now has a full time victim advocate coordinator.

6. Connecticut State Police are now utilized for SARC training and guidance.

7. The Connecticut Guard SARC program now cross-

trains with active duty personnel at the Naval Subbase in Groton, Connecticut.

8. The SARC program now works closely with Connecticut Sexual Assault Crisis Services therapist counselors.

9. Offenders will now be tracked and will be unable to transfer freely to out of state Guard units.

10. Victims can be flown, at no charge, from Connecticut anywhere to testify in court against offenders.

11. Children and spouses of Connecticut Guard members who have been victimized can now also receive as much help and support as military service members.

Maines said sexual assaults are committed by one percent of any given population, but that offenders usually commit numerous offenses.

"We will do our best to remove offenders from their units. There is no place in the Connecticut Guard for them," she said. "If a person has one piece of dirt on them, they are dirty."

Maines said that in the Connecticut Guard, there are two types of sexual assault/harassment reporting: restrictive and unrestrictive.

"Through restrictive reporting, no names are recorded," she said. "And the offender cannot be punished. Through unrestrictive reporting, the offender will be

punished to the fullest extent possible."

Maines said it's up to the victim to choose which type of offense reporting they feel most comfortable with.

There is no statute of limitations for sexual assault/harassment crimes in the Connecticut Guard, Maines said. In other words, if the offense occurred while a victim served in the military, no matter how much time has passed, the offender can still be punished, and the victim can still receive all the support that he or she requires, she said.

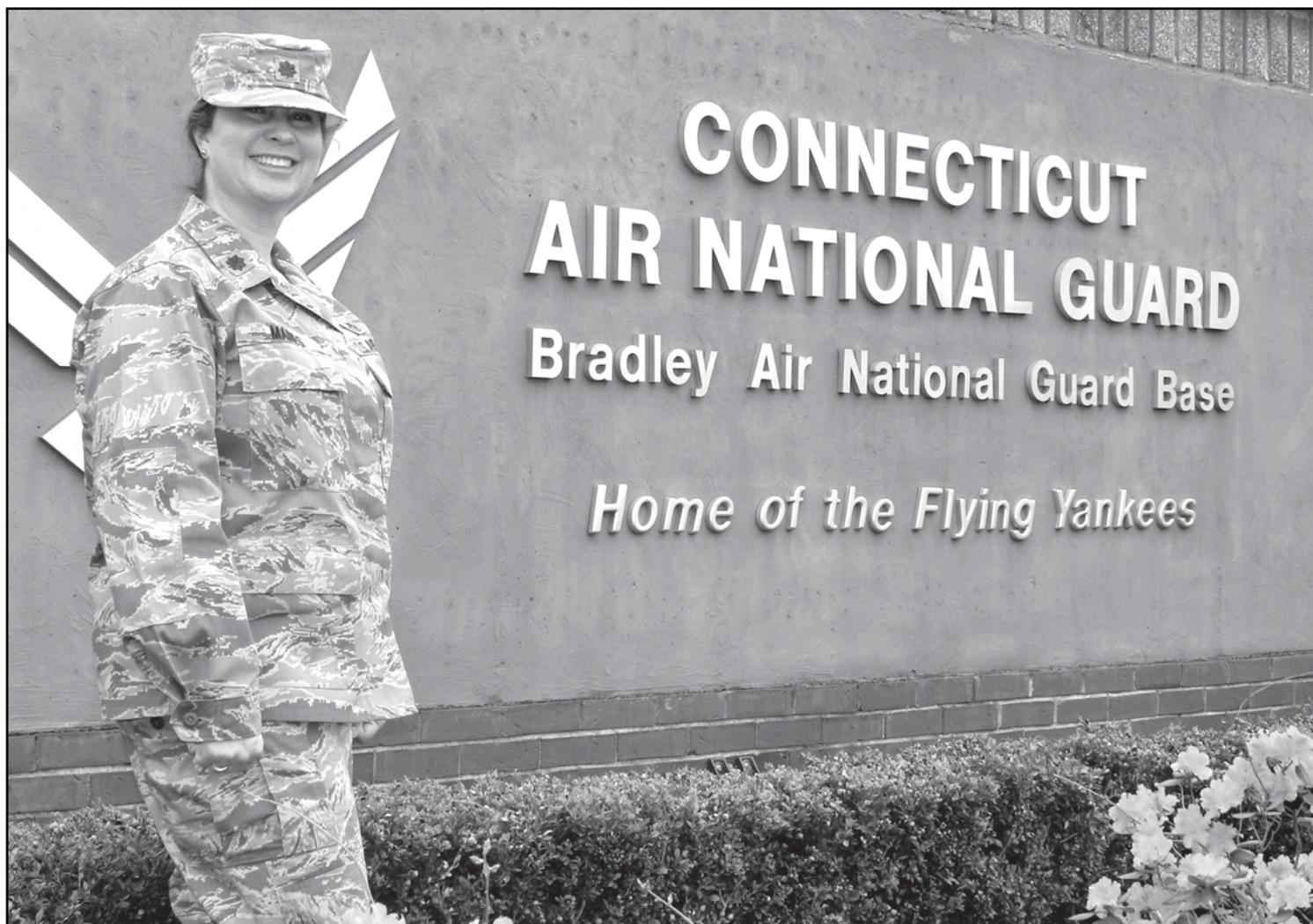
Maines would like victims of sexual assault/harassment to know that their victimization is not their fault.

"You can come forward," she said. "We will do all we can to help you."

Maines said that she is very pleased to have received the DOD Exceptional SARC award, but is most happy that the environment of the Connecticut Guard has become a much safer and healthier environment for service members.

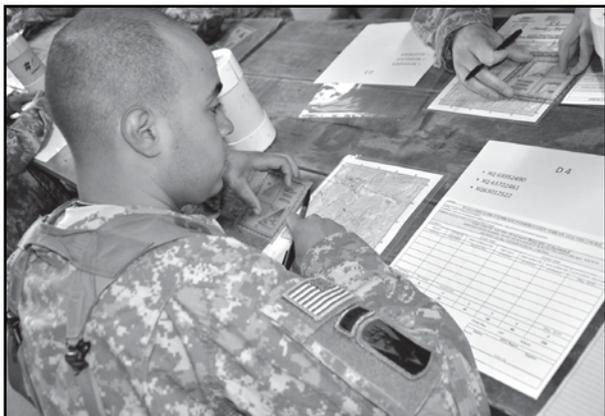
"If our leadership in Connecticut had not been open to allowing these positive changes to occur, we would not be where we are," she said.

Soldiers and Airmen in need of assistance or more information can contact Maj. Maines directly, at [katherine.a.maines.mil@mail.mil](mailto:katherine.a.maines.mil@mail.mil) or 860-883-4798.



*Maj. Katherine Maines, Connecticut National Guard Joint Forces Headquarters Sexual Assault Response Coordinator, is very proud of the award she has received naming her the National Guard SARC of the Year, but gives most of the credit for her success to her team and to the Connecticut National Guard adjutant general, Maj. Gen. Thaddeus Martin, saying that if it were not for the top-down leadership he exhibits, the state would not have as great a program and response as it does. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)*

# Connecticut's Soldier, NCO of the Year Compete in Regional Event



Sgt. Johnny Peralta, Headquarters and Headquarters Company, 1st Battalion, 102nd Infantry Regiment, plots his course before the day land navigation event during the Region 1 Best Warrior Competition at Camp Ethan Allen Training Site, Jericho, Vermont, May 13-15. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)

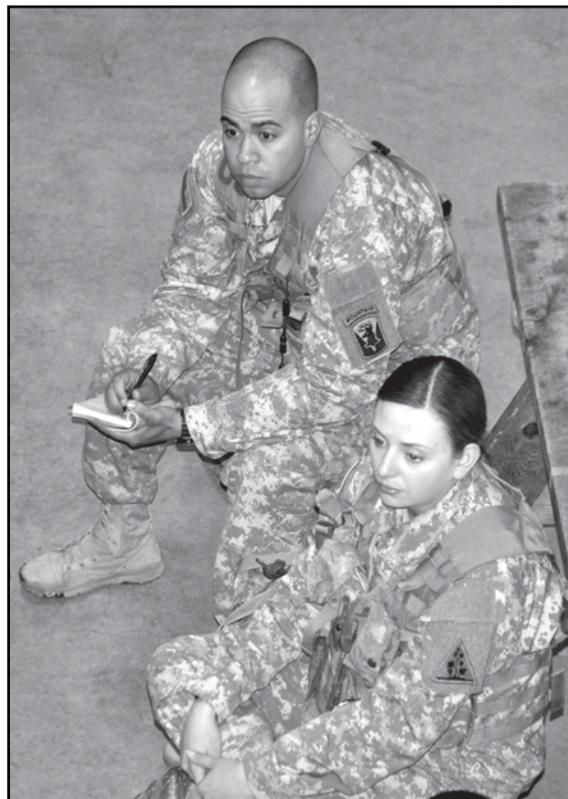


Sgt. Nicole Knoll keeps a watchful eye on Spc. Stephanie Landry during the individual weapons qualification event of the Regional Best Warrior Competition, Jericho, Vermont. Landry, the Connecticut Army National Guard's Soldier of the Year, and Knoll, her competition mentor, are both members of the 143rd Military Police Company and were in Jericho May 13-15 for the regional competition. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)



Spc. Stephanie Landry, 143rd Military Police Company, finishes the 10-kilometer ruck march during the Region 1 Best Warrior Competition. Landry, the Connecticut Army National Guard's Soldier of the Year, finished third among eight competitors at the regional competition. (Photo by Sgt. 1st Class Debbi Newton, 130th

Public Affairs Detachment)



Sgt. Johnny Peralta and Spc. Stephanie Landry, Connecticut Army National Guard's Noncommissioned Officer and Soldier of the Year, listen to a briefing during the Regional Best Warrior Competition, Camp Ethan Allen Training Site, Jericho, Vermont. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)



Sgt. Johnny Peralta, Connecticut Army National Guard's Noncommissioned Officer of the Year, fires from the kneeling position during the Region 1 Best Warrior Competition, Camp Ethan Allen Training Site, Jericho, Vermont, May 13-15. Peralta, a member of the Headquarters and Headquarters Company, 1st Battalion, 102nd Infantry Regiment, competed against NCOs from throughout New England, New York and New Jersey for the Region 1 NCO of the Year title. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)



Staff Sgt. Brian Shattuck (left) and Sgt. Nicole Knoll (second from right) help Sgt. Johnny Peralta and Spc. Stephanie Landry prepare for their appearance boards during the Region 1 Best Warrior Competition, Camp Ethan Allen Training Site, Jericho, Vermont. Peralta and Landry are the Connecticut Army National Guard's Noncommissioned Officer and Soldier of the Year, and Shattuck and Knoll were their mentors for the competition which took place May 13-15. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)



Spc. Stephanie Landry takes aim at a target during the individual weapons qualification event of the Regional Best Warrior Competition, Camp Ethan Allen Training Site, Jericho, Vermont. Landry, 143rd Military Police Company, is the Connecticut Army National Guard's Soldier of the Year and finished third in the regional competition held May 13-15. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)

Staff Sgt. Brian Shattuck holds Sgt. Johnny Peralta's feet during the sit-up portion of the Army Physical Fitness Test at the Regional Best Warrior Competition, Camp Ethan Allen Training Site, Jericho, Vermont. Peralta, Connecticut Army National Guard's Noncommissioned Officer of the Year, and Shattuck, his mentor, are members of Headquarters and Headquarters Company, 1st Battalion, 102nd Infantry Regiment. (Photo by Sgt. 1st Class Debbi Newton, 130th Public Affairs Detachment)



# Training Brings Medics, Aviators Together

SPC. JYOTSNA KHATTRI-CHETTRI  
130<sup>th</sup> PUBLIC AFFAIRS DETACHMENT

Soldiers from the 141<sup>st</sup> and 142<sup>nd</sup> Medical Companies and Headquarters and Headquarters Company, 169<sup>th</sup> Aviation Regiment conducted a joint medical evacuation training event at Stones Ranch Military Reservation in East Lyme, Connecticut, May 17. The medics faced multiple scenarios in how to safely transport and treat casualties in a field environment, including transport casualties using both ground and air evacuation.

The scenario for the training began with Soldiers from the 141<sup>st</sup> and 142<sup>nd</sup> medical companies receiving casualties that they transported to another side of Stones Ranch, where they performed an ambulance exchange moving the patients from one ambulance to another. Then they travelled to the field medical treatment facility where one casualty received treatment while another simulated patient was evacuated via a Blackhawk in a hoist operation.

During the patient hoist operation a hook comes down from the helicopter which can hoist up to 600 pounds. The helicopter lowers a basket and the medics load a patient on a spine board and secure the patient for transport. The helicopter crew then raises the basket 250 feet into the aircraft while the Soldiers on the ground hold onto a line to keep the patient and the basket from spinning. For many of the Soldiers of the 141<sup>st</sup> and 142<sup>nd</sup> Medical Companies, the hoist operation training was a first.

Staff Sgt. Jesse Stanley, 118<sup>th</sup> Medical Battalion, said that this was valuable training especially for the younger Soldiers.

"They learned about the assets that we have available. It really helped the younger Soldiers see what air capabilities we have and what we can do out in the field."

The various medical companies under the 118<sup>th</sup> Medical Battalion have been conducting many training events with one another and in conjunction with the state's aviation units.

Sgt. Luke Chreiman, 141<sup>st</sup> Medical Company, was excited to conduct the training with his unit for the first time.

"This is a fantastic learning experience for me and for the 141<sup>st</sup> Medical Company in the role of a medical transportation unit, for both overseas operations and specifically for stateside operations – whether it is a hurricane and we need to evacuate patients from danger areas or whether it is a Soldier on the battlefield that you have to remove from a mountaintop."

Chreiman said that conducting joint exercises like this one is important to overall readiness.

"As a medical evacuation company we have a specific job. By integrating the other medical companies and aviation, our role really comes into its own in a real life situation because you get a chance to work with all these other components of the Army."

"When we are deployed we have to coordinate with multiple units and multiple services, so learning how to work with all the moving parts is really important in achieving our mission," said Stanley.

Stanley said that it was important to train with the air capabilities so the Soldiers from the medical companies could see how the helicopters operate with patient care.

"Having them realize those assets is going to give them more confidence on the battlefield. They are also not going to be as timid approaching a helicopter while the rotors are spinning. We got a lot of our Soldiers up in the air, so we broke the ice in a really safe training environment before they might have to do it in real life."



