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Chief, National Guard Bureau Makes Historic Visit to the Flying Yankees

TECH. SGT. JOSHUA MEAD
103RD PUBLIC AFFAIRS

BRADLEY AIR NATIONAL GUARD BASE, Conn. — The Chief of the National Guard Bureau, Gen. Frank J. Grass visited the members of the 103rd Airlift Wing at Bradley Air National Guard Base, East Granby, Connecticut, Sept. 6, 2014. During his visit he toured the base and received an update on the Flying Yankee's ongoing conversion to the C-130H Hercules aircraft. The day ended with a town hall discussion where Grass had an opportunity to talk to a gathering of the wing's Airmen.

Grass also met with Gov. Dannel P. Malloy, who is a member of the Council of Governors. The council is a mechanism for governors and key federal officials to address matters pertaining to the National Guard, homeland defense and defense support to civil authorities.

"It's very rare that we get this kind of access to someone this high up with this kind of visibility and we're very grateful for Gen. Grass to give up his time and take an interest in our story and to meet and greet our Airmen," said Col. Frank Detorie, commander of the 103rd Airlift Wing.

According to Grass, this trip was his first time in Connecticut and he said, "It's a real honor and pleasure for me to be here."

The most important thing that I get to do is exactly what we're doing right now — to come out and see what our Guardsmen are doing, said Grass.

"I wish I could get every leader in Washington to come out and see what you do. To see the great value you bring to the military mission— to what you do here and what you do overseas," said Grass. "And also what you do in civilian life."

During the town hall meeting Grass primed the audience by explaining the significance of a graphic that was designed to represent the three-part mission focus of the Guard; the warfight, the homeland, and international and national partnerships.

The war fighting element represents the federal mission of the National Guard— working with the active forces as a reserve component on priorities directed by the President.

"About 11,000 Army and Air National Guardsmen today are deployed in 11 countries around the world," said Grass.



Chief of the National Guard Bureau General Frank J. Grass conducts a town hall meeting, emphasizing the importance of being in the Guard for Airmen at Bradley Air National Guard Base, East Granby, Conn, Sept. 6, 2014. This was the first time a Chief of the National Guard Bureau visited the Flying Yankees. (Photo by Senior Airman Emmanuel Santiago, 103rd FW Public Affairs)

The homeland mission is the support provided to the governors and other Federal agencies in response to national, regional or local disasters and emergencies.

"Any given day right now about 4,000 Guardsmen are doing missions in the homeland," said Grass. "Throughout the year about 31,000 Air and Army Guardsmen do some kind of state active duty."

The last element involves developing and maintaining the various partnerships within communities and other countries.

"The states are now partnered with 74 countries," said

Grass. "Those partnerships that we have across the map now are being seen as a very strategic tool within the Department of Defense and the State Department."

The Connecticut National Guard maintains a partnership with the South American country of Uruguay.

"None of those three missions happen without you—the minuteman in the center, and that's what we have to take care of," said Grass. "I will tell you, that you are the best trained Guard we've ever had."

The Guard's overall readiness – including individual and equipment readiness — which is maintained by Airmen and Soldiers across the country like you, is better than it has ever been in the United States military, related Grass.

"Our readiness numbers are very high and in some cases that means maintaining a 40 year old aircraft like you have here today, and we thank you," he said.

In line with equipment readiness, Tech. Sgt. Erin Rivera, a loadmaster with the 118th Airlift Squadron asked Grass if the unit would see critical updates to the C-130H Hercules aircraft.

"Every senior leader in the Air Force knows one of our top priorities in the Guard is to upgrade the C-130 fleet," said Grass.

The 103rd Airlift Wing is scheduled to receive their eighth aircraft by Oct. 1 which would put the unit at its full allotment of Hercules.

"We are now inextricably tied to the tactical airlift mission and our conversion to the Hercules points to a very bright future at Bradley," said Detorie.

"Today is an historic event— to have the chief of the Guard Bureau here in Connecticut for the first time in history," said the adjutant general of Connecticut, Maj. Gen. Thaddeus J. Martin.

As the Chief of the National Guard Bureau, General Grass serves as a military adviser to the President, Secretary of Defense and National Security Council and is the Department of Defense's official channel of communication to the governors and state adjutants general on all matters pertaining to the National Guard. Additionally, he is a member of the Joint Chiefs of Staff.

Army Chief: Fiscal 2016 Sequestration Marks 'Breaking Point'

DAVID VERGUN
ARMY NEWS SERVICE

WASHINGTON, Sept. 19, 2014 – Should sequestration resume in fiscal year 2016 as current law requires, “it will be very difficult for us to lead around the world,” Army Chief of Staff Gen. Ray Odierno said in September.

Fiscal 2016 is “a breaking point,” Odierno told the Defense Writers Group. “I’m not seeing peace breaking out around the world in ’16,” he added.

Everyone wants the United States to lead the way in resolving global conflicts and crises, the general said — not necessarily supplying the preponderance of forces, but being involved to some extent. The nagging question, he said, is “Do we want to do that or not?”

In fiscal 2016, Odierno pointed out, the Army’s budget will go down \$9 billion from what it is now. That would have a “significant degradation” on the force, he said, “because I cannot take people out fast enough.”

The general explained that manpower, modernization and training need to be kept in balance, even as the budget shrinks. And it’s currently out of balance with too many Soldiers and not enough dollars to properly train and equip them, he said. A reduction of 20,000 Soldiers a year is as far as he’s willing to push manpower reductions without seriously degrading operational concerns and personnel considerations, Odierno told the writers.

Vast majority of budget is mandatory spending

Although the total Army budget is around \$120 billion a year, the general said, the vast majority of that is mandatory spending that can’t be touched, such as funds for equipment and personnel costs. About 46 percent of the budget alone is for personnel, he noted.

Sequestration takes a large percentage of a small portion of the budget that otherwise would have gone to training and equipping the force, he said, noting that the slashed budget will delay aircraft purchases, platform upgrades, command and control system and a host of other needed requirements for years to come.

The active Army is now 510,000 Soldiers, down from a high of 570,000. It will be 490,000 by the end of fiscal 2015, 470,000 by fiscal 2016, 415,000 by fiscal 2017 and 420,000 by fiscal 2019, he pointed out.

Before the Islamic State of Iraq and the Levant offensive and the Russian incursion into Ukraine, Odierno said, he testified to lawmakers that a reduction to 450,000 would pose a significant security risk, and 420,000 would mean the Army would be unable to execute its current strategy. Since that time, he said, the risk has increased while the ability of the Army to deploy Soldiers to a number of hot spots around the world simultaneously causes him grave concern. “I’m in a box,” he added.

Lawmaker concerns about manpower reductions

Over the last two days, the Army chief said, he approved letters for the Army secretary to sign, replying to about

40 lawmakers who had expressed concern that the Army will reduce the number of Soldiers on installations in their home states.

“I wrote back that the reason I’m taking Soldiers out of your installation and out of your state is because of sequestration, not that I want to do it,” Odierno said. That’s the dilemma we’re in.”

The nation needs to have a security debate what it wants to do, the general told the writers. “Not a budget debate,” he added. “A security debate about what capabilities and responsibilities we want from our Army.”

Summing up the current state of affairs — sequestration and degradation of readiness, even as unforeseen problems emerge in Africa, Eastern Europe, the Middle East and elsewhere — the general remarked: “This is a lousy way to plan and do business.”

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(Front Page American Flag photo by Buddy Altobello)

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'Ready To Be That HRF': Homeland Response Force Trains for Out-of-State Missions

SGT. 1ST CLASS CALVIN WASHINGTON
85TH TROOP COMMAND CASE PLANNER AND
STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

EAST GRANBY, Connecticut—There are ten Army National Guard Homeland Response Forces in the U.S. – one for each FEMA region.

The Connecticut Army National Guard's 643rd Military Police Company currently helps to man the security support element of the FEMA Region 1 HRF, which covers all of New England.

Since their establishment, HRF teams have not been called to respond to emergencies outside of their assigned FEMA regions. This has now changed.

Lt. Col. Paul Deal, Connecticut HRF CBRN Assistance Support Element (CASE) program manager, said HRF teams now have national responsibilities and must be prepared to provide support to emergencies and events nationwide.

How?

With the help of the Air Guard, of course.

On July 7, the Connecticut Air National Guard 103rd Air Wing Small Air Terminal teamed up with CTARNG HRF CASE personnel at Bradley Air National Guard Base to conduct air load operations training.

The Airmen walked HRF CASE personnel through every step of air load planning and loading the Wing's recently assigned fleet of C-130H Hercules aircraft.

HRF CASE personnel learned to perform weight and balance calculations in order to maintain permissible



CTARNG CASE personnel work with their Air Guard 103rd Airlift Wing Small Air Terminal counterparts during air load planning July 7 at Bradley Air National Guard Base, East Granby, Connecticut. Air Guardsmen walked the Soldiers through every step in air load planning to help prepare them for future out-of-state missions. (Photo by Sgt. 1st Class Calvin Washington, 85th Troop Command CASE Planner)

centers of gravity limits in aircrafts throughout flights.

They learned how to correctly load their equipment onto correct pallets to save space, and to facilitate ease in unloading.

They also learned to work well with their Air Guard counterparts with whom they will work on future out-of-

state, out-of-region missions.

Master Sgt. Christopher Fanelli, from the 103rd AW SAT said working with HRF CASE Soldiers provided his Airmen with extremely valuable training.

"Ninety percent of the equipment we see in theater is Army cargo. Being able to practice loading the equipment that we will actually be loading overseas gives our guys real world hands on mobility training," he said.

"Our motto is always progressing. Working with the Army side-by-side is a true testament to that motto," said Fanelli.

Staying true to their own motto, "train as you fight," Connecticut HRF CASE personnel learned to properly load all of their pieces of fielded equipment.

Deal said the mission of the HRF CASE is to assemble, deploy, provide limited force protection, and establish and maintain security in response to a CBRN event.

HRF units assemble within 12 hours, deploy and conduct command-and-control, casualty assistance, search and extraction, decontamination, medical triage and casualty medical stabilization for major

CBRN events or other types of disasters.

Thanks to the 103rd AW, the Connecticut HRF CASE is more prepared for travel, and more prepared to provide assistance in emergency situations.

"We're ready to be the team that responds to out-of-state missions," said Deal. "We're ready to be that HRF."

TRICARE Nurse Advice Line Offers Health Care Guidance

WALTER REED NATIONAL MILITARY MEDICAL CENTER NEWS RELEASE

BETHESDA, Md. - TRICARE beneficiaries in the continental United States, Alaska and Hawaii can now access the Nurse Advice Line to receive health care guidance and advice.

The service, launched in April, offers professional help by phone at a moment's notice, officials said.

"Our mission at Walter Reed National Military Medical Center is to provide patient-friendly access to high quality health care for all we are privileged to serve -- service members and their families [and] our retirees and their families," said Army Brig. Gen. (Dr.) Jeffrey B. Clark, the medical center's director. "The Nurse Advice Line provides patient-friendly access to

high-quality medical information, guidance for self-care, and appointments, if necessary, for those we are privileged to serve. This is a benefit for our patients and for our mission success." The Nurse Advice Line is manned by a team of registered nurses -- available 24 hours a day, seven days a week -- prepared to answer questions about a variety of acute health care concerns. A nurse will help beneficiaries decide whether self-care or seeing a health care provider is the better option, officials explained.

Beneficiaries are routed to the appropriate nurse, who will follow up when necessary or requested. Same-day appointments with a primary care manager are available for TRICARE Prime beneficiaries who are enrolled at military treatment facilities.

If a same-day appointment is not available, officials said, the Nurse Help Line will redirect the beneficiary to the closest urgent care center without any point-of-service co-pays.

The Nurse Advice Line is available to TRICARE beneficiaries using TRICARE Prime, TRICARE Prime Remote, TRICARE Prime Remote for Active Duty Family Members, TRICARE Standard and TRICARE Extra, TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult and TRICARE For Life.

To contact the Nurse Advice Line, call 1-800-TRICARE (1-800-874-2273) and select Option 1 for help with urgent care questions and needs.

Dempsey Discusses Anti-ISIL Strategy at Senate Hearing

JIM GARAMONE
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON - The chairman of the Joint Chiefs of Staff describes the strategy against ISIL as "an Iraq-first strategy, but not an Iraq-only one."

Army Gen. Martin E. Dempsey told the Senate Armed Services Committee Sept. 15 that the U.S. military's role against the Islamic State of Iraq and the Levant is appropriate and that the first job is to empower Iraqi ground forces to go on the offensive.

The strategy is only possible, the chairman said, because the Iraqis put together a credible government that is showing signs of being inclusive of all its citizens.

"Our military advisors will help the Iraqis conduct campaign planning, arrange for enabler and logistics support and coordinate coalition activities," Dempsey told the senators. "If we reach the point where I believe our advisors should accompany Iraqi troops on attacks against specific ISIL targets, I'll recommend that to the president."

ISIL haven in Syria

ISIL has a haven in Syria, and the strategy only works if pressure is applied to the terror group in Syria, Dempsey said.

"With coalition partners and contributions, we will begin

building a force of vetted, trained, moderate Syrians to take on ISIL in Syria," the general said. "We will work to ensure they have a Syrian chain of command and report to a moderate political authority."

This is a long-term effort. In the short-term, Dempsey said, "we will be prepared to strike ISIL targets in Syria that degrade ISIL's capabilities. This won't look like a 'shock and awe' campaign because that is simply not how ISIL is organized, but it will be a persistent and a sustainable campaign."

Whole-of-government approach

The chairman stressed that any military effort against the terror group must be part of a whole-of-government effort. Other U.S. agencies and those of international and regional partners will work to disrupt ISIL financing, interdict the movement of foreign fighters across borders and undermine the ISIL message.

"Given a coalition of capable, willing regional and international partners, I believe we can destroy ISIL in Iraq, restore the Iraq-Syria border and disrupt ISIL in Syria," Dempsey said. "ISIL will ultimately be defeated when their cloak of religious legitimacy is stripped away and the populations on which they have imposed themselves reject them. Our actions are intended to move in that direction."

Confronting ISIL's type of extremism requires a

sustained effort over an extended period of time, the general said.

"It's a generational problem, and we should expect that our enemies will adapt their tactics as we adjust our approach," he said.

But ISIL is not the U.S. military's only concern, Dempsey said. The U.S. military, he said, is also dealing with other matters in the Middle East, the on-going rebalance to the Pacific, countering Ebola, reassuring European allies in light of Russian aggression, and continuing the mission in Afghanistan.

"But our young men and women in uniform are doing so much more," Dempsey said. "They conduct hundreds of exercises, activities and engagements every day. Actions that deter conflict and reassure allies around the world -- and they are performing magnificently."

Uncomfortable with resources

The general said he's growing increasingly uncomfortable that the "will to provide means does not match the will to pursue ends." DoD officials are doing what they can to bridge that gap, but will need Congressional help, he said.

"If we do not depart from our present path, over time I will have fewer military options to offer to the secretary and the president and that is not a position in which I want to find myself," Dempsey said.

Hagel: America's Resolve Continues to Be Tested

NICK SIMEONE
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON, Sept. 11, 2014 - Thirteen years after the 9/11 attacks, the nation's readiness and resolve are still being tested by those who seek to harm it, Defense Secretary Chuck Hagel told an audience of Pentagon employees -- some of whom were in the building on that fateful day -- as well as relatives of those killed in attacks that put the nation on a course of war for more than a decade to come.

"We have the capacity, we have the strength, to meet these challenges. America has always had challenges, and we have always met those challenges before," Hagel told hundreds of people gathered on a sweltering afternoon in the Pentagon's central courtyard, a day after President Barack Obama committed the nation to what administration officials say could be another multi-year military engagement in the Middle East, this one intended to eliminate the terrorist threat posed by the Islamic State of Iraq and the Levant.

"I don't think any of us a year and a half ago would have envisioned the world of challenges we now face," Hagel added, referring to the state of the world when he was sworn in as defense secretary in February 2013.

Representing the Joint Chiefs of Staff, Chief of Naval Operations Adm. Jonathan W. Greenert told the audience -- gathered just feet from the Pentagon memorial built to remember those killed when a hijacked airliner slammed into the south wall of the building -- that 9/11 shattered the idea of America being a sanctuary from acts of terrorism seen elsewhere in the world.

"It doesn't matter where we were," he said. "Somebody out there doesn't like all of us, and we are all on the front lines. We're all in this together."

The defense establishment remained united in the days following 9/11, Greenert noted. He pointed out that the next day at the Pentagon, while Washington and much of the nation were left paralyzed by the attacks and even the stock market closed for days, "everyone came to work, everybody had resolve, and as a team we carried on, and that embodied the resilience that this building represents."

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With Storm Season Upon Us, JOC Personnel are Looking Out for Us

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

HARTFORD – Long after the doors have been closed and locked on the Gov. William A. O'Neill State Armory and everyone else that works in the building has gone home for the day, a small group of Soldiers and Airmen remains. They work tirelessly in their office, tucked away in a back corner of the armory, seemingly shut off from the outside world.

