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Carter Takes Oath of Office in White House Ceremony

CHERYL PELLERIN
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON- With his wife, Stephanie, holding the Bible upon which he swore to support and defend the U.S. Constitution against all enemies foreign and domestic, Ash Carter took the oath of office as the 25th secretary of defense in a ceremony at the White House Feb. 17.

Vice President Joe Biden administered the oath in the Roosevelt Room, characterizing Carter as a genuine scholar of strategic military affairs and nuclear weapons policy and as a profoundly capable manager “with universal respect and affection from the people you work with, reflected in a near-unanimous vote in the U.S. Senate.”

“For me,” Carter said after taking the oath, “this is the highest honor, to be the 25th secretary of defense. I’m grateful to [President Barack Obama] and the vice president for your trust and confidence, and to the U.S. Senate as well for their trust and confidence.”

Attending the ceremony were Carter’s son, Will, Deputy Defense Secretary Bob Work, Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey, Joint Chiefs Vice Chairman Navy Adm. James A. Winnefeld Jr., members of Carter’s transition team, and several men and women in uniform.

A Driving Intellectual Force

In his introduction, Biden called Carter a “physicist and a genuine expert on the acquisition and technical capabilities that are going to help guarantee the U.S. military is second to none in the world.”

Carter has a driving intellectual force behind all he does and all the administration has been doing, the vice president added, including strengthening the nation’s cyber capabilities, improving the way the Pentagon does business, and implementing the Asia-Pacific rebalance, including deepening defense cooperation with India.

“Most important of all, you’ve been a fighter,” Biden told Carter, “like the men and women in uniform here

today, for the women and men who serve in uniform.”

The defense secretary, like his predecessor, Biden added, “understands that while this country has many obligations, it only has one truly sacred obligation, and that’s to equip and protect those we send to war, care for their families while they’re there, and care for them and their families when they come home.”

Tough Missions Ahead

Many tough missions lie ahead, the vice president said,

and the team he joins at the Pentagon, including Work, Dempsey, Winnefeld and others.

The defense secretary characterized the defense of the nation as “the highest calling,” and he made three commitments to the men and women of the Defense Department, to the president and vice president, and to his fellow citizens.

Three Commitments

“The first is to help our president make the best possible decisions about our security and the [world’s] security, and then to ensure that our department executes those decisions with its long accustomed competence and effectiveness,” he said.

While dealing with challenges to national security, Carter said, he wants to help the nation’s leadership grab hold of opportunities that lie before the country, and to help make the world safer and a better place for the next generation.

“My second commitment is to the men and women of the Department of Defense, whom I will lead, to reflect in everything I do and to honor the commitment and dedication that brought them into service,” Carter said, “and to protect their dignity, their safety, their well-being, [and] to make decisions about sending them into harm’s way with the greatest reflection and care.”

A Force for the Future

Carter’s third commitment was to the future, he said, “to building a force for our future that involves not only securing the resources we need but making ... the best use of the taxpayers’ dollar, making sure we embrace change so that years from now... we continue to be a place where America’s finest want to serve, and a place that is a beacon to the rest of the world.”

As Obama enters the fourth quarter of his presidency, the defense secretary added, “these commitments... I think, will help me help him and help the vice president to ensure that those years are productive, and that they leave our country’s future in the best possible place — in the best possible hands.”



After taking the oath of office at the White House, Defense Secretary Ash Carter hosts a “Big 4” roundtable meeting at the Pentagon with Deputy Defense Secretary Bob Work, Chairman of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey and Joint Chiefs Vice Chairman Navy Adm. James A. Winnefeld Jr., Feb. 17. (DoD photo by Air Force Master Sgt. Adrian Cadiz)

from fighting against the Islamic State in Iraq and the Levant, strengthening NATO, and rebalancing to the Asia-Pacific region, to maintaining the nation’s technological edge and continuous efforts to make the most out of every dollar invested in defense.

“Dr. Carter,” Biden said, “as you take leadership of the greatest military in the history of mankind, ... you do so with the confidence of everyone in your building, confidence of the United States Senate, confidence of President Obama and me, and so many other people who admire your work.”

Carter thanked his wife and children, his transition team

Farewell Message to the Department of Defense from Secretary Chuck Hagel

To the men and women of the Department of Defense:

When I joined the United States Army 48 years ago, I could not have imagined one day serving as secretary of defense. It has been a tremendous privilege to serve with you.

As I leave office, I am immensely proud of what we have accomplished together over the past two years.

We have responsibly ended our combat operations in Afghanistan and begun the follow-on mission to preserve our achievements there.

We have bolstered enduring alliances and strengthened emerging partnerships, while successfully responding to crises around the world.

We have launched vital reforms that will prepare this institution for the challenges of the future.

We have fought hard - and made real progress - against the scourge of sexual assault in our ranks.

And after 13 years of war, we have worked to restore our military readiness and ease the burdens on our people and their families.

Through it all, many of you, and your families, coped with shutdowns and furloughs; weathered hiring and pay freezes; and endured long hours and longer deployments. You did so because we each took an oath to defend our nation, our fellow citizens, and our way of life. And you have lived up to your word.

But as you know well, the world is still too dangerous, and threats too numerous. I know you will remain vigilant, continuing your important work under the leadership of Ash Carter.

A special note to our men and women in uniform: of all the many opportunities my life has given me, I am most proud of having once been a Soldier. The lessons from

my time in uniform about trust, responsibility, duty, judgment, and loyalty - I have carried these with me throughout my life. As your secretary of defense, I have seen those same traits in each of you.

Whether you serve in uniform or as a civilian, you are the reason why our military is the finest in the world and the most admired and most trusted institution in America. Nothing has clarified my thinking, nothing has renewed my hope, and nothing has made me prouder than getting to know, work, and serve with so many of you who have put the nation's interest above your own.

If I had any parting guidance, it would be the same reminder that my drill sergeant, Sgt. 1st Class William Joyce, gave to me after I finished basic training in 1967: "People depend on you. They'll always depend on you."

That was true for me then, and it is true for all of you today. People depend on you - America depends on you - to live up to your oath, to conduct yourselves in keeping with our highest standards, and to perform as the greatest military the world has ever known. After two years serving

with you, I am confident you will continue to do so.

You and your families have my deepest gratitude and admiration.

Thank you for your unflagging service and your commitment to this country. May God bless America and each and every one of you.



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Carter Takes Helm as 25th Secretary of Defense

DoD NEWS, DEFENSE MEDIA ACTIVITY RELEASE

WASHINGTON- Ash Carter, who was sworn in Feb. 17 as the 25th secretary of defense, laid out his top priorities in a message to the DoD workforce.

Carter's message reads as follows:

To all Department of Defense personnel:

I am honored to become your Secretary of Defense. I am proud to lead men and women who devote their lives to the highest calling the defense of our nation. And I am grateful to follow in the footsteps of Secretary Hagel, one of our nation's most honorable and conscientious public servants. We live in challenging times that demand leadership and focus. And starting today, I will be calling on each and every one of you to help carry out three top priorities.

Our first priority is helping the President make the best possible national security decisions for protecting our country and then implementing those decisions with our department's long-admired excellence.

We confront a turbulent and dangerous world: continuing turmoil in the Middle East and North Africa, and the malignant and savage terrorism emanating from it; an ongoing conflict in Afghanistan; a reversion to archaic security thinking in parts of Europe; tensions in the Asia-Pacific; the proliferation of weapons of mass destruction; and intensifying threats in cyberspace.

In addressing these challenges, I have pledged to provide the President my most candid strategic advice. I will count on your experience and expertise as I formulate that advice. I will also ensure the President receives candid professional military advice.

But as we tackle the many threats to our national security, we must never lose sight of our nation's enduring

strengths or of the opportunities to make a brighter future and better world for our children. The United States remains the strongest and most resilient nation on earth. Because of you, we have the finest fighting force the world has ever known. We have friends and allies in every corner of the world, while our adversaries have few. We have long possessed the world's most dynamic and innovative economy. And our values, principles, and leadership continue to inspire hope and progress around the world.

Safeguarding America's security and global leadership will depend on another of my main priorities: ensuring the strength and health of you who make up the greatest fighting force the world has ever known — our Soldiers, Sailors, Airmen, Marines, civilians, and contractors all around the world.

I will do that by focusing on the well-being, safety, and dignity of each of you and your families. I will ensure your training and equipment are as superb as you are. And I pledge to make decisions about sending you into harm's way with the greatest reflection and utmost care because this is my highest responsibility as Secretary of Defense.

Honoring all these commitments also requires us to focus on building the force of the future, which is my third priority.

We must steer through the turmoil of sequestration, which imposes wasteful uncertainty and risk to our nation's defense. We must balance all parts of our defense budget so that we continue to attract the best people like you; so that there are enough of you to defend our interests around the world; and so that you are always well-equipped and well-trained to execute your critical mission.

To win support from our fellow citizens for the resources we need, we must show that we can make better use of every taxpayer dollar. That means a leaner organization, less overhead, and reforming our business and acquisition practices.

It also means embracing the future and embracing change.

We must be open to change in order to operate effectively in an increasingly dynamic world; to keep pace with advances in technology; and to attract new generations of talented and dedicated Americans to our calling.

I first arrived at the Pentagon more than three decades ago, and have had the privilege of serving 11 Secretaries of Defense in Democratic and Republican administrations. I took the oath of office this morning because I love our country and am devoted to you who defend it. And I am committed to our fundamental mission: the defense of our nation.

I look forward to leading and serving alongside you at this extraordinary moment in our nation's history.

May God bless you and your families, and may God bless America.



*Secretary of Defense
Ash Carter*

Malloy Nominates Army Reserve Officer as Next Veterans Commissioner

PRESS RELEASE FROM THE
OFFICE OF GOV. DANNELL P. MALLOY

(HARTFORD, CT) - Governor Dannel P. Malloy announced Feb. 26 his nomination of Lt. Col. Sean Connolly of Hebron to serve as Commissioner of the Connecticut Department of Veterans' Affairs.

Connolly currently works with Pratt & Whitney as the Global Ethics and Compliance Officer. He is also a lieutenant colonel in the U.S. Army Reserve, currently serving with the 655th Regional Support Group headquartered at Westover Air Reserve Base.

"Connecticut has over 270,000 Veterans and active duty military personnel residing in our state, and whether they are currently serving, just returned from deployment, or finished their service years ago, they deserve our support and commitment through each step of their lives. State government has a responsibility to meet this obligation and ensure that Connecticut's Veterans have access to the resources and tools they need," Malloy said. "Lt. Col. Connolly's personal experience serving in the military, in addition to his work in the private sector, gives him a unique familiarity with the needs of the men and women who make up our armed forces, and I am

excited that he is now bringing this service to state government."

Prior to joining Pratt & Whitney, Connolly was a senior associate at Greenberg Traurig, LLP in Washington, DC as a member of the Government Contracts and Homeland Security Practice Groups. He also previously served on active duty for over seven years as an Army Judge Advocate in a variety of positions, most recently as a Trial Attorney with the Contract and Fiscal Law Division of the U.S. Army Legal Services Agency, litigating government contract disputes, defending bid protests, and advising on procurement fraud actions.

In addition, he served as an assistant legal advisor and executive officer for the Office of the Secretary of Defense, Office of the Appointing Authority for Military Commissions, where he advised the appointing authority and general counsel of the Department of Defense on legal and procedural issues.

A Veteran of Operation Iraqi Freedom, Connolly served as a prosecutor and brigade legal advisor with the 101st Airborne Division (Air Assault) at Fort Campbell, Kentucky, and in Kuwait and Iraq, where he was responsible for trying all courts-martial, non-judicial

punishment, elimination boards, and administrative separation actions within two brigades, as well as advising on operational and administrative law matters.

"As a Veteran myself, who continues to wear the uniform in the Army Reserve, I am deeply humbled and grateful for this chance to serve the veterans of the State of Connecticut," Connolly said. "Our Veterans and their families face significant challenges against homelessness, physical and mental health concerns, finding and transitioning to good civilian jobs, and getting the support they so deeply deserve. Working together, we will build a world-class Veterans' Affairs program. Those who have selflessly served our state and nation deserve no less."

Connolly taught as an adjunct lecturer at the Catholic University of America, Columbus School of Law, and served as a law clerk to the Honorable H.F. "Sparky" Gierke in the U.S. Court of Appeals for the Armed Forces. He served as an elected member of the National Board of Directors of the Federal Bar Association from 2006 to 2011, and was also President of the Pentagon Chapter of the Federal Bar Association from 2004 to 2005.

143rd RSG Attends Yellow Ribbon Event: Prepares for Upcoming NATO Mission

STAFF SGT. BENJAMIN SIMON
JFHQ, PUBLIC AFFAIRS

The 143rd RSG is scheduled to deploy to Afghanistan this spring and on Feb. 7, the group attended a pre-deployment Yellow Ribbon Program event at Camp Niantic.

Although the mission is still being shaped, the 143rd RSG can be expected to work out of a forward support base in support of coalition forces and the NATO mission according to Col. Daniel Spinetti, who attended the event.

Sgt. Michelle Deveau recently transferred to the 143rd as a human intelligence collector. She said when she last deployed in 2005 as a junior enlisted Soldier with the 208th Personnel Services Detachment and is looking

forward to having a leadership role during this deployment.

Retired Brig. Gen. Daniel J. McHale, Connecticut Transition Assistance Advisor, said the enthusiasm the Soldiers displayed at the event is remarkable and speaks volumes about the continued motivation of CTNG members after dozens of deployments over the past 15 years.

McHale also said he is proud to see the continued passion for helping Soldiers of Yellow Ribbon Program professionals and volunteers.

On Feb. 7, the 242nd Engineer Detachment also attended a Yellow Ribbon Program at Camp Niantic. This

one, however, was a post-deployment event, coming weeks after the unit's return from Afghanistan.

The Connecticut Vet Center, Dept. of Veterans' Affairs, VFW, Military One Source, Connecticut Family Support Center, Child Youth Program, CT Operation Military Kids, TRICARE and the Transition Assistance Advisor Team were some of the groups represented at both events.

The National Guard Yellow Ribbon Reintegration Program is designed to provide information, services, referrals and outreach programs to service members and Families of the National Guard and Reserves throughout all phases of the deployment cycle.



Soldiers of the 143rd Regional Support Group and their Family members attend a Yellow Ribbon Program Feb.7 in Col. Robert Nett Hall, Camp Niantic, Niantic, Connecticut. The program was held in preparation for an upcoming deployment in support of NATO operations. (Photo by Staff Sgt. Benjamin Simon, JFHQ-CT Public Affairs)

Clay Hunt Suicide Prevention Act Signed into Law

CAPT. JOSEPH E. BROOKS
130TH PUBLIC AFFAIRS DETACHMENT

The Clay Hunt Suicide Prevention for American Veterans (SAV) Act was signed into law on Feb. 12 by President Obama in a White House signing ceremony. The law is a bipartisan measure to provide enhanced access to quality mental health services to veterans and to establish better suicide prevention programs.

The SAV Act was supported by both Democrats and Republicans in the House and the Senate. In the Senate the bill was introduced by Sens. John McCain (R-Ariz.) and Richard Blumenthal (D-Conn), and co-sponsored by Sen. Chris Murphy (D-Conn.), where it was passed with a unanimous vote.

The House had previously passed the bill on Dec. 9, 2014 after a motion to suspend the rules and pass the bill. It was then sent to the Senate for action.

“This breakthrough bipartisan step will help countless Veterans overcome invisible wounds of war that lead to 22 tragic suicides every day,” said Blumenthal in a press release following the Senate passage of the bill on Feb. 3.

