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Connecticut Soldier, NCO Compete for 2015 Regional Best Warrior Titles



Staff Sgt. Andros X. Thomson III and Spc. Jessica Abuhijleh run through the first checkpoint of the two-mile run portion of the physical fitness test during the Regional Best Warrior Competition held at Camp Edwards, Massachusetts in May. The two were representing the Connecticut Army National Guard against seven other states' Soldiers and non-commissioned officers. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)

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Senior Leaders Corner

Sequestration Would Mean Smallest National Guard Since Korean War, Gen. Grass Warns

SGT. 1ST CLASS JIM GREENHILL
NATIONAL GUARD BUREAU

WASHINGTON — The chief of the National Guard Bureau sounded a warning about the impact of sequestration on the National Guard in testimony to a Senate subcommittee in Washington, D.C. April 30.

“I am concerned that, under sequestration, the nation will have its smallest National Guard since the end of the Korean War, despite the American population roughly doubling since that time,” Army Gen. Frank Grass told the Senate Appropriations Committee - Defense subcommittee.

“This same force is needed to respond to the needs of the governors at a time the Army and the Air Force is drawing down and will rely more heavily on an operational reserve to accomplish combatant command missions,” Grass said.

Sequestration refers to across-the-board cuts to federal spending triggered by the Budget Control Act, with half the cuts coming from military spending and half from all other programs.

“Continued, modest investments in training, manning and equipping will maintain the readiness of your National Guard as the combat reserve of the Army and Air Force,” Grass said.

The general’s remarks came at a hearing on the posture of the National Guard and Reserves. Senior defense leaders, including combatant commanders and service chiefs, annually testify about their commands and areas of responsibility.

“While we must deal realistically with budget limits and a volatile global landscape, we must always ensure that we are ready to do the three things we do

extraordinarily well: fight America’s wars, respond in the homeland and build partnerships,” Grass said in written testimony to the committee.

“We stand as a hedge during this time of uncertainty,” he said.

About 770,000 individual overseas mobilizations of Guard members have been completed since the Sept. 11, 2001, attacks and the Army National Guard and Air National Guard have met every deployment requirement assigned to them, Grass said.

The National Guard has a unique, dual role, serving the governors of the states and territories when not in federal status.

“The National Guard is positioned in nearly 3,000 communities to provide an immediate response to local, state and national emergencies, as well as ongoing domestic missions,” Grass said.

The Guard also builds partnerships at the local, state,

federal and international level. One example is the National Guard State Partnership Program, or SPP, which pairs the Guard in individual states and territories and the District of Columbia with other nations.

“The SPP ... has paid huge dividends in establishing long-term security and personal relationships,” Grass said. “These enduring partnerships stand as some of the strongest security partnerships in the world.

“For a small cost to our taxpayers, the SPP delivers strategic benefits by providing training, sharing military and homeland defense expertise and encouraging partner nations to participate in coalition operations.”

People are the foundation of the National Guard, Grass said - units, families, communities and employers.

“The National Guard is woven into the fabric of our nation through communities everywhere, ready and willing to transform from civilians to Guardsmen on a moment’s notice,” Grass said.

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(Front Page American Flag photo by Buddy Altobello)

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Obama Nominates New Chairman of the Joint Chiefs of Staff

CHERYL PELLERIN
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON - President Barack Obama on May 5 nominated Marine Corps Gen. Joseph F. Dunford Jr. to serve as the 19th chairman of the Joint Chiefs of Staff, and Air Force Gen. Paul J. Selva to serve as the 10th vice chairman.

During an announcement in the White House Rose Garden, the president said that among military leaders, the chairman of the Joint Chiefs of Staff is the principal military adviser to him and his national security team.

Members of that team, including Defense Secretary Ash Carter, were in the audience.

"In recent years, I have been deeply grateful for the service of our chairman, Gen. Marty Dempsey, and our vice chairman, Adm. Sandy Winnefeld. Marty and Sandy will complete their terms later this year," Obama said.

Navigating Urgent Challenges

To Dempsey and Winnefeld, the president said he's relied on their advice, counsel and judgment as the nation has navigated the urgent challenges of recent years. Obama also thanked their families for decades of support.

"From ending our combat mission in Afghanistan to leading the international coalition to destroy [the Islamic State in Iraq and the Levant], conducting humanitarian operations from typhoon relief in the Philippines to fighting Ebola in West Africa, and strengthening our security alliances from Europe to Asia," Obama said, "at every step, you have been critical to our

processes, and I have valued not only your counsel but your friendships."

Introducing his choice to be the next chairman of the Joint Chiefs, Obama called Marine Corps Gen. Joseph F. Dunford Jr. one of the military's most admired officers.

"Fightin'" Joe Dunford

Dunford has served as commandant of the Marine Corps since Oct. 17, 2014.

Dunford is a Boston native, the son of a retired Boston police officer and Marine veteran of Korea, the president said, adding, "Joe followed in his father's footsteps and has distinguished himself through nearly 40 years of military service."

Dunford has commanded Marines in the field from the platoon level to a Marine expeditionary force. During the invasion of Iraq, he led Marines in the charge to Baghdad, Obama said.

According to a post on MarinesBlog, the official Marine Corps blog, it was in Iraq that he earned the

nickname "Fightin' Joe," while serving in 2003 under Marine Corps Gen. James Mattis and leading Regimental Combat Team 5 during the initial invasion.

'Unvarnished Military Advice'

"I have been extraordinarily impressed by Joe, from the situation room where he helped to shape our enduring commitment to Afghanistan, to my visit last year to Bagram, where I saw his leadership first-hand," the president said.

"I know Joe. I trust him. He's already proven his ability to give me his unvarnished military advice based on his experience on the ground," Obama said.

core principle of the national security strategy, "whether it's supplying our joint force around the world in operations large and small, to supporting and keeping safe our diplomats and embassy personnel overseas."

And because Selva served as Secretary of State Hillary Clinton's military adviser for the first years of Obama's presidency, he grasps the strategic environment in which U.S. forces operate, the president added.

Next Chapter of Service

"He understands that our military, as powerful as it is, is one tool that must be used in concert with all the elements of our national power," Obama said, thanking Selva and his wife Ricki, who also served in the Air Force, for taking on this next chapter of their service together.

Defense Secretary Ash Carter said in a statement released today that Dunford has been an infantry officer at every level, and that Selva has been an innovator throughout his career.

"They're exemplary leaders," Carter added, "and they both have the strategic perspective and operational experience to help guide our military and advise the president at a time of much change in the world."

Global Security Challenges

Also in a statement issued today, Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey said he's known Dunford for nearly half his 39 years of service.

"He is a phenomenal, combat-tested leader and a man of integrity, courage and humility," Dempsey said.

"General Selva is also a leader of competence and character," the chairman added. "He has a tremendous understanding of the global security challenges we face and experience at every echelon of command, most recently leading our global transportation network."

As Obama concluded his remarks, he told Dunford and Selva that the nation continues to call on its armed forces to meet a range of challenges.

"We have to keep training Afghan forces and remain relentless against al Qaeda. We have to push back against ISIL and strengthen forces in Syria and build moderate opposition in Syria," he said.

The nation also must stand united with its allies in Europe and keep rebalancing its posture as a Pacific power, and continue to invest in new capabilities to meet growing threats, including cyberattacks, Obama added.

"As commander-in-chief, I'll be looking to you for your honest military advice as we meet these challenges," he said.



President Barack Obama delivers remarks announcing Marine Corps Gen. Joseph F. Dunford, Jr. as the nominee for chairman of the Joint Chiefs of Staff, and Air Force Gen. Paul J. Selva, far right, as the nominee for vice chairman of the Joint Chiefs of Staff, in the Rose Garden of the White House, May 5, 2015. National Security Advisor Susan E. Rice, Defense Secretary Ash Carter and Vice President Joe Biden participated. (White House photo by Pete Souza)

Under Dunford's steady hand, the president added, Afghanistan achieved key milestones, including the taking the lead for their own security, historic elections, and the drawdown of U.S. forces, all of which set the stage for the end of the U.S. combat mission there.

Obama thanked Dunford and his wife Ella for their continued service to the nation before introducing his choice to be vice chairman of the Joint Chiefs of Staff, Air Force Gen. Paul Selva.

Pilot and Commander

Selva is a pilot and a commander with 35 years of military service.

"As leader of Air Mobility Command, he earned a reputation as a force for change and innovation," Obama said. "I understand that when it was time to deliver the final C-17 to the Air Force, Paul went to the cockpit and helped fly it himself."

As head of Transportation Command, the president said Selva has been committed to partnerships that are a

Bradley's Honor Guard Mentoring Up-and-Coming Leaders



Staff Sgts. Kent Cremer and Joel Ayala demonstrate for a group of 801st Civil Air Patrol Squadron cadets from New Fairfield High School on how to properly fold the American flag during funeral military honors. (Photo courtesy of Senior Airman Leon Brown)

SENIOR AIRMAN LEON BROWN
103RD FORCE SUPPORT SQUADRON

The members of the 103rd Airlift Wing Honor Guard took a trip to New Fairfield High School where they visited with the cadets of the 801st Civil Air Patrol Squadron. They were invited by base Chaplain and squadron commander, Maj. Eric Wismar.

"One of the primary missions of Civil Air Patrol is its cadet program, which is organized around five key areas: leadership, aerospace, fitness, character and other various activities," said Wismar. "One of those activities is Color Guard. I wanted our cadets to be able to observe and learn from the best, so I asked our 103rd Airlift Wing Honor Guard team if they would be willing to come down

and share some insights and instruction. Thankfully, they were more than willing to do so."

Honor Guard team members introduced themselves to the cadets and in return, each of the cadets introduced themselves and got to share their goals and aspirations, many of which included interest in military service.

One of the cadets said, "It was really exciting and inspiring to see members of the military come and spend time with us. It was nice to see that connection."

The cadets excitement was tempered by some early nerves that were soon set at ease.

"We weren't sure what to expect, but once everything got going it was great. The critiques and insights that the Honor Guard had to share with us were greatly

appreciated," said one of the cadets.

Members of the 801st's Color Guard team were put on the spot by their commander and shared some of their forms. It was an extra opportunity to practice as their team prepares for the Patrol State Cadet Competition in June.

Members of the 103rd Honor Guard team trained the cadets how to maneuver their rifles in a crisp manner, how to post and retire the colors, how to sharpen their movements and how to pace themselves marching. The cadets were also taught how to fold and present the American flag during military funeral honors.

Infantry Gets Back to Basics

SGT. 1ST CLASS MICHAEL J. FINNEGAN
A COMPANY, 1ST BATTALION, 102ND INFANTRY UPAR

FORT DIX – Getting back to the basics, infantry Soldiers from the 1st Battalion, 102nd Infantry Regiment (Mountain) conducted weapons qualification successfully for an entire battalion in one day.

During the unit's drill, May 1-3, the unit occupied training areas at Fort Dix, New Jersey.

On Saturday, May 2, Soldiers ran two zero ranges, a pop-up target M4 qualification range and a machine gun range for M249s and M240Ls.

"It was a long training weekend," said Alpha Company, 1-102nd 1st Sgt. Daniel Morgan. "There were many moving parts, running ranges, only three buses running Soldiers to a handful of ranges, and Soldiers from all six companies hustling to get range qualification complete."

"As an infantryman, our two main tasks are that we should be experts on physical fitness and weapons

qualification. We need these two basic principles to further our expertise," said Sgt. TJ Petersen, a team leader with Alpha Company.

"If you can not accurately fire your assigned weapon then you can get yourself or someone to your left or right killed," said Sgt. Colin Gruner, master gunner from Alpha Company.

The battalion put hundreds of Soldiers on the ground at Fort Dix and were able to get them all qualified in one day. That means the Soldiers stayed motivated, NCOs kept everyone moving, units conducted proper PCI/PCCs and most importantly the Soldiers running the ranges made it happen, according to Staff Sgt. Joseph Paoli, Alpha Company Training NCO.