These Soldiers and Airmen make up the staff of the Connecticut National Guard's Joint Operation Center and they are far from shut off. In fact, they may be among the most well-informed members of the CTNG.

The mission of the CT JOC, said 1st Sgt. Joseph Burke, former JOC non-commissioned officer in charge, is to provide 24/7 situational awareness to the Office of the Adjutant General by monitoring, collecting and analyzing data in order to provide timely, accurate and actionable information to support missions and command decision making. Burke recently transferred his JOC responsibilities to Master Sgt. Jeffrey Colvin, former operations NCOIC of the 192nd Engineer Battalion.

In other words, the JOC serves as the eyes and ears of the Adjutant General and the CTNG. They continuously monitor and review changes in the environment, the readiness of CTNG forces and the status of local, national

and international events and threats. This information is gathered through a variety of means. Intelligence reports, media outlets and information from CTNG units are all used by the JOC to gather situational awareness and to develop and update a common operational picture.

This is no small task. These men and women must use all the tools at their disposal to monitor and plan accordingly. Televisions tuned to various news and weather channels, computer monitors lit up with various tracking systems and whiteboards full of vital information occupy much of the wall space in the JOC. Binders full of data and plans for dealing with the myriad of situations that may present themselves take up the rest of the space.

In addition to intelligence and information gathering and dissemination, the JOC also conducts planning year-round with the command and joint staffs as well as with the various units throughout the state.

Another one of their critical functions is crisis management. This is something the JOC staff has performed their fair share of in recent years.

When Hurricane Irene hit the state in late August 2011, the CTNG was called up to support the residents of Connecticut and state agencies in the recovery efforts. Two months later, Winter Storm Alfred struck and the Guard was called upon once again. A year later, almost

to the day, the state was rocked by Super Storm Sandy and the National Guard was called out. Then just three months after that, Winter Storm Nemo crippled Connecticut with up to three feet of snow and a multi-unit National Guard Task Force — including units from as far away as Maine and Pennsylvania — swung into action.

Four storms that required National Guard support hit the state in the span of just 18 months and at the center of it all was the JOC, coordinating with state and local authorities; gathering and disseminating damage reports and other intelligence; and informing activated units of mission requirements and monitoring their progress throughout the state.

It was due to the plans that the JOC helped put in place and their relay of information that the CTNG was able to successfully assist the people of Connecticut during those storms.

And they're ready to do it all again should another storm hit. The season is upon us, after all.

Hopefully we won't have another Nemo or Sandy or any other name-bearing storm decimating parts of the state again anytime soon but if it happens, the JOC will be there to help. Even if a storm doesn't hit, the JOC will be there. They are always there; thanklessly keeping an eye on everything so the rest of us can continue operating smoothly.



The Joint Operations Center of the Connecticut National Guard prepares constantly for natural and man-made emergencies such as Winter Storm Nemo in 2013. They continuously monitor and review changes in the environment, the readiness of CTNG forces and the status of local, national and international events and threats. (Guardian file photo)

Fallen Flags Project Makes its Home at State Armory in Hartford

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

HARTFORD – Human beings have a long and respected history of honoring fallen Soldiers.

The practice of decorating Soldiers' graves is an ancient tradition. In the United States, this tradition dates back to the Civil War. More than 600,000 American Soldiers died during this bloody period of American history and it is thought that this large number of fallen war fighters is what first brought the practice into widespread cultural significance. The first Memorial Day-type of commemoration is believed to have occurred in the early 1860's.

The practice is very much still alive today, yet many Americans believe that one day of remembrance each year is not enough to honor our fallen Service men and women. Rebecca Fellows, an artist based in Collinsville, Conn., is one such American.

Seven years ago Fellows learned of the passing of her friend Army Col. Brian Allgood, who died on Jan. 20, 2007, when the Blackhawk helicopter he was in was shot down in Iraq. Allgood's death inspired Fellows to create a work of art to commemorate all of the American Soldiers that have died in the wars in Iraq and Afghanistan.

Fellows' project is comprised of large, four-by-seven foot American flags, with each flag made up of individually enameled colored frames holding a photo of a fallen soldier; 1170 per flag.

"This is a memorial to Soldiers that have been killed in

Iraq and Afghanistan, and it's set up chronologically by the order of a Soldier's death, so in the first flag in the upper corner, we have the first Soldier we ever lost," said Fellows.

The piece is also accompanied by a series of reference books that allow viewers of the project to look up a Service member by name and find their picture in the flags. There are currently six flags assembled and Fellows says the project will not be complete until all U.S. Service members are home and those lost are remembered within the flags.

When the piece was first debuted in 2012 during a Veteran's Day commemoration at New Haven City Hall it contained the names and pictures of 6,389 fallen Service members. At the time, Fellows said she would like to see her piece end up in Hartford and then some day in Washington, D.C. It has been nearly two years since that day and the piece has made it to at least one of the destinations Fellows had hoped for.

The project, which has grown in size due to the unfortunate deaths of more than 400 Servicemen and women since its debut, currently resides on the first floor of the Governor William A. O'Neill State Armory in Hartford. There it hangs, prominently displayed as a constant reminder to the people that work and visit there, Service members, retired military and civilians alike, of our brothers and sisters in arms that have made the ultimate sacrifice in the Global War on Terrorism.

Perhaps someday soon the piece will make its way to



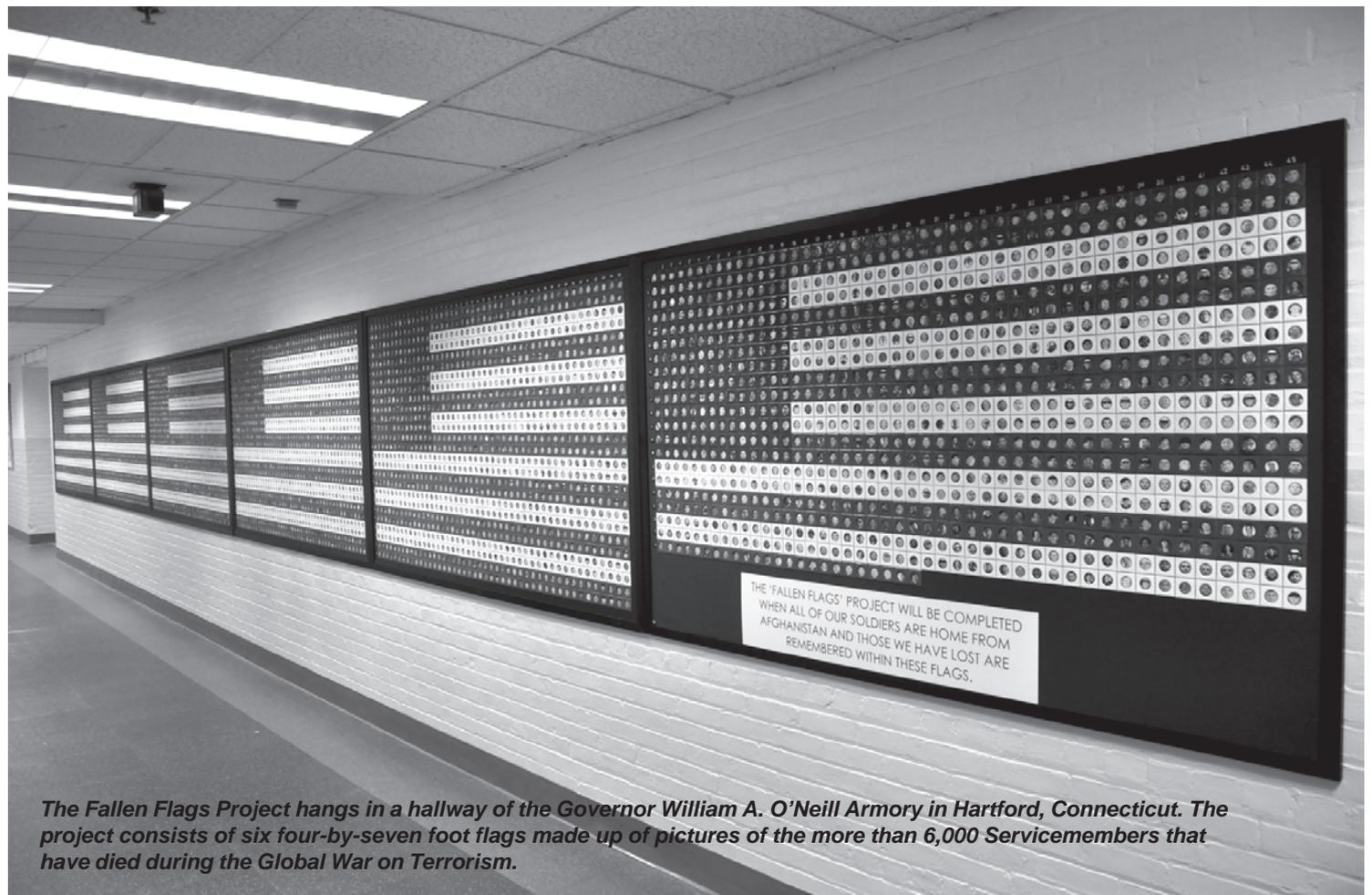
A picture of Staff Sgt. Edwin Rivera of Waterford, Connecticut, is one of the tiles contained within the Fallen Flags Project. Rivera is the last Connecticut National Guard member that has died in the wars in Iraq and Afghanistan. He died on May 25, 2010 from gunshot wounds he suffered while deployed to Afghanistan as a member of A Company, 1st Battalion, 102nd Infantry Regiment.

Washington and Fellows will realize another one of her wishes for it. Hopefully, the piece will also have reached its final size by then.

Until then, the Fallen Flags Project remains here in its dedicated stretch of hallway where it serves as evidence that our fallen Service members may be gone, but they are truly never forgotten.



The sixth flag of the Fallen Flag Project is displayed in a hallway of the William A. O'Neill Armory in Hartford, Connecticut. The project consist of six four-by-seven foot flags made up of pictures of the more than 6,000 Servicemembers that have died during the Global War on Terrorism. Below the flag is a proclamation that the project will not be complete until all of our Soldiers have come home from Afghanistan and those we have lost are memorialized within the flags.



The Fallen Flags Project hangs in a hallway of the Governor William A. O'Neill Armory in Hartford, Connecticut. The project consists of six four-by-seven foot flags made up of pictures of the more than 6,000 Servicemembers that have died during the Global War on Terrorism.

Setting Resolute Support Footprint at Bagram Airfield: Challenges in Logistical Engineering

COL. JOHN R. WHITFORD, 242nd CMT OIC
SGT. BRENDAN W. McLAUGHLIN, 242nd CMT

BAGRAM, Afghanistan - The 242nd Construction Management Team, a National Guard unit from Connecticut, was initially tasked with managing and overseeing construction, de-construction, survey and design missions, as well as monitoring and managing base transfers and closures throughout the Government of the Islamic Republic of Afghanistan.

The CMT began operations at the New Kabul Compound in March, 2014 working for the Theatre Engineer Brigade, the 130th Engineer Brigade, headquartered at Bagram Airfield. The TEB was located at BAF to evaluate on-going efforts to “right-size” the base, and identify any capacity issues that would limit engineering de-scope efforts due to the population level over time as forces retrograde out of the GIRoA through this major debarkation hub.

Following the 130th Engineer Brigade’s transfer of authority to the 2^d Engineer Brigade, United States Forces – Afghanistan empowered the TEB to set the BAF Resolute Support footprint. This expanded role included base camp master planning, deconstruction planning and execution, as well as unit footprint management, in addition to the capacity analysis begun by their predecessors. To take on that challenge, the CMT was re-missioned to work “all things BAF.” This new mission brought the team from NKC to BAF, and work immediately began to right-size the 30,000-person base to meet the base mission requirements for 2015.

Upon arrival at BAF in June 2014, the 242nd CMT, in conjunction with the 2^d Engineer Brigade, began work to plan, prepare and execute the setting of the BAF Resolute Support footprint. After an in-depth analysis, the 2^d Engineer Brigade laid out the commander’s intent into an operational approach that supported reaching a defined and achievable end-state that would posture BAF as a sustainable platform to effectively execute the Resolute Support mission. To accomplish the end-state goals, the CMT followed the Lines of Engineer Support covering force protection and logistics through general engineering support, BAF master planning, facilities support and de-scope operations. These efforts efficiently allocated the appropriate engineering resources to establish and maintain infrastructure necessary to support follow-on forces, sustain military operations, and enable superior force protection.

First, the CMT established a BAF governance architecture that stood up several working groups including, master planning, force flow, force protection, billeting, public affairs, de-scope and BAF assessment, to process the BAF infrastructure information and incorporate feedback from the BAF Installation Planning Board. This developed base-wide retrograde initiatives and facility utilization courses of action for USFORA’s

decision and planning guidance.

Through the BAF Governance structure, the CMT coordinated efforts among more than twenty brigade or higher level organizations on the base to right-size BAF and dramatically reduce the base footprint to a sustainable level without compromising current mission execution. Utilizing the BAF governance construct, a design concept was developed to assess the current state of BAF, including evaluations of personnel, material, command and control, facilities, infrastructure, operations, capabilities, along with services and contracts. It also identified the ways and means to overcome obstacles encountered along the way for



Task Force Trailblazer Over-the-Horizon Soldiers deconstruct a barracks hut by hand during retrograde operations on Bagram Air Field, Afghanistan. (Photo courtesy 242nd Construction Management Team)

setting the Resolute Support footprint by December 2014.

At the core of the CMT mission was establishing a BAF base camp master plan to set the way ahead. A clearly established vision with measurable goals has been key to reaching a clearly defined end state for major stakeholders - those units that will be enduring at BAF beyond December 2014. Creating the installation development plan through consolidation of unit area development plans set the enduring footprint, which adheres to the BAF installation planning standards.

As part of the master planning effort, the CMT provided a workbook to all BAF tenants to capture detailed information on their facilities. In addition to informing Resolute Support facility utilization decisions incorporated into the installation development plan, the workbook has been used to build an accurate facility asset inventory database for BAF. This will continue to be utilized and maintained following the departure of 2^d Engineer Brigade out of theater as the responsibility for master planning and unit footprint management transitions to BAF Garrison.

Of all the challenges the CMT encountered in establishing the reduced BAF footprint, the most

challenging was working with base tenets to de-scope the many temporary facilities. These included tents, B-huts and other wooden structures that sprawled across the three-thousand acre facility. In the last 13 years BAF has gone through periods of rapid expansion without the benefit of a long-range base master planning vision which has led to land utilization inefficiencies and excess temporary facilities that have been occupied well beyond their useful lifetime. This also created several unit footprints that were managed as small fiefdoms within the larger base footprint.

When the CMT arrived, they faced the de-scoping of more than 1,000 identified wooden structures, and the dismantling of more than 60 large area maintenance structures and other large, recoverable tents. Many of the base tenants resisted collapsing or reducing their footprint. Units wanted to cling to what they had, as the many rotations of their predecessors had built expeditionary “improvements,” such as small unit morale areas, gyms and smoke shacks. On top of fighting the daily battles to tear down multiple unit area gyms, fitness tents or morale areas, the 242nd CMT had the goal of accelerating deconstruction. This was necessary in order to take full advantage of military engineering assets prior to their redeployment, thereby reducing overall capacity just as BAF was ramping up as the main location in GIRoA for units to pass through on their way home. An analogy of this would be “trying to change the oil in your car while it’s still running.”

The TEB resolution to the “BAF problem” was purely a realignment of the issues with doctrine. Applying the LOES from analysis through course of action development and execution was a real-world test that validated Army doctrine. The TEB’s vision, along with a focus on effective, efficient execution of the LOES, has enabled successful development of a workable transition plan to BAF Garrison Command to manage, oversee and execute the way forward for 2015 and beyond.

With time of the essence during a critical point in Afghan history, the TEB worked hard to steer the BAF Master Plan forward and literally shaped the footprint as they guided BAF on the way ahead. During a crucial time for coalition forces as the number of military and contractors across GIRoA draws down, the 242nd CMT planned and executed a successful right-sizing effort by gaining buy-in from tenant stakeholders, the sixteen base District Mayors, and BAF Garrison. The CMT also successfully enacted Army doctrine through managing and overseeing the execution of the TEB’s operational approach and LOES. The CMT’s employment of critical thinking, focus, vision, direction and guidance was vital in providing valuable solutions to the entire population of BAF and helped enable the base to be postured for success well beyond 2015.

2014 Connecticut Veterans Parade Ready to Step-Off Nov. 2nd

FROM STAFF REPORTS

Calling all U.S. veterans, active military personnel and families from across Connecticut!

The 15th Annual Connecticut Veterans Parade will proudly step off on Sunday, Nov. 2 at 12:30 p.m. near the Connecticut State Capitol Building in Hartford and will march through the downtown area.

The Connecticut National Guard is again a contributing sponsor to the 2014 parade and will provide key organizational support as well as feature marching units from the 102d Army Band, Joint Force Headquarters and the 103rd Air Wing.