“We owe these wounded warriors more effective mental health care, so they can win the war against inner demons that come home from service,” said Blumenthal in the same release. “This bill will help save lives – courageous, strong Veterans who need and deserve enhanced psychiatric care, counseling, outreach support and accountability from the Veterans Administration. A friend of mine, Justin Eldridge of southeastern Connecticut,

braved mortar fire and snipers in Afghanistan, returning to his young family with traumatic brain injury and post-traumatic stress. Tragically, he slipped through the cracks at his local VA facility and eventually took his own life. As brave as he was on the battlefield, he could not win his war at home. We have an obligation to keep faith with our Veterans, and this legislation – providing an impartial review of VA mental health programs, more centralized information and outreach, more support for VA psychiatrists – constitutes an important step.”

The law creates a Director of Suicide Prevention Coordination within the Department of Veterans Affairs who will be responsible to direct and collaborate with mental health organizations to provide greater access to specialized care for veterans. This means better access to psychologists and clinicians to help with mental health issues, PTSD and suicide prevention.

The law will create a community outreach pilot program to help Veterans transition from military to civilian life through an interactive website that will provide access to services and counseling and provide a central source for information.

As a result of the SAV Act, the VA will receive an annual independent third-party review of their mental health care and suicide-prevention programs starting in 2018. This measure to address recent concerns and scandals regarding the timeliness and quality VA care creates an independent audit of VA services.

The SAV Act also extends for one year the ability of any combat Veteran to seek care at the VA for any illness

that has not been medically proven to be the result of their service provided they were released from active duty between Jan. 1, 2009 and Jan. 1, 2011 and they did not receive care for the illness within the 5-year period of eligibility following their deployment.

The law also creates opportunities to educate new mental health clinicians and psychiatric medical professionals through a three year pilot program for student loan repayment.

Mental health professionals will be able to apply for up to \$30,000 per year for up to four years in student loan repayments if they agree to an obligated period of two years of service.

The Clay Hunt SAV Act is named for a Marine Veteran who committed suicide in March 2011 at the age of 28. Hunt had been Marine sniper and Purple Heart recipient who was honorably discharged in 2009 after several deployments.

Hunt suffered from PTSD and had received a 30 percent disability rating through the VA. After his discharge from the Marines he sought care exclusively through the VA. Hunt appealed his disability rating and was vocal about his issues with receiving care at the VA in Houston that included issues with scheduling appointments, bureaucratic barriers and lost records.

Hunt is remembered in the new law for his service and his willingness to address the problems in the Veteran health care system. The Clay Hunt SAV Act, now signed into law, may help other Veterans to receive the help they need.

President Signs Clay Hunt Act, Says ‘Stigma Has to End’

CLAUDETTE ROULO
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON- President Barack Obama signed into law the Clay Hunt Suicide Prevention for American Veterans Act, or SAV Act, Feb. 12.

The act is aimed at reducing military and veteran suicides and improving their access to quality mental health care.

Hunt was a decorated Marine veteran who struggled with post-traumatic stress. He deployed to Iraq and Afghanistan and was wounded in Anbar Province, Iraq, and witnessed the combat deaths of close friends.

Two years after his discharge and after repeated setbacks in his medical care, Hunt took his own life.

Selfless, Brave Veteran

“By all accounts, he was selfless and he was brave,” Obama said of Hunt. “And when he died in 2011, it was a heartbreaking loss for his family, his fellow Marines and our nation, because Clay had already done a great deal of good in the world. And the truth is — he was just getting started.”

Through unimaginable grief, Hunt’s family, friends and fellow veterans made it their mission to spare other families the pain they endured, the president said.

“So they shared Clay’s story far and wide,” Obama said. “And they reached out to members of Congress.

And they lobbied and they testified and made personal appeals. And thanks to their tireless efforts — and we are particularly grateful to Clay’s family, being able to transform grief into action — today, I will sign the Clay Hunt SAV Act into law.”

The president said the best way to honor Hunt “is to make sure that more Veterans like him are here for all the years to come and able to make extraordinary contributions, building on what they’ve already done for our safety and our security.”

Improving Mental Health Care, Suicide Prevention Programs

The act builds on efforts still in progress to improve Veterans Affairs mental health care access by:

- Requiring annual third party evaluations of VA’s mental health care and suicide prevention programs;
- Creating a centralized website with resources and information about the range of mental health services available from the VA;
- Conducting a three-year pilot program using peer support to assist Veterans transitioning from active duty; and
- Encouraging collaborative suicide prevention efforts between the VA and non-profit mental health organizations.

The president’s proposed 2016 budget also includes

more than \$7 billion for the VA to continue its focus on expanding and transforming mental health services for Veterans, including treatment for post-traumatic stress, ensuring timely access to mental health care, and treatment for military sexual trauma.

It’s time to eliminate the stigma and barriers that face those who seek help, the president said. Asking for help is hard enough, he said, particularly when you are used to helping others.

“Today, we say again to every person in uniform, every veteran who has ever served, we thank you for your service. We honor your sacrifice. But sometimes, you know, talk is cheap. And sometimes, you know, particularly at a time when we’ve got an all-volunteer force and so often we can celebrate them at a ball game, but too many are insulated from the impacts,” the president said.

“We’ve got to also act,” Obama said. “We can’t just talk. So we’re ready to help you begin the next chapter of your lives. And if you are hurting, know this: You are not forgotten. You are not alone. You are never alone. We are here for you. America is here for you. All of us. And we will not stop doing everything in our power to get you the care and support you need to stay strong and keep serving this country we love.

“We need you. We need you. You make our country better,” the president said.

CT's 103rd Civil Engineer Squadron

Staff Sgt. James Diederich, 103rd Civil Engineer Squadron, trains with a MIG welder Nov. 2, 2014, at Bradley Air National Guard Base, East Granby, Connecticut. Airmen in the 103rd CE squadron train rigorously during their UTA weekends to maintain readiness. (Air National Guard photo by Senior Airman Jennifer Pierce)



Senior Airman Patrick Schnopp, heavy equipment operator with the 103rd Civil Engineer Squadron, measures the distance between a set of cones and the rear of a snow removal truck driven by heavy equipment operator Senior Airman Leverett Quinn Jan. 3, 2015, at Bradley Air National Guard Base, East Granby, Connecticut. Civil engineer heavy equipment operators practice maneuvering the snow removal trucks in tight spaces to help maintain mission readiness. (Air National Guard photo by Senior Airman Jennifer Pierce)

Continues its Mission of Readiness

SENIOR AIRMAN JENNIFER PIERCE
103RD ARLIFT WING PUBLIC AFFAIRS

BRADLEY AIR NATIONAL GUARD BASE, East Granby, Conn. — This past year was full of many changes for the Airmen of the 103rd Airlift Wing. The Flying Yankees said goodbye to the C-21A aircraft and welcomed eight C-130H Hercules aircraft along with a new mission.

With this mission came more training, equipment and new policies but the day-to-day operations remained the same for the 103rd Civil Engineer Squadron.

“Whatever airframe we have, our mission doesn’t change,” said Maj. Henry Chmielinski, commander of the 103rd Civil Engineer Squadron. “Ultimately, we still support the base the same way we would support a mission with an A-10, C-21 or any other aircraft we have here.”

What did change for the squadron is the intensity of their operational tempo which was a direct result of several multi-million dollar construction and renovation projects.

In the last year, the base had approximately \$15.5 million worth of construction projects that included renovations to several of the buildings on base and movement of shops, as well as painting a red line on the new taxi lane. This year, a \$16 million construction project of a new fuel cell corrosion control hangar that will be located on the northeast corner of the apron will begin said Chmielinski.

Even as you drive by the base, it’s hard to miss the facelift the hangar received.

“We are also looking at possible funding for an addition to the fire station and the renovation of the current facility,” said Chmielinski.

According to Chmielinski, mission as usual for the civil engineers means taking care of training that is associated with the supplying of temperature-controlled air, power, water and sanitation keeping Airmen safe and clean to operate overseas.

“Our mission is to make sure everyone is trained and readiness available so that when we go overseas we are skilled in everything ranging from any type of plumbing issue to anything to do with fuels, piping or providing the base with fuel. Plumbing means getting available water sources, sewage treatment plants, et cetera,” said Master Sgt. Daniel Reilly, water and fuels systems maintenance superintendent.

“From a bare-base operation, we could set up fuel bladders and find a more sustainable way to provide it depending on how long the trip is. However, our current workload has increased and there have been added inventory and areas of inspection in addition to maintaining customer service,” said Reilly.

According to Chmielinski, squadron readiness is paramount in order to maintain a state of readiness both “inside the wire and outside of the wire.”

“In the last three to four years, our unit has supported several domestic operations as well as those overseas,” Chmielinski said. “During Hurricane Sandy, our

firefighters went house-to-house along the coast line searching for bodies or people stuck in their homes and we also assisted with road clearing. We have to make sure our equipment, our training and our people are up to par so when the Army calls us for a domestic operation, we can deploy and assist with recovery operations for

our state,” he said.

Despite the overall mission remaining the same, the 103rd Civil Engineer Squadron is responding to the increasing demand for their services. This means doing more than before and doing it to perfection—a feeling the Guard knows all too well.



Staff Sgt. James Diederich, 103rd Civil Engineer Squadron, trains with a MIG welder Nov. 2, 2014, at Bradley Air National Guard Base, East Granby, Connecticut. Airmen in the 103rd CE squadron train rigorously during their UTA weekends to maintain readiness. (Air National Guard photo by Senior Airman Jennifer Pierce)

Troops to Receive Millions Under Service Members Civil Relief Act

DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON- The Justice Department announced Feb. 9 that under its settlements with five of the nation's largest mortgage servicers, 952 service members and their co-borrowers are eligible to receive over \$123 million for non-judicial foreclosures that violated the Service Members Civil Relief Act.

The five mortgage servicers are JP Morgan Chase Bank N.A.; Wells Fargo Bank N.A. and Wells Fargo & Co.; Citi Residential Lending Inc., Citibank, NA and CitiMortgage Inc.; GMAC Mortgage, LLC, Ally Financial Inc. and Residential Capital LLC; and BAC Home Loans Servicing LP formerly known as Countrywide Home Loans Servicing LP (Bank of America).

In the first round of payments under the SCRA portion of the 2012 settlement known as the National Mortgage Settlement, 666 service members and their co-borrowers will receive over \$88 million from JP Morgan Chase, Wells Fargo, Citi and GMAC Mortgage. The other 286 service members and their co-borrowers already have received over \$35 million from Bank of America through an earlier settlement. The non-judicial foreclosures at issue took place between Jan. 1, 2006, and Apr. 4, 2012.

Unlawful Foreclosures

"These unlawful judicial foreclosures forced hundreds of service members and their families out of their homes," said Acting Associate Attorney General Stuart F. Delery. "While this compensation will provide a measure of relief, the fact is that service members should never have to worry about losing their home to an illegal foreclosure while they are serving our country. The department will continue to actively protect our service members and their families from such unjust actions."

"We are very pleased that the men and women of the armed forces who were subjected to unlawful non-judicial foreclosures while they were serving our country are now receiving compensation," said Acting Assistant Attorney General Vanita Gupta of the Civil Rights Division. "We look forward, in the coming months, to facilitating the compensation of additional service members who were subjected to unlawful judicial foreclosures or excess interest charges. We appreciate that JP Morgan Chase, Wells Fargo, Citi, GMAC Mortgage and Bank of America have been working cooperatively with the Justice Department to compensate the service members whose rights were violated."

Section 533 of the SCRA prohibits non-judicial foreclosures against service members who are in military service or within the applicable post-service period, as long as they originated their mortgages before their period of military service began. Even in states that normally allow mortgage foreclosures to proceed non-judicially, the SCRA prohibits servicers from doing so against protected service members during their military

service and applicable post-military service coverage period.

Under the National Mortgage Settlement, for mortgages serviced by Wells Fargo, Citi and GMAC Mortgage, the identified service members will each receive \$125,000, plus any lost equity in the property and interest on that equity. Eligible co-borrowers will also be compensated for their share of any lost equity in the property.

To ensure consistency with an earlier private settlement, JP Morgan Chase will provide any identified service member either the property free and clear of any debt or the cash equivalent of the full value of the home at the time of sale, and the opportunity to submit a claim for compensation for any additional harm suffered, which will be determined by a special consultant, retired U.S. District Court Judge Edward N. Cahn.

Payment amounts have been reduced for those service members or co-borrowers who have previously received compensation directly from the servicer or through a prior settlement, such as the independent foreclosure review conducted by the Office of the Comptroller of the Currency and the Federal Reserve Board. The Bank of America payments to identified service members with nonjudicial foreclosures were made under a 2011 settlement with the Department of Justice.

The NMS also provides compensation for two categories of service members:

— Those who were foreclosed upon pursuant to a court order where the mortgage servicer failed to file a proper affidavit with the court stating whether or not the service member was in military service; and

— Those service members who gave proper notice to the servicer, but were denied the full benefit of the SCRA's 6 percent interest rate cap on pre-service mortgages. The service members entitled to compensation for these alleged violations will be identified later in 2015.

Points of Contact

Borrowers should use the following contact information for questions about SCRA payments under the National Mortgage Settlement:

— Bank of America borrowers should call Rust Consulting, Inc., the settlement administrator, toll-free at

1-855-793-1370 or write to BAC Home Loans Servicing Settlement Administrator, c/o Rust Consulting, Inc., P.O. Box 1948, Faribault, MN 55021-6091.

— Citi borrowers should call Citi toll-free at 1-888-326-1166.

— GMAC Mortgage borrowers should call Rust Consulting Inc., the settlement administrator, toll-free at 1-866-708-0915 or write to P.O. Box 3061, Faribault, MN 55021-2661.

— JPMorgan Chase borrowers should call Chase toll-free at 1-877-469-0110 or write to P.O. Box 183224, OH-7160/DOJ, Columbus, OH 43219-6009.

— Wells Fargo borrowers should call the Wells Fargo Home Mortgage Military Customer Service Center toll free at 1-877-839-2359.

Service members and their dependents who believe that their SCRA rights have been violated should contact an Armed Forces Legal Assistance office. To find the closest office, consult the military legal assistance office locator at <http://legalassistance.law.af.mil> and click on the Legal Services Locator.

Additional information about the Justice Department's enforcement of the SCRA and the other laws protecting service members is available at www.servicemembers.gov

Financial Fraud Enforcement Task Force

February's settlement was announced in connection with the President's Financial Fraud Enforcement Task Force. The task force was established to wage an aggressive, coordinated and proactive effort to investigate and prosecute financial crimes.

With more than 20 federal agencies, 94 U.S. Attorneys' Offices and state and local partners, it is the broadest coalition of law enforcement, investigatory and regulatory agencies ever assembled to combat fraud.

Since its formation, the task force has made great strides in facilitating increased investigation and prosecution of financial crimes, enhancing coordination and cooperation among federal, state and local authorities, addressing discrimination in the lending and financial markets and conducting outreach to the public, victims, financial institutions and other organizations.

For more information on the task force, visit www.StopFraud.gov

Live 1-on-1 Help Confidential Worldwide 24/7

DoD Safe Helpline
Sexual Assault Support for the DoD Community

Help is just a Click, Call or Text away!

Click www.SafeHelpline.org Call 877-995-5247
Text* 55-247 (INSIDE THE U.S.) 202-470-5546 (OUTSIDE THE U.S.)
*Text your location for the nearest SARC

Family
Family First is Family Strong

Engaged Families
The strength of our Soldiers comes from the strength of their Families.

ARMY SAFE IS ARMY STRONG

Egan Takes Command of 85th TC: Family Support Makes This Possible, said Russo

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

NIANTIC—"It's groundhog day," a Soldier in attendance at the 85th Troop Command Change of Command Ceremony, said. "Feels like we just did this yesterday."

In fact, it was Nov. 1, that Col. Daniel Spinetti took over as commander of the 85th TC from Col. Francis J. Evon, but with the 143rd Regional Support Group scheduled to soon deploy, Spinetti will return to his previous unit to provide leadership.