*Soldiers load up a notional casualty during a hoist operation at Stones Ranch Military Reservation, East Lyme, Connecticut on May 17. In the photo above, Soldiers have loaded the casualty into the basket which is starting its ascent to the helicopter. Below, a Soldier guides the basket with a line to keep it from spinning as it is hoisted into the waiting Blackhawk helicopter. (Photos by Spc. Jyotsna Khattri-Chettri)*



**"As a medical evacuation company we have a specific job. By integrating the other medical companies and aviation, our role really comes into its own in a real life situation because you get a chance to work with all these other components of the Army."**

*Sgt. Luke Chreiman  
141st Medical Company*



*A UH-60 Blackhawk crewmember heads towards a basket that will be used to evacuate a casualty during hoist operation training at Stones Ranch Military Reservation, East Lyme, Connecticut on May 17. (Photo by Spc. Jyotsna Khattri-Chettri)*



*Staff Sgt Jesse Stanley, 118<sup>th</sup> Medical Battalion, instructs Soldiers on the basket loading part of conducting a hoist operation during a training exercise at Stones Ranch Military Reservation, East Lyme, Connecticut on May 17. (Photo by Spc. Jyotsna Khattri-Chettri)*

# Sexual Assault Prevention Chief Wants to Build on Progress

SGT. 1ST CLASS TYRONE C. MARSHALL JR.  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, May 2, 2014 - Despite headway regarding victims reporting sexual assault, the Defense Department is not content with its progress, the director of the DOD Sexual Assault Prevention Office said last month.

Army Maj. Gen. Jeffrey J. Snow, joined by Defense Secretary Chuck Hagel and Dr. Nathan Galbreath, senior executive advisor to Snow's office, discussed the latest annual report during a Pentagon news conference.

"While we see indications that our efforts over the last year and a half are having an impact, it does not mean that we are satisfied with our progress," Snow said. "We will continue to encourage greater reporting while reducing the occurrence of this crime by improving our prevention measures."

The general reminded reporters, as Hagel did, that sexual assault is an underreported crime, so the department took steps to increase victims' confidence in the response system.

"The department takes action in every case where it has jurisdiction and sufficient evidence to do so," Snow said.

"This year, commanders had sufficient evidence to take disciplinary actions against 73 percent of alleged offenders." This is up from 66 percent from the prior year, he added.

Discussing details of the congressionally mandated annual report, Snow noted that this year's report was organized by the five lines of effort approved in Hagel's strategic plan last year: prevention, investigation, accountability, advocacy, and victim assistance and assessment.

"In the report, we have detailed the policy and program enhancements made in [fiscal year 2013] to prevent and respond to the crime," he said, highlighting three of the efforts.

"We created the special victims counsel program," he

said. This offers legal consultation and representation to victims of sexual assault throughout the justice process, with more than 185 attorneys directly supporting victims, Snow said.

Additionally, Snow said, new methods of assessing the performance of military commanders and enlisted leaders in establishing command climates of dignity and respect were enacted through a system of unit surveys and performance evaluations.

The general's third example of "numerous" efforts detailed in the report was that each of the services has fielded a special victim capability. "This is a program designed to improve collaboration between specially trained investigators, prosecutors and legal personnel who respond to allegations of sexual assault, child abuse and domestic violence," the general explained.

"This capability improves our ability to identify evidence, support victims, and hold offenders appropriately accountable," he added.

Snow said the department's assessment of increased willingness of victims to report the crime of sexual assault is supported by an additional metric showing an increase in reports of incidents occurring prior to military service. "Ten percent of reports made this year were for incidents of sexual assault that occurred prior to military service," he said. "This figure has never exceeded 4 percent."

The percentage of alleged sexual assault offenders receiving some kind of disciplinary action has been growing each year, Snow said. "We believe this reflects an investment in the training of our investigators and prosecutors," he added.

The bottom line, he said, is that commanders are taking allegations of sexual assault very seriously and are holding offenders appropriately accountable.

Snow said prevention is the best way to stop sexual assault, and he pointed to the Hagel's updated sexual assault prevention strategy designed to institutionalize a comprehensive approach across the department. "Using this strategy," he said, "we will intensify our efforts at

every level of military society to prevent this crime."

The general discussed directives designed to enhance DOD sexual assault programs, such as promoting healthy relationships, evaluating commander training, reviewing alcohol policies, increasing male reporting and an online forum to share resources and innovation.

Snow said the department is "encouraged" by the increase in reports, which he said reflects senior-leader focus and improved victim confidence.

Galbreath said he believes the increased reporting reflects the department's "seriousness in looking at this crime." What was discovered, he said, is that because of the underreporting of sexual assault, commanders rarely saw these events out in the field.

"Few of them really knew the counterintuitive nature of this crime and how offenders worked," Galbreath said. "We've been working very, very hard to educate them, and also our criminal investigators and our attorneys that work these crimes."

"We believe that what you see is a return on our investment -- that people are smarter about how sex offenders behave," he said. "They're no longer buying into the rape myths that are common in our society. And this is a direct reflection on our training and investment."

In elaboration he provided to American Forces Press Service, Snow explained how, under the direction of the Hagel and Congress, the department's response system is fundamentally different from the system that existed two years ago.

"We have constructed a system of checks and balances," he said, enhancing the department's capabilities with professionally certified victim advocates and specially-trained investigators and prosecutors.

"Senior leaders have put the full weight of the department towards implementation of the more than 60 provisions of law since [fiscal year 2012]," said the general added.

"We welcome continued collaboration with leaders in Congress," Snow said.

## Armed Forces Day Honor Persons Recognized at Annual Luncheon



The Annual Armed Forces Day Luncheon was held May 16 at the Aqua Turf Club in Southington and several members of the Armed Services in Connecticut were honored in front of a crowd of 700. In the center photo Lt. Gen. Michael D. Dubie, deputy commander, United States Northern Command, addresses the crowd. When he was done, he joined Maj. Gen. Thaddeus Martin, adjutant general, in presenting plaques to this year's Honor Person from each service. Left: Staff Sgt. Katie Miranda, Joint Forces Headquarters was named Honor Person for the Connecticut Army National Guard, and right, Senior Maser Sgt. Melissa Kelly is the Connecticut Air National Guard's Honor Person. (Photos by Master Sgt. Erin McNamara, 103rd FW Public Affairs)



The crew of a CH-47 Chinook fills a large Bambi Bucket from Colebrook Reservoir during water bucket training. Members of the 1/169th Avn. Reg. and the 2/104th Avn. Reg. conducted water bucket training with UH-60 Blackhawk and CH-47 Chinook helicopters at Colebrook Reservoir in Colebrook on May 12. (Photo by Capt. Joseph Brooks, 130<sup>th</sup> Public Affairs Detachment)



UH-60 Blackhawk crewmembers prepare a Bambi Bucket that is going to be used in water bucket training. Members of the Connecticut National Guard's 1/169th Avn. Reg. and the 2/104th Avn. Reg. conducted water bucket training with UH-60 Blackhawk and CH-47 Chinook helicopters at Colebrook Reservoir in Colebrook on May 12. (Photo by Capt. Joseph Brooks, 130<sup>th</sup> Public Affairs Detachment)



CH-47 Chinook crewmembers work together to unload a large Bambi Bucket from the aircraft. Members of the Connecticut National Guard's 1/169th Avn. Reg. and the 2/104th Avn. Reg. conducted water bucket training with UH-60 Blackhawk and CH-47 Chinook helicopters at Colebrook Reservoir in Colebrook on May 12. (Photo by Capt. Joseph Brooks, 130<sup>th</sup> Public Affairs Detachment)

## Connecticut Aviation Units Train to Douse Fires from the Air

Crewmembers of a UH-60 Blackhawk unload the contents of a water bucket over a target area during training. Members of the Connecticut National Guard's 1/169th Avn. Reg. and the 2/104th Avn. Reg. conducted water bucket training with UH-60 Blackhawk and CH-47 Chinook helicopters at Colebrook Reservoir in Colebrook on May 12. (Photo by Capt. Joseph Brooks, 130<sup>th</sup> Public Affairs Detachment)

# CTNG Hosts Regional Homeland Security Exercise in Partnership with Local, State, Federal Response Agencies

## *Seven Regional National Guard Emergency Response Teams Train Together in Connecticut*

COL. JOHN T. WILTSE  
STATE PUBLIC AFFAIRS OFFICER

GROTON, Conn. – The Connecticut National Guard, in partnership with 16 local, state and federal partner agencies, hosted a week-long homeland security exercise, April 28 through May 2, to evaluate emergency response coordination protocols and capabilities. Along with locally-based first responders, the exercise tested the capabilities of seven National Guard Civil Support Teams from Connecticut, Massachusetts, Maine, New York, Rhode Island and Vermont.

Civil Support Teams are comprised of 22 active duty National Guard members and provide specialized capabilities to identify and assess chemical, biological, radiological or nuclear hazards in support of a local incident commander or unified command. Each state is assigned at least one National Guard CST which responds to incidents under the authority of each state's governor.

The Connecticut National Guard's 14<sup>th</sup> CST, based in Windsor Locks, coordinated this annual exercise to refine the support capabilities of those CSTs located in FEMA Region I. CSTs are designed to mutually support each other during emergencies that may exceed the capabilities of a single team.

The five-day training exercise was built around the notional scenario that in the aftermath of a natural disaster, an unnamed terrorist group took advantage of overwhelmed first responder resources and staged multiple attacks throughout Connecticut to gain international media attention for their cause.

Approximately 275 emergency responders participated throughout the week.

The exercise kicked-off with training at Sub Base New London and at the Groton-New London Airport. Additional venues throughout the week included the former Norwich State Hospital property in Preston; Clark Memorial Field/Fireman's Field in Old Saybrook; Hamburg Fire Station in Old Lyme; and the New England Disaster Training Center at Camp Hartell in Windsor Locks.

"This is a tremendous opportunity for the region's extensive emergency response professionals to work together and further advance their skills," said Col. John T. Wiltse, director of public affairs for the Connecticut National Guard.

Exercise participating agencies in addition to the National Guard CSTs included the Connecticut State Police, Connecticut Department of Energy and Environmental Protection, Connecticut Department of Public Health, Connecticut Airport Authority/Groton-New London Airport, FBI, FEMA, U.S. Environmental Protection Agency, U.S. Army Medical Research Institute of Infectious Diseases, SUBASE New London and Groton Emergency Management, Groton Poquonock Bridge Fire Department, Old Lyme Fire Department and Old Saybrook Fire and Police Departments.



*Soldiers work together to rescue a victim from a confined space at the New England Disaster Training Center in Windsor Locks, Connecticut. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)*



*Members of the 14th Civil Support Team search a suspected explosives factory for bomb making supplies during a multi-state, multi-agency exercise held April 28 to May 2 at various locations throughout the state. This scenario was held at the Hamburg Fire Station, Old Lyme, Connecticut. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)*

*A member of the 14th Civil Support Team assists one of his fellow Soldiers in removing his contaminated protective suit after putting him through the decontamination process during a regional homeland security exercise held in various locations throughout Connecticut. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)*



# MP Regimental CSM Visits Connecticut

Command Sgt. Maj. John F. McNeirney, military police regimental command sergeant major, visited with Connecticut National Guard military police units for two days in May before attending the 192nd Military Police Ball where he was the guest speaker. During his visit, McNeirney received a tour of the 928th Military Police working Dog facility and watched a demonstration of their training, received briefings on the capabilities of the 192nd Military Police Battalion and the Military Police School run by the 3rd Battalion (MPT), 169th Regional Training Institute.

(Top Right) Command Sgt. Maj. John F. McNeirney makes a point as Connecticut military police listen during a briefing on the capabilities of the 192nd Military Police Battalion in Niantic, Connecticut.

(Middle Right) Command Sgt. Maj. John F. McNeirney, military police regimental sergeant major, addresses students in the 31B advanced leadership course at Camp Niantic, Niantic, Connecticut. McNeirney stopped by the classroom during his visit to Connecticut and took the opportunity to address the students on various military police-related topics, including the need for active and reserve component MPs to continue to work and train together despite the drawdowns in overseas missions and manning.

(Bottom photos) Students in the military police advanced leadership course work an active shooter scenario at Stones' Ranch training facility in East Lyme, Connecticut. Command Sgt. Maj. John F. McNeirney, military police regimental command sergeant major, had the opportunity to visit and observe the training during a trip to Connecticut in May. (Photos by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



## Hagel Stands Behind Tough Budget Proposal, Spokesman Says

SGT. 1ST CLASS TYRONE C. MARSHALL JR.  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, May 20, 2014 - Defense Secretary Chuck Hagel stands firmly behind tough budget choices made in the 2015 Fiscal Year Defense Budget request as lawmakers return to Washington to take up defense spending.

Speaking to reporters today, Pentagon press secretary Navy Rear Adm. John Kirby affirmed the defense secretary's appreciation for Congress moving forward with its consideration of the budget proposal.

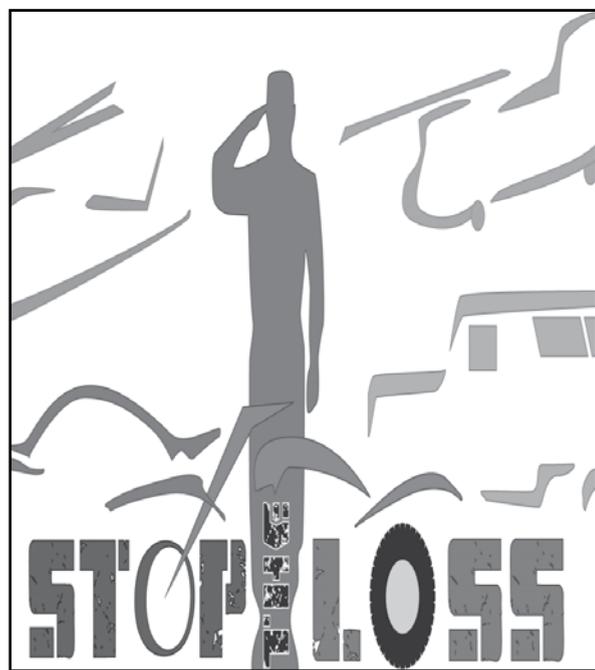
"As you know, the full House of Representatives and the Senate Armed Services Committee are considering their defense authorization measures for fiscal year '15 this week," he said.

"Secretary Hagel appreciates the efforts of leaders in both chambers to move forward with this critical legislation," Kirby said. "He believes that it's important for the ideas and proposals put forward by the Defense Department in the president's budget are subject to a full and vigorous debate."

The admiral said Hagel knows this debate is just the beginning.

"He stands firmly behind the tough decisions that were made in that budget proposal -- decisions that he believes are necessary to preserve our military edge in a very difficult fiscal environment," Kirby said.

Given the importance of the budget proposal, Kirby said he believes "you'll be hearing more from the secretary and other senior leaders in the department on this in the weeks and months to come."