Additionally, Lt. Col. Lesbia I. Nieves, Headquarters, 143rd Combat Sustainment Support Battalion and Sgt. 1st Class Alex W. Seretny, 1048th Transportation Company,



Lt. Col. Lesbia Nieves

are being honored this year as parade marshals having been nominated by the parade's executive committee for their outstanding service to the nation and state.

Nieves serves as battalion commander of the 143rd CSSB and is the first Hispanic female to be promoted to the rank of lieutenant colonel within the CTARNG. During her 20

years of commissioned service she has deployed in support of Operation Iraqi Freedom serving as the S4 for 118th Medical Battalion and has performed active duty tours with the CTARNG Recruiting and Retention Command and the National Guard Bureau's State Partnership Program. Nieves holds two master's degrees and works as a social work supervisor for the Department of Children and Families.

Seretny, a platoon sergeant with the 1048th, has completed three combat tours to Afghanistan as part of Operation Enduring Freedom as a member of the 1st Battalion, 102nd Infantry and the 1048th. He is the recipient of the Bronze Star Medal for Valor, the nation's fourth-highest combat award, the Purple Heart, the Combat Infantryman's Badge and the Combat Action Badge. He has been recommended for a second Bronze Star Medal for Valor for his most recent deployment with the 1048th. Seretny is a CTARNG military technician and works as a surface maintenance mechanic for the Directorate of Logistics.

Approximately 3,000 people march or ride every year in the Connecticut Veterans Parade, making it the largest veterans' parade in New England and one of the biggest



Sgt. 1st Class
Alex Seretny

salutes to veterans in the entire U.S. The parade honors the dedication and sacrifices of Servicemen and women from all U.S. conflicts, and offers state residents the opportunity to express their gratitude. Special features will include a tolling of church bells and a 1:30 p.m. moment of silence when the parade pauses in observance of Service members who died while serving the country. One hour before the start of the parade, there will be a wreath-laying ceremony at the recently restored Soldiers and Sailors Memorial Arch in Bushnell Park at 11:30 a.m.

"This parade is a visually powerful and poignant tribute to the dedicated Servicemen and women of all conflicts who stepped forward so we that can continue to enjoy our freedom," explains Paul F. Pendergast, President of the Connecticut Veterans Parade and a U.S. Air Force veteran himself. "We encourage people from all corners of Connecticut and beyond to make the time to come line the streets of Downtown Hartford and say 'Thank You' for their sacrifices."

U.S. veterans and active military personnel are encouraged to register to march or ride by going to www.CTVeteransParade.org or calling (860) 986-7254. Any Connecticut resident who is an active, retired or honorably discharged member of the U.S. Armed Forces including commissioned officers, warrant officers and enlisted personnel of the Army, Navy, Marine Corps, Air Force, Coast Guard, National Guard, and Reserves is welcome to participate. Parade organizers also are seeking volunteers to help with a variety of hands-on responsibilities, before and during the parade.

Gov. Malloy Announces Continued Efforts to Increase Housing Opportunities, End Chronic Homelessness Among Veterans

State Makes Additional Rental Assistance Program Vouchers Available to Veterans; Announces \$3 Million Veteran Housing Project

HARTFORD - Gov. Dannel P. Malloy today announced that the State of Connecticut is making 50 additional Rental Assistance Program (RAP) vouchers available now to veterans who are currently receiving assistance under the federal HUD-Veterans Affairs Supportive Housing (HUD-VASH) program and are ready to transition out of supportive housing but still need rental assistance.

The expansion of the RAP program for veterans comes as part of Malloy's goal of ending chronic homelessness among veterans <http://www.governor.ct.gov/malloy> in Connecticut by the end of 2015.

"Whether they have been out of the service for years or are just returning home, our veterans have earned access to decent housing, quality health care, education, and career opportunities," Malloy said. "We can - and we must - end chronic homelessness among veterans, and the steps we are announcing today take us a great deal closer to reaching that goal."

By transitioning 50 people from supportive housing under HUD-VASH to the Rental Assistance Program, this will free up new opportunities for veterans in need of supportive housing.

"Veterans represent tremendous potential for our communities and for Connecticut employers," said Lt. Gov. Nancy Wyman. "Governor Malloy and I are committed to ensuring our veterans and their families have access to the programs and services

they need to reestablish their lives in Connecticut. Expanding housing is critical to this effort, and will help us build stronger communities and a stronger workforce."

"Rental Assistance Program vouchers provide an enormous benefit to our veterans that need help in finding - and keeping - safe and secure housing," Department of Housing Commissioner Evonne Klein said. "The vouchers are just one of the ways the state is lending a helping hand and contributing to a better quality of life for our veterans who have given so much."

Malloy also said that the state will likely make an additional 50 RAP opportunities available this fiscal year, and there is currently a request pending with the U.S. Department of Housing and Urban Development to create more HUD-VASH vouchers in Connecticut.

The combination of creating new RAP opportunities and freeing up additional HUD-VASH vouchers will make a large dent in chronic homelessness among veterans, G Malloy explained.

Malloy also announced that the state is awarding a \$2,976,000 loan to the Chrysalis Center for the purpose of assisting in the development of the Legion Court Veterans Housing project at 89 Webster Street in Hartford. This project will contain 12 newly constructed, two-bedroom supportive housing units for homeless veteran families targeted to veterans suffering from mental illness, substance abuse and post-traumatic stress disorder. The project will be developed on what is now a currently vacant site.

"By making these RAPs available and by making our investment in bricks and mortar to expand affordable and supportive housing opportunities for veterans, we are making good on our pledge to end chronic homelessness among veterans in Connecticut by the end of 2015," Malloy said.

143rd RSG Leads Multi-Component Enabler Task Force at NTC

MAJ. GEORGE DUGGAN
143rd RSG PUBLIC AFFAIRS OFFICER

FORT IRWIN, Calif. – Logistically supporting more than 5,000 Soldiers on a desert battlefield the size of the state of Rhode Island is not an easy task to execute.

That is exactly the point – and the training value – for Army sustainers who deploy to the National Training Center.

The 143rd Regional Support Group met that challenge while leading a corps-level enabler task force assigned to support the 1st Armored Brigade Combat Team, 3rd Infantry Division during a three-week annual training at the National Training Center.

The RSG's 366-Soldier task force was comprised of multiple active duty and National Guard elements from all across the country. Planning for the rotations in close coordination with the staff of the 1st ABCT began in earnest last January.

The RSG's official mission was to conduct and support reception, staging, onward movement and integration operations and provide battlefield sustainment support in order to build and maintain the combat power of the 1st ABCT's units. During their multi-week rotation, Task Force RSG provided daily fuel, food, ammunition, maintenance and transportation support to the rotational combat brigade through all phases of the training including live fire exercises, lanes training and a decisive action exercise "in the box."

The NTC is considered by many to be a "final exam" for units that may likely be called up in the near future to respond to national threats around the world. The Center's goal is to provide the most realistic joint and combined arms training possible in a very demanding desert environment.

Tanks, mounted artillery, helicopters, close support aircraft and ground combat and sustainment forces work together in a joint exercise, to meet and destroy well-trained and resourced opposing forces that are permanently based at Fort Irwin. Per the Fort Irwin Website, the rotations were developed to create a common training scenario for use throughout the Army. The training is reflective of the complexities of potential adversaries our nation could face and include guerilla, insurgent, criminal and near peer conventional forces woven into one dynamic fabric.

For sustainment headquarters like the RSG and its down trace units, the value of NTC is being able to bring battlefield sustainment concepts and operations to life from the far forward edge of the battlefield to echelons above division.

"As an Army we have been surviving on FOB logistics over the last 13 years with almost everything units need logistically when they deploy being contracted out," said Col. John T. Wiltse, commander of the 143rd RSG. "NTC strips all of that complacent support out of the picture. As sustainers, we are forced to plan and fight in accordance with our doctrine – and that is the tremendous value of NTC."

The desert training environment faced by Task Force

RSG's Soldiers was harsh. Capt. Kyle Knowles, RSG intelligence Officer (S2), said that the daily high temperatures reached 95 to 100 degrees consistently with about 20 percent humidity. There was sporadic rain which quickly created sandy soft spots along the road networks causing the Task Force's large vehicles such as tank heavy equipment transport (HET) trucks to sink in the sand. Alternate routes for missions had to be planned.

Paying attention to OPFOR intelligence and threats also challenged the RSG staff and company-level commanders, always under the watchful eyes of NTC observer-controllers. With all personnel and vehicles equipped with Multiple Integrated Laser Engagement Systems, the RSG's units were fully "in play" and vulnerable to OPFOR attack. Sustaining multiple attacks at the Forward Operating Base challenged the RSG's base defense plan and operations cell, a key area of evaluation for Wiltse.

Task Force RSG Soldiers also got to experience a few NTC "native" highlights including black widow spiders in the portable toilets, scorpions crawling through the

sleeping tents and a lone coyote seen wandering FOB Santa Fe at night.

In addition to the RSG's 72 Soldiers who deployed, including more than a dozen volunteers from across the Connecticut Army National Guard, elements from the following units comprised the enabler task force for NTC Rotation 14-09: from the active Army, the 63rd Ordnance Platoon, Joint Base Lewis-McChord; the 632nd Maintenance Company and 135th Quartermaster Company, Fort Stewart, Georgia; the 377th Transportation (HET) Company, Fort Bliss, Texas; the 289th Quartermaster Company, Fort Hood, Texas and the 1174th Transportation Company from the Tennessee National Guard.

The RSG commanders' intent, in addition to executing on-time, to standard sustainment operations for customers, was that all missions would be treated as a training opportunity with a focus on daily learning and improvement. It is safe to say that all RSG Soldiers who deployed to NTC learned a great deal and will always remember this as a once in a lifetime learning event.



Soldiers from Task Force 143rd RSG's assigned active duty ammunition platoon from Joint Base Lewis-McChord provide detailed accounting of issued ammunition in order to support live fire and force-on-force training exercises involving more than 5,000 Soldiers during National Training Center Rotation 14-09 at Fort Irwin, Calif. (Photo by Maj. George Duggan, 143rd RSG Public Affairs Officer)



Soldiers from Task Force 143rd RSG account for and reconfigure ammunition loads in order to support live fire exercises of the combat rotational unit, 1st Armored Brigade Combat Team, 3rd Infantry Division, during annual training at the National Training Center, Fort Irwin, Calif. from August 3-23, 2014. (Photo by Maj. George Duggan, 143rd RSG Public Affairs Officer)

New Kitchen Delivers Hot Results at National Training Center

CHIEF WARRANT OFFICER 4 MICHAEL P. GRENIER
RSG FOOD SERVICE SUPERVISOR

NATIONAL TRAINING CENTER, FORT IRWIN, Calif. - The 143rd Regional Support Group performed Annual Training at the National Training Center (NTC) from Aug. 3 to Aug. 23 and supported its logistical task force in food service with the new Containerized Kitchen line-hauled out from Connecticut.

The CK was fielded to the Connecticut Army National Guard in 2011. The CK replaces the Mobile Kitchen Trailer (MKT) which has been in use by the Army since the late 1960's. The design of the CK is based on the commercial technology of the modern day recreational vehicle. With its expandable sides and moveable kitchen equipment, the CK can be set up and stabilized within one hour.

Integral to the CK is the Field Sanitation Center (FSC). The FSC was introduced to the CTARNG in 2005. The FSC was designed to replace the always dangerous, gasoline-fired immersion heater as the primary source for cleaning and sanitizing food service equipment. With the fielding of the Modern Burner Unit (MBU) the

efficiency and operation of both the CK and the FSC has increased to satisfy the Soldier diner.

The CK is impressive with its new and improved cooking technology. It weighs 14,000 pounds and when set up is 360 square feet. Additionally the CK comes with air conditioning and an improved ventilation system which is key when working in an arid climate such as the NTC. It contains two commercial refrigerators, a warming cabinet, a convection oven, flat top griddles, roasting pans, cooling racks, steam tables and utensils. The CK can feed 800 soldiers three times a day and meals can be prepared in three hours or less. This capacity was more than adequate for the RSG NTC mission which required feeding 367 soldiers a hot breakfast and dinner on a forward operating base "in the box."

The breakfast and dinner consisted of the Unitized Group Ration (UGR) A which is the standard operational meal of the U.S. Army forces. The UGR-A meal is the meal that was designed to replace the older operational tray-pac meal. The UGR-A meal consists of a variety of heat and serve meals that are from the commercial food industry. The food served from the CK at NTC was varied.

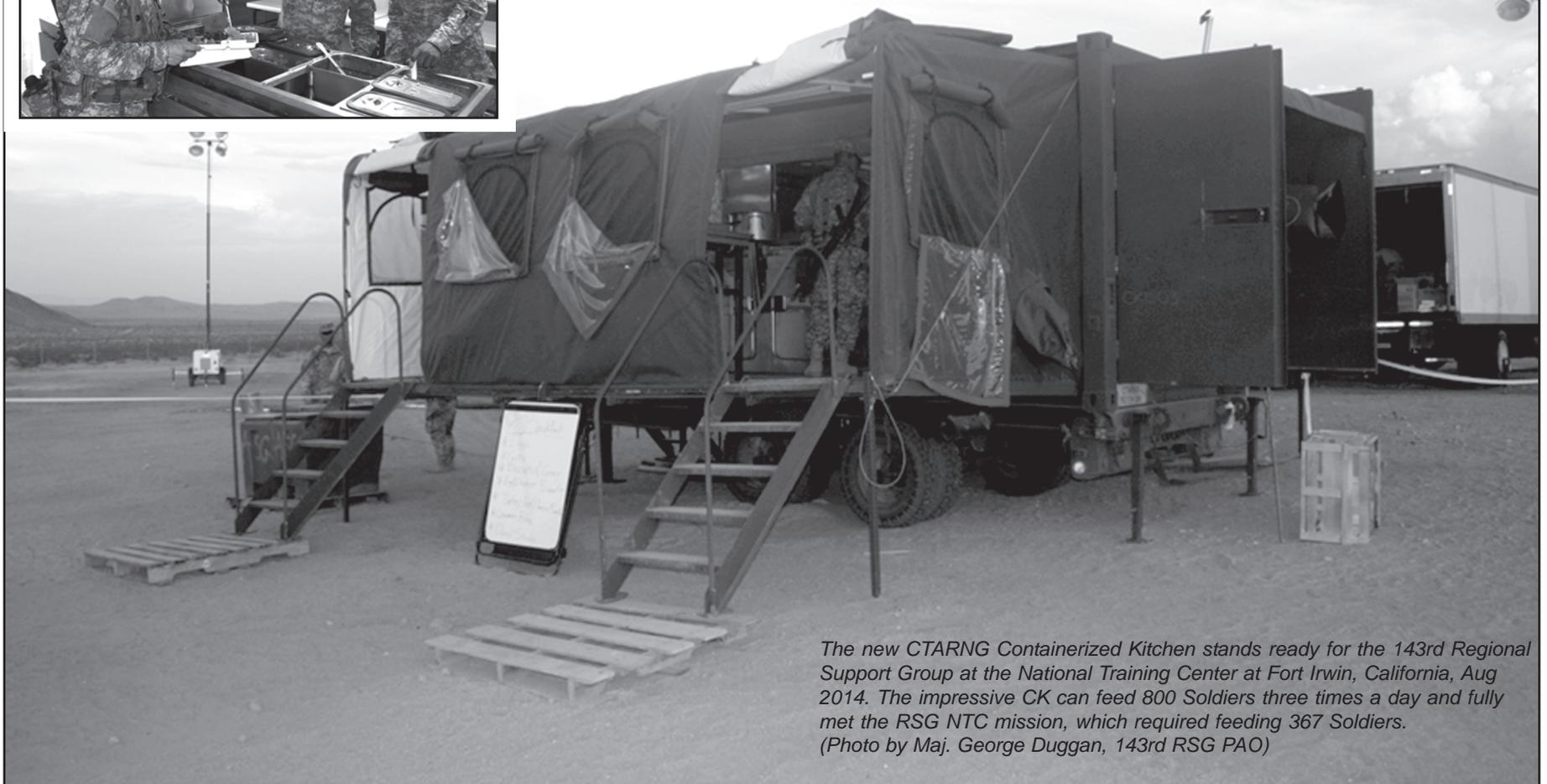
Breakfasts usually consisted of scrambled eggs, sausage burritos, turkey bacon, grits and hot and cold beverages. Dinners were varied from steak, chicken and ribs to shrimp alfredo pasta, all served with the usual supplements of fresh salads, vegetables and desserts. The lunch consisted of the traditional Meal-Ready-to-Eat.

One drawback of the CK is that it is extremely hot to work out of. Daily temperatures at Fort Irwin were close to 100 degrees every day. Working behind hot warming cabinets, griddles ovens and steam tables made for extremely hot temperatures. With the air conditioning of the CK working the cool air made a difference to the epicurean delight that was being prepared. A close eye was kept on the cooks to ensure that they were consuming plenty of water and had adequate rest.

The success of this food service mission was measured by the amount of diners that were served. The CK produced well over 7500 meals for all of the logistics Soldiers of FOB Santa Fe at the NTC. Based on the old adage that the Army runs in its stomach, the Army will be running strong into the future with the new CK.