On Feb. 7, Col. Christopher J. Egan took command of the 85th TC from Spinetti. He said, smiling, that he felt like the last man standing in position to take command of the 85th, due to the handful of upcoming deployments.

Assistant to the Adjutant General Brig. Gen. Mark A. Russo joked that he had the entire ceremony memorized.

Russo said that although it is the nature of the military for changes to often occur, without the flexibility and support of military families these changes would not be possible.

Russo said the current military has to do more with less: more foreign and domestic operations, but with less economic means, and often less manpower. He said he is proud that Soldiers and their leaders from Connecticut are continuing to have mission success.

Egan began his military career in the CTARNG in 1984. He deployed to Iraq with the 143rd Area Support Group in Oct. 2004.

Spinetti joined the CTARNG in 1983. He is the former deputy commander of the 143rd RSG

At the ceremony, both men thanked their families and loved ones for their support throughout their long and industrious military careers.



Brig. Gen. Mark A. Russo, assistant adjutant general - Army and land component commander, passes the 85th Troop Command colors to Col. Christopher J. Egan during change of command ceremonies Feb. 7. Col. Daniel Spinetti, out-going commander, looks on. (Photo by Staff Sgt. Benjamin Simon, JFHQ-CT Public Affairs)

Department of Defense Authorizes Service Stars on the Global War on Terrorism Expeditionary

DoD PRESS RELEASE

The Department of Defense announced today that effective immediately, service members are authorized to wear Service Stars on their Global War on Terrorism Expeditionary Medals (GWOT-EM) to represent deployments in support of approved GWOT operations.

Undersecretary of Defense for Personnel and Readiness Jessica Wright signed a memorandum authorizing the new policy change retroactive to Sept. 11, 2001.

Only one GWOT-EM is awarded for each approved operation. For example, a service member who was awarded the medal for an Operation Enduring Freedom deployment, and is subsequently authorized a second award for an Operation Inherent Resolve deployment would wear a single Service Star on the GWOT-EM to denote both awards.

The list of associated areas of eligibility for each approved GWOT-EM operation is available at: <http://prhome.defense.gov/RFM/MPP/OEPM/Functions>

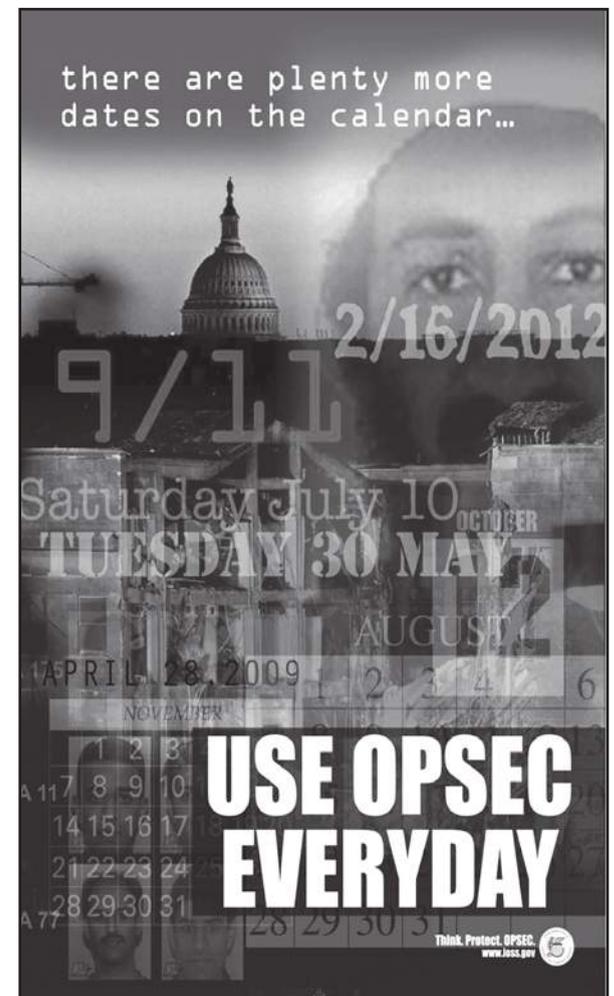
This policy change does not adjust criteria for award of the Afghanistan Campaign Medal or the Iraq Campaign Medal (ICM).

Full eligibility criteria for the GWOT-EM are contained in Department of Defense Manual 1348.33, Volume 2, Manual of Military Decorations

and Awards: DoD Service Awards Campaign, Expeditionary, and Service Medals. Additionally, each military department will prescribe procedures for service members' requests for award of GWOT-EM Service Stars.

The Global War on Terrorism Expeditionary Medal is positioned above the Global War on Terrorism Service Medal in precedence, and directly follows the Kosovo Campaign Medal.

Operation	Inclusive Dates
Enduring Freedom (OEF)	Sept. 11, 2001- TBD
Iraqi Freedom (OIF)	Mar 19, 2003 - Aug 31, 2010
Nomad Shadow (ONS)	Nov 5, 2007 - TBD
New Dawn (OND)	Sep 1, 2010 - Dec 31, 2011
Inherent Resolve (OIR)	June 15, 2014 - TBD



103rd Security Forces Squadron Focuses

TECH. SGT. JOSHUA MEAD
103RD PUBLIC AFFAIRS

BRADLEY AIR NATIONAL GUARD BASE, East Granby, Conn. — On Feb. 7, members of the 103rd Security Forces Squadron engaged in hand-to-hand combat training in an effort to increase their effectiveness when trying to detain personnel that are resisting.

The training is designed to teach self-defense against grapple attacks and punches, allowing them to get out of a threat by using various ground-fighting techniques.

The second half of training focused on officers retaining weapons as if someone is trying to grab it, said Tech. Sgt. Ian McMahon, security forces officer, 103rd Security Forces Squadron.

“So if something happens while dealing with a suspect or an individual, we can handle him and get to our other tools and weapons such as the ASP [baton] and OC [pepper spray],” said McMahon.

“This is all hand-to-hand combat and ground fighting skills.”

And it has been a long time coming.

“When I came in [to the unit], they had a very watered-down version of hand-to-hand combat. Over the past few years, the Air Force has been taking the Army combatives and tailoring them to the needs of their security forces,” said McMahon.

But you won’t see this type of training in basic military training or even in the security forces technical school. This training is more home-station based, said Tech. Sgt. Jerry P. Lashway, squad leader, 103rd Security Forces Squadron.

“You do learn basic arrest and control and some hands-on combative stuff, but not to the degree that you’re going to learn with this home-station training,” said Lashway.

According to Master Sgt. Richard Marks, one of the combative instructors for the 103rd Security Forces Squadron, the training done on that day was about practicing technique.

“Just like how we don’t throw a million rounds downrange because we’re not going to hit anything, I don’t want you trying to overpower your opponent—concentrate on technique,” said Marks.

In the words of Bruce Lee, “fear not the man who has practiced 10,000 kicks once, but fear the man who has practiced one kick 10,000 times.” In learning these techniques, these officers hone their abilities and confidence to neutralize threats and provide options when protecting their own lives.

“[This training] shows our officers, especially when going against a larger combative, that they can handle the situation, get out of it and protect themselves,” said McMahon.

“It’s been a great benefit for officers. It really teaches them that they have options and shows them what they can and can’t do when they are involved in a hands-on scenario where it may go from nothing to an all-out fight with a resistive individual,” said Lashway.



Tech. Sgt. Jerry Lashway, squad leader, 103rd Security Forces Squadron, demonstrates to students a ground hand-to-hand combat maneuver as part of their Air Force combatives training Feb. 7, at Bradley Air National Guard Base, East Granby, Connecticut. (U.S. Air National Guard photo by Tech. Sgt. Joshua Mead)

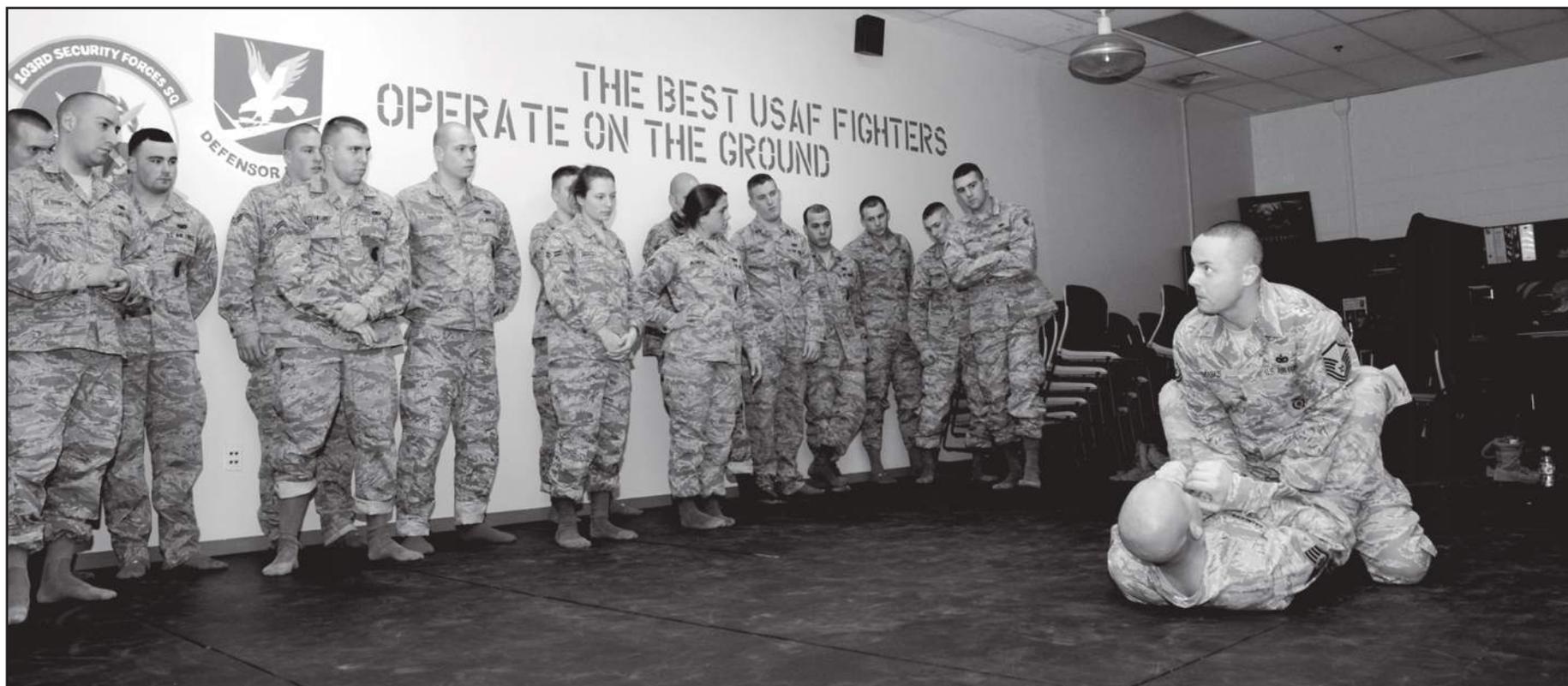
on Self-Defense to Round Out Training



Tech. Sgt. Ian McMahon, an instructor with the 103rd Security Forces Squadron, instructs students in Air Force combatives training Feb. 7, at Bradley Air National Guard Base, East Granby, Connecticut. (U.S. Air National Guard photo by Tech. Sgt. Joshua Mead)



Airmen First Class Nathaniel Salter (top) and Zachary Crawford (bottom), both security forces personnel with the 103rd Security Forces Squadron, practice hand-to-hand ground combat maneuvers during an Air Force combatives class Feb. 7, at Bradley Air National Guard Base, East Granby, Connecticut. Tech. Sgt. Jerry Lashway, squad leader, 103rd Security Forces Squadron, looks on analyzing the Airmen's technique. (U.S. Air National Guard photo by Tech. Sgt. Joshua Mead)



Master Sgt. Richard Marks, an instructor with the 103rd Security Forces Squadron, demonstrates to students the proper way to perform a break guard combat maneuver as part of their Air Force combatives training Feb. 7, at Bradley Air National Guard Base, East Granby, Connecticut. According to Marks, the training focus was on technique. (U.S. Air National Guard photo by Tech. Sgt. Joshua Mead)

Resilience Center: Ready and Resilient

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

Ready and Resilient enables and empowers commanders and unit leaders to take care of Soldiers, Army Civilians and their Families.

Leaders must be able to identify risks and support the overall personal and professional growth of those in their organizations. They must foster an environment based on Army values where individuals treat themselves and others with dignity and respect, build trust, encourage help-seeking behaviors and enable their teams to recognize warning signs and become interveners instead of bystanders.

A Ready and Resilient force is optimized and able to thrive in uncertain and complex environments.

Why is this important to the Army?

Army professionals need to be physically, emotionally, and psychologically strong to optimize performance and achieve personal readiness. Building a Ready and Resilient force is paramount to mission success, as explained in the Army Operating Concept, which recognizes that decentralized operations in complex environments require adaptive leaders, cohesive teams

and trusted professionals committed to the Army ethic. The Army requires commands and leaders to be competent, committed, agile and adaptive so that they can build on the strengths of their people.

What has the Army done?

The Ready and Resilient Campaign was released Army-wide in March 2013. Since then, the Army has emphasized the importance of building resilience and enhancing personal and mission readiness.

The Army also developed the ability to raise issues and share solution sets across the entire Army through the use of its established governance structure, where best practices are elevated, from the command and installation level to headquarters, for visibility, support, and potential implementation and resourcing.

What efforts does the Army plan to continue in the future?

Based on lessons learned, the Ready and Resilient Campaign will shift its effort to clarify the mission and intent and give commands and leaders the flexibility to address the needs of their formations and local community. A more focused operation order is expected for Army-wide release in spring 2015.

In addition, the Army is developing holistic, evidence-

based training that contributes to personal readiness and resilience and will ultimately improve lives.

Resilience Tip of the Month:

Know how persuasion can help to build confidence in individuals and teams. Effective leaders build confidence in teams through verbal and nonverbal actions. Actions can speak louder than words but effective words can facilitate driving actions.

Resilience Resources:

BH Helpline: 855-800-0120

Strong Bonds: Chaplain Nutt 800-858-2677

Connecticut VA: Newington: 860-666-6951

West Haven: 203-932-5711

GKO Resilience Portal:

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

Military One Source: www.militaryonesource.mil

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

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

DoD Names New Suicide Prevention Office Director

DEFENSE.GOV

The Department of Defense announced that Dr. Keita M. Franklin is the new director of the DoD Suicide Prevention Office (DSPO) effective Feb. 9. This marks elevation of DSPO leadership to a career Senior Executive Service (SES) position, reinforcing the department's commitment to decreasing the incidence of suicide and increasing resiliency across the armed forces.

"I am very pleased to have Dr. Franklin take the lead in this very important mission," said Under Secretary of Defense for Personnel & Readiness Jessica Wright. Adding about the outgoing director, "Jackie Garrick's work is characterized by her passion and dedication. I'm grateful for her service."

Dr. Franklin arrives with 14 years of experience working with service members and their families. Most recently, Franklin was Behavioral Health Branch Head at Headquarters Marine Corps, charged with leading five behavioral health programs, including suicide prevention.

Prior to working for the Marine Corps, Dr. Franklin worked for both the Air Force and the Army, supervising family programs at the installation and regional levels. Dr. Franklin's area of interest is posttraumatic stress symptoms and how those symptoms impact family functioning.

Franklin, a licensed clinical social worker, has a Ph. D in social work from Virginia Commonwealth University. Her post-doctoral research explored the impact of deployment and psychological well-being on family relationships.

Veterans Services and Where to Find Them

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

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

Health Care

VA's health care offers a variety of services, information, and benefits. As the nation's largest

integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliaries, readjustment counseling centers, and various other facilities.