# What's Your Real Age? Army Fit Can Tell You

CAPT. JOSEPH E BROOKS  
130<sup>th</sup> PUBLIC AFFAIRS DETACHMENT

**Hartford, Connecticut** – The Army Comprehensive Soldier and Family Fitness program launched the new Army Fit module in January. The new module adds a component that was missing in the old Global Assessment Tool; physical fitness. Army Fit and GAT 2.0 are now being implemented throughout the Connecticut Army National Guard and Soldiers are required to complete the new online assessment and become educated as to their physical and mental resiliency.

Soldiers need to have a few things on hand before attempting to complete the online module. They will need to have their most recent Army Physical Fitness Test score for each event of the test as well as their combined score. The APFT scores will need to be entered into the module in order to assess the Soldier's wellness and how they measure up to the fitness goals for their age group. They also need to have a tape measure available or to know their waist circumference and they need to know their height and weight. This information combined with several survey questions about sleeping, eating and exercise habits combine to tell Soldiers their "RealAge."

RealAge, as defined by Army Fit, is the biological age of the Soldier's physical well-being. It helps to inform them about the tolls or benefits that their habits are having on their physical well-being. If they have poor eating habits or are sleep deprived that will reflect in a higher overall RealAge. So if a Soldier who is 30 years-old registers a RealAge of 40 it can be determined that they are in poorer relative health to that of their age group.

Army Fit doesn't just report a Soldier's physical resiliency, it contains several modules designed to help improve their health. Soldiers can take part in fitness

challenges to assist with weight loss, improve their APFT score or meet other wellness goals. It contains several modules to track weight, log physical activity and to count calories. There is also a competitive component that scores activities and Soldiers earn points that add up to levels and badges.

There is a new social element to Army Fit as well (see graphic). The site looks very familiar to anyone who uses Facebook or other social media platforms. Soldiers can link to their friends and colleagues in order to compare scores, discuss wellness topics, trade encouragements or compete for health scores. Soldiers that want to track their progress and share their own tips and results can do so through their own blog hosted on Army Fit.

Unit leaders have new tools in Army Fit to evaluate the physical health of their Soldiers and their units as well. Unit commanders can get access to their unit's overall health profile to determine how physically resilient their unit is. They can see the average health rating of their unit and use this information to customize their unit's physical fitness training program. They can also use the guided lessons on exercise and nutrition as a guide to mentor and council Soldiers that need assistance.

With the new GAT 2.0 and Army Fit, a Soldier may find out that they need to lose a few pounds or maybe they don't get enough sleep. They are not alone in this and they now have a powerful new tool to help them reach their wellness goals. Army Fit will tell them how to ready themselves to sleep by shutting off electronic devices at least a half hour before it is time to sleep. If they need to learn about portion control for meals, Army Fit will tell them. This information will aid in building a better, stronger, more resilient Army. Access Army Fit at <https://armyfit.army.mil/>.

## Resilience Center: Hunt the Good Stuff – Everyday!

**SGT. MAJ. JAMES SYPHER**  
STATE RESILIENCE COORDINATOR

Noticing the good things in our lives has important bottom-line outcomes that will increase our resilience. In order to build positive emotion, optimism and gratitude, you must counteract the negativity bias.

The negativity bias is our tendency to focus attention and energy on the negative aspects of our life rather than on the complete picture. When you “hunt the good stuff,” you sleep better, feel calm and your health improves.

As your depression lowers, you get greater life satisfaction, your performance increases and you have better relationships.

Each day write down three positive experiences, why

they happened and reflect on what these things mean to you. Consider what you can do to enable more of these good things and ways that you or others contributed.

Hunt the Good Stuff is used to notice your positive experiences in order to enhance optimism, gratitude, and other positive emotions. Use this skill on a regular basis to counteract the negativity bias. Optimism is the primary target of the Hunt the Good Stuff skill.

### Resilience Tip of the Month:

Set limits on your activities outside of the family. Each time you are asked to join a club or a committee, volunteer for an activity or help out with a project, ask yourself one question: If I join, what impact will this have on my family?

### Resilience Resources:

Outward Bound: [www.outwardbound.org/veterans](http://www.outwardbound.org/veterans)

Strong Bonds: Contact Chaplain Nutt at 800-858-2677  
Connecticut VA: Newington: 860-666-6951

West Haven: 203-932-5711

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

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

### Upcoming Resilience Training:

Jr. RTA: July 17-18

In next month's issue we will cover: Put it in perspective. Until then Connecticut, stay resilient!

## Mental Health: ASIST - How You Can Help Those in Need

**YANIA PADILLA, MS**  
SUICIDE PREVENTION PROGRAM MANAGER

One of the main components of the National Guard Suicide Prevention program is ASIST training. ASIST stands for Applied Suicide Intervention Skills Training. The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Who is a caregiver? Caregivers are any persons in a position of trust. This includes military spouses, family members, friends and community volunteers. ASSIT training is suitable for mental health professionals, nurses, physicians, pharmacists, teachers, counselors, youth workers, police and correctional staff, school support staff and clergy.

Just as “CPR” skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide. Anyone can be at risk. Men and women of all ages, of all occupations and all socioeconomic groups are at risk. There is no guarantee of safety from suicide. The key to suicide prevention is trained caregivers who are ready, willing and able to get involved with each individual at risk—caregivers who can recognize individuals who are at risk and who know how to intervene to prevent the risk of suicidal thoughts becoming suicidal behaviors.

The vast majority of those thinking about suicide will find some way to signal their intent. Most suicidal people are looking for another option. They don't want to die. But preventing suicide takes two people—a helper and the person at risk. ASIST is designed to help all caregivers become more willing, ready and able to help persons at risk. Suicide can be prevented with the help of prepared caregivers.

CTARNG has an ASIST workshop scheduled for July 26-27 at the Armed Forces Reserve Center in Middletown. Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Feel challenged and safe. Learn suicide first aid.

If you are interested in attending ASIST, please contact Ms. Yania Padilla at (203)450-1826 or [yania.y.padilla@accenturefederal.com](mailto:yania.y.padilla@accenturefederal.com).

(Source: [www.livingworks.net](http://www.livingworks.net))



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

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

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

**Master Resilience Trainers**

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



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



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

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

# Terns Nesting Among Military History on Great Gull Island

STORY AND PHOTOS BY  
STAFF SGT. JORDAN WERME  
130<sup>th</sup> PUBLIC AFFAIRS DETACHMENT

**GREAT GULL ISLAND, Long Island Sound** – The island is a living monument to generations past. Massive concrete bunkers, overgrown gun emplacements, dark tunnels that echo with every drop of water that finds a crack through which to fall. From some parts of the island, peering through the windows of a long-abandoned watch tower or peering over the edge of a 30-foot drop that used to house a canon, the military history of this tiny island is impressive.

But from within the Great Gull Island Headquarters, where Helen Hays and a group of volunteers do the work of the day, canons and defensive positioning seem as alien here as in your local coffee shop.

Great Gull Island was once the home of Fort Michie (MY-key), a key harbor defense position from 1896-1948, playing important roles during the Spanish-American War, World War I, and World War II. In “Guardian of the Sound: A Pictorial History of Fort H.G. Wright, Fishers Island, N.Y.” by Pierce Rafferty and John Wilton-Ely, is a description of the seven Connecticut National Guard units that were re-designated in 1917 as part of the Coast Defense Command during World War I; those Connecticut Soldiers were often manning the guns at Michie.

At just 17-acres end-to-end, Great Gull Island sits between Plum and Fishers Islands just seven miles from the Connecticut shore in the Long Island Sound. The island, once a prized military outpost, is now prized for another reason: it is among the last nesting grounds in the Western Hemisphere for common and roseate terns, pigeon-size sea birds that come north during the summer and spend their winters in South America. While common terns are, well, common, the roseate species has been on the federally recognized endangered species list since 1987.

“We have the largest population of common terns in the world, probably,” said Helen Hays, director of the Great Gull Island project, “and the largest population of roseates in the [western] hemisphere.” Hays has worked as a volunteer on Great Gull Island since 1969, managing

the resources and personnel needed to observe and tag both species of tern. In the intervening 46 years, Hays has seen a lot on the island, including the damage that a major storm can cause to such an isolated and exposed area.

When Superstorm Sandy struck the region in 2012, Great Gull Island was among the places that experienced the storm’s devastating effects. Nearly all of the bird blinds, observations posts and tern nesting terraces were destroyed along with the island’s only access point: a dock built in 2009.

“The damage was horrendous,” said John Einhellig, a carpenter with Local 24 Carpenter’s Union, New London, Connecticut. Einhellig and his son, Mark, also a carpenter, were among more than a dozen individuals who volunteered to rebuild the damaged blinds and terraces before the birds returned to island later in May to begin their nesting. “The dock they had was fairly new, built out of pretty modern stuff.

It was pretty twisted up and mangled. It’s going to take some work to get it back together.”

The damaged dock, the amount of supplies needed to reconstruct the facilities, and the difficult coastal terrain of the island created a serious problem for Hays; how to get the needed lumber and supplies to the interior areas in time for the birds’ arrival?

“It is the Connecticut National Guard policy to try to support other federal agencies to some sort of mutual benefit,” said Lt. Col. Mark Strout, logistics manager, 1109th Theater Aviation Sustainment Maintenance Group. When the United States Fish and Wildlife Service reached out to the Guard for help getting supplies to Great Gull Island, it was a great opportunity for the aviation community to get some valuable training while helping to ensure the continuation of a nearly 50-year environmental project.

“We supported the U.S. Fish and Wildlife Service in conducting a mission they had in furthering a natural resources project,” said Strout. “What we got out of it was training for non-standard sling-loads; something similar to what we do in combat.”

On April 25, a CH-47 Chinook helicopter, with pilots and crew from Detachment 1, Company B, 2/104th



The inset image, taken from “Guardian of the Sound: A Pictorial History of Fort H.G. Wright, Fishers Island, N.Y.” by Pierce Rafferty and John Wilton-Ely, shows a Soldier at Fort Michie, Great Gull Island, with one of the 16-inch guns used during World War I and World War II. The background shows the gun emplacement as it exists today.

Aviation, carried pallets of lumber and supplies to the island, making three round trips from the TASMG facility in Groton to Great Gull Island. More than 13 thousand pounds of lumber, along with additional supplies, went in each load; the total required for the rebuilding project exceeded 40 thousand pounds, said Strout.

“The critical thing we could do with the helicopter that aided them in their mission,” said Strout, “was to put supplies in a specific location. With the rugged terrain that’s out there, we could do specific point deliveries for equipment.”

“Being a military Veteran,” said Bud Bray, a Navy Veteran and volunteer for the project, “as soon as I heard the National Guard was going to do this I was very excited and more interested in doing whatever I could, as well. It was an impressive airlift.”

“The National Guard flew the lumber,” said Hays, “for the blinds and for the terraces for the roseate terns. We want to expand the area where roseates can nest. Having unloaded a lot of lumber here I knew that this amount of lumber would not be easy ... even if we had a dock. The National Guard accepted this mission, and that was wonderful news for all of us.”

The birds return to Great Gull Island each spring, to nest and breed among what remains of the military outposts from generations past. Fort Michie began as a 30-man post, but according to the Southold Historical Society, a New York organization that maintains the history of the coastal barrier islands, approximately 135 Soldiers were stationed on the island when World War I began. Among the most prominent defensive positions on the island were 16-inch gun emplacements on either end of the island. The massive guns are long gone, but the placements remain, and it is along the sloping terrain where



Sudden erosion of Great Gull Island during Superstorm Sandy in 2012 caused damage to research posts and historical military structures left over from the Spanish-American War and World Wars I and II.

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A CH-47 Chinook helicopter carries a load of lumber as it approaches Great Gull Island. The lumber was one of three deliveries made by Detachment 1, Company B, 2/104th Aviation from Groton to the island on April 25. More than 40 thousand pounds of lumber and supplies were airlifted to the island as part of an inter-agency environmental program with the American Museum of Natural History and the U.S. Fish and Wildlife Service.

structures stand that the roseate terns come each year to produce their new generations.

"The primary project," said Bray, "is to reconstruct the bird blinds for the scientists and experts who will be here this year to do their annual observations, data collection and other crucial work to keep these two species going. Weather with us, we're going to do it. Everything is going pretty good."

"We're trying to be good stewards of the environment," said Strout. "The majority of the volunteers were happy to have the inter-agency support. I was a little surprised by the military's involvement. The military is very focused on conserving natural resources."

"Great Gull Island is a significant bird sanctuary," said Bray. "The terns are on the brink of what scientists call a 'blink-out' which is their final extinction. I'm enormously honored to be a part of this project with Ms. Hays, and as a Veteran that the National Guard was able to help and help this year."

"The impending 'blink-out' of the roseate tern can be compared to the comparative numbers with the commons. On Great Gull Island alone, said Hays, there are more than 100 nesting pairs of common terns; barely 1,300 roseates. The next largest colonies are in Massachusetts and Nova Scotia, Canada. Great Gull Island is the southern-most point where roseates have been observed to nest, said Hays.

"Every time you're helping wildlife on the fringes of an extinct species, it should be something the whole community should be involved in and be aware of," said Hays. "It's nice to see the Guard involved. I'm proud of my military."

The carrier islands and coastal forts of the Long Island

**"We're trying to be good stewards of the environment. The majority of the volunteers were happy to have the inter-agency support – maybe a little surprised by the military's involvement. The U.S. military is very focused on conserving natural resources."**

**Lt. Col. Mark Strout  
1109th TASMG**

Sound (Great and Little Gull Islands, Fishers Island, Plum Island, along with Watch Hill, Rhode Island, and Gardiner's Point, New York) are rich in military history, including activity within the Connecticut National Guard. The structures that once housed and protected Soldiers during three major campaigns are largely still standing on Great Gull Island, and while Soldiers no longer occupy these spaces the years-long battle for survival of the roseate tern species is underway.



A CH-47 Chinook helicopter delivers a load of lumber to Great Gull Island, a 17-acre island in Long Island Sound. The lumber was one of three deliveries made by Detachment 1, Company B, 2/104th Aviation from Groton to the island on April 25. More than 40 thousand pounds of lumber and supplies were airlifted to the island as part of an inter-agency environmental program with the American Museum of Natural History and the U.S. Fish and Wildlife Service.



Helen Hays (center), director of the Great Gull Island project, oversees the rebuilding of bird blinds and observation posts destroyed in 2012 by Superstorm Sandy. Construction of the new facilities began on May 2, following an April 25 airlift of the lumber and supplies to the island by the Connecticut National Guard.



Bud Bray (foreground), a volunteer for the Great Gull Island project and New London, Connecticut, resident, works with other project volunteers on May 2 to unload and transport lumber and supplies that were airlifted to the island.