"We are only allowed one time a year to qualify on our assigned weapons. These qualification weekends allow for some weapons familiarization and allow us to critique our skills and correct any issues from the previous year.

I just wish we had more time behind our weapons. But we will use the time we have, the best we can," said Gruner.

"It was my first time at Fort Dix, I thought everything worked out for the unit including the weather. We had everything going for us to have a successful weapons qualification," said Petersen.

"As for almost all the training we do in the Army it's hard to be 100% on everything, which means we can always learn and do better. I believe as a unit we were very successful with the little amount of time we were allotted for weapons qualification but we can't get complacent, we have to keep going hard."

According to Paoli, the battalion is getting ready to conduct their second annual training of the year at Fort Drum, New York.

They will be participating in a brigade-size collective operation with the unit preparing to help conduct a battalion attack.



Soldiers from 2nd Platoon, B Company, 1st Battalion, 102nd Infantry fire their M4 rifles on the zero range at Fort Dix, New Jersey during a weekend training drill in May. The battalion ran two zero ranges, an M4 range and a range for the M249 and M240L, zeroing and qualifying all Soldiers in the battalion in a single day. (Photo by Spc. Thomas Burgess, B Company, 1st Battalion, 102nd Infantry)

A Month to Celebrate and Remember



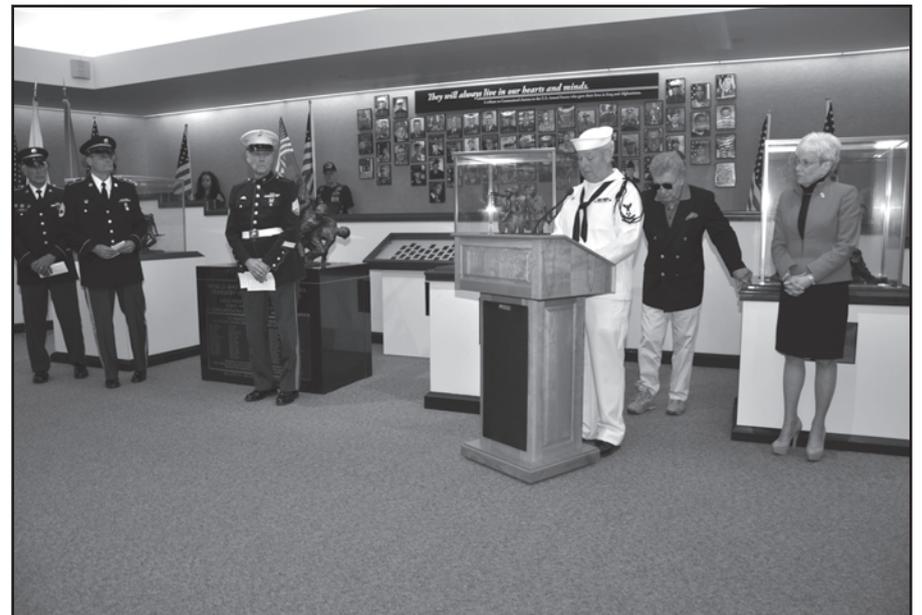
The Air Base Honor Guard from the 103rd Airlift Wing, Connecticut Air National Guard presents the colors during the Armed Forces Day Luncheon May 15 at the Aqua Turf Club, Southington. (Photo by Master Sgt. Erin McNamara, 103rd AW Public Affairs)



A Connecticut Army National Guard color guard presents the colors during ceremonies at the Wall of Honor May 21 in the state capitol. (Photo by Ms. Allison Joanis, State Public Affairs Office)



Maj. Gen. Patrick A. Murphy, adjutant general of the New York National Guard, delivers the keynote address during the Armed Forces Day Luncheon May 15 in Southington. (Photo by Master Sgt. Erin McNamara, 103rd AW Public Affairs)



Above: Members of the American Legion Post 79, Madison stand in front of the Connecticut Wall of Honor Memorial as they read the names of the 65 Connecticut Service Members who has lost their lives in Iraq and Afghanistan since the terror attacks of 9/11. The 2015 Wall of Honor Ceremony took place on May 21, 2015 at the State Capitol and was hosted by Lt. Governor Nancy Wyman (far right), and Brad Davis. The Wall of Honor, right, was established by Wyman in 2007. 2015 marks the first year since inception that no new names have been added to the memorial. (Photos by Ms. Allison Joanis, State Public Affairs Office)



Guard Private Hosts Pasta Dinner, Donates Proceeds to Wounded Warrior Project

STAFF SGT. PHILIP BENNETT
85TH TROOP COMMAND UPAR

On May 8, Pvt. Zachary Noreika hosted a pasta dinner in support of the Wounded Warrior Project as part of a school project. The event took place at the Prospect Fire House where his father, Master Sgt. Steven Noreika of 85th Troop Command, was present to support and help his son during the event.

Pvt. Noreika held the charity event to raise awareness and funds for the Wounded Warrior Project, and due to the support of his family, friends, and fellow military members, the event was a charitable success, raising more than \$1,600, surpassing the goal of \$1,000.

In addition to fundraising at the event, Pvt. Noreika was honored by Staff Sgt. David Shatas who served, and was wounded, in Afghanistan.

"I'm glad to see that the youth have so much respect for the military. I think the whole event is a great success," said Staff Sgt. Shatas, who also serves as a Waterbury Firefighter.

The event was staffed by volunteers and friends of Pvt. Noreika who wanted to support his service and contribute to helping wounded warriors. Bianca Poehailos volunteered at the food table and said that the Wounded Warrior Project is a good cause.

Emilie Noreika, Pvt. Noreika's sister, also volunteered and said that she is proud of her brother and respects him for joining the military.

Pvt. Noreika, 18, drills with the Recruit Sustainment Program at Camp Niantic. He will ship to Fort Benning where he will train to be a combat medic. Pvt. Noreika considers RSP to be a very interesting program and is glad that he will have the skills needed to excel at basic training. He especially enjoys combative and weapons training. Pvt. Noreika accredits his joining the military to his father's service,

"I think he is a great father and serves his country here and on deployment," Noreika said.

Pvt. Noreika is a young man with big dreams and aspirations for his future. He said that if you are going to do something charitable you should strongly consider supporting the military.

His hard work and dedication contributed to the success of the charity event, and his father took notice.

"I cannot be more proud of my son," said Master Sgt. Noreika.

Pvt. Zachary Noreika checks the playlist for the pasta dinner he organized to raise money for the Wounded Warrior Project. Noreika, 18, drills with the Recruit Sustainment Program at Camp Niantic. He will ship to Fort Benning where he will train to be a combat medic. (Photo by Staff Sgt. Philip Bennett, 85th Troop Command UPAR)



Pvt. Zachary Noreika (second from left) and Zack Shatas (far right) stand with their fathers, Master Sgt. Steven Noreika of the 85th Troop Command (far left) and Staff Sgt. David Shatas who was wounded in Afghanistan. Both fathers are also members of the Waterbury Fire Department. (Photo by Staff Sgt. Philip Bennett, 85th Troop Command UPAR)



Pvt. Zachary Noreika gathered several teenagers to volunteer at a pasta dinner he organized to raise funds for the Wounded Warrior Project. Noreika had set a goal to raise \$1,000 and surpassed that by raising more than \$1,600. (Photo by Staff Sgt. Philip Bennett, 85th Troop Command UPAR)





Col. Ron Welch, Connecticut National Guard Director of the Joint Staff, and Col. Christopher Egan, Commander, 85th Troop Command, join members of the Connecticut National Guard State Partnership Program and the 928th Military Police Detachment (Military Working Dogs) as they host six Military Working Dog handlers from the Uruguayan Army, Coast Guard and Air Force in an exchange of training and expertise with the 928th Military Police Detachment at their training site in Newtown. (Connecticut National Guard Photo by Allison Joanis, CTNG Public Affairs)

State Partnership Program Brings Uruguayan Army, Coast Guard, Air Force Together for Training with Connecticut's 928th Military Working Dog Unit



Staff Sgt. Ryan Castonguay of the 928th Military Police Detachment (Military Working Dogs) prepares to evaluate Sgt. Chris Rufini and his dog, Jack prior to a detection demonstration for a group of Uruguayan military dog handlers who are visiting Connecticut with the Connecticut National Guard State Partnership Program. (Connecticut National Guard Photo by Allison Joanis, CTNG Public Affairs)



Sgt. Chris Rufini and his dog, Jack conduct a detection demonstration for a group of Uruguayan military working dog handlers at the Connecticut National Guard Military Working Dog facility in Newtown. The Uruguayan military members are visiting Connecticut with the CTNG State Partnership Program to learn and experience the training and validation procedures of DOD Military Working Dogs. (Connecticut National Guard Photo by Allison Joanis, CTNG Public Affairs)

The Connecticut National Guard State Partnership Program hosted six Military Working Dog handlers from the Uruguayan Army, Coast Guard and Air Force in an exchange of training and expertise with the 928th Military Police Detachment (Military Working Dogs) at their training site in Newtown.

The Uruguayan Military members viewed a variety of DOD Military Working Dog training, evaluation, and certification techniques to include odor detection, controlled aggression and patrol scenarios.

Connecticut has operated exchanges with the Uruguayan Armed Forces since 2000, hosting more than 30 events in Connecticut and Uruguay. Exchanges have covered a wide range of areas of expertise to include, aviation, radar, and infantry tactics.

This is the first exchange with Uruguayan and CTARNG Military Working Dog handlers as well as the first time the Uruguayans have made a joint visit to Connecticut.



Staff Sgt. Gabriel Rosario, a Kennel Master with the 928th Military Police Detachment (Military Working Dogs) helps to explain the validation and certification procedures of DOD Military Working Dogs to a group of six Uruguayan Military Working Dog Handlers who visited Connecticut with the CTNG State Partnership Program in April. (Connecticut National Guard Photo by Allison Joanis, CTNG Public Affairs)

Come Support Something Bigger: The 'New VFW'

SGT. 1ST CLASS MICHAEL FINNEGAN
A COMPANY, 1ST BATTALION, 102ND INFANTRY UPAR

NEW HAVEN - Connecticut Guardsmen are spearheading new VFW membership campaigns by building their own new posts and recruiting their fellow service members.

Veteran and former Guardsman, Charles Pickett, is in the process of forming a new VFW post in New Haven for the high population of young Veterans and service members who attend local colleges like Southern Connecticut State University and live in the greater New Haven area.

Pickett said he was motivated to take up the cause when he tried to transfer his membership to a VFW nearer to his residence while he attended SCSU and could not find one.

"New Haven is the second largest city in Connecticut and it doesn't have an open Veteran's service organization like the VFW," said Pickett. "With a growing Veteran population of more than 4,300 living in the city, six colleges nearby with hundreds of student Veterans, a VFW will benefit the the greater New Haven community," said Pickett.

Forming VFW posts requires a minimum of 35 Veterans to join and be listed on the post charter application. Thirty-nine members had joined the New Haven Post, as

of May 5. Seventeen of these members are current or former Guardsmen. This post is what organizers call a "new generation" VFW.

"With no building, no money and no history, there will be challenges in forming the post," Pickett said. "However, we also don't have a leaky roof, or a lawn to mow. We get to build the VFW New Haven from the ground up," he said.

Staff Sgt. Antonio Carrillo, member of Alpha Company, 1-102nd Infantry Regiment (Mountain) said he is looking forward to visiting the new post. "This is a great opportunity for our generation of Veterans to look out for each other and take care of each other," he said.

"This opportunity is different from joining an already established VFW," said A Co. 1-102nd Training NCO and lifetime VFW member, Staff Sgt. Joseph Paoli.

"As soon as I heard about this new post I transferred my membership. This new post isn't just for Veterans from the New Haven area. It's for any Veteran. It's the chance for (Global War on Terrorism) Veterans to have their voices heard," he said.

"Joining is a great networking opportunity. The organization will also serve the community, provide a wonderful social environment and help lobby for the greater good of Veterans and Soldiers," said Paoli.