(Inset) 1st Sgt. Joseph Kasimir is served by Spc. Kenneth Jones and Spc. Sean Grant in the new CTARNG Containerized Kitchen for the 143rd Regional Support Group at the National Training Center at Fort Irwin, California, Aug 2014. The CK was issued to the CTARNG in 2011, and this is the second time the system was used. (Photo by Maj. George Duggan, 143rd RSG PAO)



The new CTARNG Containerized Kitchen stands ready for the 143rd Regional Support Group at the National Training Center at Fort Irwin, California, Aug 2014. The impressive CK can feed 800 Soldiers three times a day and fully met the RSG NTC mission, which required feeding 367 Soldiers. (Photo by Maj. George Duggan, 143rd RSG PAO)

169th RTI MP School Instructors Improve Skill Sets Through Civilian Partnership

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

NIANTIC, Conn. – Soldiers from the 169th Regional Training Institute's 3rd Battalion Military Police School, sought to improve their skill sets by joining forces with Controlled Force, a civilian training agency, to conduct training on various law enforcement tactics, such as close range subject control and hand-to-hand protection, at Camp Niantic, Aug. 15-17.

The dozen Soldiers that participated in the training are all United States Army Military Police School-qualified instructors with the MP school battalion here and are responsible for training students from all across the Army that come to Niantic for MP reclassification training. In addition to their MP role in the National Guard, most of the instructors are also in some form of civilian law enforcement.

Staff Sgt. Ryan Maynard, an MP instructor with the 169th and a Connecticut State Trooper, said that having instructors with so much civilian law enforcement experience is a benefit to the students of the class.

"It helps because it brings real world experience into the classroom environment," Maynard said. "We can share our experiences with the students and it helps with the practical application of the skills being taught."

The training they conducted over the three days here with Kevin Rittenhouse, a project director and internationally certified instructor with Controlled Force, was meant to expand upon the wealth of experience that the RTI's instructors bring into the classroom, said Maynard.

Rittenhouse, a retired veteran of both the United States Marine Corps and the North Carolina Highway Patrol, said he tried to not only share his experiences and knowledge with the group but to also keep things open to their experiences and suggestions.

With the close range subject control, for instance, Rittenhouse showed the MP instructors a set of five different holds. He was very specific and precise in showing them how to transition between the holds and where to place their hands. However, Rittenhouse said that it's even more important for them to just get comfortable with the holds and transitions and realize how to actually apply them in a real-life scenario.

"You don't necessarily always have to be by the book with this stuff," he said. "What's most important is realizing how and when to actually use these techniques."

"I'll have them do these drills with their eyes closed," said Rittenhouse, "because it helps keep things smooth. It's not always about exact hand placement. Transitions and being smooth are key."

Lt. Col. L.J. Fusaro, commander of the 3rd Battalion MP School said he loves training like this.

"Getting outside instructors is great," said Fusaro. "Kevin has an expansive skill set that is easily diminished but having someone like him that is constantly updating

his skill set gives us a great opportunity for improvement."

"Programs like this are what help make the RTI an institute of excellence," Fusaro said. "Our goal here is not to simply maintain the status quo but rather to continuously improve. This type of training enhances our credibility, knowledge and competence."

The benefit of this type of instruction is two-fold, Fusaro said.

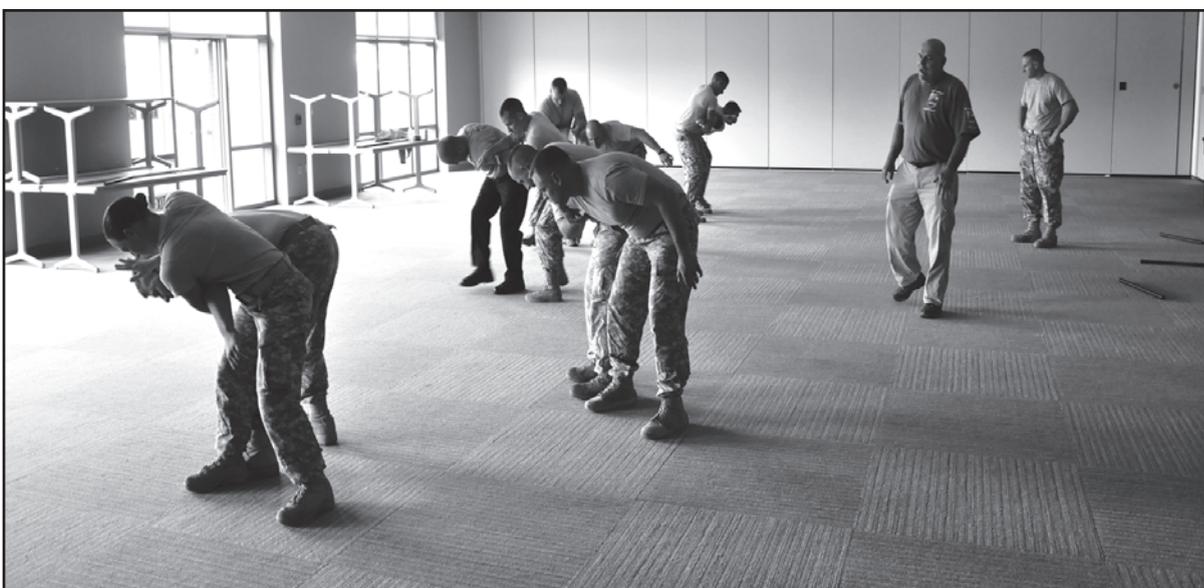
"This type of training keeps the instructors fresh and provides us with contemporary tactics for teaching our

students," he said. "It also helps our instructors to improve not only as an individual Soldier but it also allows them to bring these skills and tactics back to their [non-military] law enforcement agencies and improve things there."

Fusaro said that he looks forward to continuing to seek out opportunities like this to improve his instructors skill sets so they can pass it on to their students, fellow Soldiers and law enforcement partners both while they are working at the RTI and even after they move on to further stages in their career.



Kevin Rittenhouse, a project director and instructor with Controlled Force, demonstrates a hold on a Soldier from 3rd Battalion Military Police School, 169th Regional Training Institute, during close range suspect control training at Camp Niantic, Conn., Aug. 15. Rittenhouse trained several members of the MP school during a three-day period to improve their skill sets as instructors and MPs.



Lt. Col. L.J. Fusaro, commander of 3rd Battalion Military Police School, 169th Regional Training Institute, and Kevin Rittenhouse, a project director and instructor with Controlled Force, look on as instructors from the MP School practice holds and transitions during close range suspect control training at Camp Niantic, Conn., Aug. 15. Rittenhouse trained several members of the MP school during a three-day period to improve their skill sets as instructors and MPs.

Army Releases Latest Policies on Tattoos, Female Hairstyles

LISA FERDINANDO
ARNEWS

WASHINGTON (Army News Service, Sept. 16, 2014) — The Army published revisions to Army Regulation 670-1, its policy for “Wear and Appearance of Army Uniforms and Insignia,” which included changes to female hairstyles and tattoos standards.

The revisions, dated Sept 15, were effective immediately.

The service determined in a review that authorized hairstyles announced earlier this year limited female Soldiers’ hair grooming options. The policy authorizes temporary, two-strand hair twists for women, and includes a number of updates to hairstyles for women. Dreadlocks or locks remain an unauthorized hairstyle.

As for tattoos, the new regulation allows enlisted Soldiers who have “grandfathered” tattoos to be considered for officer candidate school or warrant officer appointment without needing an exception to the policy.

A training package for Army leaders and Soldiers is available online at <http://www.armyg1.army.mil/hr/uniform/>.

The Army plans to continue its long-standing practice of conducting perpetual reviews of its policies. In fact,

Soldiers are encouraged to submit a DA Form 2028 to recommend changes. Requests with significant wear or policy changes should be endorsed through the Soldier’s senior level chain of command to the Army G-1.

“Wearing of the uniform as well as our overall military appearance should be a matter of personal pride for Soldiers,” Sgt. Maj. of the Army Raymond Chandler said. “Our commitment to the uniform and appearance standards is vital to your professionalism.”

“Every Soldier has the responsibility to know and follow these standards. Leaders at all levels also have the responsibility to interpret and enforce these standards, which begins by setting the appropriate example,” Chandler added. “Your actions help to ensure we continue to be trusted and revered by the American people we serve.”

Female Hairstyles

The Army began reviewing its policies on female hairstyles soon after releasing the March 28, 2014, version of the regulation. In conjunction with the service’s review, the Department of Defense also requested a review in light of concerns that the hairstyle policies were too restrictive for African American women.

This review included feedback from a panel of Soldiers comprised of the various demographics represented in the U.S. Army. Subsequently, Army officials believe the updated policy gives female Soldiers more options while maintaining a professional appearance.

The new regulation allows female Soldiers to have temporary twists or two pieces of hair neatly twisted together. Twists, cornrows and braids can be up to 1/2 inch in diameter. The previous maximum was a diameter of approximately 1/4 inch.

The Army removed the requirement that no more than 1/8 of an inch of scalp could show between braids. The Army requires braids, twists and cornrows worn against the scalp be uniform in appearance and have the same general size of spacing between them.

Previously, the Army required that the ends of hair in braids be secured with inconspicuous rubber bands. The reference to rubber bands was removed, now the ends just have to be secured inconspicuously.

Braids and cornrows worn against the scalp previously had to be worn in a straight line from the front and go all the way to the back of the head. Now, the

language has been changed to say the braids need to follow the natural direction of the hair when worn back or in the natural direction using one part in the hair.

Styles, such as braids, cornrows, or twists worn against the scalp may still stop at one consistent location of the head. When such styles are worn loosely or free-hanging, they must encompass the whole head.

While dreadlocks or locks are still not authorized, their definition has been changed to remove the words “matted and unkempt.”

Another change includes increasing the allowable size of a bun, measuring from the scalp out, from three inches to three-and-a-half inches.

The allowable amount of bulk of hair remains two inches.

The shortest hair a female Soldier can have is 1/4 inch from the scalp, which can be tapered to the scalp along the hairline. There is no maximum length a female Soldier’s hair can be, as long as it is within regulation and can be worn up to meet the guidance for bulk and bun size.

The new rules clarify that braids, cornrows and now twists can be worn in a ponytail during physical training; it also specifies that wigs, which were previously authorized, cannot be worn to cover up an unauthorized hairstyle.

No matter what the authorized hairstyle, it must allow for the Soldier to be able to properly wear all types of headgear and protective equipment.

Tattoos

As part of efforts to maintain the professional appearance of the force, the Army dialed back the number, size and placement of tattoos in the March regulation.

Previously authorized tattoos were “grandfathered” in, but Soldiers hoping to become an officer had to get an exception to the policy.

The updated regulation takes into account that previously authorized tattoos should not prevent a Soldier from becoming an officer, but that candidates are to be evaluated based on the whole Soldier concept, or all characteristics of a Soldier.

The rest of the regulation from March remains in place, including the restriction on sleeve tattoos and allowing no more than four tattoos below the elbows or knees. Tattoos below the knees or elbows must be smaller than the size of the Soldier’s palm with fingers extended. Permanent ink or branding on the face, neck, and hands, as well as tattoos that can be deemed extremist, indecent, sexist or racist in nature remain banned.

Other Changes

The regulation provides additional clarification that Soldiers who entered the Army with body mutilation prior to March 2014 may request an exception to Army G-1.

Another change of note is that Soldiers can wear a “Next of Kin” lapel pin on their Army service and dress uniforms. The pin is for the immediate family of military members who were killed on duty, outside of combat operations.

Soldiers are already authorized to wear the “Gold Star” lapel pin, which is for the immediate family of service members who were killed in combat.



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October 16th, 2014
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Resilience Center: Energy Management and Goal Setting

SGT. MAJ. JAMES SYPHER
STATE RESILIENCE COORDINATOR

Energy management strategies are used to regulate emotion and energy levels and enable critical thinking and optimal performance. Controlled breathing, progressive muscle relaxation, meditation and positive imagery are strategies one can use to maintain composure. These strategies have been used effectively in a variety of settings including sports, the workplace and clinical settings with chronically ill patients.

Energy management targets the Master Resilience Training competency of self-regulation. The goal of self-regulation is to regulate impulses, emotions and behaviors in order to achieve goals and to express emotions appropriately and stop counterproductive thinking. When these strategies are used properly, the intensity of emotions will be lowered and you can think and respond more clearly with greater control.

Goal Setting, when done correctly, can result in more optimal performance, sustained motivation, and increased

effort and persistence. This model of goal setting is effective because it leverages internal motivation and accounts for thoughts and beliefs that can help or hinder goal achievement. The MRT competency of self regulation is the primary target for goal setting. Self regulation is facilitated by allowing us to make short term sacrifices in order to achieve our long term ambitions through planning and discipline.

There are seven steps to goal setting:

Step 1: Define your goal

Step 2: Know where you are in relation to your goal

Step 3: Decide what you need to develop in order to achieve your goal

Step 4: Make a plan for steady improvement

Step 5: Pursue regular action

Step 6: Commit yourself completely

Step 7: Consistently monitor your progress

Identify, plan for and commit yourself to the pursuit of a goal that results in more optimal performance. Success will be directly proportionate to your level of internal

motivation and persistence.

Resilience Tip of the Month:

Comprehensive Soldier and Family Fitness (CSF2) has a goal setting application that can be an effective tool for both planning your goals and keeping yourself on track as you pursue the goal. The application can be downloaded through the Apple App Store by searching “CSF2”.

Resilience Resources:

Outward Bound: www.outwardbound.org/veterans

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

Newington: 860-666-6951

West Haven: 203-932-5711

Military One Source: www.militaryonesource.mil

All units of company size or larger are required to have at least one Master Resilience Trainer. Seats for FY 15 are awaiting publication.

In next month's issue we will cover: thinking traps.

Until then Connecticut, stay resilient!

Mental Health: Reflections on a Life

YANIA PADILLA, MS
SUICIDE PREVENTION PROGRAM MANAGER

“Be kind, for everyone you meet is fighting a hard battle.” – Plato

As the sadness and disbelief resulting from Robin Williams' death begins to settle, we might reflect upon what we might learn from this tragic event. What meanings and wisdom might we gather as we mourn the loss of one of our great actors and humorists — and by all accounts, a kind and generous human being?

We can't presume to know all the complexities of another person's heart and mind, and we'll each be touched in different ways — gathering lessons and meanings that are relevant for us.

1. Be honest with ourselves.

Saying “yes” to life means noticing and allowing whatever we're experiencing right now. Being honest with ourselves means affirming ourselves as we are rather than fashioning a self that we think will be attractive to others. Instead of striving to be someone we're not or comparing ourselves to others (including those who we think might be happier than us or more successful), can we accept and value ourselves as we are? This includes recognizing our dark side and despairing moments — embracing the full range of our humanity (our joys and sorrows) without feeling shame around whatever we happen to be experiencing.

Being and affirming our true self allows us to grow more and more into who we really are.

2. Accept and love ourselves as we are.

Sometimes what we experience is so difficult or painful that we try to push it away. We just want the pain to stop and don't know where to turn. We may judge ourselves harshly for being in such unspeakable pain. Giving ourselves permission to courageously acknowledge

feelings such as sadness, fear, or shame, we connect with ourselves. We begin to find peace by no longer fighting ourselves.

Replacing self-judgment with self-love isn't easy, but it's something we can practice. Sometimes it's easier to be kinder toward others than toward ourselves. Practicing loving-kindness toward ourselves doesn't mean we're being selfish; it means that we value and cherish this precious life we've been given.

3. Reveal our true self to others.

We cannot know for sure what kinds of conversations Robin Williams had with others and to what extent he revealed his true feelings and struggles. But many people who take their own lives feel isolated in their suffering. It's so important to have at least one person (hopefully more) with whom we can share with openly and authentically, such as our partner, our friends, a clergy person or a therapist. And it's important to listen kindly when people take the risk to open up to us.

Finding the courage to share what's real for us with selected people allows us to not carry things inside us so tightly. Feeling safe enough to risk opening our authentic heart connects us with people. We feel less isolated and alone, which may help break the cycle of depression.

4. Reach out for contact — and let in the love!

It's one thing to share our feelings and quite another to actually receive the gift of listening and caring. Oftentimes we have blocks to receiving, especially if we were frequently shamed and criticized growing up. Concluding that we've had enough pain, we may now protect a tender and vulnerable place within ourselves.

People may be eager to comfort us and love us if they know we're hurting, but their caring doesn't do much good if we don't allow it to seep into the tender place

that needs it. Psychotherapy with someone who's a good fit for us is often helpful in healing old hurts and traumas that make it hard to let people in.

5. Creating a society where we take care of each other.

The sudden death of a well-loved person awakens us to what's meaningful in life. We see with fresh eyes how important they've been to us. We're reminded of how precious life is.

Affirming life means creating a society where we safeguard our own and each other's health — and work cooperatively toward resolving issues that threaten our collective safety and well-being. It means looking out for people who might be isolating and in despair.