Benefits & Services

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

Burial and Memorials

Burial and memorial benefits are available for eligible service members, Veterans, reservists, National Guard members, and eligible family members. Service include interment, headstones and markers, and Presidential memorial certificates. VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 Soldiers' lots, confederate cemeteries, and monument sites.

Veterans Benefits Fact Sheets

<http://www.vba.va.gov/VBA/benefits/factsheets/#BM1>

Work Outlines Budget Priorities, Process

CLAUDETTE ROULO
DoD NEWS, DEFENSE MEDIA ACTIVITY

SAN DIEGO, California - The president's fiscal year 2016 defense budget request begins the process of restoring future warfighting capacity and capabilities by reversing delays to long-term modernization efforts, Deputy Defense Secretary Bob Work said Feb. 10.

The request balances lower budgets with higher operational demands, he said during his keynote address at the U.S. Naval Institute's 2015 WEST Conference in San Diego, and totals \$585 billion in FY 2016, which includes \$51 billion in overseas contingency operations funds.

"These numbers are about \$36 billion above the FY 2016 sequestration caps — which remain in effect at this point — and about \$38 billion, or 7.6 percent more than the enacted FY 2015 budget levels," the deputy secretary said.

"These figures are right in line with those that we submitted last year," he added.

How the 'Sausage' is Made

The request is strategy-driven, resource-informed and the result of long months of review, Work said.

In describing "how the sausage gets made at the department," the deputy secretary said the process involves hours upon hours of deliberations in a windowless room in the bowels of the Pentagon.

"That's where we make our strategic priorities and hash out where we will invest our money," he said.

Before deciding where to invest, Work said, the Defense Department had to determine whether the strategies outlined in the 2014 Quadrennial Defense Review were still right for the existing global security environment. Deliberations were disrupted by three global security "surprises," he said.

Global Security 'Surprises'

Russia's illegal occupation and annexation of Crimea actually began with destabilization efforts before the QDR was published, the deputy secretary said. Moscow continued its interference in Ukraine by backing separatist activity in the eastern part of the country, Work said.

"These actions suggested unless we could convince Moscow to change its course, that we and our NATO allies were going to be entering into a period of prolonged and heightened tension with Russia," he said.

In June, terrorists from the Islamic State of Iraq and the Levant launched an offensive out of northeast Syria and into Iraq, the deputy secretary said.

"The threat to our people and our interests, along, most importantly, with the formation of a partner — a new, more inclusive Iraqi government that we could work with, prompted our leadership ... to forge a counter-ISIL coalition and to use force in Iraq and Syria to confront that threat," he said.

And finally, the Ebola outbreak in West Africa surprised the world in its scale and scope, Work said.

Enduring Challenges Continue

The transition of the mission in Afghanistan, ongoing negotiations over Iran's nuclear program, China's

activities in the East and South China seas, and global cyberattacks — culminating in the hack and theft of data from Sony's networks — made for an already volatile security environment, the deputy secretary said.

And as the nation called on its international partners and allies to respond to these crises, it quickly became evident that the capabilities and capacities of its allies were tapped out, he said.

"So, like it or not, the United States would remain the global security first-responder," Work said.

Strategy Remains Viable

But, he added, the department's leaders concluded that the strategic decisions arising from the 2014 QDR were, in fact, still viable and the priorities remain intact.

"Now, we recognize that the assumptions that underpin each of these ... priorities would have to continually be reviewed, especially with regard to what has happened in Europe and the Middle East," the defense secretary said.

DoD came to the same conclusion on the strategy's force-planning construct, Work said. "This construct calls for a smaller, leaner, technologically advanced joint force able in peacetime to do three things: defend our homeland, carry out global counterterrorist operations in multiple theaters, and deter aggression and assure allies through forward presence and engagement," he explained.

And if deterrence fails, Work said, this joint force must be able to defeat a regional adversary in a large-scale multi-phased campaign, while at the same time imposing costs on or denying the objectives of another aggressor in another region.

"We concluded that the force we submitted last year in [the president's 2015 budget] remained broadly sufficient to need, with one key exception," the deputy secretary said. "And that was in ... intelligence, surveillance and reconnaissance assets."

As a result, he said, the force structure in this year's request is similar to the one proposed by the president for FY 15.

Budget Balancing Act

Even at these elevated budget levels, maintaining the balance between personnel, readiness and modernization is extremely challenging, Work said. Any funding below the levels outlined by this budget request, or a denial of compensation and efficiency initiatives, would place the strategy at risk for a number of reasons, the deputy secretary said.

The department is emerging from 13 years of war that has caused enormous strain on troops and their equipment, he said.

Recent events have highlighted the difficulty of taking a long-planned 2-3 year "reset" to repair and replace war-torn equipment and to train troops, Work said.

"As this last year has shown us, we just cannot be ready for one thing. We can't be a counter insurgency force, we can't be a high-end multi-phase campaign force, we have to be able to do all those things, and it takes time," the deputy secretary said.

Because of this high operational tempo, the department

isn't doing a reset, it's doing a "running reset," he said. "We're building this airplane while it's flying," Work said.

This is made even more challenging because readiness is only now beginning to recover from the damage caused by sequestration in 2013, the deputy secretary said.

"Our forward-deployed forces are locked and cocked and ready to go ... but the surge force, the heavy-duty Sunday punch that you throw when necessary, that's not as ready as it has been in the past," he said.

Time and Money

This is a problem of time as much as it is money, Work said.

Consequently, he said, the department has adjusted service end-strength ramps for the Army and Marine Corps to reduce personnel turbulence and stress on the force.

Home station training and range infrastructure have received additional funding, Work said, as have efforts to alleviate maintenance backlogs.

Funding toward each of the services' operational and maintenance accounts increased nearly 10 percent over last year, but, he said, achieving full-spectrum combat readiness cannot happen overnight.

"Even if Congress gets rid of sequestration and gives us the full president's budget level, it's going to take until 2020 for the Army, Marines and Navy to get back to full-spectrum combat readiness and it's going to take the Air Force until 2023," the deputy secretary said.

"The second challenge is because personnel and operations and maintenance costs increase faster than the rate of inflation, the department needs to see 1-3 percent real growth per year to maintain balance," Work said. "But we have been at flat budget levels for three years now."

To free up resources, the department has worked to become more efficient and disciplined in its use of resources, the deputy secretary said.

Efficiency Initiatives

Four rounds of efficiency initiatives sought to shift defense spending to the teeth of defense programs, rather than the tail, Work said.

"But these savings often come over time, and they really do not keep up with the increased spending on [operations and maintenance] costs," he said.

In addition, Congress has denied several reform proposals, the deputy secretary said.

For example, even though force sizes are decreasing, "Congress continues to reject our repeated requests for a Base Realignment and Closure round. We project, conservatively, that that would save us about \$2 billion, recurring," Work said.

"Maintaining outdated and duplicative systems and unwanted infrastructure drains scarce resources that should go elsewhere into the program. It is wasteful, it's strategically unsound, and it ultimately endangers the readiness of our men and women in uniform," he said.

Cardiac Arrest or Training Scenario

1ST LT. NICHOLAS BARILLARO
142ND MEDICAL COMPANY UPAR

DANBURY – During February drill, combat medics from the 142nd Medical Company conducted typical training which included controlling bleeding, applying combat tourniquets and stabilizing broken femurs with traction splints. They were comfortable and warm indoors – not expecting something was about to happen.

Suddenly, a Soldier burst inside alerting them of a “cardiac arrest” in the motor pool. The medics had no idea whether this was a training scenario or a real life medical emergency and wasted no time grabbing an aid bag and rushing to the motor pool.

Upon arrival they found Sgt. Leonard Williams experiencing chest pains on the back of a military vehicle. Sgt. Lillian Gopioian took control of the scene, and her team of medics treated Williams, loaded him onto a litter and carried him through the snow back into the armory.

For the 142nd Medical Company, the cold winter months of drill are spent primarily conducting medical training and sometimes getting called up to support the occasional winter storm response. Soldiers in this unit need to be ready at all times to assist in medical emergencies, even during these training scenarios. As a medic, being ready means being on your toes at all times so when disaster strikes, you can respond within the “golden hour.”



Medics from the 142nd Medical Company, Connecticut Army National Guard, respond to a mock cardiac arrest scenario during their February drill. (Photo by 1st Lt. Nicholas Barillaro 142nd Medical Company UPAR)



...? All the Same for Combat Medics



Combat Medics of the 142nd Medical Company, Danbury, Connecticut, litter carry a fellow Soldier during a mock "cardiac arrest" during February drill. Left photo: Sgt. Leonard Williams (patient), on left, front to rear, Pfc. Carlo Troiano, Spec. Megan Wight) and Pfc. Clayton Walter and right, front to rear: Sgt. Daniel Sheriff, Pfc. Nathanael Rivera and Sgt. Omar Nunez. (Photo by 1st Lt. Nicholas Barillaro, 142nd Medical Company UPAR)

Budget Explained

From Page 13

Technological Advantage Eroding

The erosion of the military's technological edge not only challenges the Defense Department, but it ultimately threatens America's leadership in the world, the deputy secretary said.

This undermines the assurance America provides to its allies, and may undermine deterrence, Work said.

"We're seeing levels of new weapons development that have not been seen since the mid-1980s, near the peak of Soviet Union Cold War defense spending," he said.

Russia is modernizing forces that were once in steep decline, the deputy secretary said. China's defense budget is estimated to have increased by 500 percent between 2011 and 2016, Iran has built up an array of asymmetric capabilities, and North Korea's growing arsenal of nuclear weapons and road mobile ballistic missiles put allies and forces in the region at risk, Work said.

To prevent that from happening, the FY 2016 budget submission is an attempt to reverse years of underinvestment in new weapons and capabilities deemed the highest priority in the 2014 QDR strategy, he said.

"Because of the proliferation of guided munitions and other advanced technologies that threaten our ability to project power, we're spending more on ... counter anti-access area-denial weapons," the deputy secretary said.

And because the space constellation is under more threat now than at any time before, Work said, the budget request includes increased funding for space resiliency and space control capabilities.

Defense Innovation Initiative

"Trying to tackle this erosion of technological superiority is exactly what Secretary Hagel had in mind when he announced the Defense Innovation Initiative in November," he said. "It's a department-wide effort to identify a third offset strategy ... or perhaps more accurately, offset strategies, in order to sustain and advance our military and technical edge into the 21st century."

This will be more difficult now than in the past because threats have become more diffuse, the commercial sector now drives much of defense innovation, and the rapid spread of technology shortens the lifespan of any advantage, Work said.

The FY 2016 budget submission invests in some potentially game-changing new technologies, he said, as well as long-range research efforts.

"For example, we're investing more in unmanned underwater capabilities, high-speed strike weapons, rail guns and high-energy lasers," the deputy secretary said.

The third offset strategy is about much more than technology, Work said. "It really is about what can we do in terms of operational concepts, and what can we do differently to provide us with an advantage," he said.

A big part of the third offset strategy is to find innovative ways to employ promising technologies, Work said.

Severe Consequences if Sequestration Returns

All of this is done with one thing in mind, the deputy secretary said. "Provide our troops with a decisive competitive advantage. Ultimately, if it's not about winning on the future battlefield, I, as the deputy secretary of defense, don't want to waste a moment's time with it," he said.

"Our job is very simple," Work said. "We have a mission. And that mission is to organize, train and equip a joint force that is built and ready for war and operated forward to preserve the peace. Everything else that we do, if it's not focused on that mission, it's a damn waste of time."

"So, every day, when I get up, I ask myself, 'How can we make the future lives of our service men and women better by providing them the tools that they're going to need to prevail at war?'"

Returning to sequestration funding levels would be a disaster for that mission, he said.

"It just doesn't make sense," Work said. "Everyone you talk to says it doesn't make sense. But then they

say, 'But we can't figure out how to de-trigger it.' Well, that's what you're elected for, all right? Go figure it out."

"... We do this in the Pentagon all the time. Lock yourself in a room, feed you pizzas for six weeks, I guarantee you, at some point you'll say uncle and come out with an answer," the deputy secretary said.

"Sequestration is a blunder that allows our fiscal problems, not our security needs, to determine our strategy. If you want a budget-driven strategy ... go to sequestration," Work said.

"The budget we are submitting supports the national defense strategy ... we would not submit a budget that nullifies it. The senior leadership of the department is in total agreement with President Obama that sequestration must be overturned," he said.

"In the coming months, we will provide updated details on whatever Congress needs, what we need to do. But we want to work closely with them to get rid of this very destructive and very non-strategic way forward," Work said.

Wear Your SEAT BELT

Narrow, unimproved roads and heavy vehicles don't always mix.

RECON

Wearing seat belts and properly executing emergency rollover drills saves lives.

ARMY SAFE IS ARMY STRONG

U.S. ARMY
ARMY STRONG.

U.S. ARMY COMBAT READINESS CENTER
<https://safety.army.mil>



CHIEF MASTER SGT.
EDWARD GOULD

Enlisted Update

Greetings and welcome to March, the month when spring will finally begin. The past couple of months have made us question if it would ever arrive but, have faith, the calendar proclaims March 20 as the first day of spring.

Similar to the predictability of the changing seasons comes the predictability of another article from one of your senior enlisted leaders regarding our profession of arms: the profession we have all sworn an oath to.

Since my last article I have had the opportunity to attend the annual Naval Submarine Base New London Chief Petty Officer Dining In, held at the Mystic Aquarium among the impressive indoor aquarium displays. It was a great event and was a chance to build camaraderie between personnel from the sub base and Connecticut National Guard. Proceeds from the event are used to support the sub base's Sailor of the Year competition. I encourage all who are eligible to attend next year and find out first hand.

I also had the opportunity to attend the Air Force Association Conference. I was in attendance as the Region 1 primary representative for the Air National Guard Enlisted Field Advisory Council. EFAC Region 1 includes the states of Delaware, New Jersey, New York, Connecticut, Rhode Island, Massachusetts, New Hampshire, Vermont and Maine.

Similar to the Command Sergeant Major Advisory Council, EFAC is charged with bringing Air National Guard enlisted matters to the most senior leaders of our respective organizations.

Issues that are raised within Region 1 and brought to the attention of senior enlisted leaders, are then forwarded to my attention and I voice that concern amongst the other EFAC representatives.

Once the issue is accepted by the EFAC, it is staffed in the hopes of finding a resolution. I encourage all enlisted members, Army and Air National Guard alike,

to educate themselves regarding this process. The EFAC and CSMAC are vehicles that can be used by Airmen and Soldiers alike to address issues that affect Airmen and Soldiers across the National Guard enterprise.

While at the Air Force Association Air Warfare Symposium, we heard directly from the most senior leaders of the Air Force and the Air National Guard. During one briefing we heard directly from the Secretary of the Air Force, Deborah Lee James, and Air Force Chief of Staff, General Mark A. Welsh III.

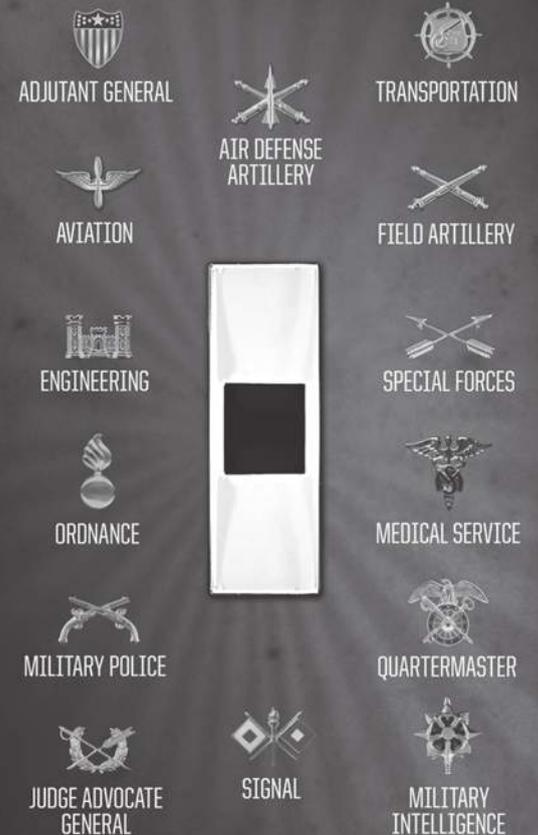
Gen. Janet C. Wolfenbarger, Commander of Air Force Material Command, also spoke. She is a 1980 graduate of the USAF Academy, the first USAFA class with female graduates and is the first USAF four-star general.