The New Haven's VFW mission, as stated on their



(Photo by Sgt. 1st Class Michael Finnegan, A Company, 1st Battalion, 102nd Infantry UPAR)

website is to bring Veterans together, to look out for each other, and to continue serving their communities and country.

For more information, contact Charles Pickett at 203-443-1643.

email: VFWNewHaven@gmail.com

Facebook: Facebook.com/VFWNewHaven

Web address: VFWNewHaven.org.

DoD Seeks to Eliminate Stigma for Seeking Mental Health Care

TERRI MOON CRONK
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON - The Defense Department wants service members to know there's no stigma in seeking mental health care, a DoD Health Affairs official said May 26.

"We want troops and their families to know DoD has great emphasis on gaining access to mental health care, reducing barriers, and following where the research goes to provide them the best possible care," said Navy Capt. (Dr.) Michael J. Colston, psychiatrist and director of mental health policy, health services policy and oversight.

May was National Mental Health Awareness Month, said Colston, who noted that anxiety and depression are extremely common mental health issues. He also related how the department has sought to improve service members' access to mental health care.

Reducing Stigma

The White House, DoD leadership and partnering agencies such as the Veterans Affairs Department and Health and Human Services have for years battled to reduce the stigma of seeking mental health care, and their efforts are paying off, Colston said.

"Stigma reduction is something you need to work on every day," he noted. "We work with our partners every week, thinking of ways we can enhance access to care and to make psychological, mental health and substance

abuse care are totally on par with other forms of medical care."

Access is Everywhere

Mental health care access is "everywhere," Colston said. Service members and their families can talk to a primary care physician or go to a specialty care clinic. And mental health professionals are embedded during deployments, he added.

As a psychiatrist deployed to Kuwait, Colston said he worked with psychiatric nurses, a psychologist, social workers and psychiatric technicians.

"We've got easy access to care, no matter where you are," he said.

More Mental Health Professionals

During more than a decade of conflict, DoD has quadrupled its number of mental health professionals to help active-duty and transitioning service members and their families, Colston said.

Today, some 25 percent of active-duty troops seek mental health care the year before they leave the service, he said.

And we are ready to help folks transition" back to civilian life, he added.

DoD is very focused on getting good, evidence-based mental care assistance help troops in need by any possible portal, Colston said.

50,000 Miles Later, 1048th Truck

CAPT. GIANCARLO M. D'ANGELO
143RD COMBAT SUSTAINMENT SUPPORT BATTALION

MOTSU? Is that a new Asian-inspired entrée at the Dining Facility? No, it must be one of Godzilla's new powerful foes!

Military Ocean Terminal Sunny Point, North Carolina, also known as MOTSU, is actually a 16,000-acre, Army-owned site. The facility, opened in 1955, is the largest ammunition port in the nation, and the Army's primary deep-water port on the east coast. It is the key Atlantic Coast ammunition shipping point for the Department of Defense.

From May 2 to May 16, the 1048th Medium Truck Company participated in Operation Patriot Bandoleer, a multi-state, operational mission responsible for transporting more than 800 containers across the continental United States.

The 1048th hauled nearly 1.5 million pounds of ammunition from MOTSU to Crane Army Ammunition Activity, Indiana and Letterkenny Army Depot, Pennsylvania. Logging about 50,000 miles on their M-915 tractors and carrying over 60 containers, the 1048th accomplished an impressive feat, reinforcing the operational merits of the Connecticut Army National Guard, and National Guard as a whole, said Timothy Fore, Director of Army Prepositioned Stocks for Army Sustainment Command.

The port at MOTSU provides worldwide shipment of DoD ammunition, explosives, and other hazardous cargo under the command of the 1303rd Major Port Command. Munitions are brought in by truck or train and are loaded aboard ships bound for Europe or the Middle East.

It also supports Fort Bragg, North Carolina, and the 82nd Airborne Division rapid deployment initiative out of Fort Benning, Georgia. Any Soldier that deploys overseas and engages in combat with an insurgent, has loaded an M-2 .50-caliber machine gun or MK-19 automatic grenade launcher in preparation for a convoy, or qualified in theater with an assigned weapon, utilized a round of ammunition that almost certainly travelled through MOTSU.

It is the only DOD terminal equipped to handle containerized ammunition. MOTSU had the mission of shipping over 95 percent of the resupply munitions in support of Operation Iraqi Freedom and Operation Enduring Freedom.

In late 2014, the ASC and National Guard Bureau recognized a great training opportunity for National Guard units nationwide. The 950-foot long MV SSG Edward A. Carter Jr., (named after the Medal of Honor recipient from World War II), was due to port in March, where more than 800 containers were removed from the ship and transported to various major ammunition supply points across the United States.

Units are normally given up 12-months' notice for a mission of this scope, but due to uncontrollable circumstances the timeline was dramatically shortened. The 1048th, along with units from Georgia, Florida,



Spc. Daniel Ferreira performs preventative checks and maintenance on his M915A5 prior to heading out on a convoy back to Connecticut. (Photo by Capt. Giancarlo D'Angelo, 143rd Combat Sustainment Support Battalion)

Missouri, Oklahoma, and North Carolina, were assigned to the challenging logistical mission. The units' professionalism, experience, and solid teamwork, allowed the states to unite and successfully plan the mission in less than three months.

The planning process was fast paced and required the full time staff of the 1048th to travel to Rock Island Arsenal, Illinois, MOTSU, North Carolina and finally Atlanta, Georgia for the final outbrief to ASC and National Guard Bureau command representatives.

The 1048th reported to Camp Niantic on May 2, and arrived at MOTSU on May 4. Falling under the 110th CSSB, Georgia Army National Guard, operations at the port of entry were efficient and timely. Several 20-foot containers were loaded on the M872 trailers and prepared for their trip to Letterkenny, Pennsylvania, and Crane, Indiana.

"Vehicle operators received top notch training with a purpose," said Staff Sgt. Alex Fatone, 1048th Training NCO. "This mission provided an unparalleled training

experience for this company. The training value associated with a real world mission cannot be overstated. Operation Patriot Bandoleer also facilitated interstate cooperation amongst National Guard units unseen to this company since the Hurricane Katrina response."

Soldiers completed the mission on May 7 and were back home, at Camp Niantic on May 8. Unit 1st Sgt. William Gallucci was happy with what his unit was able to accomplish.

"The deployment to the MOTSU provided over 800 miles of over the road drive time to most vehicle operators," said Gallucci. It also provided excellent training for leadership at all levels providing opportunities for problem solving on the fly. Backing and close quarters parking lot driving are still weak points, but we plan on addressing those issues over the course of the training year."

The mission was a success and the 1048th hopes its efforts will lead to future missions of this scope – a challenge relished by its Soldiers.

Company Returns from Training



Above: Members of the 1048th Truck Company prepare to leave North Carolina at the end of the unit's annual training period.

Left: The convoy of 1048th Truck Company vehicles hits the road.

(Photos by Capt. Giancarlo D'Angelo, 143rd Combat Sustainment Support Battalion)

Resilience Center: Guard Your Health Launched FitText

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

Guard Your Health, a health and wellness campaign out of the Army National Guard Chief Surgeon's Office, launched FitText on April 15.

FitText is a text messaging initiative centered on maximizing physical training, preparing for the Army Physical Fitness Test, and supporting ongoing fitness among Army National Guard Soldiers and their families.

FitText aims to capture Soldiers' attention just in time for summer APFT-related activities and any personal interest in getting fit before the upcoming warm weather months.

FitText will provide three to four text messages a week to help keep Soldiers' training on track and help them prepare for their next big milestone, whether it is an upcoming APFT, basic training, or even their next drill weekend. FitText will deliver actionable tips, inspiration, and reminders straight to Soldiers' mobile devices to help improve their APFT scores and overall fitness.

Content will focus on keeping fitness top-of-mind and making it easy for Soldiers to find and use available fitness resources.

Text messages will link to actionable resources and

information related to APFT preparation guides, physical fitness training routines, exercise form and breathing techniques, and sleep and nutrition tips.

ARNG Soldiers, family members, and anyone looking

to improve their overall fitness training can sign-up for FitTexts by texting "fit" to 703-997-6747. Standard text messaging rates apply. Learn more at GuardYourHealth.com/fit-text/.



Sign Up for FitText:
Text "fit" to
703-997-6747

FitText will help you stay on track and prepare you for your next big fitness milestone. Join now to get fitness tips, inspiration, and reminders delivered right to your mobile device.

Learn more at:
www.guardyourhealth.com/fit-text

Subscribers will receive 3-4 text messages per week. Standard messaging rates apply.

Why Join?

Prepare for the APFT.

Train smarter, not harder.

Stay motivated, see results.



Mental Health:

YANIA PADILLA, MS, CAS
SUICIDE PREVENTION PROGRAM MANAGER

Demand for suicide intervention skills is growing across the public safety, medical, and educational fields.

Pending legislation in Connecticut would mandate annual suicide prevention and intervention training for all education and healthcare professionals. Applied Suicide Intervention Skills Training (ASIST) is the world's leading suicide intervention protocol. This two-day course enables participants to assist a person at risk for suicide.

Feedback from a recently completed ASIST class includes:

"Outstanding class and instruction with great transferable skills that can apply to other facets of life."

"As an ER tech, I see suicidal patients regularly, and many times I have a hard time relating, I can honestly say, I now feel more prepared to help these people."

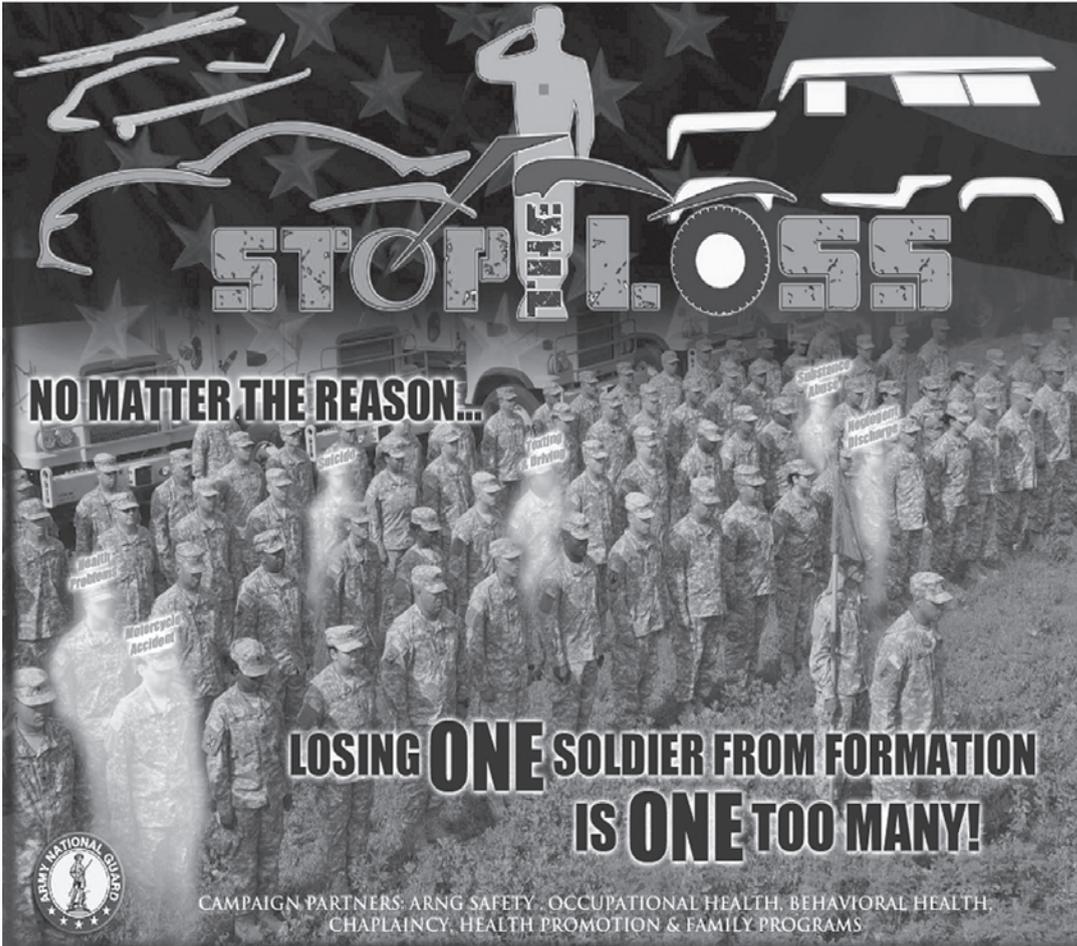
"This [class] should be taught in high schools."