People often do a good job of concealing their suffering. Sadly, our pain-avoidant society encourages us to hide our anguish in favor of a happy face. We get the message that something is wrong with us if we're in pain. We need to create a society where everyone feels safe to have and show their true feelings. Education for emotional intelligence needs to begin in our school systems.

Psychological struggles are treated more effectively when done in a timely manner. This means facing difficult issues with courage, gentleness, and authenticity. On a larger level, caring for each other means devoting resources to mental health care and treatment options for individuals and our struggling planet.

Perhaps the death of Mr. Williams — and others to sadly come — can remind us about what's important in life. Just as he served us through sparkling entertainment and philanthropic work, we can honor him by valuing our own precious lives, cherishing our loved ones and co-creating a society that protects and serves our community and world.

If you are in crisis, call 1-800-273-TALK (8255), the National Suicide Prevention Lifeline

Army, Air Guard Show Their

SGT, 1ST CLASS DEBBI NEWTON
130TH PAD

Their team captains sat in large garbage cans full of ice water as the Soldiers and Airmen dead lifted weights 20 times, dropped an Atlas ball over a four-foot obstacle 20 times in teams of two and jumped over a four-foot wall 20 times. As soon as the Soldiers and Airmen completed those tasks, the frozen and wet captains climbed out of the ice water to join their teams as they moved to the team sand bag lift.

Sweat already dripping off them, the teams then ran to their next obstacle on the 5-mile course during the 10th Annual Connecticut SWAT Challenge at the Metropolitan Connecticut Reservoir in West Hartford. Twenty-eight obstacles stood between them and the finish line on a muggy August 21.

The Physical Test was the last event of a four-day event that draws Special Weapons and Tactics teams from around the state and country, as well as Canada, to Connecticut each year. During the challenge, teams compete during a three-day competition phase in such areas as open rifle and SIG Sauer open handgun shoots, Top Cop competitions, top sniper, team scenario events as well as a mystery event before moving on to the physical challenge on the final day.

The Connecticut Army National Guard was represented again this year by members of the 1st Battalion, 102nd Infantry, who train on their own and compete on their own time. The Air Guard was represented by the 103rd Security Forces Squadron whose team boasted the only female to compete this year. Aside from the overall competition, there is always a friendly competition going on between the two Guard teams. Teams are made up of 10 team members who all have to compete together in the team events.

As the physical challenge began, both teams watched as other teams began ahead of them in the timed, head-to-head competition. They watched as competitors struggled with the individual events at the start line and began strategizing who would do which event, only to be thwarted when they stepped up to the line and found that they had to draw a card to see who would complete the tasks.

The first two events of the physical challenge complete, the Soldiers, who started their run several teams ahead of the Air Guard team, had to complete an Atlas ball toss, followed by a log lift and carry, then run to their next challenge: a swim across the reservoir as a team while towing one of their team mates behind them. Other obstacles that awaited them included a run where all team members were handcuffed to each other, a fireman's carry, and over and under a saw horse event, running up and down a steep hill while carrying an oversized pipe and many other challenging events.

"We compete every year," said Staff Sgt. John Cummings of Co. A, 1st Battalion, 102nd Infantry. "The team this year is very good, it's young and we have stabilized team membership so we know what to expect and having worked together before, we can work as a team better than past years."

Cummings explained that the team trains on its own time to prepare for the competition. "We all have our own firearms and all belong to ranges where we go shoot," he said. "We do pretty well with those portions of the competition. We are also treated very well by the folks that run the SWAT Challenge and they waive the entrance fees for military units and many of the police departments loan us equipment and provide ammo for us to use while we are here."

The Security Forces Team has also competed for many years, but has the advantage of being able to train together on a daily basis, for about two weeks prior to the competition. As a result, they fair very well in the overall standings.

This year, the Security Forces Team from the Connecticut Air National Guard finished sixth overall in the 28 team field. The team from Co. A finished 18th overall and a team from the 143rd Security Forces Squadron of the Rhode Island Air National Guard finished 17th. They were the only three military teams in the competition.

The CT SWAT Challenge started 10 years ago and, according to its website, "the intrinsic value of SWAT Challenges can be measured on a variety of levels. Tactics, movement techniques, equipment trends, professional contacts, inter-agency familiarization, fitness levels and shooting proficiency are just a few of the areas that can be positively impacted by a SWAT Challenge."



Members of the 1st Battalion, 102nd Infantry Regiment team lift sandbags over their heads from the ground at the start of the physical training course during the Connecticut SWAT Challenge Aug. 21 in West Hartford. (Photo by Sgt. 1st Class Debbi Newton, 130th PAD)



Staff Sgt. John Cummings carries a sandbag while Daniel Eichner of the 103rd Security Forces Squadron, Connecticut Air National Guard, carries a sandbag during the 10th Annual Connecticut SWAT Challenge. Both Soldiers are members of the 1st Battalion, 102nd Infantry Regiment. (Photo by Sgt. 1st Class Debbi Newton, 130th PAD)



Members of the 1st Battalion, 102nd Infantry Regiment SWAT Challenge team lift a telephone pole over their heads alternating shoulders before running several yards with it during the Connecticut SWAT Challenge on Aug. 21. (Photo by Sgt. 1st Class Debbi Newton, 130th PAD)



Master Sgt. Richard Marks (left) and Andrew Faust of the 103rd Security Forces Squadron, Connecticut Air National Guard, sled down a steep hill carrying a 44-pound weight during the Connecticut SWAT Challenge. (Photo by Sgt. 1st Class Debbi Newton, 130th PAD)



Spc. Ryan Martovich, 1st Battalion, 102nd Infantry Regiment, Connecticut Army National Guard, rolls under a saw horse after jumping over it during the Connecticut SWAT Challenge. Each team member had to complete this task six times without touching the saw horse before moving on to the next obstacle. (Photo by Sgt. 1st Class Debbi Newton, 130th PAD)



Sgt. 1st Class Daniel Eichner, 1st Battalion, 102nd Infantry Regiment, carries a log down a steep hill after carrying it up during the Connecticut SWAT Challenge in West Hartford Aug. 21. This was one of 30 tasks to be completed during the event of the competition. (Photo by Sgt. 1st Class Debbi Newton, 130th PAD)

Stuff in CT SWAT Challenge



Sgt. 1st Class [Name], Annual Connecticut [Name] members of the [Name] ment. (Photo by [Name] h PAD)



Members of the 103rd Security Forces Squadron, Connecticut Air National Guard sprint towards the finish line at the Connecticut SWAT Challenge Aug. 21 in West Hartford. The 103rd was one of two Connecticut National Guard teams competing in the four-day event. (Photo by Sgt. 1st Class Debbi Newton, 130th PAD)



Members of the 1st Battalion, 102nd Infantry Regiment, Connecticut Army National Guard work together to get the entire team over the 10-foot wall during the physical training event of the Connecticut SWAT Challenge Aug. 21 at the Metropolitan District reservoir in West Hartford. (Photo by Sgt. 1st Class Debbi Newton, 130th PAD)



d Sr. Airman [Name] y Forces l Guard, drag a [Name] steep hill during [Name] (Photo by Sgt. 1st [Name])



Sr. Airman Alecia Aldrich, 103rd Security Forces Squadron, gets assistance and encouragement from her team mates as she scales a 10-foot wall during the Connecticut SWAT Challenge at the Metropolitan District reservoir in West Hartford Aug. 21. (U.S. Army photo by Sgt. 1st Class Debbi Newton, 130th PAD)



Battalion, 102nd [Name] own a steep hill [Name] Connecticut SWAT [Name] 1. This was one [Name] g the culminating [Name] v Sgt. 1st Class [Name]



Dirty and tired after competing against each other and 26 other teams, the Connecticut Army and Air National Guard SWAT Challenge Teams come together to celebrate completing the four-day event. (Photo by Staff Sgt. Eldon Colonies, Co. A, 1st Battalion, 102nd Infantry)

Around Our Guard



Airman 1st Class Aaron LaPorte, Connecticut Air National Guard, and Pvt. 2 Jennifer Murillo, Connecticut Army National Guard, tend the flag on the 18th hole during the 80th Connecticut Open Championship at Rolling Hills Country Club, Wilton in July. The Guardsmen were participating in Military Appreciation Day at the tournament which was designed to bring

awareness to the Folds of Honor Foundation. (Photo courtesy of Sgt. 1st Class Mark Spencer, R&R Battalion)

Sgt. 1st Class Mark Spencer, (left) played in the Folds of Honor Pro-Am tournament, Aug. 4 at Rolling Hills Country Club, Wilton. Co. A, 1st Battalion, 102nd Infantry Regiment provided a color guard for the opening ceremonies. The squad of Staff Sgt. Timothy Magliochetti, Staff Sgt. Cornel Sampson, Spec. Matthew Rissolo, Pfc. Emmanuel Ortiz and Pfc. Daniel Toomey met Gen. Wesley Clark (U.S. Army Ret.) at the tournament. (Photo courtesy of Sgt. 1st Class Mark Spencer, R&R Battalion)



Army & Air Force Exchange Service Senior Enlisted Advisor Chief Master Sgt. Tony Pearson (center) met with Maj. Dan Caisse, post facility manager (right), and State Command Sgt. Maj. John S. Carragher during his visit to Camp Niantic in mid-September. (Photo courtesy Army & Air Force Exchange Service)



Troop C, 1st Squadron, 26th Cavalry, 26th (Yankee) Infantry Division held a reunion on Aug. 23 at the Branford Elks Club 1939 pavilion. Sixty-nine Veterans of the unit turned out for the reunion. Troop C was an Armored Cav unit stationed in the Branford Armory from Aug. 11, 1967 until Jan. 1, 1987.

Being unique that they were attached to the Massachusetts National Guard Squadron of A, B and D Troops, the unit was under Headquarters, 43d Brigade 26 (Yankee) Division while at home station in Connecticut. Troop C's Annual Training was performed with the Squadron sister troops A, B and D mostly at Fort Drum, New York and

when at home it was Stones Ranch, East Lyme, Connecticut. The combination of Scouts, Armored Infantry M113's, M106 Mortar Carriers and M48A5 Tanks were known for their training due to the sound of the tracks hitting the ground in their aggressive training. Troop C proved itself in gunnery and training in 1981 which qualified them to train with the regular Army in 1982 in the 9th Division FTX (Gold Blade) at Yakima Firing Center, Yakima, Washington (Tank Table 10).

The reunion brought together members from 1967 to 1987 and 1st Sgt. Walter Zielinski of Branford, Connecticut was honored for his 42 years of service to his country and for being the oldest Troop C member at 94 years young. The Troop gave him a standing ovation for his dedication to country and Troop C.

The reunion brought members from as far away as Maryland, Massachusetts and all over Connecticut to be with each other. Members of Troop C had a formation in honor of their fallen members and the fallen service men and women of past and present with a cannon volley and Taps played by a bugler.

Good food, beverages, raffles, old stories, old jokes and good friends carried the day for the reunion of Troop C. (Photos courtesy of Sgt. 1st Class Robert A. Schmidt, U.S. Army Retired)





COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Enlisted Update

Happy New Year!
We have successfully concluded another training and fiscal year and are moving into 2015.

We started 2014 in a very fiscally constrained environment, including not being able to perform our October drill and the temporary furlough of much of our technician workforce.

As always, each of you adapted your plans and overcame the many adversities that were thrown at us. All of the various measures of success that we are judged on continue to show that you are among the very best in the Nation.

That success is a testament to your hard work and resilience in working thru the difficult challenges that you face every day. Thank you.

We will continue to be fiscally challenged in 2015. We have already started out the fiscal year under a continuing resolution and we know that budgets will be lean.

It is critical that we capitalize on every single dollar that we are allocated.

The well being of our Airmen, Soldiers, and their Families will remain our priority.

Resource management should be a way of life for all of us, not something reserved for our senior leaders. The effective use of resources starts at the very lowest level. The most valuable resource we have, beside our people themselves, is our peoples' time.

As leaders, and especially as NCOs, there are many ways each of us can contribute to the efficient use of resources.

The first and most impactful is basic training management. Each and every training event must be planned and coordinated in advance.

If we find ourselves at drill and the Soldier that was scheduled to conduct a training event is not prepared or worse yet not present, we have failed as leaders. The end result is a poorly executed training event, reduced readiness and the waste of our Soldiers' time.

How long can we as leaders expect our people to remain engaged if we waste their time at drill?

The second way that we can impact resource management is with an effective schools management program.

Getting the right Soldier or Airman to the right course at the right time is and will continue to be a challenge.

It is absolutely critical that our Soldiers and Airmen are as well prepared to successfully complete school as we can make them.

This means scheduling school dates as far in advance

as we can and publishing orders and travel arrangements in a timely manner.

Above all, leaders must be **personally** engaged in and responsible for the pre-execution checklist process to make sure our Soldiers meet all prerequisites (academic, physical, administrative, and logistic) to excel.

Our Soldiers traditionally do very well when we get them to school.

We do not do very well preparing them to go and getting them to the schoolhouse and enrolled. Every school cancellation or no show is a direct waste of our precious resources.

The debate will continue nationally on how to best spend the treasure of the nation. This debate includes the allocation of resources to the Department of Defense and the Services.

The best way for you to individually influence those debates is by direct contact with your elected representatives.

Collectively, the best way to make your voice heard is through a professional organization. I urge each of you to join the professional organization that best represents your interests.

Just as important as membership is participation. Get involved with the organization that represents you and make sure your voice is heard.

The benefits that we take for granted today are a direct results of the hard work of those that came before us.

Thank you for all of your hard work. I know that we will continue to overcome any adversity we may face because of your dedication to mission accomplishment.

See you in December.

“Any Soldier, any issue, any time.”

Quote of the Month:

“Never give in—never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy.

“It is no use saying, ‘We are doing our best.’ You have got to succeed in doing what is necessary.”

- Winston Churchill

“If I do my full duty, the rest will take care of itself.”

- General George S. Patton, Jr.

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TECHNICAL EXPERT
AS A WARRANT OFFICER



TAKE THE CHALLENGE TODAY, CONTACT:

CW3 JOHN NERKOWSKI

WARRANT OFFICER STRENGTH MANAGER

203.410.0828

john.v.nerkowski.mil@mail.mil

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Governor's Horse and Foot Guards



The commandants of the four Connecticut militia units served as escort for Lt. Gov. Nancy Wyman in the Connecticut Day Parade at the Eastern States Exposition on Sept. 17. From right to left are Maj. Gordon Johnson (Second Company Governor's Horse Guard), Maj. Gary Stegina (Second Company Governor's Foot Guard), Maj. Christopher Cain (First Company Governor's Foot Guard and Capt. Edward Henfey (First Company Governor's Horse Guard). (Photo courtesy of Pat Boudreau)



The First Company Governor's Foot Guard, under the command of 1st. Lt. Ted Samolik, march in the Connecticut Day Parade at the Eastern States Exposition on Sept. 17. (Photo courtesy of Pat Boudreau)



The First Company Governor's Foot Guard, under the command of Maj. Christopher Cain, participates in the Cedar Hill Cemetery's 150th anniversary celebration on Sept. 13 at Cedar Hill Cemetery in Hartford. (Photo courtesy of Heather McGrath)



The First Company Governor's Foot Guard Color Guard, under the command of Sgt. 1st Class Ray Hite, presents the colors at the Chrysler Automobile Exhibition on Aug. 10 at Cove Park in Wethersfield. (Photo courtesy of Pat Boudreau)

Legal: Soldiers' Duties Include Civic Obligations

1ST LT. ALAN MERRIMAN
CONNECTICUT NATIONAL GUARD TRIAL DEFENSE SERVICE

It is a fair generalization to say that Soldiers are proud of their military service to our beloved country. Many view military service as a civic obligation, though not mandated under the law. Some would say, "those who *can serve should.*" We've all heard the saying, "Freedom isn't free." Many of our colleagues, brothers in arms, have bled or died to protect the precious rights and obligations that make our country so exceptional.

So then, why do many of us Service members fail to fulfill our civic obligation to vote? As Abraham Lincoln succinctly said, "The ballot is stronger than the bullet." Like it or not, voting is more powerful and important than picking up a firearm in defense of our country, because voting ultimately determines who speaks and makes decisions on behalf of our country. Voting is a Constitutional necessity and "nobody will ever deprive the American people of the right to vote except the American people themselves and the only way they could do this is by not voting," as Franklin D. Roosevelt once said.

As we draw closer to the mid-term elections in early November, remember that "it is DoD policy to encourage members of the Armed Forces . . . to carry out the obligations of citizenship" (DoD Directive 1344.10) and that "Soldiers are expected to carry out their obligations as citizens." (AR 600-20, para 5-3). These policies refer to basic obligations of all U.S. citizens, to include serving on a jury and making our political voice known through voting.

In the civic arena, there are also significant restrictions on partisan political activities that all Soldiers must understand and comply with. According to policy and regulation, active duty Service members are essentially barred from any activities that would tend to imply that the military endorses or is connected to partisan politics.

Some examples of prohibited activities for Soldiers on active duty are:

- Participation in partisan political management, campaigns, conventions, or fundraising. *Special rules apply for Reserve Soldiers not on active duty.*
- Marching or riding in a partisan political campaign.
- Speaking before a partisan political gathering.