An overarching theme of the symposium was the budgetary challenges that lie ahead and the need to embrace innovation. Several of these leaders compared the size of the current Air Force to its size during the 1990s and immediately after World War II, noting the challenges of the decreased amount of personnel and aircraft and the need, and ability, of technology to be a force multiplier required to win our nations conflicts.

All leaders praised the Air National Guard and U.S. Air Force Reserve for their contributions to the total force. Gen. Darren W. McDew, Commander of Air Mobility Command, commented that the vast majority of C-130 airlift capability is assigned to the Reserve Component of the Air Force and that the airlift mission cannot be accomplished without the total force construct and without the Air National Guard and Air Force Reserve contributions.

These examples show the importance of our profession and the critical role the National Guard plays in the execution of the nation's national security policies. I encourage all Airmen and Soldiers alike to educate themselves in regards to the missions of EFAC and CSMAC and to support the professional organizations that support you.

BECOME A LEADER AND
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

Stubby Award: 'Hero' is State Police Canine Hero

SGT. 1ST CLASS MARK BOUDREAU
1ST GOVERNOR'S FOOT GUARD

WEST SPRINGFIELD, Massachusetts - Maj. Christopher Cain, commander of the First Company Governor's Foot Guard, presented the Stubby Award for Canine Heroism to Hero, a German Shepherd Dog in the Connecticut State Police Canine Unit, on Feb. 8.

The presentation was made during the First Company Governor's Foot Guard Athletic Association 87th Dog Show and Obedience Trials held in the Young Building at the Eastern States Exposition. Trooper Michael Zella, Hero's partner, accepted the award. They are assigned to the State Police Barracks Troop C in Tolland. Also present at the presentation were the Troop C commanding officer Lt. Scott Smith and Trooper First Class James O'Donnell, a trainer with the Connecticut State Police K-9 unit.

On April 17, 2014 Hero, trained in search and rescue, and Zella responded to a call for aid from the Coventry Police Department to assist in the search for a missing child. Although not on duty, Trooper Zella and Hero responded to the call and were able to quickly locate the missing child.

Hero is four years old and began working with Zella in August of 2012. They have been on patrol together since January of 2013 after completing the 15-week training with the Emergency Services Unit's canine unit in Meriden. Hero came from the Fidelco Guide Dog

Foundation where he born and was being raised to be a guide dog. According to Zella, he did not work out in that role, but those same traits that made him unsuitable as a guide dog make him an excellent search and rescue dog.

Trooper Zella, from Bridgewater, Massachusetts, currently lives in Willington with his wife Megan and their Labrador Retriever Bruce. Zella has been a state trooper for five years and Hero is the only dog he has been partnered with. On average, Zella and Hero respond to between 10 and 15 calls for aid per month. According to Zella, working with Hero and being able to find a missing person or locate and capture a suspect gives him the greatest feeling. Hero is one of three dogs assigned to the Tolland barracks. He and one other dog are patrol dogs and the third dog is in training.

About the Stubby Award:

In February of 1918, a canine hero was made. "Stubby", a mixed breed pup adopted by a member of the Connecticut National Guard and smuggled overseas by his owner, saved Soldiers from sure death by alerting them to a gas attack. By the end of the war, after being wounded multiple times and performing other heroic actions such as finding and holding a German spy for allied troops, Stubby was promoted to sergeant and received several awards. The First Company Governor's Foot Guard recognizes special animals by presenting the Stubby Awards for canine acts of heroism in Connecticut.



Maj. Christopher Cain presents the First Company Governor's Foot Guard Stubby Award to Connecticut State Police patrol dog Hero and his partner Trooper Michael Zella. (Photo by Capt. Kevin Cormack, 1GFG)



Maj. Christopher Cain presents the Best in Show trophy to "Classical's My Turn", call name Turner, a bearded collie at the 86th First Company Governor's Foot Guard Athletic Association Dog Show Feb. 7. The show was held in the Young Building at the Eastern States Exposition in West Springfield, Massachusetts with nearly 1000 dogs competing. Turner was selected Best in Show by judge William G. Daugherty and was shown by Clifford W. Steele. (Photo by Sgt. 1st Class Mark Boudreau, 1 GFG)



Maj. Christopher Cain presents the Best in Show trophy to "Nautilus Keystone", call name Keystone, a golden retriever at the 87th First Company Governor's Foot Guard Athletic Association Dog Show and Obedience Trials Feb. 8. The show and trials were held in the Young Building at the Eastern Status Exposition in West Springfield. Best in Show judge Steven D. Gladstone chose Keystone who was shown by Mark Desrosiers. (Photo by Sgt. 1st Class Mark Boudreau, 1GFG)

Inside OCS: Sergeant Finds OCS 'Most Challenging'

OC VENROY FORTE
OCS CLASS 60

Before joining Officer Candidate School, I was a sergeant in the Army National Guard.

Due to my experience, I didn't expect OCS to be challenging. I soon found that this would be one of the most challenging programs of my life.

OCS creates a stressful environment and demands candidates to make swift and sound decisions. It focuses on developing each candidate's knowledge, skills and abilities while teaching candidates to be effective leaders.

During the first phase, I learned about the physical toughness and basic soldiering skills required to be an officer. I realized that making the commitment of being an officer is not something everyone can do. I witnessed firsthand my teammates quitting when times got hard.

A member of the cadre once said, "If they quit on you now, they will quit on you on the battlefield." That phrase has stuck with me, because I don't want to go to war with someone that is going to quit when times get tough or the odds are not in our favor. One of my biggest takeaways from the first phase was that my decisions not only affect me, but the people I'm in charge of.

I also learned a great deal in the land navigation course as I refined my abilities to read a map and associate terrain. I now feel comfortable going anywhere in the world with

a map and compass with the ability to navigate myself to my destination.

During the second phase of OCS, I learned about the planning that goes into preparing and conducting a drill weekend. It takes time and dedication in order to be successful. Whether it is conducting route reconnaissance for a ruck march, or setting up a supply request, the smallest details in the implied tasks could be the difference between accomplishing or failing the mission.

I had to learn how to manage my work and personal life around the requirements for OCS. I learned that I must dedicate certain hours of my day to complete OCS tasks. Tasks such as planning our mid-month meeting can be difficult sometimes because some candidates have complex work schedules, but we still find away to make it work.

Some candidates find it difficult to maintain their physical fitness especially when the holidays come around but candidates have to make the time to continue meet the physical requirements.

The OCS program has the best officers and noncommissioned officers as trainers. The cadre has the responsibility of evaluating our leadership potential and recommending ways that we can improve on our leadership abilities. They also provide us with mentorship

from their experience and after evaluations, I learned my strong points and ways to improve in my areas of need. As a result, I feel like I'm growing both as a person and a Soldier because I'm able to take what I learn in OCS and apply it to my everyday life. I now find that I am more detail oriented and I meticulously plan any task that I need to accomplish.

Another unique aspect of the program is the other candidates I have had the pleasure to work with. The current candidates come from different backgrounds and professions, and each bring their professionalism and experience to the program.

During our past drill, each candidate had the opportunity to grade and rate other candidates based on their strengths and weaknesses. The cadre then counsels candidates privately on how they were rated by their peers. This tool helped provide me with great insight into my strengths and the steps I must take to improve on my weaknesses.

I am proud to be a part of OCS and I am excited to continue my journey towards commissioning, as I have never been part of a program where the main focus is to improve the individual. I know that as a team, we can accomplish all of our goals, and in the end, improve ourselves as well as the Connecticut Army National Guard.

HERE IT COMES Are you ready to hit the road?

- Accelerate and decelerate slowly
- Increase your following distance eight to 10 seconds to provide more room to stop
- Know your brakes
- Don't power up hills and don't stop while going uphill unless necessary
- Take a fully charged cellphone, food, water and warm clothing
- Don't go out unless absolutely necessary

READY ... OR NOT?

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?

ARMY STRONG: <https://safety.army.mil>

Facts that help you KNOW THE DETAILS!



Standard Drinks

- One standard drink is equal to 0.6 ounces of pure alcohol
- 12oz can of beer (4-7% alcohol content) - different brands have varying alcohol content
- 5oz glass of wine (8-15% alcohol content) - 10oz glass of wine is 2 standard drinks
- 1.5oz of 80 proof liquor - liquor can vary from 40-95% alcohol volume

Low-risk Guidelines

- 0 for illegal drugs or non-prescribed drugs
- 0 is always a low-risk choice when it comes to consuming alcohol
- 0 is the only low-risk choice for history of alcoholism, pregnancy, and underage drinking
- 1 standard drink (0.6oz pure alcohol) in one hour
- 2 standard drinks per day, one per hour, if you are a daily drinker
- 3 drinks in any one day when you are NOT drinking regularly

Know the Details!

- Remember: we can't trust how much alcohol is a drink by just looking. Ask about the pour if someone else is pouring (for example, a friend or a bartender looking for tips). Measure accurately if pouring ourselves.
- Know if your medication reacts negatively to alcohol or degrades the efficacy of our medication.
- Following these guidelines can prevent alcohol and drugs from having a negative impact on our work.

For more information, please contact:

Dr Steven Langehough
Alcohol and Drug Control Officer
Phone: 475-238-2138

Jennifer Gonzalez-Smith
Prevention Coordinator
Phone: 860-549-2838

Email: steven.o.langehough@accenturefederal.com Email: j.m.gonzales-smith@accenturefederal.com

ARMED FORCES DAY LUNCHEON MAY 15TH 2015

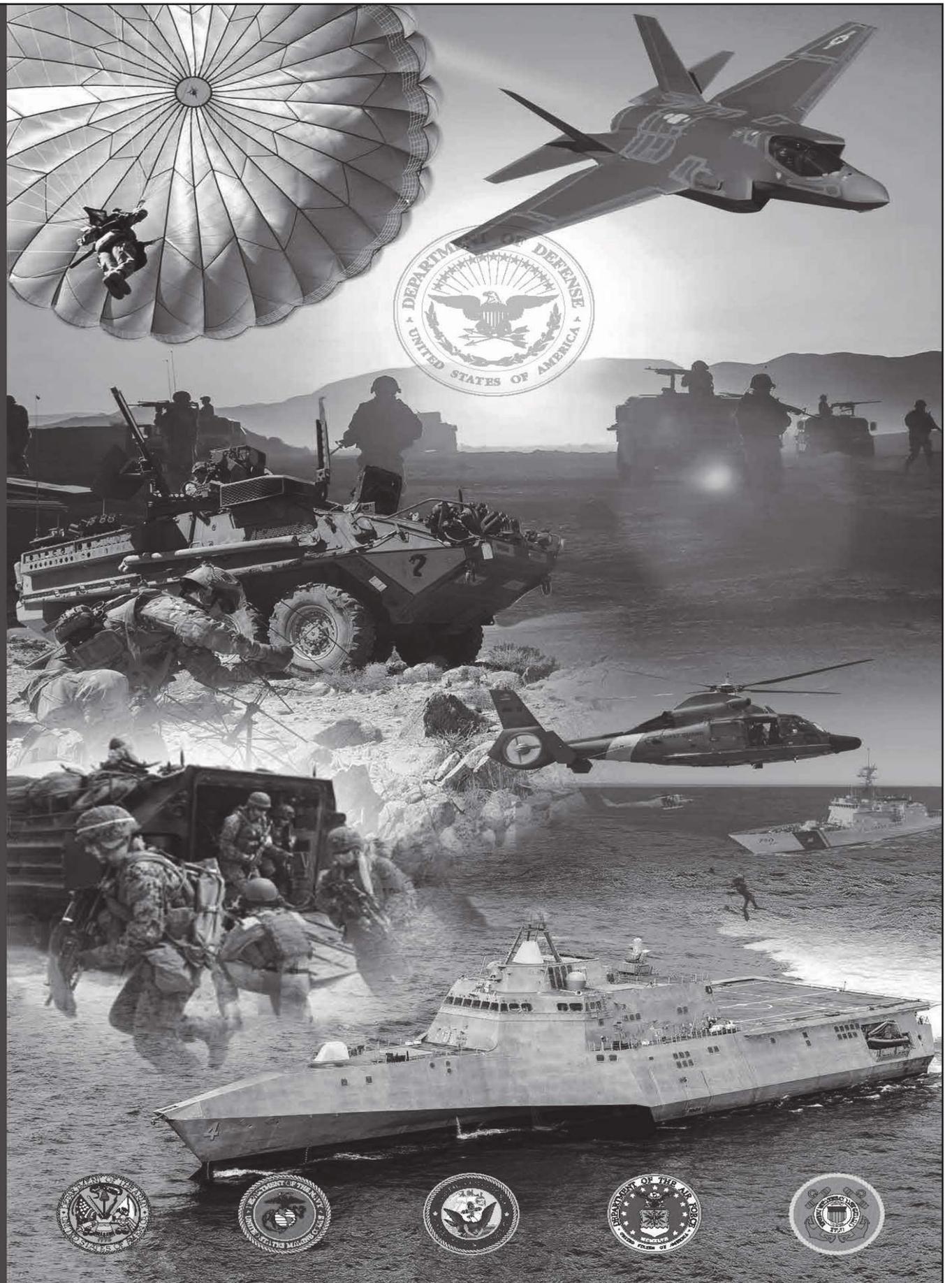
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SOUTHINGTON, CONNECTICUT**

For More Information, contact
Sgt. 1st Class William Blake
(860) 493-2750

William.D.Blake14.mil@mail.mil
or visit

the Connecticut National Guard
on Facebook and Twitter

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twitter.com/CTNationalGuard



**Courage Honor Strength Duty Dedication
Excellence Valor Commitment Professionalism**

Legal: Is a Nursing Home in Your Future?

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

According to the U.S. Centers for Disease Control and Prevention, 1.4 million Americans live in nursing homes. While some people choose to spend their last days in a nursing home with good reason, other people just end up there. Planning right now can help determine where and how you and your loved ones will spend the final days of this life.

In Connecticut and elsewhere, the typical path to a nursing home starts upon release from a hospital following a fall or significant health complication in old age.

When a hospital deems someone unsafe for release after treatment, they are often sent to a long-term care facility for rehabilitation. The first 90 days of nursing home care for elderly patients are paid for by Medicare and then a Title XIX application is filed which determines whether a person is eligible for the government to pay their medical care (and nursing home bill) through Medicaid.

The rules are complex, but basically a person pays their own nursing home bill (currently around \$12,000 per month according to Connecticut's Office of Policy and Management website), and once their assets are spent the government picks up the nursing home tab at a

reduced rate for the rest of their stay. The government can seek recovery for assets sold or transferred for less-than-fair-market-value in the five years prior to the application.

While the current federal funding structure and the level of care required often make putting elderly people into nursing homes the most convenient and practical solution, options are available.

Sometimes people in nursing homes are able to resume lives in the community with the active and engaged assistance of family members or court-appointed conservators who seek out creative ways to use the federal funding and state programs to locate and administer supports at home and in the local community. Money Follows the Person is a program established by Medicaid to increase the use of home and community based care for individuals in need.