"My father is a teacher and could benefit from this class"

If you are a police officer, education or healthcare professional, or otherwise engaged in a gatekeeper role, ASIST will provide you with more tools to help you to help others.

The Connecticut National Guard offers ASIST training to family members as well as community stakeholders who work with service members on a regular basis. The next ASIST training is scheduled for July 25-26, 2015 at the Middletown Armed Forces Reserve Center. Please contact the CTNG Suicide Prevention Program Manager, Yania Padilla, at (203) 450-1826 or yania.y.padilla.ctr@mail.mil.

Per regulation, all company-sized elements are required to have a Suicide Intervention Officer who has completed ASIST. Please contact your SPPM to register your service members.



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Around Our Guard



Second Platoon, 143rd Military Police Company march in the Glastonbury Memorial Day Parade. Connecticut National Guard units community events throughout the state during Memorial Day weekend. (Photo by Sgt. 1st Class John D. Kaminsky, 143rd Military Police)



Staff Sgt. Jesse Meade, 143rd Military Police Company, gives a shoulder patch to an onlooker during the Glastonbury Memorial Day parade. (Photo by Sgt. 1st Class John D. Kaminsky, 143rd Military Police)



Lt. Gen. Stanley E. Clarke, Director of the Air National Guard, greets members of the 103rd Operations Group alongside Col. Frank Detorie, Commander of the 103rd Airlift Wing, during a visit to the Bradley Air National Guard Base in East Granby on May 11, 2015. (Connecticut Air National Guard Photo by Master Sgt. Erin McNamara 103rd Airlift Wing Public Affairs)

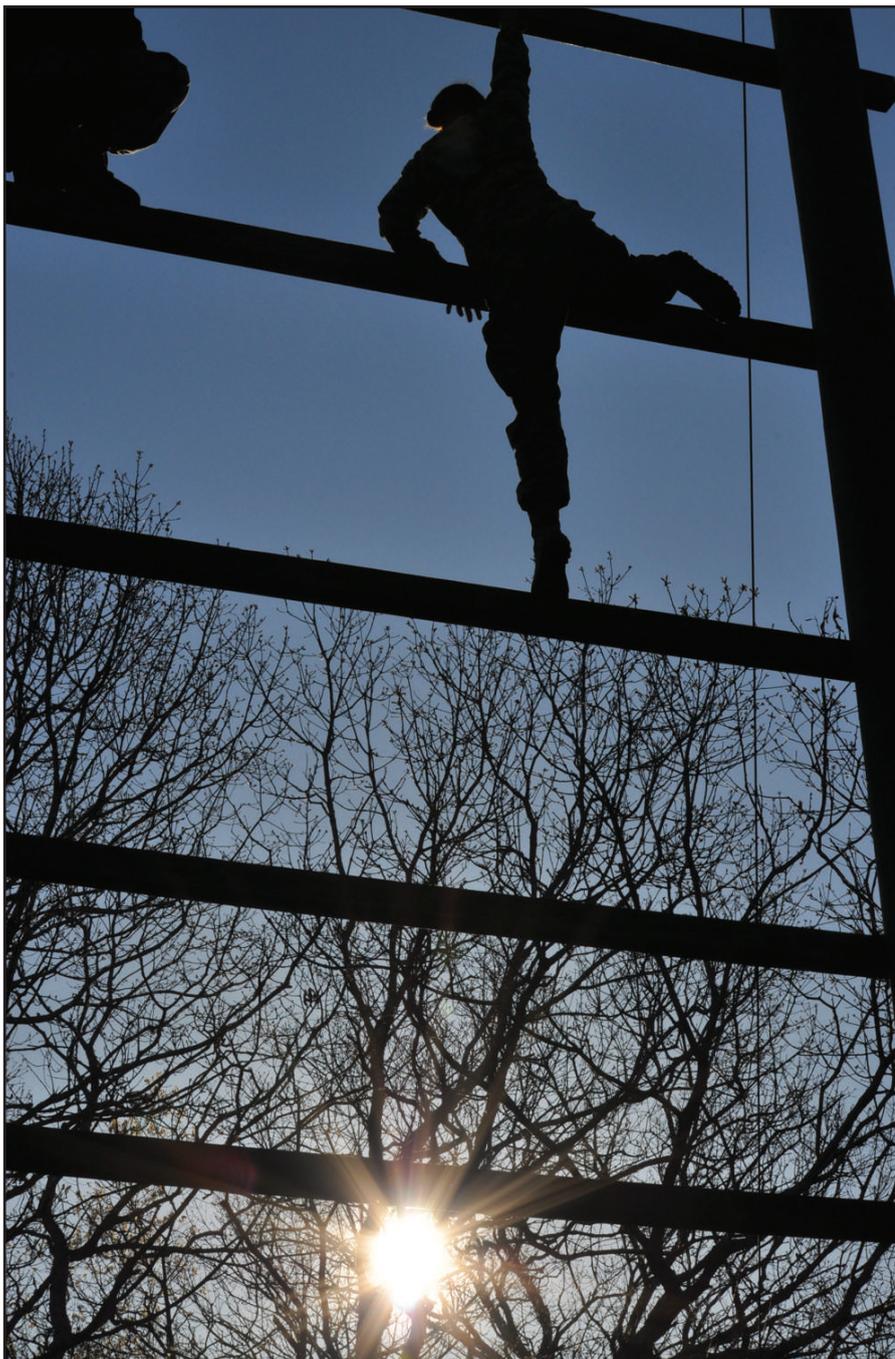


The 102nd Army Band hosted an Open House at their Rockville Armory May 15-16, where prospective band members and their parents were invited to come see what the band has to offer. (Photos by Staff Sgt. Chris Schrock, 102d Army Band)



Attendees of the 102nd Army Band Open House were able to ask questions of current band members and were given the opportunity to sit in with the band. (Photo by Staff Sgt. Chris Schrock, 102d Army Band)

Connecticut Soldier NCO of the Year Compete at Regional Best Warrior Competition



Spc. Jessica Abuhijleh is silhouetted against the morning sky as she makes her way up an obstacle during the Regional Best Warrior Competition at Camp Edwards, Massachusetts in May. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Spc. Jessica Abuhijleh (above) and Staff Sgt. Andros X. Thomson III (below) fire for qualification during the Regional Best Warrior Competition held May 11-15 at Camp Edwards, Massachusetts. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Staff Sgt. Andros X. Thomson III, straddles his way through an obstacle during the Regional Best Warrior Competition at Camp Edwards, Massachusetts. Thomson competed against seven other non-commissioned officers for the title of Best Warrior. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Warrior, Regional



Connecticut's Best Warriors, Spc. Jessica Abuhijleh and Staff Sgt. Andros X. Thomson III, toast each other with hard boiled eggs after completing the physical fitness test. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Height doesn't matter when negotiating the 'over-under' obstacle as Staff Sgt. Andros X. Thomson III (above) and Spc. Jessica Abuhijleh (below) found out during the Regional Best Warrior Competition. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Staff Sgt. Andros X. Thomson attacks the 'belly buster' obstacle during the Regional Best Warrior Competition at Camp Edwards, Massachusetts in May. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)

Spc. Jessica Abuhijleh applies a tourniquet to a 'victim' of a simulated explosion during the Warrior Task portion of the Regional Best Warrior Competition at Camp Edwards, Massachusetts in May. (Photo by Sgt. 1st Class Debbi Newton, JFHQ Public Affairs)



Understanding Moral Injury

HEALTH.MIL
THE OFFICIAL WEBSITE OF THE MILITARY HEALTH SYSTEM AND THE DEFENSE
HEALTH AGENCY
FROM REAL WARRIORS CAMPAIGN

As a service member, you may encounter inner conflicts, ethical or moral challenges during deployments, special missions, or in the course of one's duty. You may be required to act in ways that go against your moral beliefs or witness behaviors by others that make you feel uncomfortable.¹ These experiences can lead to moral injury.

This article explores the concept of moral injury, why a service member might experience it and the resources available for care and support.

What is Moral Injury?

Moral injury occurs when one experiences an act that conflicts with or violates a core moral value, or deeply held belief, and leads to an internal moral conflict. It is the betrayal of what you may feel is morally right. It might arise from your own actions or inaction, other people's behaviors or by witnessing the suffering of others. Moral injury can occur either during or at some point after the event, and may be associated with feeling shame or guilt.¹

“Combat comes at a moral cost. The good news is that in the safety of safe, caring relationships ... people can find forgiveness and healing for moral wounds. They don't have to be mortal wounds.” – Chaplain (Col.) Thomas Waynick, Pentagon Chaplain³

Examples can include participation in direct or indirect actions such as:²

- Killing or harming others
- Witnessing death
- Failing to prevent immoral acts of others
- Giving or receiving orders from authority that are against one's moral values

Moral Injury Signs and Symptoms:

You may experience emotional and behavioral signs and symptoms after being exposed to a morally conflicting event. Responses can include:²

Emotional

- Shame
- Guilt
- Depression
- Anxiety
- Anger
- Emotional numbing
- Feeling conflicted and questioning the meaning of life

Behavioral

- Engaging in alcohol or drug misuse
- Suicidal ideation
- Social instability and isolation
- Difficulty trusting others
- Re-experiencing the event
- Avoidance
- Sleep disturbances

While there are similarities between moral injury and PTSD, moral injury involves guilt and shame while PTSD is a result of fear from a life-threatening or traumatic event. PTSD requires a diagnosis and moral conflict is not necessary for PTSD to occur. A moral injury is not established by a formal diagnosis and there is no set threshold to mark its presence. To learn more about PTSD, visit the Real Warriors Campaign article *Dispelling Myths about Posttraumatic Stress Disorder*. <http://realwarriors.net/active/treatment/ptsdmyths.php>

Moving Forward: Ways to Seek Help

After experiencing a moral injury, it is important that service members seek help. Keeping these thoughts inside or avoiding the situation can be harmful. The sooner you receive guidance, intervention, or peer and leadership feedback, the better you can avoid the burden of shame and guilt, or feeling that your actions are unforgivable.¹

Health care professionals or chaplains can help you work through different strategies to counter the feelings of shame, guilt, or feelings of pain. These strategies might include:¹

- Processing the painful elements of the experience to discover its meaning, needs and motivations
- Developing and reclaiming a sense of personal self-worth
- Understanding that even if a particular act is “bad” or “wrong,” it is still possible to move forward and create a life of value
- Reclaiming good parts of yourself and accepting what you did and what you saw without having it define you
- Creating different goals and ways to make amends can help you reconnect with your values and to feel connected with society
- Reaching out to family and friends for positive and healing relationships

Military chaplains support the spiritual fitness of each member assigned to their command. Chaplains are readily available to every service member at home and overseas to provide confidential counseling. While chaplains generally are not licensed counselors, they are prepared to help with various life challenges, including moral well-being. This short-term counseling is referred to as

“pastoral care” and chaplains can refer service members to other counseling services for long-term counseling or therapy.⁴ To learn more about the role of military chaplains, read the campaign article “No Ordinary Warrior: Your Chaplain is a Frontline Resource.”

To find a chaplain near you, you can:

- Walk to the nearest chapel and make an appointment or visit <http://www.militaryinstallations.dod.mil/> and look under the program/service “Chapels”
- Contact the closest military installation and ask for help
- Contact Military One Source at 1-800-342-9647 for help finding your unit chaplain
- Use the Local Community Resource Finder on the National Guard Family Program website

Real Warriors, Real Strength.