# Around Our Guard



Soldiers of the 1<sup>st</sup> Battalion, 102<sup>nd</sup> Infantry Regiment secure an LMTV onto a rail car on May 17 in preparation for moving battalion vehicles from Camp Hartell in Windsor locks to Fort Polk, Louisiana for use at annual training. (Photo by Maj. George Duggan, 143<sup>rd</sup> RSG Public Affairs)

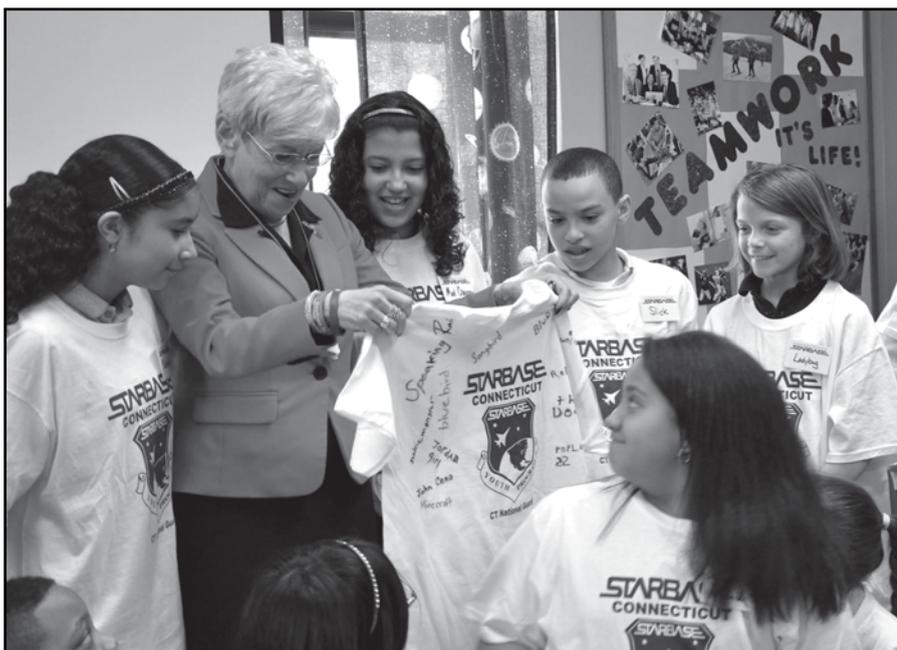
Connecticut Army and Air National Guard units conduct training throughout the state during their weekend drills. We encourage you to take photos of that training when you can and send them to us at [ctngpublicaffairs@gmail.com](mailto:ctngpublicaffairs@gmail.com). Please send them the day you take them so we can post to our social media accounts and get your units recognition. Include information on what is going on in the photo, what unit is depicted and full names and ranks of identifiable Airmen and Soldiers.



Staff Sgt. Samuel Crespo, 250<sup>th</sup> Multi-roll Bridge Company, trains on bridge building equipment during a training event at Stones Ranch Military Reservation, East Lyme, Connecticut on May 17. (Photo by Spc. Jyotsna Khattri-Chettri, 130<sup>th</sup> Public Affairs Detachment)



Soldiers from the 250<sup>th</sup> Multi-Roll Bridge Company conduct training on the dry support bridge during a training event at Stones Ranch Military Reservation, East Lyme, Connecticut on May 17. (Photo by Spc. Jyotsna Khattri-Chettri, 130<sup>th</sup> Public Affairs Detachment)



Lt. Gov. Nancy Wyman receives a signed t-shirt from 5<sup>th</sup> grade students from East Hartford's O'Connell Middle School and looks on as some of the students design a 3D keychain on the computer-aided drafting program, Creo, at STARBASE in Hartford, April 22. STARBASE is a Department of Defense-funded youth science, technology, engineering and math academy. Wyman visited the class to emphasize the importance of education, saying "If you have a good education, you can be anything you want." The STARBASE CT program is run by the Connecticut National Guard and has locations in Hartford and Waterbury. Local 4<sup>th</sup> and 5<sup>th</sup> grade students attend the STARBASE Academy for five days where they focus on hands-on experiments and classroom instruction. (Photos by Allison M. Joanis, Connecticut National Guard Public Affairs Office)



COMMAND SGT. MAJ.  
JOHN S. CARRAGHER

Hello to all and welcome to June! It is now officially summer and for most of us, time to execute our Annual Training plan. Depending on your unit's Army Force Generation Model aim point, that should mean something a little different for each unit.

It may be the culminating collective training event for your unit following a year of intensive individual and small unit training.

On the other end of the spectrum, if your unit is resetting, your training focus during annual training should be on individual tasks. All Soldiers available to attend professional military education should have attended or be scheduled to attend.

More than likely, your unit falls somewhere in between. Whatever your training focus is, I urge you to take full advantage of every single minute. Any opportunity we let slip by to train our Soldiers, we cannot get back. Take a minute today and review your part of your unit's plan. Double check with your team and make sure everyone knows their part and is ready to execute. Train hard and train safe. I hope to get to see every unit at their annual training site.

A friend of mine and fellow command sergeant major came to visit some of our units in May and posed an interesting question to several NCOs (myself included). The question was "As NCOs, what are our directed (by regulation) tasks?"

I found myself somewhat embarrassed and at a loss, not knowing something that I should obviously know. Army Regulation 600-20 (Army Command Policy) describes the NCO Support Channel and assigns 10 directed tasks as follows: "The NCO support channel (leadership chain) parallels and complements the chain of command. It is a channel of communication and supervision from the command sergeant major (CSM) to first sergeant (1SG) and then to other NCOs and enlisted personnel of the units. Commanders will define responsibilities and authority of their NCOs to their staffs and subordinates. This NCO support channel will assist the chain of command in accomplishing the following:

1. Transmitting, instilling and ensuring the efficacy of the professional Army ethic.
2. Planning and conducting the day-to-day unit operations within prescribed policies and directives.
3. Training of enlisted Soldiers in their MOS as well as in the basic skills and attributes of a Soldier.
4. Supervising unit physical fitness training and ensuring that unit Soldiers comply with the weight and appearance standards of AR 600-9 and AR 670-1.
5. Teaching Soldiers the history of the Army, to include military customs, courtesies and traditions.
6. Caring for individual Soldiers and their Families

both on and off duty.

7. Teaching Soldiers the mission of the unit and developing individual training programs to support the mission.

8. Accounting for and maintaining individual arms and equipment of enlisted Soldiers and unit equipment under their control.

9. Administering and monitoring the Noncommissioned Officer's Development Program, and other unit training programs.

10. Achieving and maintaining courage, candor, competence, commitment and compassion."

As I read through these I realized that everything we do as enlisted leaders flows from these 10 directed tasks. Our commanders assign us many tasks, but each can be related back to these. I would ask that each of us take a look at these and make sure we are doing all we can to execute these tasks within our span of control.

One of the directed tasks, number five (Teaching Soldiers the history of the Army, to include military customs, courtesies, and traditions) is especially important to me. It also came up during my friend's visit when he asked our Soldiers the symbolism of the crests they were wearing. Unfortunately, many of our Soldiers could not answer the question. I thought I would take a moment to do my part and describe the crests that I wear. I wear two different crests, one as a Distinctive Unit Insignia on the epaulets and one as a Regimental Distinctive Insignia above the right pocket.

The DUI that I wear is that assigned to the Connecticut Army National Guard Element, Joint Force Headquarters. The Army Institute of Heraldry describes the DUI as "A silver color metal and enamel device 31/32 inch (2.46 cm) in height consisting of a blue hexagon, one side up, on which is a silver rococo shield bearing three green grape vines with purple grapes, each vine interlaced with a vertical green support, issuing from a green mound". The symbolism is described as "The shield portion of the arms of Connecticut was approved by the State General Assembly of 1897, and is described as follows: 'A shield of rococo design argent white silk, having embroidered in the center three grape vines, supported and bearing fruit in natural colors.' Additional research reveals that the grape vines are symbolic of the fertility of the land. The presence of three grapevines is most likely symbolic of the three original settlements in Connecticut - Windsor, Hartford, and Wethersfield."

A Soldier's Regimental affiliation using an RDI is based on a Soldier's branch/corps/special branch, as determined by primary military occupational specialty or unit specialty. Soldiers may wear the RDI for their affiliated regiment or they may be approved to wear the DUI for a unit in which they are serving or previously served successfully. The RDI that I wear is that of the Military Police Corps Regiment. The center of the Military Police Corps Regimental Crest is the Roman fasces. The fasces was carried by Roman soldiers who performed peacekeeping duties. The fasces is the ancient symbol

## Enlisted Update

of the magistrates authority. The sword that appears on the crest represents military leadership and guidance. The sword symbolizes the idea that military police Soldiers must set the example for all Soldiers. The key represents security and embodies the role of protecting the vital military assets that are necessary for combat. The scales of justice embody the values of impartiality and fairness that must govern every military police action. The crossed pistols are the traditional insignia of the Military Police Corps and represent military and martial preparedness.

The banner on the regimental crest denotes the three military police missions. The word "Protect" stands for the military police combat support role of protecting fellow Soldiers and equipment on the battlefield. The word "Assist" embodies the law enforcement mission of aiding the commander in maintaining order and in safeguarding the rights of Soldiers and their Families to be secure in their homes. The word "Defend" represents the combat mission of resisting, containing, and defeating the enemy in the rear area to secure forward support and command and control elements that are needed to sustain and win the main battle. The encirclement of the shield by the banner and crossed pistols symbolizes the unity of the Military Police Corps.

As I stated above, one of our 10 directed tasks is to make sure that our Soldiers understand the history of our units. An implied task is that we teach them the symbolism of the insignia we wear. I challenge each and every NCO to share the rich history of your unit. Take a few moments to learn the meaning behind the insignia you wear. Seek out a copy of your unit's Lineage and Honors Certificate and share it with your Soldiers. One of the prerequisites of esprit de corps is understanding the sacrifices made by those that came before us.

If you are interested in learning more about unit insignia, please visit the U. S. Army Institute of Heraldry at the following link: [www.tioh.hqda.pentagon.mil/Catalog/HeraldryList](http://www.tioh.hqda.pentagon.mil/Catalog/HeraldryList).

Unit Lineage and Honors information can be found at the U. S. Army Center for Military History at the following link: <http://www.history.army.mil/>.

If you are interested in your unit's DUI/RDI or lineage and honors, ask your platoon sergeant, first sergeant or command sergeant major. It is our job!

### Quote of the Month:

"Don't be buffaloes by experts and elites. Experts often possess more data than judgment. Elites can become so inbred that they produce hemophiliacs who bleed to death as soon as they are nicked by the real world."

*Colin Powell*

I look forward to seeing each of you at your annual training location.

# Legal Affairs: Are Loose Lips Still Sinking Ships?

CAPT. KYLE B. WILKINSON  
STAFF JAG, CTARNG

Members of the Connecticut National Guard should be aware that their access to information from military systems is for official military purposes only. Accessing military records systems without the official "need-to-know" and misuse of official information are serious acts of misconduct for military members and can lead to administrative action, non-judicial punishment, or prosecution.

There have been several recent high-profile cases in this area. Photos documenting abuses at Abu Ghraib and the leak of classified information by Bradley Manning (now Chelsea Manning) both highlight the importance of military information and access to it. While the effects of these cases are being debated in the media, the vast underlying importance of information contained in military systems and access to it is undeniable.

Maintaining communications security is a crucial military function. Controlling access to military information and records systems is essential to ensuring outsider and insider threats are unable to exploit official information for nefarious purposes.

Army Regulation 380-5 *Department of the Army Information Security Program* establishes the Army's policy for classification, declassification, downgrading and safeguarding of information and applies to Army National Guard members. Air Force Policy Directive 16-4 and Air Force Instruction 33-200 establish and supplement Air Force policy for information protection and apply to Air National Guard members.

Effective inspection and audit programs such as the Managers' Internal Controls Program periodically review lists of those who have access to certain systems to ensure access is limited to those with the "need to know" for effectively performing their job functions. Soldiers and Airmen can certainly get in trouble by accessing military systems for personal use or benefit. Supervisors can also get in trouble by failing to secure information

for use by only those with a "need to know."

"Need to know" is a term that refers to the restriction of information access to only those for whom the information is necessary in carrying out their official duties. Policy and regulations dictate that access to certain information is limited to those who need it to do their job. Unless a military member needs the information

to do their job, they are not to have access, obtain, use or disclose that information. If they do so, they are subject to adverse actions.

Our core military values require care and concern for our brothers and sisters in arms. This means ensuring that official information is not compromised and used for destructive purposes.



## Governor's Horse and Foot Guards

### 2nd Company, GFG Celebrates 239<sup>th</sup> Powder House Day

CAPT. RICHARD KEENAN GREENALCH, JR.  
2<sup>ND</sup> COMPANY, GOVERNOR'S FOOT GUARD

(NEW HAVEN, Conn) - Despite the inclement weather, the Second Company Governor's Foot Guard commemorated the 239<sup>th</sup> Anniversary of Powder House Day, which remembers the events of April 22, 1775, when the Second Company, under the command of Captain Benedict Arnold, demanded the keys to the powder house from New Haven's selectmen in order to arm themselves and march to Cambridge to assist our sister colony of Massachusetts at the outset of the American Revolution.

At the conclusion of the church services at the historic Center Church in New Haven, the ceremonies continued inside, including the re-enactment of the demanding of the keys.

Principals in the dialogue included: Brig. Gen. Mark Russo, assistant adjutant general, Connecticut National Guard as Col. David Wooster; Mayor Toni Harp as the First Selectman of New Haven; Maj. Gary Stegina commandant, 2GFG, as Capt. Benedict Arnold; Capt. Alice Cronin, executive officer, 2GFG, as Adjutant Lt. Jesse Leavenworth and Reverend Mister John Depastino (Chief Warrant Officer 4, 2GFG) as the Reverend Jonathan Edwards.

At the conclusion of the event, Mayor Harp was made an honorary captain of the Second Company.



New Haven Mayor Toni Harp receives an honorary commission in the 2nd Company, Governor's Foot Guard from Capt. Alice Cronin (left) and Maj. Gary Stegina (right) during ceremonies held after the annual commemoration of Powder House Day in April. (Photo by Staff Sgt. Bryan Kaplan, 2nd Company, Governor's Foot Guard)



Members of the 2nd Company, Governor's Foot Guard mark the annual commemoration of Powder House Day with a memorial service at Center Church, New Haven, Connecticut. (Photo by Derek Torrellas)

### 1GFG Honors Honorees



The First Company Governor's Foot Guard Color Guard presents the colors at the Connecticut Veterans Wartime Service Medal ceremony May 9 at Lincoln Middle School in Meriden. (Photo courtesy Maj. Christopher Cain, 1GFG)

### Pony Rides for a Purpose Brings Community Together



the Sandy Hook shootings. Maggie is deployable to man-made and natural disasters to provide canine therapy to those in need. (Photo courtesy 2nd Company, Governor's Horse Guard)

The Second Company Governor's Horse Guard was once again a part of Pony Rides for a Purpose in memory of Jessica Rekos; one of the children lost in the Sandy Hook shootings. This annual event brings the community together to celebrate Jessica's life and her love for horses. The family fun day brought out hundreds to share stories, take a ride on the horses, see the Newtown Hook and Ladder Fire Truck up close, enjoy crafts, face painting, juggling, baked goods and live music. The event was held at the 2nd Company, Governor's Horse Guard facility in Newtown, Connecticut. Tim Walsh took to the stilts to entertain the attendees and showed off Maggie, a K9 Comfort Dog who has been based in Newtown since

## Healthy Lifestyles

# Operation Live Well Emphasizes Personal Choices

TERRI MOON CRONK  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, May 23, 2014 - The Defense Department's Operation Live Well initiative, a long-term campaign to make cultural change so that making a healthy choice becomes the easy choice, is showing success after just a year of existence, a Defense Health Agency official said yesterday.