When hospital staff and others deem a person cannot adequately make informed decisions, they look to the health care agents and powers of attorney contained in a person's estate plan or to conservators appointed by probate courts. When this happens, individuals may lose their ability to make their own decisions regarding finances and health care. If they do, their conservator or health care agent makes decisions regarding extremely

important matters such as admission to a nursing home. Individuals in these situations are afforded important legal protections under state law, but still lose autonomy in making their own decisions.

A conservator of person or estate, appointed by a court to act on behalf of another person who is unable to care for them self, fulfills a role similar to that of a caregiver who acts under a financial or health care power of attorney. Conservators can be family members, or when they are not available or it is not practicable to appoint them due to conflict or distance, the court can appoint professionals such as lawyers or social workers. Individuals may not need to be conserved if they have adequate estate plans in place that appoint appropriate people in advance to manage their health care and finances.

Having an estate plan that appoints people in advance to play important roles assisting with financial and medical matters, and communicating preferences to those people in advance, can help ensure the final days of this life are spent with dignity.

Whether you or your loved ones end up in a nursing home, an in-law apartment at the home of a family member, or in some other place for the last days of this life can be influenced by the planning you do now.

Diversity: CT's First Female, Minority Assistant Adjutant General

SGT. 1ST CLASS DANIEL FREEMAN
JFHQ SEXUAL ASSAULT VICTIM ADVOCATE COORDINATOR

March is National Women's History Month, and the theme in 2015 is "Weaving the Stories of Women's Lives." Retired Brig. Gen. Mary Ann Epps' life as a perioperative nurse and a member of the Connecticut National Guard shows you can balance a highly-skilled professional career with an impressive military career.

In April 2001, the Connecticut Military Department made history when then-adjutant general, Maj. Gen. William Cugno nominated Col. Mary Ann Epps to succeed Brig. Gen. George Demers as the Assistant Adjutant General – Air and commander of the Connecticut Air National Guard. This made Epps the first woman and African-American to achieve this title for the CTNG. Epps stated in a 2002 newspaper article, that she never showed her weakness.

"Don't let the enemy know they are getting to you," said Epps.

Diversity has been shown to be a powerful tool in the CTNG. Epps recommends that being active in military associations will aid in getting ahead in the National Guard. This will allow you to know your counterparts. She believed she was a better commander because she "had come through the ranks."

Epps wanted to join the military in 1963 after graduating from nursing school but her parents were opposed to this idea. At that time in American history, the active duty military did not appear to be a favorable option for black women. Epps continued with her nursing career

full-time and started a family. In 1976, she did finally join the 103rd Fighter Wing of the CTANG and was commissioned a year later. She had served as the officer in charge of immunizations, clinic training officer, head nurse and medical squadron commander and became the first female to achieve the rank of colonel in the history of the CTANG.

According to the National Women's History Month organizers, this year's theme, "presents the opportunity to weave women's stories - individually and collectively - into the essential fabric our nation's history."

The Women's Studies Department at Southern Connecticut State University will be hosting three events, free of charge.

In celebration of Women's History Month, the New Britain Public Library will be hosting a presentation with guest speaker Bambi Mroz from the Connecticut Women's Hall of Fame. The discussion will highlight women's contributions in such fields as the arts and sciences, politics and sports. Some of the women who will be discussed include Ella Grasso, Katharine Hepburn and Marian Anderson. Registration is recommended but not required. The event is a free, hour-long presentation starting at 6:30 p.m., on March 4.

On March 4, a panel titled, "Innovators: Women Who Get the Job Done," will kick off at 5:30 p.m. at the Schelfhault Gallery, located at 84 Iranistan Avenue in Bridgeport, free of charge. Four enterprising women who built businesses that deliver what people need and want – from tax preparation and financial services to specialty

cakes and lingerie panelists will discuss their experiences. On March 12 an evening with feminist legal scholars on intersections of gender and technology called "Gender Justice and Cyber Technology," is free from 5-7:30 p.m. at Engleman Hall, room B 121 A&B.

On March 21, the 19th Annual African American Women's Summit will occur at Wexler-Grant School in New Haven, starting at 8 a.m.

On March 26, 'The Z Experience,' a spoken word event in memory of Zannette Lewis, in conjunction with Women's Appreciation Day will take place at the ASC Ballroom at Southern Connecticut State University from 7-9 p.m.

As a reminder, the CTNG offers a community special emphasis event attendance policy applicable to technicians, AGR, and ADOS individuals during their Monday-Friday duty hours, but not applicable to individuals on IDT or during AT periods.

A maximum of four hours of official time per calendar month, with a maximum of 24 hours per calendar year, are authorized for use of attendance in duty uniform at events that are reviewed by the State Equal Employment Manager (SEEM) and found to follow federally recognized Special Emphasis Month themes.

Please contact Maj. Kristina Garuti at (860) 613-7610 or by email at kristina.l.garuti.mil@mail.mil if you have any questions about utilizing the new attendance policy.

If you know if an event occurring in your community, please contact Maj. Garuti to determine if the event meets the attendance policy applicability.



National Guard Association of Connecticut (NGACT)



21st Annual NGACT Conference and Awards Luncheon



Saturday, March 28th 2015
Conference Registration: 7:00 a.m.

Connecticut's State Veterans' Home
287 West Street
Rocky Hill, CT 06067

NGACT 21ST ANNUAL CONFERENCE REGISTRATION

Name: _____ RANK: _____ UNIT: _____

Address: _____

Home Phone: _____ Daytime Phone: _____

Email: _____

Alternate Email: _____

Conference Registration	\$30.00	_____
(\$40.00 at the door)		
NGACT Annual Dues	11.00	_____
NGACT Lifetime Dues	110.00	_____
EANGUS Annual Dues	11.00	_____
NGAUS Annual Dues —Based on Chart Below		_____
TOTAL AMOUNT ENCLOSED:		_____

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

Make checks payable to "NGACT" and send to NGACT Conference, 360 Broad Street, Hartford CT 06105-3795

Email questions about conference to: ngactexecutivedirector@gmail.com

Register on-line at www.ngact.org

Plan - Prepare - Execute: Draw Equipment, Supplies

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

Editor's Note: This is the 11th of a 12-part series.

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

Each training event is planned and coordinated in detail prior to execution. This is done during company-level training meetings using the "T-Month" construct.

This process has to start early enough in the planning cycle to ensure all required resources are present and accounted for as training begins. Unless this is done, training proficiencies the commander envisions will not happen.

Each unit has to have a deep understanding of the

local and installation-level resources available. This also includes understanding training resource cycles and conferences to ensure the unit can influence these cycles early enough to get the resources needed to train.

The following is a breakdown of major "T-Month" activities to use as a guide for units to follow in the development of training events.

Keep in mind that each major training event would fall into the T-Month concept at different points in time on the training calendar.

Month T-1 Draw equipment & supplies and execute subordinate rehearsals & checks

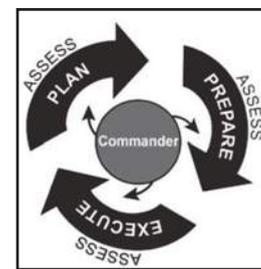
At T-1, if not previously done, draw all required equipment and test it to ensure it is operational, thereby providing time to work through problems before the event starts. Training Support Centers have unserviceable item exchange procedures that allow for swapping

unserviceable training aids, devices, simulators and simulations, or TADSS, if they are available in sufficient numbers.

Units should plan sufficient time to exchange TADSS items, as necessary. Conduct a unit rehearsal to ensure the tactical plan is synchronized and enables the leaders to make decisions at the right time.

The evaluators and observer-controller/trainers should be present at rehearsals to ensure they have a full understanding of the execution of the event. The rehearsal can facilitate adjustments to the Master Scenario Event List.

Next month will feature T Month Execute Training.



Connecticut Military History - National Guard Heritage Series

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

The National Guard Heritage Series depicts the Militia and the National Guard, from 1636 to the present. The succession of paintings sponsored by the National Guard debuted in 1962. These are used to illustrate the Guard's heritage and publicize the unique nature of Citizen-Soldiers and Airmen those interested through public outreach channels.

Subjects of the Heritage Paintings depict dramatic and inspiring scenes that best capture the essence of the National Guard Heritage. The 81 Heritage Paintings identify a National Guard unit as the central subject rather than an individual or a specific event noting the participation of a particular unit in an event is the focus.

The primary purpose of the National Guard Heritage Series is to depict combat, combat-related subjects and major rescue or relief operations. The series reflects the qualities of Guardsmen: reliability, gallantry, loyalty, combat readiness, self-confidence, self-sacrifice and devotion to duty. They show the ability to overcome the odds, regimental pride and patriotism.

The first painting of this series, "The Whites of Their Eyes," by Ken Riley was completed in 1961. This painting shows the colonial militiamen standing their

ground on Breed's Hill as the British Infantry advanced. The command, "Do not fire until you see the whites of their eyes!" has been attributed to many leaders on the field that day – including Connecticut's Brig. Gen. Israel

Massachusetts.

The Connecticut National Guard is featured prominently in two of the series paintings. In "The Siege of Louisburg, 1745," Connecticut militia participated in taking the French garrison at present day Cape Breton in Nova Scotia during the War of Austrian Succession on the side of the British. Thirty years later, some of these militiamen would be present at Lexington and Concord, facing the British Army. The print, "On the Border, 1916" shows the men of the Second Connecticut Infantry Regiment near Nogales, Arizona as they protect the border from attacks by Mexican rebels led by Pancho Villa. Shortly after this early homeland security deployment, the newly redesignated 102nd Infantry Regiment would become part of the 26th "Yankee" Division and participate in six campaigns in France during World War I.



"First Muster" by Don Troiani is just one of 81 heritage paintings in the National Guard Heritage Series. (Connecticut Guardian file photo)

Putnam.

Don Troiani, who has eight paintings in the series, has a studio in Southbury, Connecticut. His painting of "The First Muster" was featured on the cover of the December 2014 "Connecticut Guardian" and a print hangs on the second floor of the William O'Neill Armory in Hartford. It shows the first muster of the East Regiment in Salem,

prints by emailing ng.ncr.arng.mbx.ngb-history@mail.mil.

They are free, but there is a limit to the number you may order. National Guard units may order larger quantities of prints, but must do so through the State Public Affairs Officer. www.nationalguard.mil/Resources/ImageGallery

Off the Bookshelf : All Quiet on the 'Eastern' Front

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

During the early spring of 2009, I worked as a beer server in the Mohegan Sun Arena. While the rock band, The Who, performed "Baba O'Reilly" on stage, I read "All Quiet on the Western Front" at my stand.

I periodically put the book down to sell bottles of beer to customers, but business was sporadic that night, and I had more interest in reading anyway.

There's a scene towards the middle of the book, after Paul Bäumer, the main character, swims across a canal with his buddies (my favorite part), where Paul takes cover on the ground due to an incoming artillery round or bomb. He is not hurt, but is sprayed by pieces of dirt, sand and debris.

For some reason, or due to a mixture of reasons, while reading that scene, I began to have a panic attack at that beer stand.

I became extremely sweaty, and everything and everyone instantly appeared very threatening: walls, pillars, garbage cans, customers. I knew that these feelings were very absurd, but I could not help feeling them. I was on autopilot.

I felt like my brain was stuck—as if it were cramped. I knew that reading that scene had triggered something. I was suddenly re-experiencing reactions from experiences overseas.

In Afghanistan, I took cover on the ground, or didn't have time to, or didn't care and stayed standing, a

number of times during enemy attacks, and on a few of these occasions experienced that odd sensation of being sprayed by sand and dirt and debris.

It is a very weird thing to experience—and I remember feeling a high degree of numbness and a sudden, sincere distrust for the universe whenever this happened.

Every explosion seemed to sever me from the familiar reality of life at home. Each one seemed to open up a doorway to some other dark and mean dimension (in a way they did), but when the noise ended and the debris settled, that feeling of being severed from reality never dissipated entirely.

So I stood at my beer stand that night, and felt absolutely and instantaneously severed from reality. A few drunk customers asked what was wrong with me, and I replied back to them with the same question.

I gave away about 50 beers for free before I realized that I needed to take a break from working.

I took a much-needed, six-month break. We began preparing for our next deployment shortly thereafter.

Since that strange day in 2009, I've experienced a handful of like events; none as severe or weird as that one one, and none that resulted in any harm to anyone, but all in equally absurd locations: grocery stores, parking lots, churches, amongst others.

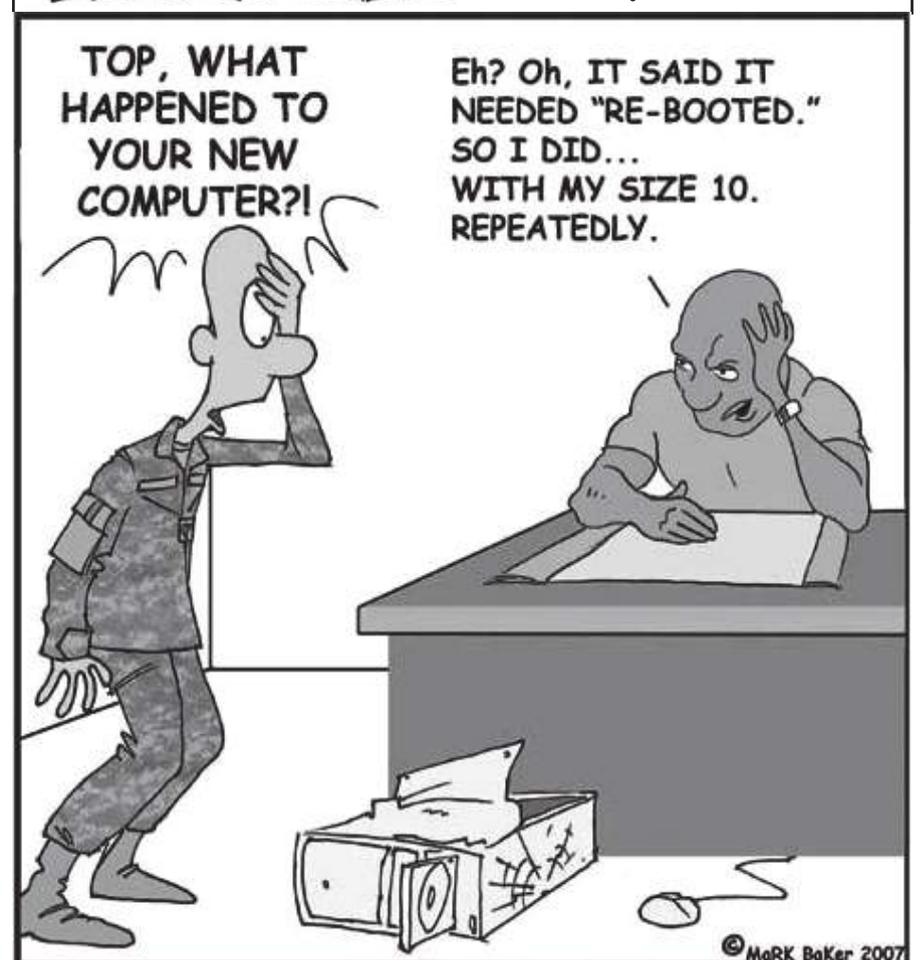
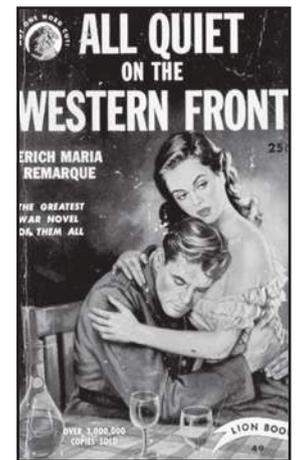
I know now that these

things are completely normal. I believe that our bodies constantly attempt to heal by exorcizing feelings and emotions. I know now that it's important to listen to our bodies.