If you or a loved one is wrestling with moral injury, seek help now. Contact the DCoE Outreach Center to confidentially speak with trained health resource consultants 24/7 by calling 866-966-1020, by using the Real Warriors Live Chat or by emailing resources@dcoeoutreach.org.

Additional Resources:

- Military Crisis Line
- Military One Source
- National Resource Directory
- The Unit Chaplain Roles and Responsibilities

Chaplains can be a source of comfort and inspiration for warriors and their families. Watch the Real Warriors Campaign video profile of Cmdr. (Chaplain) Steve Dundas who shares his story of how seeking care helped him personally.

<http://realwarriors.net/multimedia/profiles/dundas.php>

Sources:

¹ Litz, B.T., Stein, N., Delaney, E., Lebowitz, L., Nash, W.P., Silva, C., & Maguen, S. (2009). Moral injury and moral repair in war veterans: A preliminary model and intervention strategy. *Clinical Psychology Review*, 29,695-706.

² Litz, Brett and Maguen, Shira. “Moral Injury in the Context of War,” National Center for PTSD, U.S. Department of Veterans Affairs. *Last update on April 15, 2014.*

³ Doyle, Megan. “Religious Community Working Together to Combat Moral Injury,” Army.mil. *Published April 29, 2014.*

⁴ “The Unit Chaplain: Roles and Responsibilities,” Military One Source. *Last accessed on September 11, 2014.*



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Enlisted Update

Greetings Connecticut Guard! Welcome to June - we may have finally made it to summer! This year, the month of June means annual training for most of the Connecticut Army National Guard. The majority of our units will be conducting their annual training this month, executing the culminating event of the training year. I would ask that all leaders challenge their Soldiers by executing tough, realistic training, measured against established doctrine. Leaders should make use of every available moment to train and mentor Soldiers - no lesson is too small to pass on to the next generation.

On May 14, 15 Soldiers and NCOs departed Camp Edwards, Massachusetts in five helicopters at 5:30 a.m. These 15 Soldiers and NCOs are the best of the best- they represent the 35,395 Soldiers and NCOs of Region 1 as their State's Best Warriors. They were accompanied by their mentors, eight state command sergeants major, several battalion and brigade command sergeants major and the Region 1 Best Warrior Competition Staff. The destination that morning was Concord, Massachusetts, specifically the Old North Bridge. The mission was to conduct the final event of the 2015 Region 1 Best Warrior Competition, a 20-kilometer ruck march. These 15 superb Soldiers would complete the competition at the very spot that our Nation was born. Simply visiting this hallowed ground is significant. The opportunity to walk the ground upon which our militia forefathers first spilled blood in the name of liberty is awesome. The privilege to demonstrate the same determination and dedication to excellence, overwhelming. The historical significance was not lost on anyone present.

Although this was the culminating event of the competition, it was by no means the first. Each and

every competitor had previously completed several grueling events. The previous events included the Army Physical Fitness Test, a board appearance, a written test, an obstacle course, warrior task testing, weapons qualification, day and night land navigation and a stress shoot. Additionally, each competitor was required to conduct a mock interview with a reporter asking difficult questions about the Army's sexual assault prevention program. The competitors were tired but highly motivated. The excellence was evident. The competition was anyone's to win going into the ruck march.

I cannot be prouder of the Soldier and NCO competitors. Spc. Jessica Abuhijleh (142nd Medical Company) and Staff Sgt. Andros Thomson (Detachment 2, Co. D, 2/104th Aviation Regiment) represented the Connecticut Army National Guard in an exemplary manner. Although they were not the overall winners in their respective categories, both were consistently among the best in each event. I would ask each of you to congratulate them on a job extremely well done.

As the sun climbed higher in the sky over the Old North Bridge, our competitors started coming across the bridge to complete the ruck march. They were cheered on not only by those of us in uniform, but by others. They were cheered on by school children, there to learn the story of the militia on the ground where it started. What a great way to learn about yesterday's Citizen-Soldier, by observing the very best of today's. For a Guardsman, a Soldier, an American, it does not get any better than that!

Quote of the Month:

By the rude bridge that arched the flood,
Their flag to April's breeze unfurled,
Here once the embattled farmers stood,
And fired the shot heard round the world.

From the "Concord Hymn"

Ralph Waldo Emerson, 1837



Staff Sgt. Andros X. Thomson III and Spc. Jessica Abuhijleh, Connecticut Army National Guard, stand at the base of the Minuteman statue in Concord, Massachusetts after completing the 20-kilometer ruck march portion of the Regional Best Warrior Competition, May 14. The two, and 13 other competitors, crossed the Old North Bridge to reach the finish line of the final event of the competition. (Photo by State Command Sgt. Maj. John Carragher)

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CW3 JOHN NERKOWSKI

WARRANT OFFICER STRENGTH MANAGER

203.410.0828

john.v.nerkowski.mil@mail.mil

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Photos From the Governor's Horse and Foot Guards



The First Company Governor's Foot Guard Color Guard led by Sgt. 1st Class Russ Scull participates in the Graduation Ceremony for the Eastern Connecticut State University class of 2015 at the XL Center in Hartford, Connecticut on May 9, 2015. (Photo courtesy of Maj. Mark Boudreau)



The First Company Governor's Foot Guard presents the colors at the Connecticut Chapter of the Association of the United States Army Spring Dinner and Awards Ceremony at the Aqua Turf Club, Southington, Connecticut April 17. (Photo by Sar Phouthasack)

Members of the First Company Governor's Foot Guard Band, under the direction of Capt. David R. Carlson, perform the opening ceremonies for Connecticut History Day held at Central Connecticut State University on May 9, 2015. (Photo courtesy of Maj. Mark Boudreau)



The First Company Governor's Foot Guard under the Command of Maj. Mark Boudreau participate in the Griswold Bicentennial parade on May 16, 2015. (Photo by Janet Dexter)

Inside OCS: Leadership Training, Preparing for the Challenges

OC LOUIS GAGNON
OCS CLASS 60

Drill weekends at Officer Candidate School are always busy and the month of May was no exception. Connecticut officer candidates spent the four-day weekend in New Hampshire with candidates from New York, Rhode Island, Massachusetts, New Hampshire and Vermont. This weekend was quite a shift from the roughly 10 Soldiers we train with at our home units.

The challenge was to work with new people to effectively complete missions in the field. We were broken up into platoons and squads, with a majority of the training occurring at the squad level consisting of about 10 Soldiers.

This presented an interesting challenge due to the nature of the training we were conducting. Working in “lanes,” we were given a block of instruction on a

particular task and a mission which we had to complete. Leadership was changed after every lane to give all Soldiers a chance to develop a plan and complete a mission. Squads were rushed through the various stages of team building and teams that did not develop positive relationships were exposed quickly.

Scenarios were designed to be difficult in order to force all team members to think quickly and learn to work together. If members were not on the same page, it became evident quickly as cadre took out individuals who were not up to speed on the plan or those who froze in the field.

The main test this weekend was not so much about tactics as it was developing a plan that played to the team’s strength. The task was to create a timeline and then brief it so that everyone understood their roles and what needed to be done at decisive times during the

mission. This had to be done in 30-60 minutes in order to give the team enough time to carry out the plan. As someone new to the military, this seemed like a daunting task in the beginning, but as the days went on I began to feel more and more comfortable with what needed to be done. It was one of the most value packed drill weekends I have had. By the end, I was comfortable and more familiar with vague concepts, which we had learned in classrooms. These big ideas were drilled home by letting us perform the tasks first-hand.

This past weekend in New Hampshire felt like true leadership training, preparing us for the challenges that we will face should we finish the program and become commissioned officers in the Army National Guard. The best part of this kind of training is that it can show you where your weaknesses are and allow you to strengthen them moving forward.

Program Offers Museum Visits to Service Members, Families

SHANNON COLLINS
DoD NEWS, DEFENSE MEDIA ACTIVITY

WASHINGTON - From Memorial Day through Labor Day, service members and their families can visit more than 2,000 museums in all 50 states, Puerto Rico and American Samoa courtesy of collaboration among the Blue Star Museums, the National Endowment for the Arts, Blue Star Families and the Defense Department.

At the Phillips Collection art museum here May 20, the kickoff of the sixth year of the Blue Star Museums featured the presentation of the colors by the St. John’s College High School Junior ROTC, remarks by leadership and a tour of the collection for military families.

Ellyn Dunford, wife of Gen. Joseph F. Dunford Jr., commandant of the Marine Corps, hosted the first Blue Star Museums event in San Diego six years ago. She said visiting museums can have long-range affects.

“Museums celebrate tolerance and freedom, teach respect for cultural differences, facilitate a sense of individual and collective identity and power through knowledge, nurture and understanding of our connections to the world and each other,” she said. “Military families spread messages throughout the world as they change duty stations as they move, and they eventually leave the military and go back to our communities and bring with them that wealth of knowledge and experience.”

Something for Everyone

Jane Chu, chairman of the National Endowment for the Arts, said the Blue Star Museums program has something for everyone.

“Parents of young children tell us that they go to museums to learn new things and have family time together,” she said. “Blue Star Museums helps them do both; by helping military families learn about the cultural resources in their communities and offering a fun, high-quality experience that’s budget friendly, as well as family friendly. We’re proud to help connect museums to military communities nationwide.”

Military Families

For Blue Star Families CEO Kathy Roth-Douquet, wife of retired Marine Corps Col. Greg Douquet, the Blue Star Museums program holds a special place in her heart.

“In 2010, when this program began, we had gotten a one week’s notice that my husband was going to go to Afghanistan for a year, so he packed his bag, shaved his head and went off. It was a tough year for all of us,” she said. “Museum-going enhances resilience. It’s a nice, free activity in a beautiful setting that uplifts you, and you’re also being told you’re important. When you go to into the museum, the folks behind the counter say, ‘We’re so glad you’re here. Welcome, this is yours for the summer. It’s free because we appreciate what you do.’”

Douquet said she and her children — Sophie, 17, and Charley, 13 — have been to 27 Blue Star Museums and plan to visit more with her husband.

A Welcome Break

For Patricia Ochan, taking a tour of the Phillips Collection is a welcome break from doctors’ appointments. She is the wife of Marine Corps Sgt. Jimmy Ochan, who is with the chemical and biological incident response force unit out of Indian Head, Maryland.

“This program is a great way for families to come out and spend time together,” she said. “We spend a lot of time in the hospital for my husband’s doctor’s appointments, so for us to be able to come out here is a huge break. We get to spend more time with our son and show him things. When he grows up and looks back, he’ll be happy and respect the fact his dad exposed him to these good things.”

During his three deployments to Iraq and Afghanistan, Ochan suffered post-traumatic stress and injuries from an improvised explosive device blast.

The Program

The free admission program is available to any bearer of a Geneva Convention common access card, a DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID

card, which includes active duty U.S. military, National Guard, reserve, U.S. Public Health Service Commissioned Corps and up to five family members.

Some special or limited-time museum exhibits may not be included in this free admission program. For questions on particular exhibits or museums, contact the museum directly. To find participating museums and plan a trip, visit the Blue Star Museums website, arts.gov/bluestarmuseums. A partial listing of Connecticut Museums:

Bethlehem

- Bellamy-Ferriday House & Garden

Bristol

- American Clock & Watch Museum
- Imagine Nation, A Museum Early Learning Center
- New England Carousel Museum

Canterbury

- The Prudence Crandall Museum

Cheshire

- Barker Character, Comic & Cartoon Museum

Coventry

- Nathan Hale Homestead

Danbury

- Danbury Museum & Historical Society Authority

East Haddam

- Connecticut Society of the Sons of the American Revolution

East Windsor

- Connecticut Trolley Museum

Fairfield

- Bellarmine Museum of Art
- Fairfield Museum and History Center

Greenwich

- Bruce Museum

Groton

- Ebenezer Avery House - Avery Memorial Association

Guilford

- Guilford Keeping Society (Thomas Griswold House and Medad Stone Tavern Museums)

Education: Are You Sure You Transferred Your Post 9/11 GI Bill?