- Wearing a uniform or using government property or facilities while participating in local nonpartisan political activities. *This also applies to Reserve Soldiers not on active duty.*

- Engaging in conduct that may imply that the Army has taken an official position on, or is otherwise involved in, a local political campaign or issue. *This also applies to Reserve Soldiers not on active duty.*

Reserve Component Service Members who run for, or hold political office in their civilian capacity are subject to very specific rules. While not absolutely prohibited, it is very challenging to do without violating the rules. Please consult with the Office of the Staff Judge Advocate if you have any additional questions related to running for or holding political office as a military Reservist.

Please get out and exercise your hard earned rights in November. Engage in political discourse on your personal time, out of uniform, and without implying official endorsement. Follow-through with this critical component of service to your country and fulfill your civic obligation.



169th REGT (RTI)



CONNECTICUT OFFICER CANDIDATE SCHOOL HALL OF FAME

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

Induction criteria:

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

Retirees are eligible

May be awarded posthumously

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

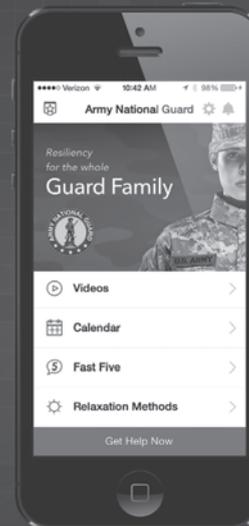
Commander; 1/169th (OCS) BN
ATTN: Training Officer
38 Smith Street, RTI Bldg
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Need additional information? Contact Capt. Lord at 860-691-4236

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Healthy Lifestyles

Navy Surgeon General Discusses Signature Wounds of War

TERRI MOON CRONK
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON, Sept. 19, 2014 - Of the signature wounds of the past 13 years of war, limb amputations affect the Service member most directly, while psychological health issues can have altogether different challenges, Navy Surgeon General Vice Adm. (Dr.) Matthew Nathan said in September.

Speaking to medical personnel at the Defense Centers of Excellence for Psychological Health and Resilience summit in Falls Church, Virginia, Nathan said that since the start of the Iraq and Afghanistan wars, some 1,500 to 1,600 Service members across the services suffered amputations -- the visible wounds of war. But 10,000 Sailors and Marines alone suffered the invisible wounds of post-traumatic stress or traumatic brain injury, he said.

And "the whole family is consumed by significant psychological health issues," he added.

Nathan, a former commander of Walter Reed National Military Medical Center, said it takes about a year for amputees to get their lives back through the use of prosthetics and other support. "But I could not make that promise to somebody suffering from moderate to severe TBI or post-traumatic stress," he added.

PTSD, TBI treatment can be longer lasting

Nathan said in about 80 percent of limb-loss cases, even Service members who lose both legs could run in races using prosthetics a year after injury. Yet the outcomes for those with severe PTSD or TBI can be quite different, he told the audience.

"I bet we know 10 percent to 15 percent of what we need to know," Nathan said of treatment for the invisible psychological wounds of war. "It is much more of an art than a science."

What military medical practitioners do know, he said, is that embedding mental health care specialists where Service members begin to develop issues is a concept

that works, and it's been proven through evidence and statistics.

"We know that when we put a psychologist on aircraft carriers, all of a sudden the medical evacuation rate for emotional health issues drops like a rock," he said, adding that the same is true for embedding mental health professionals in combat zones and primary care environments. And when embedding mental health professionals in remote locations isn't possible, he said, the services are bringing psychological support to troops via video cameras in a practice now called telemedicine and telebehavioral health.

"We know this is critical," Nathan said of reaching the service member in distress as quickly as possible.

Yet one element of getting mental health care that remains an issue in the military is the stigma of seeking care, he noted. "We know stigma is a huge thing," he said. "Even though we've reduced it to some degree, we still have [problems]."

The need for leadership

The stigma of seeking mental health care can be particularly evident in certain high-demand duty assignments, Nathan said. "If you say, 'I think I am going to kill myself, I want to kill myself, or I'm worried about killing myself, you are done,'" he said of such environments. "So, we have to take another look. It takes a village to approach somebody with these maladies."

And in the battle against the stigma of seeking mental health care, leadership by example can carry a powerful message, Nathan

told the audience.

When he commanded Walter Reed National Military Medical Center, in Bethesda, Maryland, in his previous assignment, Nathan said, he once noticed a Marine Corps major general sitting alone in the mental health clinic waiting room for about 45 minutes. Nathan approached him and offered to ask the clinic staff why it was taking so long to see him.

"He said, 'I'm not waiting to see the psychiatrist. I'm waiting for my wife in cardiology,'" Nathan said. He pointed out to the general that cardiology was across the campus and asked him why he was waiting for her in the mental health clinic.

The general's answer was simple, Nathan said.

"He said, 'I sit here to wait for her because I want any Marine that walks by to think I'm here to get help. If any Marine sees a two-star general waiting to see a psychiatrist, half the Corps will know. That's what I am hoping for. I hope that the word gets out that if a general is waiting to see somebody for emotional health issues, a corporal and a gunner will,'" Nathan said.

"That is leadership by example," he said. "That is what we need to do."

Have the Courage to Help a Buddy

"One suicide is one too many."

Kenneth O. Preston,
Sergeant Major of the Army

For assistance:

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

USAPHC U.S. Army Public Health Command

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

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Diversity: What is Diversity? An Explanation

SENIOR MASTER SGT. ELSA HERNANDEZ
103RD AW, HUMAN RESOURCES ADVISOR

When I ask Airmen or Soldiers what is diversity, I usually get a list of different ethnicities and cultures and how it is "someone's" responsibility to ensure the National Guard recognizes special observances such as Women's History Month, African American History Month, Asian Pacific Heritage Month, PRIDE month, etc.

Diversity guru, Dr. Andres Tapia refers to these traditional responses as Diversity 1.0 and he feels "Diversity 1.0 has run its course" (2013). My counterparts throughout the Air National Guard and I could not agree more with Dr. Tapia's belief that "Diversity 1.0 has taken us as far as it can. How it unfortunately is no longer relevant and how it feels stretched or even pushed in ways that no longer address an organization's needs" (2013).

Like Dr. Tapia, Human Resource Advisors see Diversity 1.0 as one-dimensional, for example Latino, African American, Native American, Asian, homosexual, heterosexual, female, male, with disability without, etc. However, we are more than this; we are a combination of our talent, gender, ethnicity, sexual orientation, upbringing, personality, skill-sets, education, and so forth.

"So what identifies you? You could be Asian, a male, a millennial, and a tri-athlete; or you could be a British female with a service-related disability; or you could be a homosexual, Latino nurse with a PhD. Upon combining all of these identities, including the more traditional ones, a unit becomes diverse in a multidimensional way; which means we need to address this new blend of identities" (Tapia, 2013) within our ranks.

For the sake of this article, let us reference this new diversity as 2.0. Throughout the country and within our ranks we could have the boomer African American General with an adult kid, the lesbian single NCOIC, the extrovert homosexual, the millennial female Captain, the Muslim engineer, the executive single dad or a Caucasian minority in a predominantly Hispanic Texas/California unit.

According to Dr. Tapia, "Diversity 1.0 can no longer address these complexities" (2013). If I am a product of two Mexican parents, born in Texas, raised in a bi-cultural environment, having earned an MBA, served in both the marine Corps and ANG, live the life of a single parent, long-distance runner, etc., will you worry more about which affinity group I belong to or the adaptable skill sets I bring to the table?

Like Dr. Tapia, I wonder if "leaders' are really okay w/ two heads being better than one? Or do they feel too many cooks can spoil the broth?" (2013) When it comes time to retain the next generation of leaders are we fairly assessing each other and appreciating one another for our innate talent? In order for organizations to thrive they need to shape their business paradigm according to the needs of their customers - in our case, the diverse communities we serve. This would build value in the

Connecticut National Guard which will allow it to attract and retain long-lasting professional relationships with our communities. In today's global economy, organizations must know and understand the industry they are a part of in order to meet the needs of their customers and to thrive successfully. Diversity is about compliance. Since 2008 the U.S. military has been scrutinized by the media because their leadership lacks diversity at the top.

Is it because military predecessors did not recognize diversity as a talent and more of an attitude instead? Dr. Tapia feels current "leaders can authentically be open to differences and want diversity yet may not have a clue about how to move it forward because inclusion is a skill" (2013). When talent feels unwanted it has no choice but to leave and seek to be appreciated elsewhere.

Under force reduction proposals, all service branches could be reduced by the thousands or hundreds of thousands for larger branches. If Congress does not reverse these decisions how will leaders keep top talent? We need to learn all about Service members who are not identical to us. How are we doing this? How do leaders of all ranks and services seek out hidden talent within their ranks to further develop it? Simple - get to know your troops.

Sit in the same room with them and find out what their dominant temperaments are; why they have certain convictions; what inspires them; what are their strengths and weaknesses - how do they "see" the world? You

have to be able to answer these questions so that when you interact with your worldly troops, you can then compare and contrast how their skill sets were/are being developed; how to accept them, and how to build off their talents. These comparisons will allow you to see where you are similar and different; which will ultimately lead to a stronger and better National Guard. "These affirmations will not only be enough to celebrate, appreciate, and tolerate differences - they will allow us to say: I need your differences and you need mine" (Tapia, 2013). Upon getting to that place we will have achieved diversity 2.0."

~Citations: Tapia A. (2013) *Why diversity is upside down: Andrés Tapia at TEDxIndianapolis*. Retrieved from <https://www.youtube.com>

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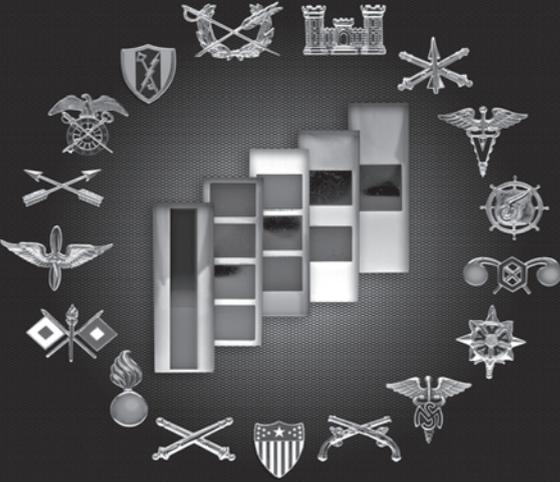
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203.410.0828
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National Guard Association of Connecticut (NGACT)

Congress Approves CR; Keeps Money Flowing

FROM NGAUS

Lawmakers averted a repeat of last year's government shutdown by passing a measure that will fund the government over the next few months.

The House approved the continuing resolution Sept. 17. The Senate passed it the following day. President Barack Obama signed the bill into law Sept. 19. The action will keep the federal government operating from Oct. 1 through Dec. 11.

A continuing resolution is a stopgap that keeps the government running in the absence of a funding agreement for the next fiscal year.

Under regular order, the House and Senate pass 12 appropriations measures, or spending bills, to fund the federal government from the start of the fiscal year which runs from Oct. 1 through Sept. 30 of the next calendar year. Fiscal 1997 was the last time all 12 appropriations bills were enacted by Oct. 1 and some sort of CR was not needed.

The CR passed last week keeps federal spending at fiscal 2014 levels in many areas, and meets the spending limits set in the Bipartisan Budget Agreement of 2013. It will not, however, allow the start of new programs or initiatives.

That means new programs planned for fiscal 2015 cannot begin until Congress and the president reach a full budget accord for fiscal 2015. And work on the budget will not resume until Congress returns after the mid-term elections in November.



The Connecticut National
Guard Retirees
Proudly Host the:
**2014 Connecticut
Military Department
Officer "Dining In"**



Date: 6 November 2014
Time: 1800-2200
Location: Aqua Turf Club
Southington, CT

Highlights
Guest Speaker: TBA

Social hour: 1800
Opening Ceremony: 1845
Dinner: 1900

This invitation is extended to all current and former Officers of any branch of service. Please join us for an evening of camaraderie and continue the tradition of the Officers' "Dining In"!
Choice of Prime Rib, Chicken ala Kathryn or Baked Scrod
Uniform: Army Dress Blue, Air Force Mess Dress, Retirees may wear a business suit.

Cost: \$60.00

Send replies to:

2014 CT Military Department Dining In
Gov. Wm. A. O'Neill Armory
360 Broad Street
Hartford, CT 06105
Phone: 860-524-4908 Fax: 860-493-2787



Please Return NLT 23 October 2014

Rank: _____ Name: _____ Organization: _____ Retired

Mailing Address: _____

Meal choice: (check one) Prime Rib Chicken Scrod

Please make checks payable to: NGACT

**Visit the NGACT
Website at
www.ngact.org**

Save the NGACT Date

October 15
NGACT Executive Board Meeting
NGACT Office, Hartford Armory
Open to all

November 4
Election Day

November 19
NGACT Executive Board Meeting
NGACT Office, Hartford Armory
Open to all

December 17
NGACT Executive Board Meeting
NGACT Office, Hartford Armory
Open to all

January 7
Connecticut General Assembly
Opening Day of Session

Plan - Prepare - Execute: Unit Training Plan

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

Editor's Note: This is the sixth article in a multi-part series.

The Unit Training Plan (UTP) is the unit's over-arching plan to attain key collective task (KCT) 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.

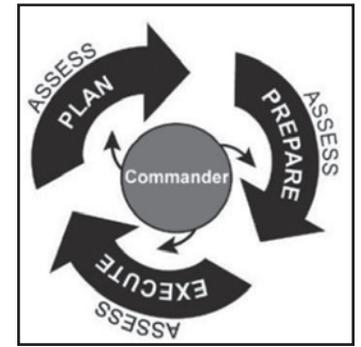
Month T-7 - Publish OPORD for training event. After the plan has been approved by the commander, the operations order is published in the standard five paragraph OPORD format with required modifications to the annexes to reflect training-specific requirements. Generally, this is completed at T-7. The OPORD can be posted on the Army Digital Training Management System (preferred) or sent in another form (email, hard copy or shared drive). The OPORD should also address the actions to be taken to retrain the collective/individual tasks during the event if the desired end-state is not achieved.

Month T-6 - Lock-in training/publish training schedules. Failure to lock-in training and adhere to published training schedules can ruin the unit's ability to execute effective training. It also creates an atmosphere in which leaders and Soldiers at all levels lose confidence in the unit's leadership to ensure training is protected and supported by the chain of command. The message sent by such indiscipline is that training and leader

development are not priorities.

Training schedules are focused and published at the company-level and are the primary means of communicating the scheduled training to Soldiers. Training schedules cite the collective/individual tasks to be trained. Training schedules are a written order issued by unit commanders. Training schedules are usually organized by or coincide with training months and cover a full month or more. The goal for publication of training schedules is T-6 months out, but is at the discretion of the higher commander (CTARNG standard is final training schedule approval 90-days prior to training). Training schedules are approved by the next higher commander and signed by the unit commander.

Next month will feature **Month T-5, complete tactical plan and supporting products.**



October 23-31 is National Red Ribbon Week!

What is Red Ribbon Week?

The Red Ribbon mobilizes communities to educate youth and encourage participation in drug prevention activities. It is the oldest and largest drug prevention program in the nation, reaching millions during Red Ribbon Week each year. This year's theme, "Love Yourself, Be Drug Free" was submitted by a 7th grade student from New York.



What will the Army National Guard do?

In order to maintain combat readiness, it is imperative that Army Soldiers and their Families remain drug free. The Army participates annually in the Red Ribbon campaign in support of substance abuse prevention. For this year's Red Ribbon, the Army National Guard will adopt the campaign theme: "Love Yourself, Be Drug Free" into its own prevention activities.

Support substance abuse prevention in your community!

Contact your State ARNG Alcohol and Drug Control Officer or
Prevention Coordinator for more information.



Claude Campbell
Alcohol and Drug Control Officer
860-519-8200
claude.s.campbell@accenturefederal.com

Jennifer Gonzalez-Smith
Prevention Coordinator
860-549-2838
J.m.gonzalez-smith@accenturefederal.com



Follow @redribbonweek

Off the Bookshelf : "Glow"

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

When Rick James' popularity on the Dave Chappell show grew in the early 2000s, his name became synonymous with heavy partying and self-destructive behaviors. The funk and rhythm and blues superstar had become almost obscure before the Chappelle show poked fun at his career. But almost as quick as he again became famous, in 2004 he died, at the age of 56.

Rick James was born in Buffalo New York in 1948. One of eight siblings, he grew up in relative poverty, but began developing his passion for music as a child.

David Ritz's new autobiography of James brushes broad strokes over James' whirlwind and exciting life to include his early music days in Buffalo, his time in the U.S. Navy and his relationships with countless other music stars, including Neil Young, his band-mate in the Motown Records signed, Mynah Birds.

Rick James lived a fast paced creative and destructive life, and Ritz's choice of anecdotes and story artifacts does not dispute this. What does seem out of place in Ritz's narrative of James, however, is his attempt to place James' life in a framework of positive intentions and moral

aspirations. As one Amazon.com reviewer put it, Ritz gives readers a PG version of James.