These panic attacks all seemed to foreshadow much-needed life changes for me. They now occur less and less often, but when I do feel those familiar symptoms, deep breathing exercises have helped. Yelling and fighting hasn't helped. Drinking doesn't help.

Realizing that millions of others have experienced similar things is extremely comforting. Also understanding how lucky we all are for being deployed for OEF rather than for World War I, helps me put things into perspective.

"All Quiet on the Western Front" is relatively short, but well worth reading to truly help put things into perspective: Poor Paul Bäumer.



Connecticut National Guard HELPLINE

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

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

Your call will be answered by a behavioral health professional. You will receive

Retiree's Voice: Remembering Women in Military Service

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

A quote from 1st Lt. Anne S. Brehm, an Army nurse during World War II, is proudly displayed at the entrance to the Women in Military Service for America Memorial in Washington, D.C.

"Let the generations know that the women in uniform also guaranteed their freedom."

Dedicated on October 18, 1997, the Women in Military Service for America Memorial is the only national memorial which honors all women who have defended America throughout history.

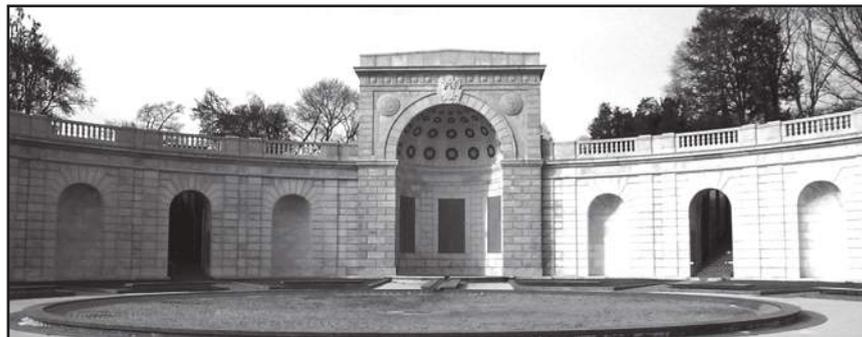
Located at the ceremonial entrance to Arlington National Cemetery, the memorial honors and recognizes the patriotism and bravery of women in service to their country. An all-female alumni band, including the author and another member of the CTARNG's 102nd Army Band, played for a reunion party and attended the dedication,

and to know that there is a memorial to recognize all U.S. servicewomen from the Revolutionary War to the present.

The memorial honors the approximately 2.5 million women who have served or now serve, including living or deceased women Veterans, Active Duty, Reserve, Guard and U.S. Public Health Service uniformed women; and women in the Coast Guard Auxiliary and Civil Air Patrol are honored. The Memorial also honors women who served overseas during conflicts, in direct support of the armed forces in organizations such as the Red

Cross, USO and Special Services; and members of the U.S. Public Health Service Cadet Nurse Corps.

The memorial is built on the site originally intended as the Arlington Cemetery Ceremonial Entrance Gate, which was never completed and had been neglected since its dedication in 1932. The memorial's roof is an arc of glass tablets, etched with quotes about and by women who



(Connecticut Guardian file photo)

have served in defense of their country. The Education Center houses a Hall of Honor, a theater, exhibits and artifacts to honor women's military service, a gift shop, Court of Valor and computerized register.

The Hall of Honor recognizes those women who, throughout history, have served with particular sacrifice and achievement including those women who died in service, were prisoners of war or were recipients of our nation's highest awards for service and bravery.

In the Court of Valor, you can hear the collective voices

of servicewomen symbolically gather together as water moves from the Memorial's Fountain to its Reflecting Pool.

The computerized register is the heart of the memorial and contains a data base of information about women who are registered.

Like Ellis Island and the World War II National Monument, visitors can search by name and access the photographs, military histories and individual stories of the women registered. The foundation actively seeks names, addresses, photos and memorable experiences of women who have served to be included in the memorial's register. They want to register as many female servicewomen as possible, regardless of component. Deceased servicewomen from any era or those who served with other civilian organizations can be registered by family members, friends and organizations.

For so long, the service of women to and in defense of the United States, was not recognized. This is a beautiful memorial and humbling yet uplifting place to visit.

I would encourage all women Veterans and Retirees to register their data at the memorial. It is very easy to do. You can either register online, at www.womensmemorial.org/Membership/reg. or download the registration form, fill out and mail it. This webpage will provide you with forms and instructions on how to register and submit photographs.

Retirement Service Officer Notes: Retirement and Post-9/11 GI Bill

SGT. 1ST CLASS REBEKAH AVERY
RETIREMENT PROGRAM MANAGER

Recently, I had a Soldier attend the retirement briefing upon his completion of 20 years of service. He planned to retire soon and said he was glad he was able to transfer his Post-9/11 GI Bill benefits to his spouse and children. I suggested to him that he speak to someone in the education office and ensure that the effective date of his retirement doesn't affect the transfer of benefits.

It turned out to be a good thing that he did his research - he discovered he needed to stay another year to keep his benefit.

The rules that apply to the transfer of the Post-9/11 GI Bill can be confusing, and special circumstances on a case-by-case basis make it more so.

According to the VA website, a Soldier who has at least six years of service in the armed forces (active duty and/or Selected Reserve) on the date of approval and agrees to serve four additional years in the armed forces from the date of election is eligible to transfer all or some unused benefits to their spouse or dependent children. The Department of Defense (DoD) determines whether or not you can transfer benefits to your family. Once the DoD approves benefits for transfer, the new beneficiaries apply for them at the VA.

Here are some key points to remember if you are planning to retire or separate from the military, as it affects the transfer of the GI Bill to your dependants:

1. All Soldiers who transferred their Post-9/11 GI Bill and are separating prior to completing the four-year service obligation must call the education office to see if their obligation end date can be changed to keep them eligible.

2. The only Soldiers who need 10 years of creditable service are Soldiers who are leaving due to a medical issue. If a Soldier has to leave the military due to a medical discharge, they must have at least have 10 years of service by the time they are discharged. For example, if someone had seven years of service they would have to complete at least three more years of the four-year service obligation for their children to use the benefit.

3. A Soldier coming up on their Mandatory Removal Date (MRD) and is not able to commit to a four-year service obligation may be eligible to transfer their benefits, however, they must see the education officer to attempt to change their obligation end date.

4. If a Soldier decides to leave the military voluntarily and does not complete their four-year obligation regardless if they have 10 years of service, the GI Bill benefits will no longer be available to dependants.

5. If you do not give this attention prior to your retire effective date, you will not know the GI Bill benefits are no longer available for your dependants until they apply for them and they are denied.

6. After retirement you must submit written requests to the VA to modify the number of months transferred, or revoke entitlement transferred.

To avoid any confusion contact the education officer to verify if the circumstances and effective date of your discharge will jeopardize your GI Bill Benefits that have been transferred.

Education Officer for Connecticut Army National Guard: Maj. Derek J. Musgrave, 360 Broad Street, Hartford, CT 06105; derek.j.musgrave.mil@mail.mil or 860-524-4816.

Upcoming Events:

-Retiree Breakfast: Third Thursday of the month at 9 a.m., March 26, April 30, May 28 and June 25 at Charlie's Place, West Main Street, Niantic, Connecticut

-The 1109th TASMG 2015 Aviation Ball on April 3 at the Uncas Ballroom at the Mohegan Sun Casino, Uncasville, Connecticut. Join in celebrating the CTARNG Aviation Community and recent Retirees. Point of contact is Master Sgt. Brian K. Weikel: 860-405-3602

The 1109th Theater Aviation Sustainment Maintenance Group
will proudly host the:

2015 AVIATION BALL



Date: 3 APRIL 2015

Time: 1700-2200

Location: Uncas Ballroom,
Mohegan Sun Casino,
Uncasville, CT

Cocktail hour: 1700



This invitation is extended to all current, former members, and families of the CTARNG Aviation community.

Please join us for an evening of camaraderie, dining, and dancing!

Choice of 12oz Sirloin Steak, Chicken Half Semi-Boneless, or Pan Seared Salmon

Cost per person: E5 and below= \$50,

E6-E8, WO1-CW4, O1-O4= \$70,

E9, CW5, O5-O6= \$100.

Retirees and additional family members (other than spouses) = \$70

Uniform: Army Dress Blue, ASU with Bow Tie, Dress Greens with white shirt and Bow Tie. No cover required. Female Soldiers are uniform optional must wear formal dress.

All others retirees and family formal wear required.

Send replies to:

1109th TASMG
Attention: Aviation Ball Committee
139 Tower Avenue
Groton, CT 06340

Phone: 860-405-3602
Cell: 860-204-1019
Fax: 860-441-2971
Email: brian.k.weikel.mil@mail.mil

Please RSVP NLT 21 MAR 2015

Rank: _____ Name: _____

Organization: _____

Mailing Address: _____

Phone # _____ Number Attending _____

Meal Choice (circle one)

Sirloin Chicken Salmon

Please make checks payable to:
1109th TASMG AVIATION BALL

Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2015 scholarship program. This year the foundation will award a total of **Ten** scholarships.

- Two \$4000.00 scholarships honoring Sgt. Felix Del Greco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard. Please note that a special application is required for the Del Greco scholarship which may be obtained from: <http://www.connctf.org>. No other application will be accepted.
- One \$2000.00 scholarship and Seven \$1,000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters or spouses. Application forms may be found on the Foundations web site at: www.ctngfoundation.org

Additional Information:

- Complete application packets must be postmarked no later than **March 15, 2015**.
- The selection committee will choose students based on achievement and citizenship.
- You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program.
- Mail application form (CTNGFI Scholarship Only) and completed package to:

CTNG Foundation Inc.
Attn: Scholarship Committee
360 Broad Street, Hartford Armory
Hartford, CT 06105

5. Please contact the foundation at (860) 241 1550 or e-mail ctngfi@sbcglobal.net for further details.

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

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

Training, Discipline and Standards

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

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

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

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

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Connecticut National Guard Promotions Army

To Private 2

Roman, Miguel M.
Sager, Tyler J.
Parke, Austin R.
Aponte, Ashely A.
Ferreira, Cody J.
DeLarosa, Paulo A.
Chowyen, Ryan
Blythe, Richard W.
Bailey, Drevaun O.
Rodriguez, Addiel G.
Finkle, Monica D.
Pintosuy, Kevin A.
Kindred, Akeem J.
Barton, Keeanu R.
Mead, Sean M.
Peeler, Alexander J.
MacFarlane, Rebecca N.
Booth, Tahj M.
Martin, Darien S.
Smalley, Marion E.
Jnphilippe, Habacuc
Hernandez, Thalia M.
Mallico, Charles D. Jr.
Santaniello, Nicholas A.
Leavens, Eugene W.
Castro, Lizmarie

To Private First Class

Andino, Beatriz
Porras, Stephanie
Ferguson, Matthew F.
Liscinsky, Brandon T.
Baldassario, Jacob C.
Rueda, Suleimi J.
Felicien, Diallo A.
Noggle, Mathew W.
Thorland, Timothy
Parker, Patrick R.
Sarrazin, Kyle L.
Fazzino, Ryan D.
Bennett, Akeba J.
Elliott, Shane R.
Keo, Johnathan K.
Williams, Shaquille A.
Petitti, Kevin P.
Daguilh, John S.
Blesso, Nathan J.
Cassese, Michael T.
Abbott, Ralph W.
Villanueva, Angel E.
Paternoster, Collin M.
Coppola, Connor W.
Lore, Travis
Seace, Jonathan M.
James, Paul A. Jr.

To Specialist

Dufresne, Anthony R.
Roberts, Shane R.
Stefanovicz, Joshua P.
Shrestha, Samman
Garrigarentas, Elvin O.
Arnold, Grant J.
Lima, Marcello P. Jr.
Mendoza, Jorge L.
Dixon, Lamarr A.
Diggs, Jordan K.
Amarillo, Michael J.
Pagel, Garrett P.
Zioli, Ashley M.
Schumacher, Alex M.
Kinney, Jareb
Croze, Joseph R.
Jimenez, Grace L.
Seaman, Katelyn A.
Baldasty, Rebecca N.
Garvin, Craig M.

To Sergeant

Zetah, Jennifer L.
Crudo, Matthew L.
Soto, David J.
Mederos, Jeffrey W.
Park, Daniel K.
Campoverde, Carlos X.

Kober, Philip
Korineck, Kevin R.
Patel, Vishal V.
Salvatore, Peter J.
Robinson, Alexander R.
Delaney, Shannon L.

To Staff Sergeant

Valdez, Albert G.
Varrato, Matthew R.
Rodriguez, Hector A.
Shatas, David M.

To Sergeant First Class

Shaw, Robert J.
Rodriguez, David R.

To 1st Lieutenant

Cruzvillar, Keitel E.

To Major

Muller, Julian

To Chief Warrant Officer 2

Hrinda, Peter M.
Brown, Dylan S.

To Chief Warrant Officer 4

Miller, Clifton D.

Air

To Airman 1st Class

Moss, Marcus G.

To Senior Airman

Chang, Aisha C.
Hernandez, Alexander
Kearney, Brian L.
Davis, Christopher R.
Cruz, Felix D.

Coggeshall, Herbert III
Brown, Mathew R.
Jean-Louis, Nathalie T.
Maloney, Nathanael J.
Green, Nicholas D.
Baker, Precious M.
Key, Robert A. II
Mejia, Wendy P.
Negron, William X.
Crawford, Zachary P.

To Staff Sergeant

Kavanah, Andrew J.
Onofrio, Gary T. Jr.
Puetz, Maria A.
Harden, Zachery A.

To Technical Sergeant

Daniel, Zachary O.

Coming Events

March

March 5

Send Off Ceremony for 192nd Military
Police & 143rd Regional Support
Group

March 8

Daylight Savings Time Begins

March 17

Guardian Deadline for April

March 18

NGACT Executive Board Meeting

March 19-22

State Best Warrior Competition

March 28

NGACT Annual Conference & Awrds

March 29

Luncheon
Palm Sunday

April

April 3

Good Friday

April 4

Passover Begins

April 4

Breakfast with the Easter Bunny

April 5

Easter

May

May 10

Mother's Day

May 15

Armed Forces Day Luncheon

May 16

Armed Forces Day

May 25

Memorial Day

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

Deadline for the April Issue of
the Guardian is March 17
Deadline for the May Issue of the
Guardian is April 14

THE 102D ARMY BAND



WANTS YOU



TO AUDITION!

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

IMMEDIATE openings for:

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

All other band instruments will also be considered!

Get the chance to perform at Community and Guard events, honor ceremonies, concerts, sporting events and much more!

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

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

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Connecticut FAMILY Guardian



VOL. 16 NO. 3

HARTFORD, CONNECTICUT

MARCH 2015

Families Supporting Soldiers

Sgt. 1st Class MICHAEL FINNEGAN
A COMPANY, 1ST BATTALION, 102ND INFANTRY UPAR

A Valentine's Day-themed bake sale held by the Family Readiness Group of Alpha Company, 1st Battalion, 102nd Infantry helped build relations and raise money during a battle handoff ceremony at Camp Niantic on Feb. 8.

Three ladies with family in Alpha Company welcomed the newest members of the Connecticut National Guard from behind a table filled with baked goods. The table was filled with everything from chocolate covered pretzels, brownies and cookies.

"It wasn't that hard getting people to volunteer to make those items. Who doesn't like chocolate after a drill weekend?" said FRG President Nora Powell, who is also the mother of Pvt. Thomas Powell.

Planning FRG events is not always easy, according to Powell.

"The hardest struggles I've had so far are finding the right time and place for our FRG to meet. We are from all over the state," said Powell. "Having this event at Camp Niantic while our unit was there, made it a perfect place to get together. I know I would have had more people attend if it wasn't for the forecasted snow. But even with that struggle, the people that are in our FRG are amazing,"

Despite falling snow, two other members of the FRG, Kaitlyn Barnett and Elizabeth Leonard, accompanied her. They set up a table in the front lobby of the RTI building and were successful in raising money.