Public Health Service Capt. Kimberly Elenberg, program manager for DHA's population health, said Operation Live Well completes its initial demonstration year this month at 14 installations in support of DOD's aim to improve health care, readiness, quality of life, and decrease health-care costs for service members, families, veterans and civilians.

"We have a moral obligation," Elenberg said of the DOD workforce. "Young men and women are making huge sacrifices for their country, and we need to give them the knowledge and education so they can do the best they can do in their jobs, and make the right choices personally to meet goals they have."

Operation Live Well is a three-phase initiative, she said. The first phase now under way centers on education and communication about making healthy choices. When phase one is complete, findings will be analyzed, and the end result will encompass a strategy for a framework that supports DOD health and readiness goals, Elenberg explained.

Operation Live Well is incorporating the National Prevention Strategy, a White House initiative chaired by the U.S. surgeon general. Established in 2011, the strategy focuses on approaches for Americans to achieve improved health and well-being, according to the NPS's website.

When Operation Live Well was in development, Elenberg explained, DOD organizations were examined for what health initiatives were being performed well and what could be improved.

Following those observations, Operation Live Well began its focus on obesity and tobacco use, and placed action plans in place at the 14 selected demonstration installations, she said.

Tobacco use and obesity negatively impact national health, Elenberg noted. The military has a 38 percent "pick-up rate," of new smokers, she said, adding that the military's use of tobacco exceeds the national average.

And the monetary cost of maintaining a tobacco habit for a year equals one month's salary for a young service member, Elenberg added.

"We looked at the health of our overall population and saw nearly 65 percent of our health is related to noncommunicable diseases -- not catching something from others, but [illnesses] aggravated by personal choices such as tobacco use or obesity," Elenberg said.

"We felt this was where we could really make a difference, she said, by educating people to make healthy

choices in their lives.

Elenberg said she expects Operation Live Well's first phase will move into the second phase in about a year to analyze the initial findings, but indicators of OLW's success are already paying off.

"We have great leadership," Elenberg said. "And they're really looking at the service member as a performance athlete, from the infantry person to the nurse."

As a nurse who's been on several deployments, Elenberg said the physical demands are great to carry heavy equipment, hop off helicopters and run into jungles.

"We need to look at ourselves as athletes," she said. "There's a lot of support for functional physical training."

Another finding from the past year is that people are challenged in their food environment, Elenberg said. To address that issue, Operation Live Well encompasses several communities from DOD schools to the commissaries and dining facilities. To change the architecture of food choices that are available, the change must take place in the total environment, she said.

Behavioral health specialists also are making a difference by offering help to those who might make negative choices when it comes to obesity, Elenberg said.

"There often are reasons why folks are overweight," she said. "Some of it is genetic, some is about accessibility and knowing how to cook with low fat, but some people might eat for comfort or out of anxiety. By [having] a behavioral health component available, it supports behavioral change over time."

Additionally, while the program's initial findings show that physical fitness facilities are readily available, there is a "huge gap" in adult sports programs, such as softball and soccer, Elenberg said.

Operation Live Well needs to create a "cradle-to-grave" culture, she said, targeting DOD's population from new recruits to separating service members and veterans as they transition to the

Veterans Affairs Department.

"The pool of resources to draw recruits from is decreasing as our nation faces the challenges of [obesity] and physical fitness," Elenberg said.

Veterans on average gain five pounds when they retire from active duty and one pound a year thereafter, she said.

"A majority of our retirees are overweight and facing [health] challenges," Elenberg said. "Part of that is for many years we've told people they have to reach their readiness standards, but we haven't told them why it's important beyond that," after they depart the military.

A key element of Operation Live Well lies in its spillover benefits for the civilian community, Elenberg said.

"We have opportunity to lead our nation in many, many ways," she said. "As a closed community we have an opportunity to implement things and get feedback. As we learn these things, it's our responsibility to share it with the nation."

"We are part of the leadership that's changing the culture," Elenberg added. "We're lucky to be in that position. It's another way to serve our country."



## 169<sup>th</sup> REGT (RTI)



### CONNECTICUT OFFICER CANDIDATE SCHOOL HALL OF FAME

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

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

# Diversity: June is Time to Celebrate LGBT Pride Month

MASTER SGT. JAMES MITCHELL  
EQUAL OPPORTUNITY ADVISOR, 143RD RSG

The purpose of Lesbian, Gay, Bisexual, Transgender Month is to celebrate the lives and achievements of the LGBT community and the celebration extends from June 1 to June 30.

During the month of June we celebrate LGBT (Lesbian, Gay, Bisexual and transgender) month to recognize and acknowledge the contributions and service to our country by LGBT Americans. The month of June was chosen for LGBT Pride Month to commemorate the Stonewall riots. In June of 1969, patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBT Americans were commonly subjected. This marked the beginning of a movement to outlaw discriminatory laws and practices against LGBT Americans.

The following year the first gay pride march took place in New York City. This evolved into what is now an annual event, "The Gay Pride Parade" and is held in cities all across the country, such as Boston, Dallas, Atlanta, Washington D.C, and San Francisco to name a few.

President Clinton first declared June as "Gay & Lesbian Pride Month" on June 2, 2000. President Obama declared

June 2009 as "Lesbian, Gay, Bisexual and Transgendered Pride Month" and it has been declared and celebrated every year since.

The repeal of DADT (Don't Ask, Don't Tell) in December 2010 established a process for ending the DADT policy. However, it was not fully implemented until September 20, 2011 at which time gays, lesbians, and bisexuals could now serve openly in the United States Armed Forces.

The following year June 2012, the first LGBT Pride Month was celebrated per DOD directive, at U.S. military bases all across the world and again in June 2013. The directive did not mandate an LGBT celebration but "encouraged DOD personnel to recognize the accomplishments of all members of the DOD workforce, and in doing so, celebrates the significance of diversity in building a brighter future for all Americans."

While many may not support LGBT because of personal or religious beliefs, everyone must respect the individual's right to be true to him or herself and live and love in a manner true to their being. LGBT rights are human rights. Anything else could be a violation of equal opportunity and discrimination policies.

LESBIAN GAY BISEXUAL TRANSGENDER  
**PRIDE MONTH**  
JUNE 2014

"Diversity is at the heart of America's strength."  
Secretary of Defense Chuck Hagel




★ ★ ★ ★ ★

## THE RTI WANTS YOU!

DO YOU NEED EXTRA CASH?



Starting in April, the RTI will have work available for dedicated, motivated, and squared away soldiers. Positions average 3-5 days. Some as long as 4 weeks. You have the opportunity to work as:

- OPERATIONS NCO
- ADMIN ASSISTANT
- FUGITIVE/CASUALTY ROLE PLAYER
- COOKS
- MEDICS
- OPFOR

**MAJOR DATES AVAIL.**  
more available dependent on qualifications

JUNE 14-23      JULY 11-27.  
AUGUST 20-29

Contact Sgt. 1st Class Jazwinski/Sgt. 1st Class Johndrow for more details: 860-691-4214/5900

## 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**



# National Guard Association of Connecticut (NGACT)

## 2014 Scholarship Applications Now Available On-Line

The National Guard Association of Connecticut announces the 2014 Scholarship Application for NGACT members and their dependents. For a full list of those eligible to apply and an application, visit [www.ngact.org](http://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 and the Enlisted Association of the National Guard of the U.S.

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](http://www.ngact.org) and must be postmarked by June 1, 2014.

### Save the Date

**June 30**  
Scholarship Application Deadline

**August 7, 2014**  
Retirees' Picnic and Benefits Update Briefing

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

## CONNECTICUT NATIONAL GUARD

### RETIREEES' PICNIC & BENEFITS

#### UPDATE BRIEF

THURSDAY, AUGUST 7TH 2014 @ 1200

CAMP NIANTIC, NIANTIC CT

**+Chowder All Day!**

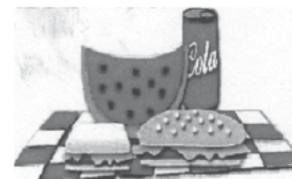
Active Duty Welcome

Pass the word

Meet old friends

New Facilities

**+Sausage & Peppers!**



Food & Beverage

Bring a guest

Card Games

VA, TRICARE, USAA & AUSA Reps

Mark your calendar and join as for the fun!

\$25.00 by July 31 & \$27.00 at the Door

Name \_\_\_\_\_ Rank \_\_\_\_\_ Army \_\_\_\_\_ Air \_\_\_\_\_

I will \_\_\_ will not \_\_\_ attend the Retirees' Benefits Update Briefing

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Retiree Benefit Update Brief will be held at 10:30 at The Point

Make checks payable to NGACT and mail to NGACT Retirees' Picnic



360 Broad Street, Hartford, CT 06105

# Plan - Prepare - Execute: Making Training Happen

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

*(Editor's Note: This is the second installment in a monthly series of short training planning articles. The information is extracted from The Leader's Guide to Unit Training Management found on the Army Training Network. Each article will cover a portion of the training responsibilities leading to the execution of a planned training event.)*

The Unit Training Plan is the unit's overarching plan to attain key collective task proficiency in the time allotted to train (planning horizon). Commanders, leaders and training managers plan, prepare, execute and assess each training event as the UTP progresses. Each training event is planned and coordinated in detail prior to execution. This is done during company level training meetings using the "T-Month" construct. This process has to start early enough in the planning cycle to ensure all required resources are present and accounted for as training begins. Unless this is done, training proficiencies the commander envisions will not happen. Each unit has to have a deep understanding of the local and installation-level resources available. This also includes understanding training resource cycles and conferences to ensure the unit can influence these cycles early enough to get the resources needed to train. The following is a breakdown of major "T-Month" activities to use as a

guide for units to follow in the development of training events. Keep in mind that each major training event would fall into the T-Month concept at different points in time on the training calendar.

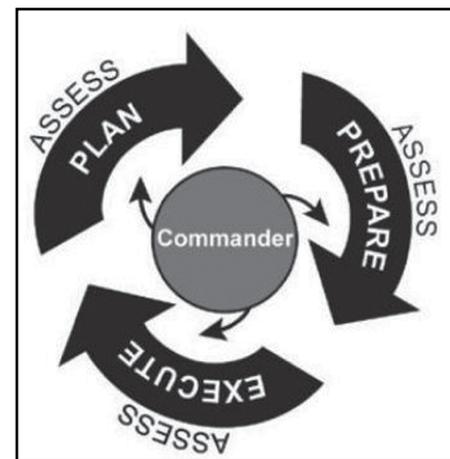
**Month T-12 - Conduct training event mission analysis and Sergeant's Time Training.** Gathering the information required to conduct training event planning is critical to developing successful events. Examples include: historical information such as after action reviews, inspection results, operations orders, troop lists, etc. Use these types of documents to begin mission analysis. Historical information provides the start point to shape future planning and as a start point for training assessment analysis. Commanders refer back to the approved UTP to re-confirm the Key Collective Tasks and training objectives selected to train for each particular training event. Each training event requires a high degree of planning and coordination months in advance of execution. This mission analysis ensures that the training event and the correct KCTs that were aligned in the UTP are accounted for as planning the training event begins.

STT is standards-based, performance-oriented, individual and warrior task-focused training. Commanders emphasize individual Soldier training in support of KCTs by allocating dedicated training time for noncommissioned officers using STT. STT recognizes the NCO's primary role in conducting individual, crew

and small team training. STT develops junior leaders and builds cohesive teams. Based on their training assessment and platoon

leader guidance, NCOs select specific individual, warrior, crew and small team tasks that support the unit's KCTs. Once these tasks are approved, they plan, prepare, rehearse, execute and assess the training. Training to standard, not to time, is the bottom line; if additional time is needed or tasks must be retrained, the first line leaders must communicate these needs throughout the chain of command. Given the limited time available, the tasks to be trained are those needing the most work to attain proficiency.

Next month will feature **Month T-11: Refine event requirements.**



## Travel Risk Planning System: Have You Done Your Risk Assessment?

STAND-TO!

### What is it?

The Travel Risk Planning System, commonly known as TRiPS, is an online, automated risk assessment tool developed to help commanders and leaders mitigate risk and reduce fatalities among personnel driving a private motor vehicle or motorcycle outside their local area.

### What has the Army done?

Army Regulation 385-10, *The Army Safety Program*, requires that Soldiers complete a TRiPS assessment when traveling outside their local area on leave, pass, during a permanent change of station or on official travel. Department of the Army Civilians are required to complete an assessment prior to official travel or Permanent Change of Station (PCS).

Through TRiPS, users respond to a series of standard questions based on their vehicle type and other travel data. The system then calculates risk levels and presents the user with actual reports from accidents that occurred under similar circumstances, followed by possible mitigation strategies. A final risk calculation is performed according to selected mitigation measures, and the user is presented with supplemental materials including driving directions and a map to his or her destination. The assessment and a partially completed leave form are then submitted to the user's supervisor for approval.

### What continued efforts does the Army have planned for the future?

The U.S. Army Combat Readiness/Safety Center released a significant upgrade to TRiPS in early May 2014. New features include:

- User load capability
- Department of Army/Department of Defense security compliance
- Update and edit accident summaries
- Re-designate organization for Joint Service environment
- Road construction, weather and hazard notification
- Mapping upgrade with support service interface
- Multi-leg, round-trip and one-way travel
- Recreational vehicle and trailer towing planner
- Improved user email compatibility
- Additional TRiPS reports
- Assessment completion time
- Smartphone applications (coming soon)

### Why is this important to the Army?

During fiscal 2013, only eight percent of active duty Army Private Motor Vehicle (POV) fatalities, occurring more than 150 miles from home installation, happened during TRiPS-assessed travel. Since its inception, Soldiers have completed more than 10 million TRiPS assessments, which is instrumental in reducing fatalities.

All branches of the U.S. armed forces have adopted

TRiPS, recognizing its ability to promote engagement between leaders and subordinates regarding driving safety. This interaction is vital in saving lives and preventing needless accidents wherever the Army operates.