Ritz fails.

James' in his own words, refers to himself as the Marquis de Sade. There is no PG Marquis de Sade.

The autobiography's title, "Glow," is from a 1985 Rick James song and album of the same name. Ritz uses this word repeatedly throughout this book, in an attempt to bring order to the scrambled story lines taken from a person whose life was extremely scrambled, in the least.

"Glow" does contain some amusing stories, however, that make it readable.

James' ongoing feuds with Prince are hilarious, and his associations with Jim Morrison, Marvin Gaye, Stevie Wonder and dozens of other music celebrities are great for expanding one's pop culture memory.

James once sought out Ray Charles for advice. When entering his home/studio, he was surprised to find Charles working in the dark, until he remembered that Charles didn't need light to work.

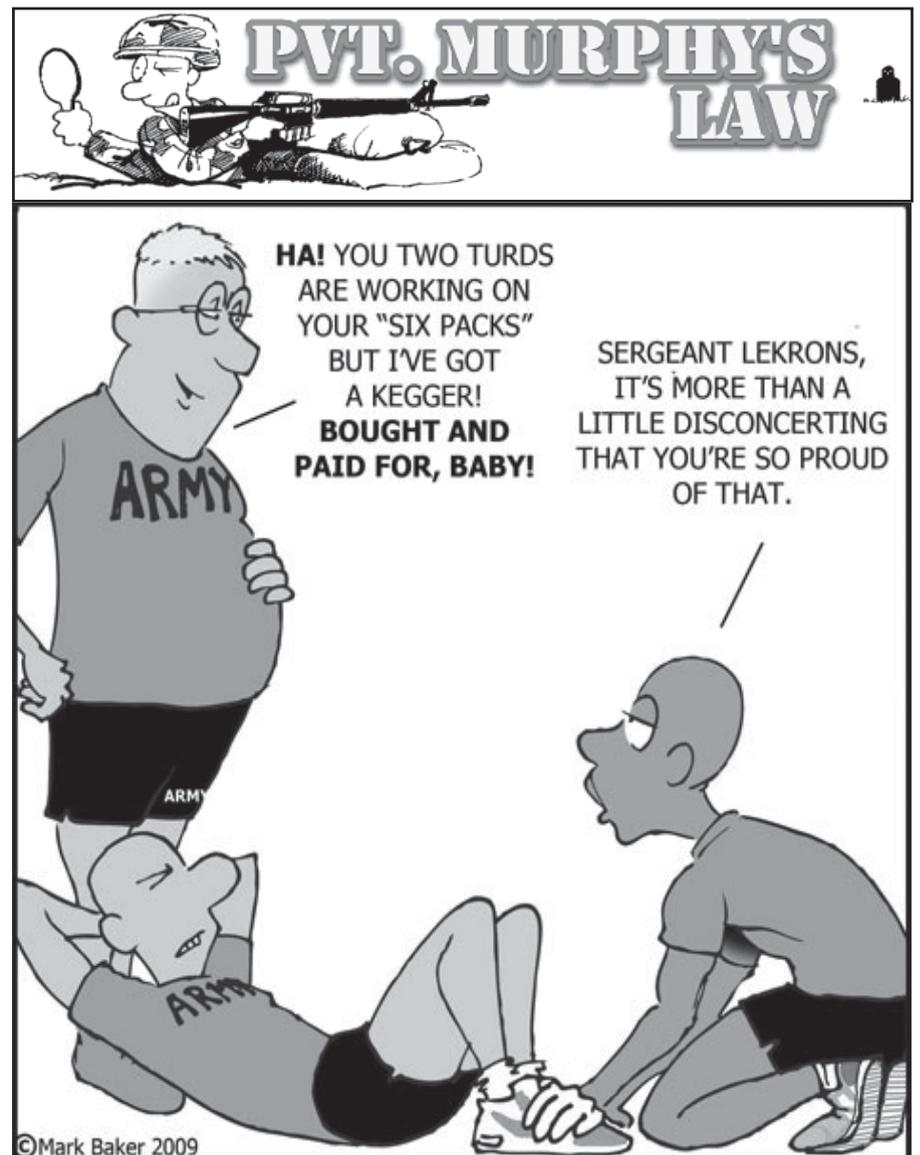
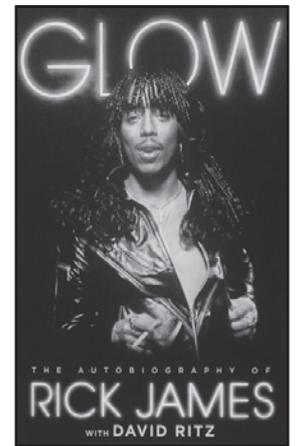
"Glow" is an entertaining read, but is not written or organized in a way that seems accurate to James' sporadic life. Perhaps the estate/family of James' is pushing to

reignite new interest in the musician and even lobby for a future hall of fame induction.

A quick listen of the Mynah Birds, "I've got you in my soul," is all that's necessary to understand the musical potential of James, or his glow. Despite his life's detours, James' was able to reach back into his seemingly unlimited creative energy source: this is the book's stock message: don't give up—don't quit, etc.

To truly learn about the Marquis de Sade (Rick James) this is not the book. "Glow," is a semi-interesting white-wash of James' life, which ironically white-washes out most of his glow/aura/soul.

This book is saved by its anecdotes, but Rick James' glow/aura/soul doesn't translate well into text.



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Retiree's Voice: Commissary Benefits and TRICARE Update

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

Commissary Shopping - Worth It?

Military.com published an article, 11 Things to Do When You're Broke, earlier this year. Basically an article on economizing suggestions and ways to save money. Comparison shopping was one of the main points.

Recently, the New London Groton Sub base opened a new commissary. Commissary shopping has always been considered by active and retired Soldiers as a benefit to lower food costs. Many Retirees may remember when guard members could only use the commissary during annual training or active duty periods. Then there was the punch card that allowed twelve visits per year, and finally all could use the commissary with proper ID.

Having received mixed opinions on using the commissary, this author decided to do some comparison shopping to see if commissary shopping is worth it. The commissary, a warehouse store, and national chain were used in this comparison; recognizing that many people shop at their local grocery or "big box" store. Common grocery items were selected for comparison and narrowed down to compare those items of the same size and brand in each store. The final items were bread, milk, eggs, butter, hamburger(80% lean), skinless/boneless chicken breast, cold cereal, English muffins, orange juice, and a five pound bag of potatoes. Only the same size of each product and its regular price were used. Yes, the

commissary does have specials.

The results were mixed. There were some distinct saving areas, where the commissary was the better deal. Basic foods such as milk, eggs, and bread were better deals by as much as 50 percent less than either the warehouse store or national grocery chain. For example, the commissary price for a half-gallon of skim milk was \$1.59 and the same milk \$3.19 at the national chain. Hamburger and chicken were still a good buy at the commissary, averaging \$.50 a pound cheaper than the warehouse store and \$2.78 less than the national chain. The biggest differences were in national brand prepared foods. Consistently, the commissary beat both the warehouse and the national shopping chain for English muffins, cold cereal, orange juice and prepared mixes. Non-food items such as paper goods always have a lower price even if not buying in bulk. There were some exceptions which is why comparison shopping might always be a smart bet.

There are caveats to consider. If you buy in bulk, the warehouse store is on average a somewhat better deal. National grocery store chains often have very good specials especially with buy one get one free offers. If you can plan your food shopping around these specials, then you will usually do better by using the national chain. However, then you are essentially buying in bulk and depending upon the size of your household, that might not be realistic.

Some things to remember when shopping at a military commissary. First, you are expected to tip the baggers. And although there isn't tax on non-food items, there is a five percent surcharge on your total purchase. You may also want to factor your travel time and distance into shopping trips. Living 25 miles from the commissary and the local warehouse store, the author's trips are planned, and not necessarily as good a savings.

Commissary shopping can be a good deal depending on the planning and shopping habits of each Retiree shopper.

A quick TRICARE Update from the weekly TRICARE Bulletin - Adults age 60 and older should consider the shingles vaccine because the risk of shingles increases as you get older. According to the CDC, after a person recovers from chickenpox, VZV stays dormant in the body. The virus can reactivate years later, causing shingles. Almost one in three people in the United States will develop shingles, also known as zoster or herpes zoster, in their lifetime. Anyone who has recovered from chickenpox may develop shingles, even children. However, about half of all cases occur in men and women 60 years old or older. The only way to reduce the risk of developing shingles and the long-term pain from post-herpetic neuralgia (PHN) is to get vaccinated. The vaccine is available in pharmacies and doctor's offices, and is a TRICARE covered service for beneficiaries 60 years of age and older.

Retirement Service Officer Notes and Upcoming Events

SGT. 1ST CLASS REBECCA AVERY
RETIREMENT PROGRAM MANAGER

Reserve Component Coverage- Survivor Benefit Plan (RC-SBP) Coverage for dependent children:

The Question: Recently, I was asked a question by a Retiree who is collecting his retire pay for service in the National Guard. He asked why he is still paying for RC-SBP coverage for children who are no longer his dependants. His children were dependants at the time he earned his 20 year letter, Notice of Eligibility (NOE), but have since grown up and now have children of their own. I thought that the answer may be of value to all of you who currently have or had dependent children listed on your initial RC-SBP election.

The answer: When you receive your 20 year letter, and make the election to cover dependent children who are under the age of 18, or under 22 if full-time students, you are making an election to cover them until you are eligible to stop paying for coverage for the RC-SBP- which is 360 payments or age 70 whichever comes later (usually age 90 for traditional M-day Soldiers). There is no way to stop paying this coverage once children have been elected on the RC-SBP election.

You may be asking why you would want to put your dependent children on the election: Here are some benefits to having your dependent children on your plan:

1. If you do not cover your eligible children when you receive your 20 year letter, you will not be able to add any additional children to your plan later in life. This is

important if you have more children, remarry and acquire step children, adopt, or if you are granted custody of your grandchildren later in life.

2. Covering your children while they are dependents will ensure they will receive the coverage of your RC-SBP if you and your spouse die.

3. The cost for covering children is approximately pennies to the dollar. For example, that if you are receiving \$1,000 a month for your retire pay, you will be paying approx, \$10 a month for their coverage.

4. All coverage costs start when you start receiving retirement pay.

Please do not hesitate to call or e-mail me if you have any concerns on this topic.

Retirement Briefings: Would you like to attend a retirement briefing? Sign-up today. Retirement briefings are mandatory for all Soldiers who have reached 20 years of service, are available again for retiring Soldiers entering Gray Area Retirement, or at age 60 when you are ready to file the retired pay application with Human Resources Command, Ft. Knox, Kentucky. Upcoming retirement briefings will be held on Oct. 5, Nov. 2 (no briefing in December), Jan. 4, Feb. 8, and Mar. 8. Please RSVP with the RPAM Office, Sgt. 1st Class Avery.

The Guardian Address Changes: please send me an e-mail if you would like to update your address, make any corrections to your name or rank, or if you would like to be removed from the retiree database.

Upcoming Events:

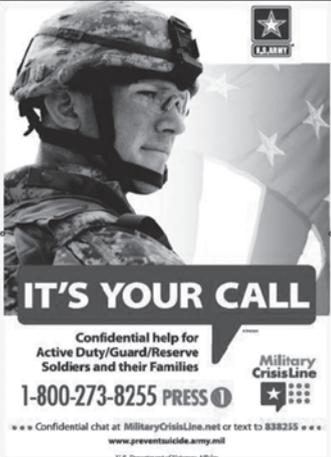
· **Monthly Retiree Breakfast:** Thursdays, Oct. 30, Nov. 20, and Dec. 18, 8:30 a.m. at Charlie's Place, West Main Street, Niantic. Cost is \$15. POC- Frank Perry.

· **Groton Sub Base Annual Retiree Seminar:** Saturday, Oct. 18, Groton Sub Base. Register by calling the Sub Base Retiree's Office at 860-694-3284, or e-mail at: raosubasenlon@navy.mil.

· **21st Annual 102nd Infantry Regiment Association Annual Muster:** Thursday, Oct. 20, at 6 p.m. at Zandri's Stillwood Inn, 1074 South Colony Rd., Wallingford, CT.

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

Point of Contact for Army National Guard Retirees: Retirees from the Army National Guard can contact the Retirees Service Officer, Sgt. 1st Class Rebekah Avery (860) 524-4813 or e-mail at: rebekah.j.avery.mil@mail.mil. If you have a question and would like it answered in an upcoming Guardian, please call or email.



"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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Military CrisisLine

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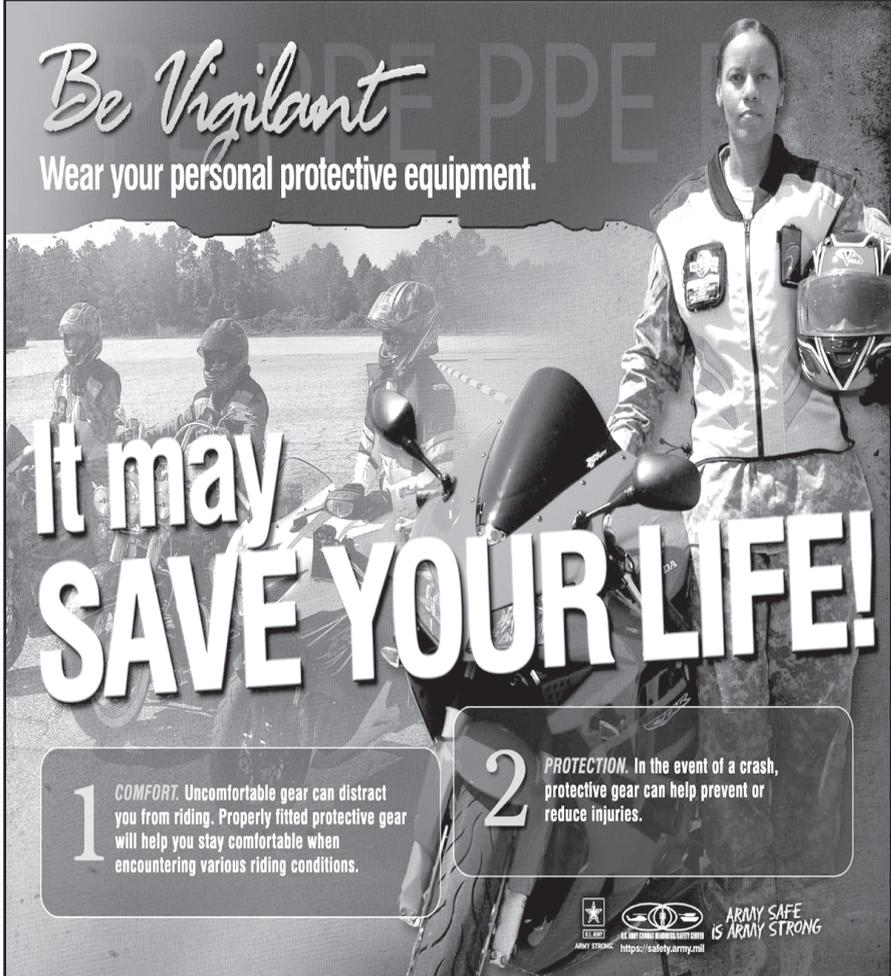
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Connecticut National Guard Promotions Army

To Private 2

Ciscato, Robert W.
Engle, Chad D.
Forbus, Megan E.
Tinker, Adoni Y.
Muratoro, Mario
Cassese, Michael T.
Severson, Erik K.
Rafuese, Jessie L.
Martinez, Keitrich J.
Roberts, Kammren J.
Nelson, Andrew K.
Rios, Mark A.
Ericson, Connor A.
Bennett, Akeba J.
Albano, Daniel K.
Lyhne, Eric S.
Elliott, Shane R.
Brooks, Tyler J.
Andino, Beatriz
Felicien, Diallo A.
Edelbaum, Christopher
Seace, Jonathan M.
Sarrazin, Kyle L.
Burnette, Laine M.
Mathieu, Connor M.
Long, Matthew I.

To Private First Class

Pongnon, Marc H.
Hill, Zachary E.
Jackson, Kevin R. Jr.
Mercardo, Timothy J.
Gawlik, Mateusz K.
Torres, Daniel
Krul, Christopher J.
Cruz, Quinones Luis R.
Doherty, Ryan M.
Edgar, Deanna R.
Rivera, Jonathan
Daleen, Ashley E.
Drake, Alexander R.
Jackson, Antoinette S.
Mohammad, Wali
Walter, Clayton A. III
Hall, Shamel N.
Loeza, Andy L.
Wilson, Joshua G.
Rudewicz, Connor S.
McVeigh, Cody F.

To Specialist

Moya, Nathaniel
Champlin, Marcus A.
Beaudry, Daniel M.
Cash, William L.
Church, Keith G.
Schwarz, Tyler L.
Siguenza, Delgado F.
Wight, Megan M.
Wilson, Raymond F. Jr.
McKee, Elijah R.
Nichols, Eric W.
Vega, Michael E.
Thompson, Michael J.
Brown, Joshua H.
Rouillard, Tyler A.