"The FRG is an integral part of every Soldier's unit."

Nora Powell, A Co., 1st Battalion, 102nd Infantry FRG President

They also met face-to-face with new Soldiers and their families.

Assistant Adjutant General, Connecticut National Guard Brig. Gen. Mark Russo stopped by the table and spoke with the ladies before presenting Powell with a coin for her efforts.

"I'm humbled and grateful for everything the military does for us, and yet I was the one being thanked for what I was doing. That was amazing," said Powell.

Powell, who has been a member of the FRG since October 2014, volunteered quickly to be the president, motivated to build a successful FRG.

"When my son joined the National Guard, I thought I'd never have the chance to meet the people he would be serving with," said Powell. "So when the opportunity came up to become part of the Family Readiness Group, I couldn't wait to join."

Powell has a vision and goals for Alpha Company's FRG.

"The FRG is an integral part of every Soldier's unit," she said. "Whether deployed or not, we are there to bring families together.

"I want our FRG to be about family. I hope that by my efforts, people realize that it's okay to be a part of your Soldier's unit. And by being there for them, they can spend their time doing what they do best for us. I've met so many people since I started volunteering this past October, and I hope others join me because it's open to all moms, dads, siblings, spouses, girlfriends or anyone who has a special person in the CTNG"

Alpha Company's Family Support Group will be conducting monthly meetings with a focus on fund raising. This summer, the FRG will be organizing a post-annual training barbecue for the unit. For more information, email Nora and the FRG at aco102frg@gmail.com.



Kaitlyn Barnett, Nora Powell and Elizabeth Leonard manned a goodie table during A Company, 1st Battalion, 102nd Infantry's February drill. The three are members of the unit's FRG. (Photo by Sgt. 1st Class Michael Finnegan, A Co., 1-102nd UPAR)



A Company, 1st Battalion, 102nd Infantry Regiment Family Readiness Group President Nora Powell proudly shows off the coin she received from Brig. Gen. Mark Russo, assistant adjutant general and land forces commander of the Connecticut Army National Guard for her work with the FRG. (Photo by Sgt. 1st Class Michael Finnegan, A Co., 1-102nd UPAR)



A Company, 1st Battalion, 102nd Infantry Regiment Family Readiness Group had many goodies for sale during the February drill. (Photo by Sgt. 1st Class Michael Finnegan, A Co., 1-102nd UPAR)



CATHERINE GALASSO

If God is All You Have, You Have All That You Need

“The secret of my success over the 400 meters is that I run the first 200 meters as fast as I can. Then, for the second 200 meters, with God’s help, I run faster.”
Eric Liddell, describing his race

plans.

Representing Great Britain in the 1924 Olympics in Paris, skilled athlete Eric Liddell had trained for years for the 100-meter race. Born of Scottish missionaries, Liddell was sent to school in London when he was a youngster where he proved to be a gifted athlete. Liddell loved to run, particularly short distance running. And later, while he attended the university, he continued to dominate track events. A modest, faithful and principled spirit, Liddell thought that running was a way of glorifying God. “When I run, I feel His pleasure,” he’d enthusiastically say.

Living by the Scripture, “Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint,” (Isaiah 40:29-31) Liddell realized the opportunity to participate in the Olympic Games was within reach.

But months earlier, Liddell had learned that the Olympic 100-meter race would be held on a Sunday. In spite of strong pressure from the Olympic committee and criticism from countless others, he refused to run. Liddell said, “It’s the Lord’s day,” for he believed that Sunday was to be reserved for worshipping God, prayer and rest.

So staying true to his beliefs, Liddell qualified for another race that was not scheduled on a Sunday; the extremely grueling 400-meter race. That race would be held a few days later. Yet, no one expected Liddell to succeed at that distance. It appeared to be an impossible feat.

It was purported that in days leading up to the race, a gentleman who was helping with the team and who had come to admire Liddell, gave him a piece of folded paper with some words written on it. And on the day of the race, as Liddell went to the starting blocks, it was said that he had that little piece of paper in his hand.

Then, competing with some of the best athletes in the world, the race began. At the start, Liddell leapt into the lead. With exuberance and his eyes looking up to the heavens, Liddell ran faster and further. In high-speed and unwavering in his quest, unstoppable, he seemed to defy logic and the odds that were against him.

Still holding the crumbled piece of paper in his hand, Liddell crossed the finish line and came in first place! The crowd in the stadium cheered. And in a tremendous victory, it was announced over the loud speaker that not only did Eric Liddell win the gold medal, but he won the gold in new, world-record time.

The words written on that piece of paper read: “Those who honor Me, I will honor.” (1 Samuel 2:30).

Has something happened that has caused you to spend your days worried, bitter or upset? Does your circumstance seem impossible to overcome? Possibly, you are facing huge obstacles. Or, you’re starting to fall apart, as you might feel broken from past hurts, regrets or disappointments.

But whatever you may be encountering, give it to God. Dry your tears, and release the fears, the anxiety and cares to Him. Remember, God is with you and He is greater than anything that can come against you.

He is directing your each and every step, and saying to you today: “Those who honor Me, I will honor.”

And if you have God... then you have all that you need.

In the Bible, I read a story about King Hezekiah. It described how Hezekiah became very sick. Next, the Lord sent the prophet Isaiah to tell Hezekiah to put his affairs in order, for the illness would soon take his life.

After Isaiah told Hezekiah the catastrophic news, at first he was struck with grief and anguish. Yet, instead of sitting back and accepting this fate, Hezekiah stepped up in faith, turned his head to the wall and prayed.

He reminded the Lord of all the good that he accomplished in faithfulness in His sight. Hezekiah honored the Lord by trusting in Him, while he prayed for healing and asked that the Lord would restore him back to health.

Almost at once, the Lord answered Hezekiah’s plea. And before Isaiah had even left the palace grounds, he went back to see King Hezekiah with a new message.

Isaiah informed Hezekiah that the Lord heard his prayers, and that Hezekiah would indeed recover and would live another 15 years.

So never give up hope. Similar to Hezekiah, instantaneously God can reverse the unfair situations, the setbacks, and the struggles.

“...For I will cause the captivity of the land to be ‘reversed’ and return to be as it was at first, says the Lord.” (Jeremiah 33:11).

God’s mercy is fresh and new every single day. And He is working right now to perfect all that concerns you.

Hence, be at peace. And all through the day say with steadfast assurance, “Thank you, God for guiding my path,” and “With God, I will succeed.”

Set your sights on where you want to go and utter, “This is just the beginning of greater things to come,” for, “All things are possible with God.”

Then, be action oriented and go out and try your best to accomplish your inspired aspirations. Start now. For as you do, God will guide you along the path of blessings.

So keep God first-place. Serve Him. Trust Him. Pray. And continue honoring God with your life. For at the appropriate hour, new doors are going to be opened for you, awesome opportunities presented, and strong relationships formed.

The tide is now turning. God is going to reward your faithfulness and abundantly bless your future. And you’ll win the unique race you were born to win.

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

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

Understanding Traumatic Brain Injury: Types, Symptoms

CHRIS ROULEAU
CT MILITARY ONE SOURCE CONSULTANT

If you or someone you love has suffered a Traumatic Brain Injury, you may feel lost in a sea of doctors, hospitals and medical terms. For service members returning from Iraq and Afghanistan, TBI is one of the most common injuries. Blasts cause many of these injuries, but TBI can also result from automobile or other accidents. The following information will help you understand TBI and the symptoms and treatments available to help along the road to recovery.

Types of TBI

Brain injury is caused by a blow to the head strong enough to damage the brain. Closed head injuries — where a person receives an impact to the head from an outside force, but the skull doesn't fracture or displace — are often caused by blasts from improvised explosive devices. Penetrating brain injuries result when a piece of bone or a foreign object penetrates the brain.

The severity of a TBI can range from a mild concussion to a more severe injury that significantly disrupts brain function and can cause long-term or permanent problems.

· **Mild TBI** - The mildest form of TBI includes concussions. Recovery is usually a matter of just a few weeks or, in some cases, a few months. Although the injury is not life threatening, the long-term effects of mild TBI can be troublesome. Each injury is different, so be sure to get an evaluation if you think you may have suffered an injury.

· **Moderate to severe TBI** - Moderate and severe brain injuries are often marked by a period of unconsciousness. Patients with severe TBI may remain unconscious for an extended period of time. In many cases, the patients don't remember the incident and may have long-term amnesia. Severe brain injuries can be debilitating, and the road to recovery can be long. Rehabilitation is often necessary.

· **Related injuries** - Service members with brain injuries may suffer with other, more life-threatening, injuries. Diagnosing and assessing the brain injury may have to wait until the other injuries are treated. In many cases, TBI symptoms overlap symptoms of post-traumatic stress disorder, making treatment more complicated.

Symptoms

Because each brain injury is unique and the severity of the injuries can vary widely, the symptoms are different from one patient to the next. Many patients with TBI look and sound normal, but may have trouble with day-to-day functioning. The injury can affect a patient's movement, language and emotions. For families, the personality changes can be the most difficult to understand. TBI symptoms include the following:

· **Headaches** - Mild to severe headaches are common with TBI patients. Usually, they become less severe with time.

· **Dizziness** - Problems with balance may make it difficult for TBI patients to walk or even sit up for an extended period of time.

· **Excessive tiredness and problems sleeping** - A TBI patient's sleep pattern may be disrupted by the injury, making it difficult to get a good night of sleep. Also,

patients often feel tired from all the effort they are putting into their rehabilitation.

· **Problems concentrating or paying attention** - Many patients have to learn to focus on just one thing at a time. For former multi-taskers, this can be frustrating.

· **Memory problems** - Short-term and long-term memory can be affected by a brain injury. Many patients can't remember the incident or immediately afterwards.

· **Vision problems** - Some patients have problems with double vision or blurred vision. This should be evaluated by a clinician.

· **Weakness in the extremities** - TBI patients who experience weakness may have trouble with day-to-day tasks, like taking a shower or shaving.

· **Seizures** - Many TBI patients run a risk for seizures, but the risk decreases steadily as they recuperate.

· **Personality changes** - A brain injury can affect the portions of the brain that influence emotion and behavior. It can lessen emotional control, changing the patient's behavior. TBI patients can sometimes become:

· **Overemotional** - Many patients may have trouble controlling their emotions. Tears of joy or anger are common.

· **Angry** - Many patients get angry easily. They may have a difficulty controlling their emotions or they may be frustrated with the difficulties they face with everyday tasks.

· **Insensitive** - Their injuries may have reduced their ability to filter out private thoughts, so they respond with inappropriate statements. Many patients have trouble identifying facial expressions or other non-verbal signs, making it hard for them to gauge someone else's emotions.

What can family members do to help?

As the family member of a patient with a TBI, you may feel shocked, confused, and even angry. These feelings are all normal. Family

members should try to learn as much as they can about their loved one's injury so they can help make important decisions on care and treatment. Here are more steps you can take to help with your loved one's recovery:

· **Help your loved one keep to a schedule.** Following a daily routine will help your loved one master daily skills and avoid confusing situations.

· **Avoid situations with lots of people.** You may have friends and family who want to visit your loved one. Try to avoid situations where several people will be talking at once.

· **Do one thing at a time.** Help your loved one stay on track and focused by presenting only one task at a time and allowing him or her the time he or she needs to complete it.

· **Ask for help.** Whether you need help making a difficult decision, filling out paperwork or whether you just need someone to talk to, don't be afraid to ask for help. Family members and friends can be a great source of comfort during this difficult time.

State Youth Training Weekend

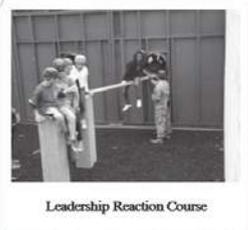
05/29/15- 05/31/15

Location: Camp Niantic, RTI

Scheduled activities:

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

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



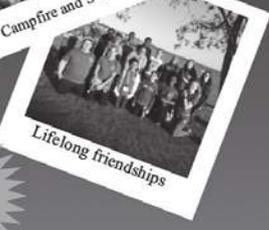
Leadership Reaction Course



Teambuilding



Campfire and S'mores



Lifelong friendships

Open to CTNG Youth ages 11-18
Drop Off: 05/29/14 @ 5:00 PM
Pick up: 05/31/14 @ 12:00 PM
Food & Snacks are provided
\$25.00 Registration fee per youth
RSVP and registration packet due by May 25th!



child & youth
program
connecticut national guard



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Checks made payable to
CT Youth Council

St. Patrick's Day Connect the Dots



Happy St. Patrick's Day!

KID'S CREATIVE CORNER

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

Service Member and Family Support Center Staff Directory

William A. O'Neill Armory - 360 Broad Street, Hartford, CT 06105 - Open Mon.-Fri.

State Family Program Director	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Lead Family Assistance Center Coordinator	Andrea Lathrop	andrea.e.lathrop.ctr@mail.mil	(860) 524-4938
Family Assistance Center Specialist	Rita O'Donnell	lerita.m.odonnell.ctr@mail.mil	(860) 493-2797
Family Assistance Center Specialist	Mitch Foreman	mitchell.d.foreman.ctr@mail.mil	(860) 524-4821
Family Assistance Center Specialist	Jessica Koehler	jessica.w.koehler.ctr@mail.mil	(860) 524-4969
Senior Family Readiness Support Assistant	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 548-3283
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4963
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920
ARNG Yellow Ribbon Program Coordinator	Staff Sgt. Clint Shivers	clinton.r.shivers.mil@mail.mil	(860) 493-2796
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254
Family Program Technician	Staff Sgt. Melody Baber	melodycheyenne.c.baber.mil@mail.mil	(860) 548-3276
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.macsata.ctr@mail.mil	(860) 548-3258
Military OneSource Consultant	Chris Rouleau	christopher.rouleau@militaryonesource.com	(860) 502-5416
Military Family Life Consultant (Adult)	Judith Charles	nghartfordctsurge@magmflc.org	(860) 471-7286
Military Family Life Consultant (Youth)	Pearl Pappas	nghartfordctsurge@magmflc.org	(860) 471-7133
Personal Finance Consultant	Ernie Lacore	elacore@mflc.zeiders.com	(860) 372-6404

Windsor Locks Readiness Center - 85-300 Light Lane, Windsor Locks, CT 06096 - Open Mon.-Fri.

Family Assistance Center Specialist	Troy Walcott	troy.a.walcott.ctr@mail.mil	(860) 292-4602
Family Assistance Center Specialist	Michael Cortes	michael.cortes1.ctr@mail.mil	(860) 292-4601

Veterans' Memorial Armed Forces Reserve Center - 90 Wooster Heights Road, Danbury, CT 06810 - Open Mon.-Fri.

Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050
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New London Armory - 249 Bayonet Street, New London, CT 06320 - Open Mon.-Fri.

Family Assistance Center Specialist	Van Nessa Foster	vannessa.n.foster.ctr@mail.mil	(860) 772-1422
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103rd Airlift Wing - 100 Nicholson Road, East Granby, CT 06026 - Open Mon.-Fri.

Airman & Family Readiness Program Manager	Donna Rivera	donna.rivera.civ@ang.af.mil	(860) 292-2730
ANG Yellow Ribbon Program Coordinator	Rick Uliano	richard.uliano.ctr@ang.af.mil	(860) 292-2730

103rd Air Control Squadron - 206 Boston Post Road, Orange, CT 06477 - Open Mon. & Fri. - (203) 795-2961

Niantic Readiness Center - 38 Smith Street, Niantic, CT 06072 - By Appointment - (800) 858-2677

Waterbury Armory - 64 Field Street, Waterbury, CT 06072 - By Appointment - (800) 858-2677

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