### Resources:

- U.S. Army Combat Readiness/Safety Center <http://armymedicine.mil/pages/home.aspx>
- TRiPS <https://safety.army.mil/povtoolbox/HeadedOut/TravelRiskPlanningSystemTRiPS/tabid/1638/Default.aspx>
- POV Safety Board <https://safety.army.mil/povtoolbox/Safety101/POVSafetyBoard/tabid/1631/Default.aspx>

# Off the Bookshelf : Thomas Moore Wants You to be Yourself

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS OFFICE

Summer in Connecticut is only weeks away. Tree leaves have finally appeared. Lawns are green. Bugs and birds chirp during days and evenings. Playgrounds are filled with children. And of course, military service members are taking part in risky and sometimes self-destructive behaviors and activities.

Some of these behaviors may have to do with post-deployment physiological maladjustments, and others may just be cries for help. They range from high-speed helmetless motorcycle rides, to bar-fights, drinking and drug-use, to sexual assaults and everything in-between.

Alternative 'warm weather' activities do exist. Photography, sports, art, exercise, amongst countless other undertakings, are possible. Connecticut has numerous parks and beaches that are open year-round. Day-trips to cities like New York, and Boston are fun options as well.

When hands become idle this summer, activities like the ones mentioned can help take the edge off, and may even help build bridges to new opportunities, like employment and long term hobbies. New relationships and friendships can even be cultivated.

If, however, idleness still remains, a more holistic approach to avoiding the devil's workshop may be necessary.

For some, meditation and yoga may help. For others, reading and studying spiritual self-development practices can provide the key to reducing post-deployment stress and self-destructive tendencies.

Thomas Moore's "Original Self," is a book that does not require yoga mats, strange poses or deep breathing. Moore asks simply that his readers devote a little time to thinking about who they really are.

"Who are you?" he asks throughout his book.

No, but who are you really?

The easiest answers: Soldier, Airman, mom, dad, husband, wife, do not answer his question. Moore asks readers, who they truly are, beneath the countless layers of years and experiences. Who is their spirit?

Physiological maladjustments/imbances, although often catalyzed by trauma, often occur due to people's forgetting themselves—forgetting that person who is still present deep, deep, deep down.

Moore tries to help readers remember with gentle essays about nature, and enlightening anecdotes about famous historical minds—some who suffered similar maladies.

He is not judgmental, and his conclusion, as would be expected, references the individual journeys of all of our spirits, and how each, from its origin, has its own unique plan.

This does not mean that self-destructive behaviors are warranted, it means that the energy that shapes those behaviors should be explored because it has purpose. The energy which causes service members to ride motorcycles without helmets, and get into bar-fights, may in fact be germinations of great creative energy and initiative that is simply misdirected—or better, energy that is still maturing.

Redirect your energy this summer. Allow it to mature. "Original Self" can help.

*Honor the seasons of nature and the rhythms of your life.*

*Contemplatively remembering the past nurtures the soul.*

*Life needs a point of entry, a crack in our defenses.*

*It's all right to be sad.*

*The small world of our daily affairs is the cosmos in miniature.*

*Life moves in circles, cycles, and circumambulations.*

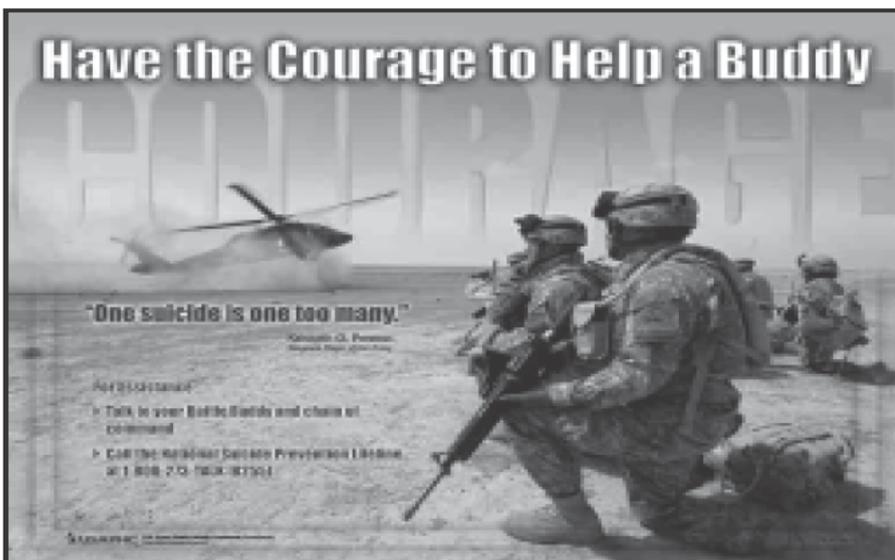
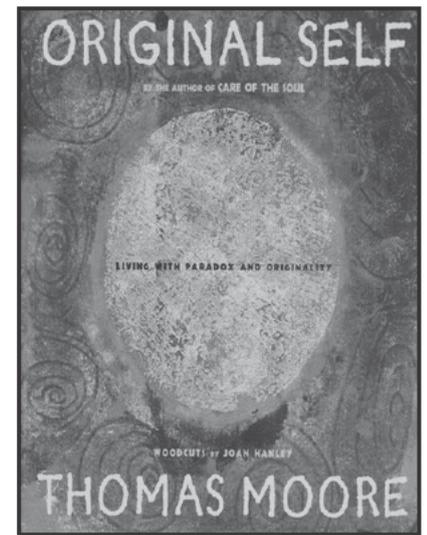
*We can grasp the soul more directly through the senses than by means of the mind.*

*The veil that renders life opaque is infinitesimally thin and can be removed with the mere breath of imagination.*

*When things don't go as hoped and planned, we may read our shock and disappointment as a waking up to a deeper design.*

*The way to find a soul mate is to be a person with a soul.*

From, Thomas Moore's "Original Self," published in 2000 by Perennial.



(c) Baker '05

# Retiree's Voice: Today's Veteran's Administration Part 2

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

*(Editor's Note: This is Part 2 of a two-part series about VA Compensation and Pensions. Last month we explained the various types of Compensation and Pensions; this month we explain how to apply.)*

Now, a little about the process. There are nine distinct steps that most all claims for disability compensation follow. These phases may vary in time, depending on the complexity of the claim, the amount of evidence provided and the type of evidence. The more evidence provided up-front will help minimize processing time. The nine steps are:

1. Claim received by the VA, either by paper or electronic application.
2. Your claim has been assigned to a veterans service representative and is being reviewed.
3. You will be scheduled for a physical exam at a VA facility.
4. The VA representative may request additional evidence from the service member, medical professional, other government agency or some other authority.
5. Review of the evidence by the VA.
6. The VA has recommended a decision and is preparing documents detailing that decision.
7. The recommended decision is reviewed and a final award approval is made.
8. Your claim decision packet is prepared for mailing.
9. The VA sends a decision packet to you by U.S. mail. This packet includes details of the decision or award.

For most Soldiers or Airmen the application process is the same. It all begins by completing an application for disability compensation. This can be done on-line at [eBenefits.va.gov](http://eBenefits.va.gov) or if you prefer, by completing VA Form

21-526EZ, "Application for Disability Compensation and Related Compensation Benefits", and mailing the application to the local regional benefits office.

My experience is (and in talking with others) that the paper application is the better way to apply. The on-line application can be confusing and if all the information is not entered correctly, the application could bounce. Also, be sure to include all medical documentation that supports your claim(s) for compensation. Failure to do so will only delay and prolong the process. Additionally, rather than mailing the paper application to the regional office, I would encourage you to make an appointment with Mr. Andrew Mallory, Military Services Coordinator at the Groton Sub base. He is very "user friendly" and will help make the application process much easier to navigate. His phone number is 860-694-4696 and email is [Andrew.mallory@va.gov](mailto:Andrew.mallory@va.gov).

## AGR Soldiers and Airmen

For those preparing to retire, it is to your advantage to submit your disability claim prior to retirement. Processing times tend to be much shorter for those claims submitted pre-separation versus after separation. You will want to complete what is referred to as a Benefits Delivery at Discharge (BDD) or Quick Start. These pre-discharge programs provide the service member the opportunity to file for claims up to 180 days prior to separation or retirement from active duty AGR service (Title 10 or 32).

To apply under the BDD, you complete either the on-line application or VA Form 21-526C (Pre-Discharge Compensation Claim), you must have a known separation date, must be within 60 – 180 days of separation and must provide a complete copy of your medical treatment record. Again, I would encourage each of you to make

an appointment with Mr. Mallory to help you complete the application, rather than try and do this on your own.

The Quick Start pre-discharge program is very similar to the BDD, except this process is used for those service members with 1 – 59 days of service remaining before separation and/or retirement. To apply under the Quick Start, follow the same steps as in the BDD.

## Traditional and/or Deployed Soldiers and Airmen

The Connecticut National Guard can take great pride in fact that it has provided our deployed Soldiers and Airmen every opportunity to file for disability compensation when coming off deployment. Through the entire demobilization process and the hard work of the various personnel staffs and Brig. Gen. (Ret.) Dan McHale and his coalition of Federal and State agencies, no Soldier or Airmen should have been missed in the process. But having said that, I would not be surprised to learn that a service member has not filed, either because they have a mistrust of the VA, did not take the time or are just plain lazy. But even for these service members, there is still hope.

If there is a traditional Soldier or Airmen who has had a service connected injury or disease (in the line of duty) as I've previously outlined in this article, either as a result of deployment or in a drilling status, you can still apply for compensation. You should complete VA Form 21-526EZ, provide all supporting medical documentation and mail your claim to the local regional claims center. Or as I've suggested, you can make an appointment with Mr. Mallory and let him assist you in the process.

Some final thoughts. In addition to the monetary benefit to be gained from receiving a VA disability rating, there are many other reasons or benefits to be gained when assigned a disability rating. Depending on the percentage of your rating, you may qualify for future VA medical care (either free or on a cost-share basis); vocational rehabilitation and employment training; pension benefits for Veterans and/or survivors; educational benefits; home loan benefits and more. So if you are a service member who thinks they have a service connected disability, but have not applied, you are being very foolish and short sighted. You are hurting no one but yourselves (and possibly family members) by potentially leaving money and benefits "on the table" that you may be entitled to.

As I've stated several times, when applying for compensation, working with a VA representative, such as Mr. Mallory will make the process much smoother to navigate. And while I am far from an expert, I will be happy to sit with any Veteran or current service member and share what knowledge I have, in hopes of helping them get what they deserve. You can reach me either through Sgt. 1st Class Debbi Newton, editor of this publication, or Sgt. 1st Class Rebekah Avery, Retirement Program Manager, CTARNG, at 860-524-4813. They in turn will contact me and we can schedule an appointment to meet in Hartford.

There are many great benefits and programs that the VA offers, but they do not "give away" anything – you have to ask for it by applying!

## Retirement Service Officer Notes

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

The delivery of the Army Echoes is changing. It is important to be aware of these changes and update your MyPay information today (if applicable). The Army Echoes newsletter remains an excellent source to keep connected with all the changes and updates you need to know throughout all phases of your retirement.

Here is an outline of changes you will see (this information is from Army Retirement Services):

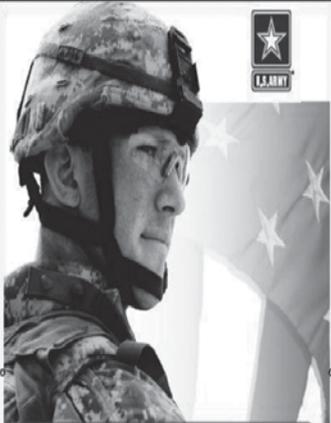
1. Starting with the June 2014 edition, every Retired Soldier and surviving spouse who has a MyPay account will receive Echoes delivered to their email address listed in MyPay. It's very important they validate their email addresses in their MyPay profiles at <https://mypay.dfas.mil/mypay.aspx>. There are thousands who still have an AKO email address listed in MyPay! We've been warning them in Echoes since September 2013 to update this. Also, of concern are the thousands of Soldiers who will retire each month with a DOD Enterprise Email (EE) address (one ending in @mail.mil) in MyPay. BEFORE they retire and turn in their CACs and lose access

to their EE, they should change their email address in MyPay to a commercial email address.

2. For now, all Gray Area Soldiers will continue to receive Army Echoes by mail. We're working with Army Human Resources Command to deliver Army Echoes to the email addresses they have on file for Gray Area Soldiers. We'll notify you before this happens. Our goal is to do this by fall 2014.

3. Anyone can sign up to receive the electronic edition of Army Echoes by sending an email to [listserv@listserv.army.pentagon.mil](mailto:listserv@listserv.army.pentagon.mil) and including "Subscribe RSO-Echoes" in the body of the email. (Tell them to not include the quotation marks.)

4. Anyone can also subscribe to receive new articles that we will send out in between editions of Army Echoes. Send an email to [listserv@listserv.army.pentagon.mil](mailto:listserv@listserv.army.pentagon.mil) and include "Subscribe ArmyEchoesUpdates" in the body of the email. (Tell them to not include the quotation marks and make sure there are no spaces between ArmyEchoesUpdates.) As with the other list above, the Pentagon List Server will send them a confirmation email that they must reply to or they won't be subscribed.