MAJ. DEREK J. MUSGRAVE
EDUCATION SERVICES OFFICER

I have been reminding you for months now that it is important to transfer your Post 9/11 GI Bill to your eligible dependents as soon as you are eligible to transfer. However, I have been discovering lately that there are Soldiers in Connecticut who have told me they have transferred their benefit a few years ago but when I check to make sure they have, I find their application has been denied. The most common reason for denial is not agreeing to serve four more years in the Armed Forces.

The Post 9/11 GI Bill is the only transferrable GI Bill. However, the transferability option was almost eliminated from the original law. The Department of Defense reluctantly allowed the option but only if they combined the option with retention. This is why everyone who transfers their Post 9/11 GI Bill must commit to a four-year service obligation from the time they make the transfer.

Transferring Post 9/11 GI Bill is done at the milConnect website at <https://www.dmdc.osd.mil/milconnect>. The application goes to the GI Bill Support Team for review.

If you are an enlisted Soldier, the GI Bill Support Team will look to see if you have at least four years remaining on your contract at the time of application. If you do, they will approve your application immediately. If you do not, you will get an email stating you have 70 days to complete your extension or your application will be terminated. I can see who has applied for transferability and who is pending due to an extension. I do my best to remind the units to reach out to the Soldiers to remind them of the upcoming deadline but it is the responsibility of the Soldier to make sure the extension is complete before the 70 days have passed.

Many of you may not be aware that you have been denied your Post 9/11 transferability due to not extending in the appropriate amount of time. Officers and warrant officers: Since you do not sign extension paperwork, your applications are approved immediately, but this has not always been the case. Up until around a year ago, all officers and warrant officers had to sign a Statement of Understanding (SOU) that stated you would agree to stay in the Armed Forces for at least four years. The GI Bill Support Team would deny your application if you

did not send them a signed SOU in 70 days or less. The GI Bill Support Team has rescinded this requirement but many of you may have been denied years ago when the SOU was a requirement for transferability.

If you are concerned that your transfer was denied, go to the milConnect website at <https://www.dmdc.osd.mil/milconnect> and make sure your application status says "Request Approved." If not, you will need to re-apply. Or you can call me and I will check for you. Do not wait until you are planning to retire. You need to transfer your benefits at least four years before you plan on retiring or leaving the Guard.

If you have any questions about this or any other education benefits, please stop by the Education Service Office in the Hartford Armory or reach us at the following phone number and email address:

Maj. Derek J. Musgrave: Education Services
Officer and GI Bill Manager.
860-524-4816 or derek.j.musgrave.mil@mail.mil

Social Drinker or Problem Drinker? Which Are You?

MS. LYNN BIELLA
DIRECTOR OF PSYCHOLOGICAL HEALTH – CT AIR NATIONAL GUARD

We are approaching the time of year that brings warm weather, outdoor activities and, often, increased drinking. What is the measure to determine if drinking is social or problematic? Does drinking every day mean you have a drinking problem? What about drinking to extreme intoxication periodically?

Drinking is a large part of our culture and a large part of military culture. The following guidelines are not necessarily descriptive of an "alcoholic" per se, but rather are meant to serve as sign posts that a typical social drinker might be headed for some serious, alcohol-related problems. Regardless of how seldom or little you drink, if your alcohol consumption has a definite, negative impact on any of the following areas, it's a problem.

1. Your health. If your drinking is causing any health concerns such as raising your blood pressure, elevating your liver enzymes, causing heart rhythm disturbances or contributing to excessive weight gain, it's a problem. If you ever "lose time" or have a "black out" from drinking, it's a problem.

2. Your job or work performance. If your alcohol use results in absenteeism due to being hungover or you are often hungover at work, it's a problem.

3. The law. If you get a DUI, it's a problem.

4. Money. If your drinking is causing a hardship with personal finances, it's a problem.

5. Relationships. Has anyone ever complained about your drinking? If your drinking often leads to social or interpersonal conflict, it's a problem.

The CAGE questionnaire was developed by Dr. John Ewing, founding director of the Bowles Center for Alcohol Studies, University of North Carolina at Chapel Hill. The CAGE is an assessment instrument used for identifying problems with alcohol. It consists of four questions. Two positive answers indicate further assessment is warranted.

Have you ever felt you should cut down on your drinking?

Have people annoyed you by criticizing your drinking?

Have you ever felt bad or guilty about your drinking?

Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (eye-opener or hair-of-the-dog)?

If you have concerns about your drinking or that of a loved one, there are numerous

resources available to you. To find an AA or NA meeting near you go to:

<http://www.ct-aa.org/find-a-meeting/> and/or

<http://ctna.org/find-a-meeting.php>.

Please contact our office if you would like more information or for further resources for yourself or a loved one: lynn.biella.civ@ang.af.mil, 860-519-8125.



CONTACT INFORMATION

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Cell: 475-238-2138

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

CT ARNG Armory
360 Broad Street, Rm 103
Hartford, CT 06105



Strong Choices is the Commander's tool for Universal prevention education for all ARNG Soldiers. Talk to your ADCO or PC to set up your required annual training

State Substance Abuse Program

Limited Use Policy

If you think you may have a problem with alcohol or drugs, it is best to admit the concern to your chain of command so they can help **before you get caught.**



If you admit your abuse and request help, the Limited Use Policy could limit the negative consequences of your drug or alcohol abuse.

Under the Limited Use Policy:

- The characterization of discharge is limited to "Honorable"
- Your commander is not required to initiate separation proceedings
- For more information, see AR 600-85 or talk to your ADCO and PC

Legal: Tax-Related Identity Theft on the Rise

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

Have you received one of those “data breach” notices informing you that your personally identifying information *may* have been compromised by unauthorized access to a financial institution’s database system? It seems like a better question today is: Who hasn’t received one?

Pursuant to Connecticut General Statutes § 36a-701b, anyone who conducts business in Connecticut and who – in the ordinary course of business – owns, licenses or maintains computerized data that includes personal information is required to disclose a security breach without unreasonable delay to state residents whose personal information is believed to have been compromised.

There is a critical piece to this law that everyone needs to understand, under Connecticut Law a data breach only has to be reported to the consumer if the data was not encrypted or otherwise protected in a manner which rendered the data unreadable or unusable. In other words,

if you received a data breach notice in Connecticut, it is because someone definitely has access to your personal information.

Tax-related identity theft was the most common form of identity theft reported to the Federal Trade Commission in 2014, according to FTC statistics released in January. Tax-related identity theft occurs when someone uses your stolen Social Security number to file a tax return claiming a fraudulent refund.

Generally, an identity thief will use your SSN to file a false return early in the year. You may be unaware you are a victim until you try to file your taxes and learn one already has been filed using your SSN.

The FTC, along with the Department of Veterans’ Affairs, Treasury Inspector General for Tax Administration, the IRS, the AARP, and other partners all recognize the severity of these issues and are on a joint campaign to heighten awareness. As Guardsmen, it is our responsibility to heed the warnings and protect ourselves (and our families) from this prevalent threat.

Here are some critical websites to review, I strongly

encourage all Guardsmen to take the time to check out and be armed with information against this threat:

- <https://www.identitytheft.gov/>
- <http://www.irs.gov/uac/Taxpayer-Guide-to-Identity-Theft>
- <http://www.consumer.ftc.gov/articles/0008-tax-related-identity-theft>

Even though tax season has ended and most of us have already filed (unless you’ve gotten an extension), this criminal trend appears to be building, with many of our own Guardsmen having been victimized this year. This is likely an issue you may face at some point in the future. If and when that time arises (regarding any form of identity theft) you can follow the user-friendly steps outlined on www.identitytheft.gov. Additionally, as Servicemembers, you have access to Legal Assistance resources through the Office of the Staff Judge Advocate. Protect yourself by learning best practices in personal information security and you will fulfill your duty by contributing to a ready Guard force.

Spring Clean Your Résumé: It’s Not Too Late

MEGHAN L. CONNORS
CONNECTICUT EMPLOYER SUPPORT OF THE GUARD AND RESERVE

Every spring we clean our yards, houses, and cars. This year, why not give your résumé a spring-cleaning?

A résumé is one of the few documents that we all need, but hardly give a thought to. It is easy to forget about and let collect dust. Here are a few key points to check as you give yours a review:

Contact information

Now is not the time to use that e-mail from 1998 that proclaims your love for Doctor Who or Star Wars. Instead, use an email address that has your name in it, as it is much more professional. Avoid using your current work email, but keep your email address clean, simple, and without extra letters, numbers, or capitalizations.

You should also update your voicemail message on your phone so that it repeats your name and number. A potential interviewer would much prefer that over a general mechanical voice that gives no indication of whom he or she is trying to reach.

Job History

If you have been employed for more than 10 years in the same field, that summer job you had in high school or college may no longer be relevant or necessary to list. If you recently graduated from college or high school (2-3 years), continue to list, but consider removing as you move up in your career.

Be sure to check what tense your previous experience is in. Your current position should be in present tense while anything prior should be in past tense.

Skills

Keep any listed software up to date and remove anything that has become irrelevant. Because technology changes rapidly, what was once the most advanced

program 10 years ago may now be obsolete.

References

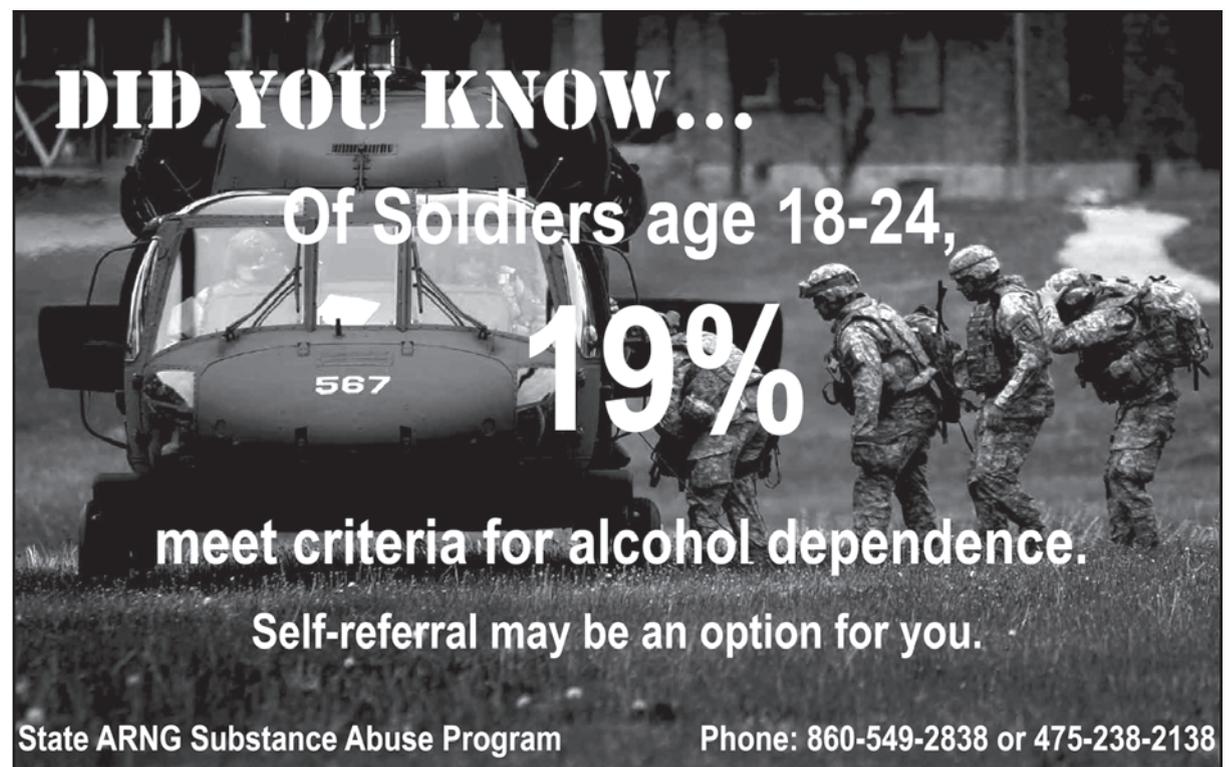
Keep three to five references to utilize. While you should never list your references directly on your résumé, remember to update them often. Keep your references listed on a separate sheet, but make sure they are individuals familiar with your current work. A supervisor from five years ago may have given you a great reference then, but won’t be able to speak best about you now. A

current supervisor or colleague makes a much better choice. Additionally, be sure to ask before listing someone and keep them updated during your job search so they are not confused when someone calls.