To Sergeant

St. Hilaire, Andrew A.
Boyle, Christopher R.
Keefer, Jaquelin E.
Cole, Ronald A.
Martovich, Ryan S.
Lemoniouslewis, Andre
Masresha, Nebiyou G.
Hernandez, Rosly S.
Christopher, Ashton W.
Caldwell, Megan E.

To Staff Sergeant

Kropiwnicki, Eugene E.
Morin, Mark J.
Atkinson, Randy L.
Curtis, Bryan K. Jr.
Rosario, William
Bustamante, Ana M.
Breen, Alan C.
Llewellyn, Rhacia L.

To Sergeant First Class

Maldonado, Philip
Rodriguez, Jose M. Jr.

To 1st Lieutenant

Grenier, Gaston R.

To Captain

Cunningham, Michelle L.

To Major

Marshall, Richard A.
Criscuolo, Michael E.

To Lieutenant Colonel

McMahon, Michael V.

Air

To Airman

Jackson, Courtney A.
Tucker, Steven M.

To Senior Airman

Bedoya, Andres
Loubier, Marc J.

To Staff Sergeant

Acosta, Adrian
Mckernan, Donald J.
Gillis, Jesse W.
Nixon, Joshua A.
Lee, Kevin
Saunders, Kyle E.
DiMauro, Robert G.
Savluk, Zachary R.

To Technical Sergeant

Hanrahan, Darrel A.

To Master Sergeant

Leeman, Angelique R.

Coming Events

October

October 2

Senior NCO/CPO Dining-In

October 13

Columbus Day

October 15

NGACT Executive Board Meeting

October 23

Guardian Deadline for November

October 31

Halloween

November

November 2

Veterans Day Parade, Hartford

November 4

Election Day

November 6

Officer Dining-In

November 11

Veterans Day

November 19

NGACT Executive Board Meeting

November 20

Guardian Deadline for December

November 27

Thanksgiving

December

December 7

Pearl Harbor Day

December 17

Hanukkah

December 18

Guardian Deadline for January

December 25

Christmas

December 26

Kwanzaa

December 31

New Year's Eve

**Deadline for the November Issue
of the Guardian is October 23
Deadline for the December Issue
of the Guardian is November 20**

Life Lines

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

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

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

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

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

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12:30 p.m.
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1:30 p.m.
Parade Stops for "Moment of Silence"

2014 Parade Marshals



VADM (Ret.) Melvin G. Williams Jr.
U.S. Navy



LTC Lesbia I. Nieves
CT National Guard



SFC Alex Seretny
CT National Guard



Mark R. Shenkman
U.S. Army

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Connecticut FAMILY Guardian



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Connecticut Children Participate in Region 1 Youth Symposium

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CHILD AND YOUTH PROGRAM COORDINATOR

This September the Connecticut National Guard Child and Youth Program participated in the first-ever Region 1 Youth Symposium held in South Burlington, Vermont. Each state in the region was able to bring four youth to represent their states with the host state, Vermont, inviting eight.

The purpose of the symposium was to develop leadership skills and resiliency among the youth leaders. The symposium also offered them a chance to interact with other military youth from throughout the region to see what program best practices could be brought back to their home states.

While at this symposium the youth heard from a great anti-bullying organization called "Sweethearts and Heroes" that seeks to change the bullying climate in many schools by encouraging action plans. It was a phenomenal presentation that captivated the attending youth's attention.

The youth also heard from Jonathan Catherman who provided a training session called "the Leader in Me," where they learned the basics of being an effective leader and how they can lead their states through development and implementation of an action plan. Our Connecticut youth delegates did a fantastic job coming up with their action plan for this coming training year! Be on the lookout for their great ideas!

We wrapped up the weekend with a trip to the Ben and Jerry's ice cream factory and it proved to be a very yummy ending to a fun and productive weekend.

If you are interested in learning more about how your child could be afforded developmental opportunities like this, consider signing them up for the Connecticut National Guard Youth Council. There meetings this month will be held on Monday, Oct. 6 at the Armed Forces Reserve Center, 375 Smith Street, Middletown, at 6:30 p.m. and on Monday, Oct. 20 at the William A. O'Neill Armory, 360 Broad Street, Hartford, at 6:30 p.m..

For more information, please contact the Lead Child and Youth Program Coordinator, Michelle McCarty at michelle.mccarty4.ctr@mail.mil or 860-548-3254.



Meghan Caisse of the Connecticut National Guard Youth & Family Program makes a point during a workshop held at the Region 1 Youth Symposium in Vermont. (Photo courtesy Michelle McCarty, Youth & Child Program Coordinator)



Region 1 Youth Symposium participants came to Vermont to develop leadership skills and resiliency, learn about bullying and to work on action plans for the upcoming year in their home states. (Photo courtesy Michell McCarty, Youth & Child Program Coordinator)



CATHERINE GALASSO

God is Near and He is There for You

At the 1992 summer Olympics in Barcelona, an athlete from Britain was competing in the 400-meter race. His name was Derek Redmond, and he had trained rigorously for many years for this one shining moment.

Working, planning, preparing, Redmond dreamed about winning an Olympic gold medal.

Then, the long-awaited summer afternoon came. It was a pristine day, and the

athletes took their places on staggered positions on the track. They would each race on separate lanes for the entire course.

Redmond's father Jim had accompanied him to Barcelona. And as the race began, Redmond had an explosive start out of the blocks. With supreme mental strength and substantial speed endurance, he quickly sprinted past some of his opponents.

Redmond got into his stride running around the first turn.

Determined to win a medal in the 400, his Olympic dream was now within reach. Only 175 meters away, as Redmond rounded another turn into the backstretch, he saw the finish line in the distance.

Suddenly, Redmond heard a popping sound. He continued running for another two or three strides. But he felt a sharp pain go up the back of his leg. In agony, Redmond realized that he had torn his right hamstring muscle, and the pain was excruciating.

As Redmond began to stumble, his father who was watching intently from the

stands, became concerned. The father's eyes scanned the adverse situation and immediately rose up. Redmond then collapsed to the ground, clutching his leg.

Quickly, the father ran past the security guards onto the track toward his son.

Now, far behind the other athletes, but in a desperate attempt to finish the race, Redmond tried to stand on his feet to continue on with the race. Yet, as he cried out in heartbreak and anguish, he staggered and collapsed again.

Then, he dragged himself up, slowly limping along the track.

"Everything I have worked for is finished," Redmond bitterly thought to himself. Deeply disappointed, Redmond's dreams had fallen apart, and his hopes for the future were completely dashed.

Have you ever felt a similar way? Do you sometimes feel like just quitting?

However, just then, in the depths of his despair, Redmond felt a warm hand on his shoulder. Letting out a loud breath, he turned. And there... was his loving father.

"I'm here," his father purportedly uttered, mumbling the words aloud. Wrapping his strong arms around his injured son's waist, the father helped his weeping son hobble, one step at a time, down the track.

Leaning on his father's shoulder for support, the father whispered, "We'll finish together."

Despite the suffering and with the help of his dear father, Redmond refused to surrender. Arm and arm with his father, he managed to find the strength to persevere.

In the stands, a cheering crowd of 65,000 people gave Redmond a standing ovation as he crossed the finish line and completed the race. Derek Redmond, one of the

world's most inspirational athletes, went on to do amazing things with his life.

Therefore, today, regardless of what you are facing, as Redmond's father assisted him in his time of need, God your Father will help you. Your difficulties and the unfair situations that have happened have not escaped the attention of your Father.

Your prayers haven't gone unheeded. God is near, and He is there for you.

"If I take the wings of the dawn, if I dwell in the remotest part of the sea, even there your hand shall lead me and your right hand shall hold me." (Psalm 139:9-10).

Yet, maybe you think you can't go any further. It may look as though circumstances will never change. Or, you could be allowing past mistakes to become an excuse to settle where you are now. But God has not abandoned nor has He given up on you.

He still has extraordinary plans for your future. So lean on and trust in Him. There is more for you to accomplish with more joys and more successes to come. Have no fear. God is not finished with you yet.

Most often in dance class, a choreographer chooses a song and then creates the dance to the flow of the music. Though, I heard somewhere that when The Nutcracker Ballet was originally choreographed, the choreographer originated the moves first.

Thereafter, he asked Tchaikovsky to set the music to the movements. Sometimes, God works like this... in unusual ways. So don't get discouraged and give in to the negative voices that may play the worst case scenario over and over in your mind.

Rather, be positive about your future. For right now, God is working behind the curtain of heaven to perfect everything that concerns you. He will turn those obstacles around for your ultimate good. So daily, choose trust over fear, faith over defeat, and belief over doubt. Visualize challenging issues successfully resolved. Then watch as God's gracious Hand works on your behalf. You could be a few days away from your miracle. For soon, you are going to be blessed more than you have ever been blessed before. Your next days will be your best days.

In the Scriptures:

- God said to Jacob, "And behold, I am with you, and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have promised you." (Genesis 28:15).

- God said to Moses, "My presence shall go with you, and I will give you rest." (Exodus 33:14).

- God instructed an angel to say to Gideon, "The Lord is with you, you mighty man of valor!" (Judges 6:12)

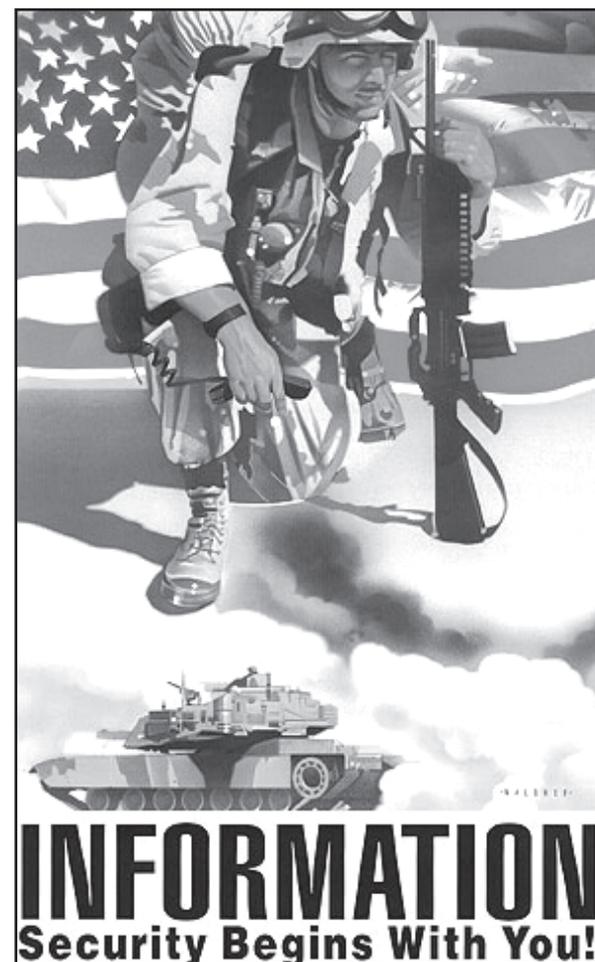
What God promises, God performs. And today God is saying to you, "I'm here," and "We'll finish together." So look to the future with hope, because God will never leave or forsake you.

Take steps forward in faith, living your best life possible. And your Father will meet you there and, arm and arm, will lead you to victory.

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Visit her website at www.anewyouworldwide.com

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The Official U.S. Army Vimeo

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

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

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

Childhood Obesity: Reversing the Epidemic for Our Children

MILITARY ONE SOURCE

According to the Centers for Disease Control and Prevention, childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years. Today, children live a very different lifestyle than their counterparts of 30 years ago. Buses and cars have replaced walking or riding bicycles to school; recess time at school has been shortened to accommodate more time for standardized test preparation; afternoon playtime has been traded for TV, video games and the Internet; and home-cooked meals have been exchanged for quick and easy fast foods. In 2010, more than one-third of children and adolescents in the United States were overweight or obese, creating immediate and long-term effects on the health and well-being of our children.

Healthy eating habits, physical activity and using the resources available through Morale, Welfare and Recreation, such as installation youth centers, can help reverse childhood obesity and ensure a healthy future for the children in our military communities.

Developing healthy eating habits

Healthy eating can lower the risk of obesity and related diseases. Educating children about portion control and smart food choices and involving them in decisions about healthy alternatives establishes a foundation for making healthy choices throughout their lives.

It is important for parents to regulate food intake for children to prevent them from overeating as they get older. According to Let's Move, a comprehensive initiative launched by First Lady Michelle Obama dedicated to solving the problem of obesity within a generation, children trend toward eating three snacks a day, resulting in an additional 200 calories, and one in five school-age children has up to six snacks a day. Keeping fresh and dried fruit, single-serving packs of applesauce and low-calorie, whole-grain chips and cookies can offer children healthy alternatives, which provide the nutrients they need for their growing bodies

without quite so many calories. Other foods to help children maintain a healthy weight include the following:

Whole-grain cereals, Low-fat milk, Almonds and other nuts, Lean meats, Fresh vegetables, Beans and Yogurt

Physical activity in obesity prevention

Staying physically active is an important component of a healthy lifestyle. Physical activity along with healthy eating habits can help control weight, build lean muscle, reduce fat, promote strong bone, muscle and joint development, and decrease the risk of obesity. According to Let's Move, 8 to 18-year-old adolescents spend an average of seven and a half hours per week using entertainment media, including TV, computers, video games, cell phones and movies, and only one-third of high school students get the recommended levels of physical activity. Children need an average of 60 minutes of play with moderate to vigorous activity every day to attain a healthy weight. The National Center for Education Statistics reports the average number of minutes per day of scheduled recess in schools ranged from 27.8 minutes for first graders to 23.8 minutes for sixth graders. The gap between the physical activity children get at school and what children actually need can be filled with the resources from Morale, Welfare and Recreation facilities to include installation youth centers.

Resources from Morale, Welfare and Recreation

The resources provided by MWR offer children, youth and teens opportunities to get involved in physical activity. Each installation may offer some of its own specific activities, but generally, all installations provide the following types of activities and services through the MWR program:

- Fitness and sports, to include swimming and league competition
- Libraries
- Recreation programs such as sailing, boating, paintball, horseback riding, bicycling, board games, social events, sky diving
- Individual skill programs for arts and crafts,

performing arts

- Leisure travel for local tours and attractions, tickets to concerts, movies and plays, museum admission

- High-adventure programs for rock climbing, hang gliding, kayaking

By spending afternoons after school or on weekends swimming, horseback riding, performing in a play, attending a concert or kayaking, children and adolescents can stay active and involved in body and mind.

Resources from installation youth centers

The installation youth center is a great place for children and adolescents to relax, have fun, do homework, meet new people and stay active. Youth centers may offer the following resources:

- Computer labs for interacting with friends and doing homework
- Special field trips for bowling or visiting a museum
- Gymnasiums for playing basketball or volleyball with other kids
- Music rooms for dancing with your friends or recording music
- Game rooms for playing foosball or board games
- Snack bar for getting a healthy snack and hanging out with friends

The resources offered by installation youth centers get children and adolescents involved with others and provide the physical activity they need every day to stay healthy and fit.

For more information about how to prevent childhood obesity, visit the Clearinghouse for Military Family Readiness. Military INSTALLATIONS can provide you with information about your local installation MWR facilities and youth centers to help keep your children involved in activities that encourage health and fitness. Department of Defense Commissary Agency has information for preparing healthy foods and snacks for your family. Everyone has a role to play in reducing and, hopefully, eliminating childhood obesity, ensuring a healthy future for our children.

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

**HAPPY
FALL
Y'ALL!**

Autumn Acrostic Poem

Acrostic poems are fun and easy to write. An acrostic is formed when the first letter in each line spells out a message, reading top to bottom. The message could be a single word or even a whole sentence.

The autumn season begins in late September each year and lasts through late December. For this acrostic poem, think of a word that starts with each of the letters in "autumn," then write it on the line next to that letter.

A is for _____

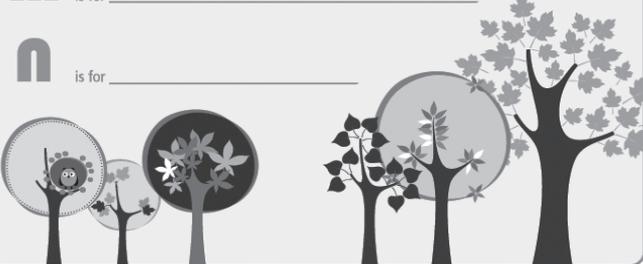
U is for _____

T is for _____

U is for _____

M is for _____

N is for _____



KID'S CREATIVE CORNER

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

Service Member and Family Support Center Locations

Waterbury Armory

64 Field Street
Waterbury, CT 06702
(203) 574-2406
By Appointment

Norwich Armory

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

Windsor Locks Readiness Center

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

Veterans' Memorial

Armed Forces Reserve Center

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

103rd Airlift Wing

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

103rd Air Control Squadron

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

New London Armory

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

Camp Niantic

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

William A. O'Neill Armory

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

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

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

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

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

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

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