**“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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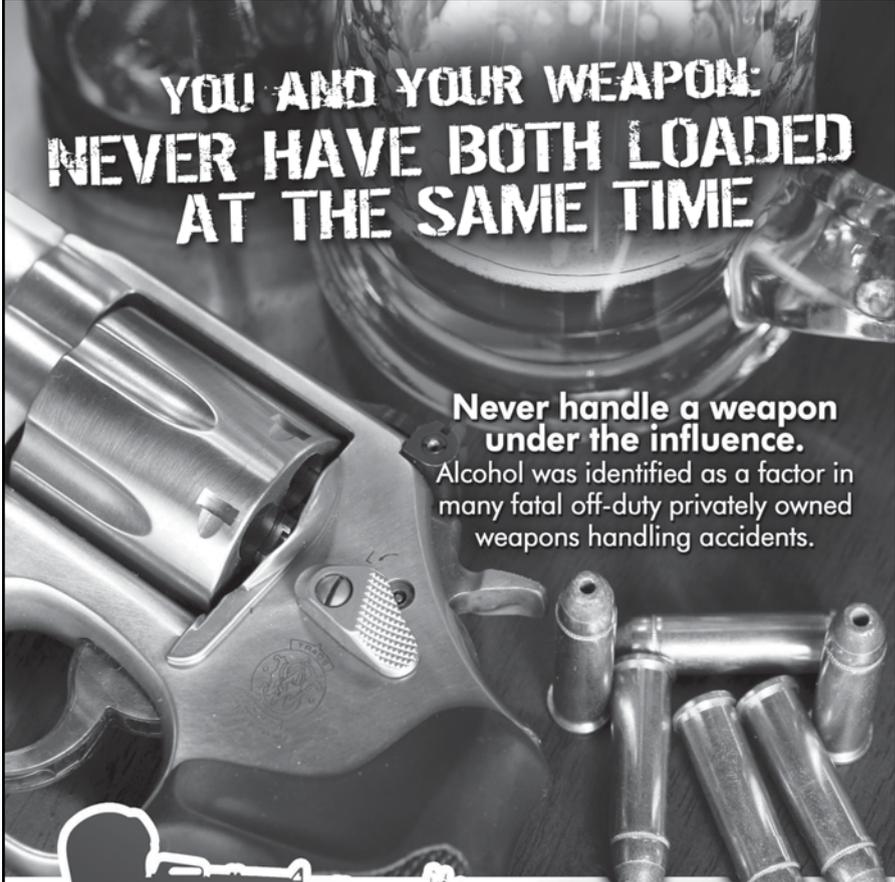
1-800-273-8255 PRESS 1

Military CrisisLine

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

www.preventsuicide.army.mil

U.S. Department of Veterans Affairs



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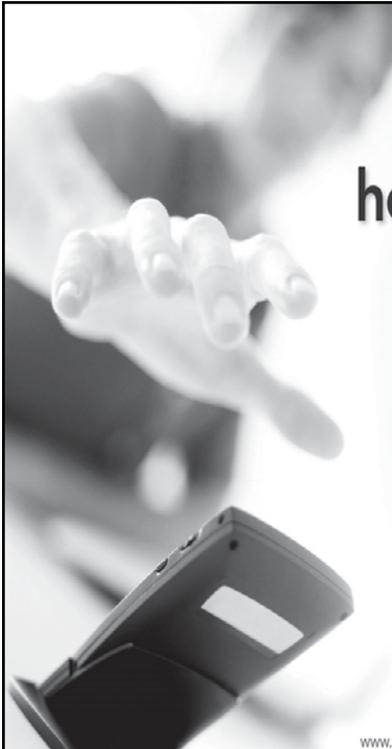
**THE RIGHT**

**I HAVE THE COURAGE TO MAKE DECISIONS.**

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# Connecticut National Guard Promotions Army

## To Private 2

Childs, Gregory P.  
Walker, Andre C.  
Hall, Devin M.  
Vetare, Steven D.  
Vo, Richard P.  
Gonzales, Josue J.  
Fish, Joshua W.  
Rodriguez, Jaime R.  
Labreck, Devon C.  
Pongnon, Marc H.  
Mercardo, Timothy J.  
Ferracci, Nicholas J.  
Gutierrez, Bryan  
Cristofano, Anthony J.  
Marek, Brandon D.  
Coutu, Tyler J.  
Powell, Thomas E. Jr.  
Rivera, Norbraniel  
Spencer, Thomas E.  
Osip, Adam L.  
Lord, Mark J.  
Langual, Fernando  
Pena, Ariel  
Smith, Meshach La.  
Soriano-mendoza, Mario  
Kotecki, Shawn  
Wright, Christopher S.  
Marien, Branden M.  
Mendez, Jose C.  
Tuttle, Brian J.  
Dumas, Christine L.  
Foley, Sean E.  
Eirin, Brian S.  
Ortega, Wilfredo J.  
Marquis, Devin K.  
Zielinski, Ashley M.

## To Private

**First Class**  
Forte, Daniel II  
Bowen, Darien D.  
Darby, Troy D. II  
Carocanavan, Dylan R.  
Fannon, Zachary P.  
Delamata, Eduardo J.  
Dejesus, Miguel A.  
Smith, Rajohn  
Stefanovicz, Joshua P.  
Lajoy, David M.  
Gardner, Candace P.  
Bomova, Arti  
Houle, Joshua J.

## To Specialist

Ithier, Daniel A.  
Hock, Anna M.  
Zygmunt, Keegan M.  
Brayman, Christopher G.  
Jacobs, Joshua J.  
Brodsky, Jacob R.  
Romero, Elvin A.  
Zulkeski, Kory A.  
Conniff, Joshua C.  
Babbitt, Daniel L.  
Casciani, Caleb J.  
Burgess, Thomas M.  
Keeney, Zachary M.  
Avilagonzalez, Reggie  
Grissler, Katelyn F.  
Finn, Brian P.  
Foster, Shane M.  
Funk, Bradley J.  
Prague, Alexander T.

## To Sergeant

Pinto, Joao F.  
Perez, James R.  
Schipritt, Kyle R.  
Stewart, Jasmine N.  
Zajac, Kyle D.  
Quinones, Jose A.  
Conway, Andrew M.  
Rzepecka, Natalia B.  
Woodin, Amber S.  
Penrod, Adam J.  
McMeekin, William N.  
Sczygiel, Nathan D.  
DiBenedetto, Sabrina  
Dempsey, Patrick R.  
Miller, Evan S.  
Orejuela, Adan A.  
Coya, Thalia  
Finn, Chad M.  
Sward, John D.  
Stettmeier, Edward D.  
Borchert, Tara A.  
Lopez, Isaiah Ra.  
Bujalski, Jeanne E.  
Buller, Dennis P. Jr.  
Fuenzalida, Rodrigo H.  
Brososfske, Jacob A.  
Hartfiel, Melinda S.  
Craig, John A.

## To Staff Sergeant

Post, Ronald J. Sr.  
Dunn, Flor D.  
Witcraft, Nathan R.  
Messner, William R.  
Cosman, David W.  
Dunn, Michael D.

Avery, Jason S.  
Cobbs, Nikkia J.

## To Sergeant First Class

Martinez, William Jr.  
Seretny, Alex W.  
Harriman, Shawn V.

## To Chief Warrant Officer 3

Nerkowski, John V. III

## To Captain

LaGrega, Richard J.

## To Major

Dollak, Robert F. Jr.  
Jakubson, Michael P.

## To Lieutenant Colonel

Nieves, Lesbia I.

## To Senior Airman

Brandt, Tyler J.  
Lockwood, Ryan M.  
Miller, Robyn L.

## To Staff Sergeant

Figueroa, Brian M.  
Cordero, Bruce L.

## To Technical Sergeant

Smith, Phillip A.

## To Master Sergeant

Gagliardi, Anthony

# Life Lines

CTNG Behavioral Health Help Line - 1-855-800-0120  
Wounded Soldier and Family Hotline - 1-800-984-8523  
Emergency - 911

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

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

National Suicide Hotline - 1-800-SUICIDE

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

# Coming Events

## June

### June 4

OSACOM Send-Off

### June 11

NGACT Executive Board Meeting

### June 14

Army Birthday & Flag Day

### June 15

Father's Day

### June 16

Connecticut National Guard Youth  
Advisory Council Meeting  
Hartford Armory 6:30 p.m.

### June 12

\*Guardian Deadline for July\*

## July

### July 4

Independence Day

### July 7

Connecticut National Guard Youth  
Advisory Council Meeting  
Middletown Armed Forces Reserve  
Center 6:30 p.m.

### July 10

\*Guardian Deadline for August\*

### July 16

NGACT Executive Board Meeting

### July 21

Connecticut National Guard Youth  
Advisory Council Meeting  
Hartford Armory 6:30 p.m.

## August

### August 1-3

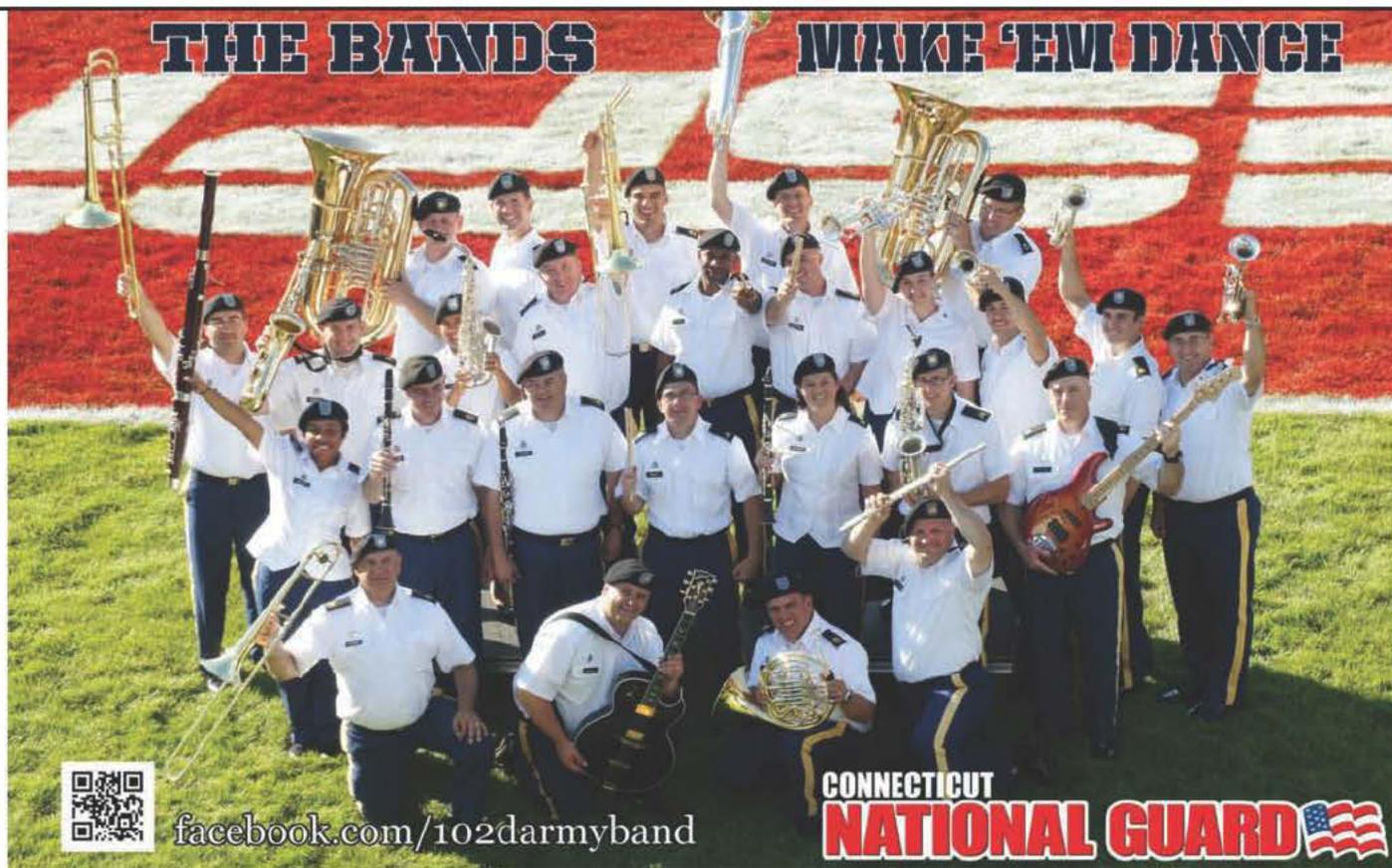
TAG Matches

### August 7

NGACT Army and Air National Guard  
Retirees Picnic

**Deadline for the July Issue of the  
Guardian is June 12**

**Deadline for the August Issue of  
the Guardian is July 10**



*"Army Bands provide music throughout the spectrum of military operations to instill in our Soldiers the will to fight and win, foster the support of our citizens, and promote our national interests at home and abroad."*

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- July 19 / 7:00 pm / East Lyme
- July 23 / 12:00 pm / New Britain
- July 23 / 7:00 pm / Ansonia
- July 24 / 7:00 pm / Meriden
- July 25 / 12:00 pm / Yale New Haven Hospital
- July 25 / 6:30 pm / Woodbury
- July 26 / 7:00 pm / Plainfield
- July 28 / 7:00 pm / New Britain
- July 29 / 7:00 pm / Burlington
- July 30 / 7:00 pm / Manchester
- July 31 / 7:00 pm / Old Lyme

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SGT Felix Guiffra (SGT G)  
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# Connecticut FAMILY Guardian



VOL. 15 NO. 6

HARTFORD, CT

JUNE 2014

## Air Guard Youth Tour Bradley ANG Base

TECH. SGT. JOSHUA MEAD  
103RD PUBLIC AFFAIRS, CTANG

In the style of a take-your-kid-to-work-day, the 103rd Airlift Wing hosted a tour for the children of Air Guardsmen on April 4. The event was sponsored by the Connecticut Child and Youth Program, a Connecticut National Guard program that works to provide support and services for young dependents of Guardsmen in Connecticut.

The tour included a trip to the 103rd Civil Engineering firehouse to see and climb into the fire trucks, a guided walk-through of a C-130H Hercules aircraft out on the flight line and an up close look at a security forces demonstration.

“Woah, that’s a lot of buttons,” said Tori Pilletere, 12, referring to the many dials, buttons and switches inside the cockpit of the C-130H. Tori is the daughter of Capt. Cheryl Mead, installation deployment officer, 103rd Logistics Readiness Squadron.

“Do you have to know what every button does?” asked Cody Foran, 16, son of Master Sgt. Kirk Foran, 103rd Maintenance Squadron, quality assurance office.

“Yes,” said 1st Lt. Paul Bolduc plainly, “every single one.” Bolduc a pilot with the 118th Airlift Squadron was one of the subject matter experts talking to the youth about the C-130H and its capabilities.

According to Michelle McCarty, the child and youth program coordinator for the Connecticut National Guard, the intent of the event was to get more Air Guard children involved with the Connecticut youth program and supporting council, consisting of children of Connecticut Guard members.

“This was the first of many. In the future, my hope is to have many more and make it open to children of other services. That way, all of those kids can network together and support each other. It’s a win-win,” said Donna Rivera, the Airman and family readiness manager, and co-coordinator of the event.

Towards the end of the tour, the children were able to put hands-on some of the equipment that the 103rd Security Forces use in line with their job of base defense. Master Sgt. Marc Cioto explained the various types of firearms used by security forces, ranging from the reliable M-9 pistol to the versatile M-4 carbine to the quite heavy SAW, or squad automatic weapon— as Cioto described it.

After the brief overview of the equipment, tour participants were able to see first-hand one of the many training exercises that the members of the 103rd Security Forces Squadron have to complete every year.

This ‘shoot, move, communicate’ training exercise uses simunition, a type of non-lethal training rounds, and real weapons to teach security forces Airmen how to maneuver and fire through a situation as a team.

According to Senior Master Sgt. Kurt Smith, the chief of security at Bradley Air National Guard Base, “the importance of showing these tactics to the youth on the tour is to show that in real life, unlike it can sometimes be portrayed in the movies, military forces moving to engage hostile threats are not acting on a whim but in a pre-planned, coordinated effort to neutralize the threat. No one is just running into gunfire hoping for the best outcome.”

According to Tori, her favorite part was watching security forces, but judging from the smiles and laughter, the youth all seemed to have a good time learning about the Wing and its mission.