Remember CTESGR and our Employment Coordinator, Lorraine Baltimore, are here to assist with you all of your résumé needs.

Please contact Lorraine at:

LBaltimore@ateamsolutions.com or 860-830-4668.



DID YOU KNOW...
Of Soldiers age 18-24,
19%
meet criteria for alcohol dependence.
Self-referral may be an option for you.

State ARNG Substance Abuse Program Phone: 860-549-2838 or 475-238-2138



National Guard Association of Connecticut (NGACT)

CONNECTICUT ARMY & AIR
 NATIONAL GUARD
 RETIREES' PICNIC & BENEFITS
 UPDATE BRIEF

THURSDAY, AUGUST 6, 2015 @ 12:00 Noon

CAMP NIANTIC, NIANTIC CT

Chowder All Day

Active Duty Welcome

Pass the word

Meet old friends

New Facilities



Food & Beverage

Bring a guest

Card Games

VA, TRICARE, USAA & AUSA Reps

Mark your calendar and join as for the fun!

\$25.00 by July 3 1st, 2015 & \$27.00 at the Door

Name _____ Rank _____ Army _____ Air _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Retiree Benefit Update Brief will be held at 10:30 at The Point
 Make checks payable to NGACT and mail to NGACT Retirees' Picnic,
 360 Broad Street, Hartford, CT 06105



NGACT on Social Media

'Like' NGACT on Facebook



Follow NGACT on Twitter



Save the NGACT Date

July 15

NGACT Executive Board Meeting
 NGACT Office, Hartford Armory
 5:30 p.m. Open to All

Aug. 6

NGACT Retirees Picnic

Aug. 8-13

EANGUS Conference
 Indianapolis, Indiana

Aug. 19

NGACT Executive Board Meeting
 NGACT Office, Hartford Armory
 5:30 p.m. Open to All

Sept. 10-13

NGAUS Conference
 Nashville, Tennessee

Sept. 11

Annual NGACT Golf Tournament
 Hawk's Landing Country Club, Southington

Military History: Connecticut's Revolutionary War Generals

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

Our small state earned the nickname, "The Provisions State" from Gen. George Washington because of our Herculean efforts during the American Revolution. Connecticut furnished a great deal of food, clothing, tents and armaments for the cause. The Nutmeg State also provided a number of very capable and colorful generals in the War for Independence.

Maj. Gen. Israel Putnam

Israel Putnam was born in Danvers, Massachusetts and moved to Pomfret as a young man, where he was a farmer. As a member of the Connecticut Militia he served in the French and Indian Wars with Roger's Rangers. Putnam was captured by Indians, but spared by a French officer. He also survived a shipwreck in Cuba during the campaign against the Spanish in 1762.

Putnam was a very active and vocal member of the Sons of Liberty. According to legend, he left his plow in his field when he heard the news of Lexington and Concord and rode to Massachusetts to offer his services.

Owing to his French and Indian War service, Washington appointed him a major general in the Continental Army. Legend has it Putnam bellowed the command, "Do not fire until you see the whites of their eyes!" at the Battle of Bunker Hill.

After the battle Putnam assumed command of all forces in New York, until Washington arrived. Putnam was in command during the defeat on Long Island and as a result was given a lesser command in the Hudson highlands.

During the winter of 1778-79, his troops were camped in the vicinity of Redding; the area is now Putnam Park. While visiting troops in Greenwich that winter, he was surprised by British soldiers and only escaped capture by riding his horse down a steep set of steps carved into a stone cliff.

As he fled, his hat was shot off his head. As a show of respect, the British commander, Maj. Gen. Tryon sent Putnam a new hat.

Maj. Gen. David Wooster

David Wooster graduated from Yale College in 1738. Very little is known of his early life because the British burned all of his family's papers when they pillaged New Haven in 1779. He ran a mercantile business in New Haven, and held the office of his majesty's collector of the customs for the port.

When news reached him that the British were attacking Danbury, Generals Wooster and Benedict Arnold set off from New Haven to join the militia hastily collected by Gen. Silliman. Due to heavy rain, the 600 militia they had ordered to be sent to them from New Haven arrived late. He and his men were pursuing the British back to their ships when he was mortally wounded. Some accounts say that he was shot by a Loyalist who had musket with an extremely long barrel. On May 2 he died, at the age of sixty-seven and is buried in Danbury. He has been called "a largely forgotten hero of the Revolution."

Brig. Gen. Gold Selleck Silliman

Gold Selleck Silliman was a militia general born in Fairfield, Connecticut in 1732. He graduated from Yale and practiced law, also serving as a crown attorney before the Revolution. Silliman was the commander of the local body of militia cavalry and was mostly concerned with patrolling the southwestern border of Connecticut, where the loyalists of Westchester County, New York often raided patriot towns and farms.

Silliman also fought with the main army during the New York campaigns of 1776 and was one of the key leaders who opposed the British raid on Danbury in 1777. At the beginning of Tryon's raid on Danbury, the general was at his home in Fairfield. As soon as he heard word of the British landing on the coast, he sent out riders to alert the nearby towns and to collect the militia. By noon the next day he arrived in Redding with six hundred men and was joined by Generals Arnold and Wooster from New Haven.

On a dark night in May 1779, nine Tories crossed Long Island Sound in a whale boat from Lloyd's Neck. One of them had been employed by Silliman as a carpenter, so he knew the house well. The men forced their way into the house at midnight and took the general and his son. They were taken to Oyster Bay and finally to Flatbush where they were kept on a prison ship.

The Americans didn't have a prisoner of equal rank to exchange, so they set out to capture one. The victim was the Honorable Thomas Jones, a highly respected loyalist. Jones was captured on Long Island in November 1779 and brought back to Connecticut. Gen. Silliman and his son were exchanged for Jones in May 1781. The prisoner exchange was conducted between two fishing boats anchored in the middle of Long Island Sound.

Maj. Gen. Benedict Arnold

The most infamous of Connecticut's Revolutionary War generals is Benedict Arnold. Because of his deceit, his name has become synonymous with treason. Arnold

was born in Norwich and lived in New Haven where he ran an apothecary and general store. He was the commander of the Second Company Governor's Foot Guard when the "shot heard around the world" echoed across the Lexington Green. Arnold assembled the company and prepared to march to Massachusetts.

At first, his zeal was stymied by Col. Wooster, commander of the militia regiment in New Haven County and New Haven's First Selectman, who refused to surrender the keys to the powder house. Only after Arnold threatened to use force did the First Selectman relent. The Second Company was the only patriot unit at the Battle of Bunker Hill to be in uniform and as a result was the unit that the British negotiated with for the exchange of wounded after the battle.

Arnold resigned from the Continental Army in 1777 after Congress promoted five junior officers above him. He was home in New Haven when the British attacked Danbury in April 1777. He added to his heroism during the Battle of Ridgefield. At one point his horse was shot and the dead animal pinned him to the ground. He narrowly escaped capture by shooting an approaching Loyalist with his pistol.

His sinister side came out during the attack on New London. When the patriots at Fort Trumbull saw the British fleet, they fired two cannons to signal the local militia. Being from the area, Arnold knew that three cannon shots was the signal of a privateer returning to port with a prize, he had a cannon on his flagship fire the third, deceptive shot. Legend has it that Arnold had lunch with his sister, Hannah, in New London during the attack, and then ordered her home to be burned.

After the war, Arnold lived in London. Despised in this country, the British treated him with mistrust – after all, he betrayed the land of his birth.

Brig. Gen. (Ret-CT) Cody may be reached at rmcody@snet.net for comments or article recommendations.

Have the Courage to Help a Buddy

"One suicide is one too many."
Kenoeth O. Preston
Sergeant Major of the Army

For assistance:

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

USAPHC U.S. Army Public Health Command (Prevention)

Off the Bookshelf: Absalom, Absalom!

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

When Thomas Sutpen, in his horse and mule drawn wagon, steamrolled through the hot Mississippi foliage and countryside on his way to claim his property and build an estate, trees and earth trembled, and the slaves accompanying him held tight to their straw hats.

How could anyone put down a book that begins with this image: Odin, reclaiming Asgard after a long absence; General Washington crossing the Potomac; Moses leading his people.

This opening image in William Faulkner's novel "Absalom Absalom," captures this archetypal staple. Faulkner uses it as foreground for his complex and gorgeous tale.

Here's five short reasons to add it to your summer reading list, along with a chair on a porch and lemonade:

1. Faulkner delves into the southern United States in the mid to late 19th century, and turns the life of one man, Thomas Sutpen, into a microcosm of the issues that plagued the region: poverty, population exodus, pride, strange proclivities. He makes it very simple to see how war and the aftermath of war became inevitable.

2. His writing is beautiful. Modernist writers (and other artists of their era) and their styles emerged to compete with new forms of media that blossomed in the early 20th century: photography, radio, movies. A paragraph of Faulkner's prose is like a tree with dozens of branches, with dozens of branches, with dozens of fruit and flower blossoms. It is full of detail, but painted with color and light. Despite this novel's morose subject matter, it reads like a paradise. Modernist writing flourished in this kind of paradox.

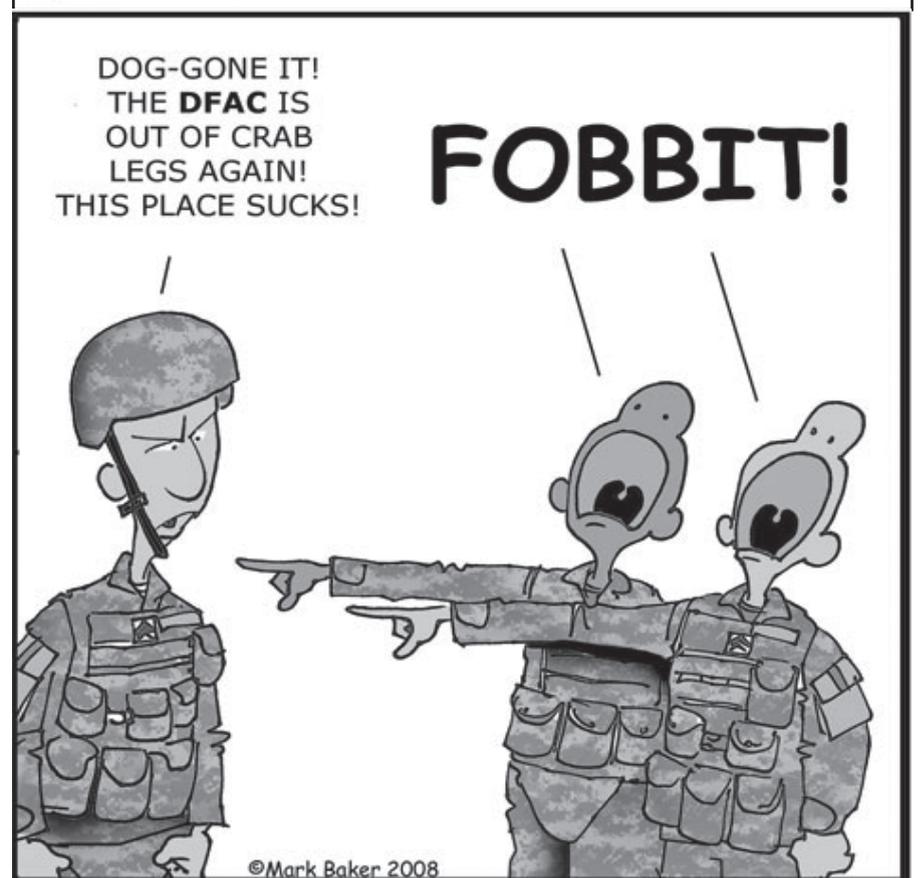
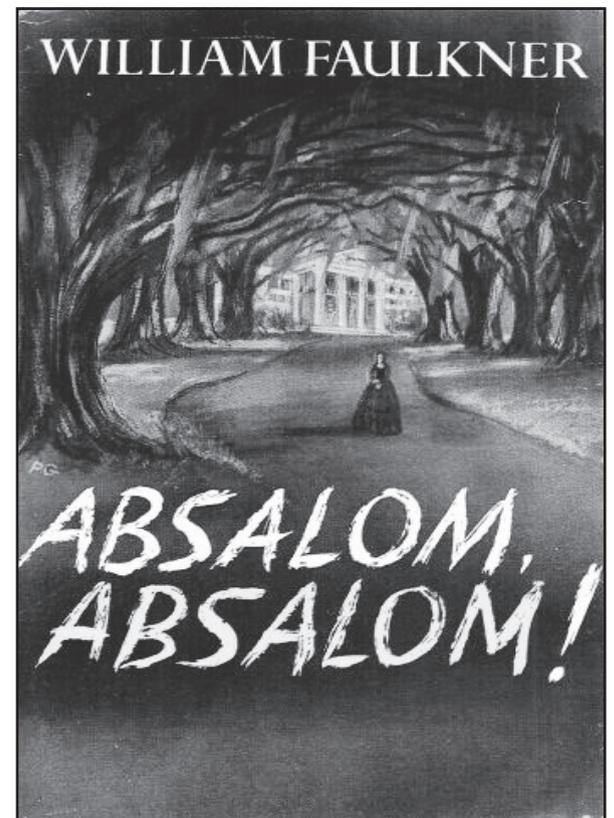
3. "O my son Absalom, my son, my son Absalom! would God I had died for thee, O Absalom, my son, my son!" The density of this novel extends to its title, which is an