1st Lt. Paul Bolduc, C-130H pilot with the 118th Airlift Squadron, points out and explains the small emergency exit window, among other things, located in the cockpit of a C-130H to a group of Connecticut Air Guard youth. (Photo by Tech. Sgt. Joshua Mead, 103rd AW PA Office)

Looking down the belly of the C-130H, Tori Pilletere, 12, gets an explanation of the capabilities of the aircraft by 1st Lt. Paul Bolduc, a pilot with the 118th Airlift Squadron, April 5. The tour of the C-130H was part of the Connecticut Youth Council’s initiative to get more Air Guard youth involved with the council. (Photo by Tech. Sgt. Joshua Mead, 103rd AW PA Office)



Cody Kirkland, 16, son of Master Sgt. Kirk Foran, 103rd Maintenance Group, inspects his surroundings as he sits inside the cab of a crash and fire rescue truck assigned to the 103rd Civil Engineering Squadron during the Connecticut Youth Council Program’s tour of Bradley Air National Guard Base, East Granby, Conn., April 4. (Photo by Tech. Sgt. Joshua Mead, 103 AW PA Office)





CATHERINE GALASSO

## You Are Getting Prepared For the Great Things Ahead

Dr. Martin Luther King, Jr. once prayed, "Use me, God. Show me how to take who I am, who I want to be, and what I can do, and use it for a purpose greater than myself."

Have you ever tried to figure out God's will? In which direction should you go?

Where is God leading you? What does God want you to achieve? And, how can you use your gifts and abilities in service to others?

Indeed, God has great plans for you, but sometimes, despite our best efforts, we do not know the full plan or how circumstances are all going to work out. Yet, God knows. He can dream a bigger dream for your life, more than you could ever dream for yourself, and moreover, cause all things to come together for good.

Some time ago, I heard a story about a young man who, one evening, had a dream. In his dream, the room was filled with a bright stream of light, as God appeared.

With angels standing on either side, God spoke, "I have a special purpose for you. And that unique plan, only you can fulfill."

Next, God told the man to look outside his window. There, the man saw a large stone embedded in the landscape. God instructed the man, that he should go outside and push against the stone with all his strength. At that point, God and His angels departed.

With obedience and faith, the young man did as God requested. Day after day, he pushed the cold, heavy stone. Many months passed, and although the man continued to push with all of his might against the massive, hard surface, the stone stood unmoved.

Thereafter, the man would return home, worn out and dispirited. Discouraged, he began to feel that his attempts to move the stone were in vain. He did his best; however, the man didn't see the results he had anticipated, and thought, "Why should I even keep trying?" Then, tortured by insecurities, the man would utter to himself, "I've been pushing that stone for months, and it hasn't moved," "I must be a failure," "I'm not good enough," and "Too much time has gone by with no results, so I am going to quit."

Have you ever felt this way?

How many of us have been plagued by doubts and uncertainties, because situations have not yet gone in the direction that we thought they should? Do we think that God has overlooked us, if the answers to our prayers have been delayed? And now, are we about to settle for less than what we really desire, and, like this man, are we voicing negative words over our future.

Yet, before the young man gave up, he decided to take to his knees in prayer. "Dear God," he let out a deep sigh, "I have tried and tried. I've put all of my strength in to achieve that which you have asked me to do.

Nevertheless, after all this time and effort, I have not budged that stone, even an inch."

With that sincere prayer, God appeared once again and whispered to the man, "You have done what I asked you to do and I am well-pleased. But, I did not expect you to move the stone. Your task was to push."

The man was confused. And God tenderly explained, "You have not failed. Look at all you have achieved. You've demonstrated steadfast faith, obedience, and trust in My wisdom and will.

Through the opposition, you've grown, you have become so strong, and your abilities surpass that which you used to possess. You now have everything you need to accomplish my best plan for you."

Peace flooded the young man's soul, as God said to him, "Now, I, in my strength, will move the stone."

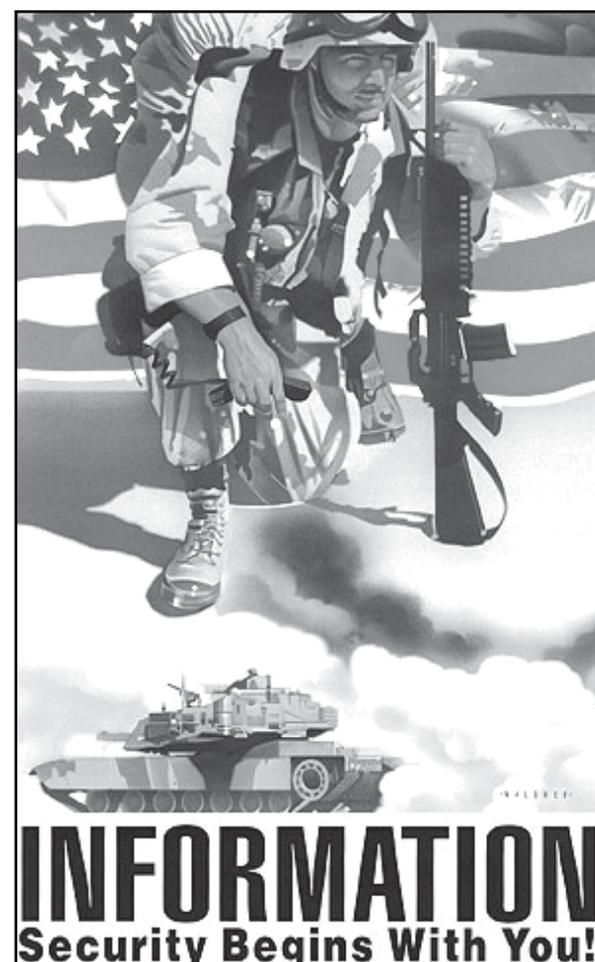
In the Bible, Exodus 16:4 tells us that the Lord said to Moses, "Look, I'm going to rain down food from heaven for you. Each day the people can go out and pick up as much food as they need for that day. I will test them in this to see whether or not they will follow my instructions."

The people of Israel had to trust God to provide for them, and God wants you to trust Him and rest in His sufficiency, too. I like what a friend of mine said, "My job is to take care of the possible and trust God with the impossible." There is no limit to what you and God can accomplish together. Therefore, let us walk in obedience and trust when situations, at the moment, don't make sense. Scripture says to: "Walk by faith, not by sight." 2 Corinthians 5:7. And a time of testing may be God's way of preparing us for the great things He has ahead. God works in mysterious ways. So, let's listen to our still, small voice inside. Make decisions prayerfully. And stay in-tune with God's direction, being open to new opportunities that might come our way. A reader wrote, "You never know what God will do if you let Him." So, together, let's look forward to the blessings and joys in our futures, and keep our hope and trust in Him. Things are not always what they seem to be... but God has a divine plan for you and me!



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](mailto:cgv@anewyouworldwide.com).

Visit her website at [www.anewyouworldwide.com](http://www.anewyouworldwide.com)  
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 **Office of the Chief of Public Affairs**  
Online & Social Media Division

# First Lady: New Initiatives Boost Military Caregiver Support

TERRI MOON CRONK  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, April 11, 2014 - First Lady Michelle Obama and Dr. Jill Biden have announced several new initiatives designed to strengthen support for military caregivers.

On the third anniversary of the Joining Forces launch, Obama and Biden, wife of Vice President Joe Biden, were joined by former first lady Rosalynn Carter, former U.S. Sen. Elizabeth Dole, military caregivers, and business, labor and military leaders at the White House-hosted event.

"I'm thrilled to announce that the Department of Defense is going to recreate that success story for all of our military caregivers," Obama said. "[DOD is] committing to form in-person peer forums at every military installation that serves wounded warriors and their caregivers around the world."

DOD will also create online tools and webinars for caregivers who aren't able to attend an in-person forum, so they, too, can connect with their peers, she said.

Additionally, the Tragedy Assistance Program for Survivors, the Elizabeth Dole Foundation and many other organizations are committing to training 10,000 caregiving peer mentors, Obama said.

"[It's] a commitment that will reach 50,000 caregivers nationwide," she added, "and together, these commitments mean tens of thousands of our brave caregivers will have the added support they need - the support of a friend and mentor who understands what they're going through."

Obama said those initiative are just the tip of the iceberg. "Everything we're talking about today - from the peer forums to all the new resources that Sen. Dole mentioned, is a supplement to the tremendous caregiver support offered by the military and by the [Department of Veterans Affairs]," she said.

Obama called military and veteran caregivers some of the nation's unsung heroes.

"You have incredible strength," she told caregivers in the audience.

"You have sacrificed so much, and so much of what you do go unnoticed. To have [Biden, Carter and Dole]

on stage here is just a reflection of our respect and admiration for your sacrifice."

Obama noted the first meeting ever conducted for caregiver support last September at Fort Belvoir's Intrepid Spirit One, a facility she described as designed to "help wounded warriors and families deal with the unseen wounds of war," such as post-traumatic stress and traumatic brain injuries.

"[The caregivers] were dealing with daily challenges that would knock most people to their knees - everything from helping their spouses bathe to adjusting their new prosthetics to battling depression, anxiety, recurring panic attacks," she said of the initial networking session.

Following the well-received response for caregivers, the Defense Department has made a commitment to establish such groups around the globe, Obama said.

"To our caregivers, the men and women in this room, I want to thank you ... for showing us what bravery, courage and sacrifice really mean," Obama said.

"And I want you all to know that we are not going to quit until we serve you as well as you've served us."



Department of Economic and  
Community Development

Connecticut  
still revolutionary

## Museums administered by the State Historic Preservation Office participating in 2014 Blue Star Museums Program

The Prudence Crandall, Henry Whitfield, and Eric Sloane Museums will all be participating in the 2014 National Blue Star Museums Program by offering Free Admission to all Active-duty military personnel (with I.D.) and their families (up to 5 family members per visit) from Memorial Day through Labor Day weekend. The program is sponsored by the National Endowment for the Arts, Blue Star Families, and the Dept. of Defense. More than 2000 museums nation-wide are participating as Blue Star Museums...for a full listing go to: [www.arts.gov/bluestarmuseums](http://www.arts.gov/bluestarmuseums).

With locations in Canterbury, Guilford and Kent, the museums are an easy day-trip drive away from anywhere in the state, and each will be offering a full range of special events and programs throughout the summer season:

- **The Prudence Crandall Museum, 1 South Canterbury Road, Canterbury CT. (860-546-7800)**  
 ➤ A National Historic Landmark and site of New England's first Academy for African-American girls, established in 1833. Museum includes period rooms, changing exhibits, and museum shop. *On exhibit for 2014: "The Prudence Crandall Museum Celebrates 30 Years! 1984 - 2014"*
- **The Henry Whitfield State Museum, 248 Old Whitfield Street, Guilford, CT. (203-453-2457)**  
 ➤ A National Historic Landmark, Connecticut's oldest house (built 1639) and New England's oldest stone house. The Museum celebrates its 375<sup>th</sup> anniversary in 2014 with the exhibit: *"Coates to Wompom: The 1639 Guilford Trade Goods"*
- **The Eric Sloane Museum, 31 Kent-Cornwall Road, Kent, CT. (860-927-3849)**  
 ➤ Eric Sloane - author, artist and illustrator and collector of Americana. His extensive collection of hand tools are on display, along with examples of his artwork and a recreated studio. *On Exhibit for 2014: "The Artist Who Loved the Sky: Cloudscapes, Weather and the World of Eric Sloane"* presented by Friends of the Eric Sloane Museum.

These 3 great State Museums have rich and diverse stories to tell. The stories of settlers seeking religious freedom, colonists struggling to save the union, innovators building industrial might, and progressive thinkers fostering social change. Military members and their families are invited to come and visit...we look forward to sharing our history with you and your families this summer.

For more info on the museums go to: [www.cultureandtourism.org](http://www.cultureandtourism.org)

State Historic Preservation Office  
 One Constitution Plaza | Hartford, CT 06103 | P: 860.256.2800 | [Cultureandtourism.org](http://Cultureandtourism.org)  
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## TIP SHEET

### States That Recognize Same-Sex Marriages

In light of the Supreme Court's ruling that section 3 of the Defense of Marriage Act (DOMA) is unconstitutional, the Department now construes the words "spouse" and "marriage" to include same-sex spouses and marriages. Spousal and family benefits, including ID cards, were made available to same-sex spouses beginning on September 3, 2013.

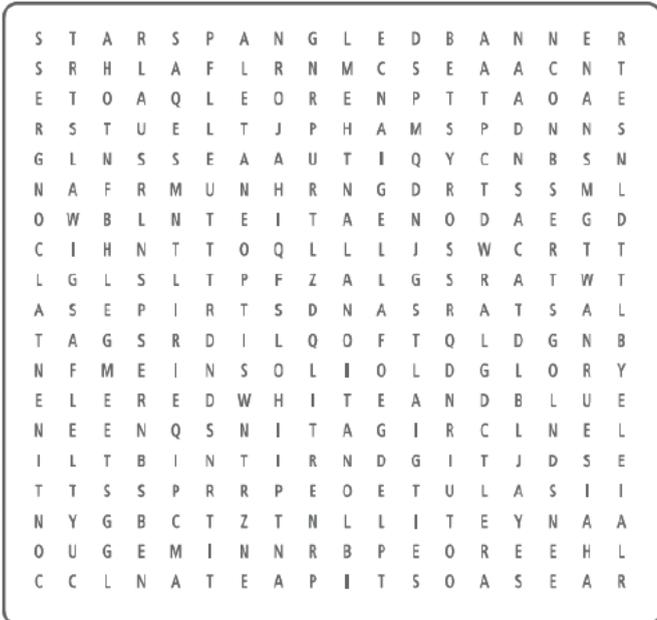
To be eligible for DEERS enrollment and ID card issuance, same-sex couples are only required to have a valid marriage certificate; they are not required to live in a state that recognizes same-sex marriage. The list below identifies the states that currently recognize same-sex marriage:

States	Other	
1. Arkansas	12. New Hampshire	1. District of Columbia
2. California	13. New Jersey	
3. Connecticut	14. New Mexico	
4. Delaware	15. New York	
5. Hawaii	16. Oregon	
6. Iowa	17. Pennsylvania	
7. Maine	18. Rhode Island	
8. Maryland	19. Vermont	
9. Massachusetts	20. Washington	
10. Michigan	21. Utah	
11. Minnesota		

For more information regarding the policy for same-sex spouses, please contact your Service Project Officer. A complete listing of Service Project Officers is located at **VOIS > Contact Information**.

**Flag Day Word Search**

See how many words related to Flag Day 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.



- BETSY ROSS
- CONTINENTAL CONGRESS
- FLAG
- JUNE
- NATIONAL ANTHEM
- OLD GLORY
- PATRIOTISM
- PLEDGE OF ALLEGIANCE
- RED, WHITE, AND BLUE
- SALUTE
- STAR-SPANGLED BANNER
- STARS AND STRIPES



**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](http://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.