extremely direct reference to a certain very famous story. Exploring this reference reveals an entire new way to view this narrative, and places an entirely new layer of complexity and beauty upon it.

4. The beauty of Faulkner's writing defies all contemporary conventions of political correctness. His writing is so spectacular and beautiful that the pictures he draws transcends its very subject matter. Few writers have accomplished this feat, and now, few dare to.

5. Archetypes ring true because they reflect our own genetic narratives: the journey of blood through our bodies; the growth of bones and muscles; the journey from youth to adult; the passage of time as we experience it. Great stories exploit these archetypes: Odin, reclaiming Asgard; General Washington crossing the Potomac; Moses leading his people; Sutpen demanding his land, his hundred acres, from the very earth itself!

"Out of quiet thunderclap he would abrupt (man horse-demon) upon a scene peaceful and decorous as a schoolprize water color, faint Sulphur-reek still in hair clothes and beard, with grouped behind him his band [...] like beasts half tamed to walk upright in attitudes wild and reposed and manacled [...] Quentin seemed to watch them overrun suddenly the hundred square miles of tranquil an astonished earth and drag house and formal gardens violently out of the soundless Nothing and clap them down like cards upon a table beneath the up-palm immobile and pontific, creating the Sutpen's Hundred, the Be Sutpen's Hundred like the oldtime Be Light."



Connecticut National Guard HELPLINE

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

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

Your call will be answered by a behavioral health professional. You will receive information and referrals to community resources to support you and your family.

HELPLINE
1-855-800-0120

Retiree's Voice: Unraveling VA Disability Ratings 'Math'

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

Someone recently asked me how the Veterans Administration (VA) rates someone's disability and sets the amount of Veterans disability compensation. I must confess that I did not know the answer, but I decided it was time I found out.

In researching this topic, I discovered that there is not one simple or easy answer. Let me begin by saying that there is "math" and then there is "VA math."

The first step in the process: the VA makes a determination about the severity of your disability based on the evidence you submit as part of your claim, or what the VA obtains from your military records. The VA rates disabilities from 0-100 percent in 10 percent increments. The ratings reflect the severity of your disability and are intended to reflect how much the impairment impacts your ability to work. This rating is then used to set the amount of your disability compensation. Generally, less severe disabilities receive lower ratings, and more severe disabilities receive higher ratings.

The VA then breaks down disabilities into different categories based on the part of the body affected. Each category contains groups of medical issues. Each group of issues then contains a list of diagnoses and each diagnosis has its own diagnostic code. The VA will then start at the body system category, locate your diagnosis and then find the diagnostic code which best matches

your symptoms. Based on the severity level of your disability, they then match the symptoms you suffer to qualify for the associated rating.

Once the VA has completed this review, they assign you a disability rating, which can range anywhere from 0-100 percent. A zero percent rating doesn't pay any disability compensation but is important because it may qualify you for health care and other VA benefits. The monthly payment for ratings of 10 percent or higher will vary based on whether you have any dependents, and if so, how many. Refer to the VA Compensation Rate Tables located at www.va.gov for more details.

For Veterans with a single disability, the process to determine the disability rating and compensation is fairly straight forward (as stated above). For those Veterans with multiple disabilities, the process can be more complicated and confusing.

If the VA finds that you have multiple disabilities, the VA does not simply add them together to create your rating – disability ratings are not additive. Rather, they use something called the Combined Ratings Table to calculate a combined disability rating. The combined rating is then rounded up or down to the nearest whole number. In no case can you receive a rating that is higher than 100 percent.

First the disabilities are arranged in the exact order of their severity, beginning with the greatest disability. For example, if a Veteran has one disability rated at 60 percent and another rated at 40 percent, it does not add to a 100

percent rating. This is because subsequent disability ratings are applied to an already disabled Veteran, so the 40 percent disability is applied to a Veteran who is already 60 percent disabled.

Using this example of a Veteran with one disability rating of 60 percent and another of 40 percent, the VA will use the Combined Ratings Table to determine the combined rating. Going across the top of the table to find 40, and scrolling down the left column to find the number 60, where they cross you will find the number 76. Since the VA only establishes ratings in whole numbers, in 10 percent increments, 76 is rounded up to 80. Therefore, in this example, the combined disability rating will be 80 percent.

To give another example, with a disability of 40 percent and another disability of 20 percent, the combined value is 52, which is then rounded down to the nearest whole number, which is 50. In this case, the disability rating is 50 percent.

It is impossible to cover every scenario in an article such as this, but what I have tried to do is give an overview of how the process works. If you currently have a disability rating that you feel is not accurate, or are considering applying for one, it is in your best interest to learn all you can about the process, and provide your VA counselor with all the medical information they require. The more information you give them, the easier the process will be and the better for you in the long run.

Retirement Service Officer Notes: Beware TRICARE Scams

SGT. 1ST CLASS ERICKA THURMAN
RETIREMENT PROGRAM MANAGER

It seems that there has been a significant increase in scammers who are targeting military families who use TRICARE health insurance. These scammers use telephone contact to learn important personal information that they can be used to commit fraud.

Fraud attempts can come in a variety of formats, but this is a common general scenario: You receive a telephone call from an unusual telephone number, and the caller claims to be from TRICARE.

The caller asks for identifying information to verify that you are the right person with whom to talk. Sometimes they say it is about TRICARE in general, sometimes they say it is about a prescription issue. The callers often have enough information to make it seem as if the call is legitimate, such as your address or your doctor's name.

Reports are that the callers often have a significant accent to their speech. If you are ever contacted by someone saying that they are from TRICARE, be appropriately suspicious. If they ask you to provide any personally identifying information, do not cooperate. TRICARE representatives will never ask for your social security number or any other important information. Once you are off the phone, report the contact to the Military

Health System at www.health.mil/ReportFraud.

(From CTNG Service & Family Support Center Bulletin, April 2015.)

Upcoming Events:

- **Monthly Retiree Breakfast:** Thursday, June 25, 8:30 a.m. at Charlie's Place, West Main Street, Niantic. Cost is \$15. POC- Frank Perry.

- **CT Chapter AUSA Charity Golf Tournament:** Friday, June 5, at Tower Ridge Country Club, 140 Nod Rd., Simsbury

- Join us in honoring our Vietnam Vets, July 10-12, at the Connecticut Air National Guard and New England Air Museum. This is a three-day event featuring a vehicle and aircraft display, helicopter rides in the famous UD-1D 'Huey,' a USO Concert, a complete, six aircraft rescue demonstration by the The Sky Soldiers each day and much more. For more information contact Eileen Hurst at hursteim@ccsu.edu or (860) 832-2976.

- **NGACT Army & Air Retirees' Picnic:** Thursday, Aug. 6 at noon, Camp Niantic, Niantic, Connecticut. There will be a Retirees' Benefits Update briefing at 10:30 a.m. at The Point with representatives from TRICARE, the VA and AUSA providing information. This event is open to all Connecticut Army and Air National Guard Retirees and their spouses as well all members of the Connecticut National Guard. (Flyer page 22)

Point of Contact for Air National Guard

Retirees: Retirees from the Air National Guard can contact the full-time POC for Traditional Air-Guard Retirees, Master Sgt. Lisa Todaro at (860) 292-2573 or email lisa.todaro@ang.af.mil; or the part-time (drill weekend) POC, Master Sgt. Diana Nelson at (860) 292-2366 or email-diana.nelson@ang.af.mil.

Often times, Air Guard Retirees will be referred to the Air Reserve Personnel Center (ARPC) in Colorado: 1-800-525-0102; website portal at: www.mypers.af.mil; HQ ARPC/DPTTR, Retirement Division, 18420 E. Silver Creek Ave., Bldg 390 MS68, Buckley AFB CO 80011.

Point of Contact for Army National Guard

Retirees: Retirees from the Army National Guard can contact the Retirees Service Officer, Sgt. 1st Class Ericka Thurman (860) 524-4813 - e-mail ng.ct.ctarng.list.g1-rso@mail.mil.

Guardian Address Changes: e-mail: ng.ct.ctarng.list.g1-rso@mail.mil to update address, make any corrections to name or rank, or to be removed from the Retiree Database.

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)

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 Sgt. 1st Class Jordan Werme
jordan.e.werme.mil@mail.mil or (203) 568-1730



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/#BMI>

Connecticut National Guard Promotions Army

To Private 2

Czako, David A.
Min, Dong H.
Peloquin, Alan B.
Mudahy, Andre L.
Cruzdiaz, Alberly
Reuling, Grayson A.
Connorswalsh, Ryan E.
Fairweather, Joanna
Riordan, Patrick R.
Charlot, Rutherly
Logan, Shyon M.
Benites, Donovan M.
Dortch, Marquelle Q.
Colon, Diamante
Aguasvivasperez, Julio
Burkett, Marcus W. III
Dinham, Trevelle A.
Aquinocavedo,
Joeseph M.

To Private First Class

Thomas, Richard N. Jr.
Sarpu, Joshua A.
Lollar, Kirby L.
Walker, Andre C.
Ramos, Darien X.

Booth, Tahj M.
Silk, Luk B.
Chambers, Kyle D.
Larson, Daniel R.
St.Jacques, Tyler S.
Ruiz, Stephanie
Velasco, James A.
Pearson, Davon E.
Ramosibarra, Jared A.
Mathewson, Daniel J.
Espada, Jonathan O.
Kaback, David S.
Phrathep, Outhisack L.
Hovanec, Zachary B.
Williams, Stephen L.
Rizek, Joshua J.
Smalley, Marion E.
Anderson, Tyler M.
Amato, Olympia M.
Erazo, Michael D.
Marcelo, Alexis G.
Sheldon, Colin S.
Valencijimenez, Luis F.
Santalucia, James A. Jr.
Pi, James S.
Burgos, Jennifer

To Specialist

Luna, David J.
Schroder, Eric L.
Blanco, Noah E.
Pikul, Bret J.
Doyle, Thomas P.
Brady, Brian A.
Gregoire, Travis A.
Heslin, Thomas J.
Forbus, Megan E.
D'Andrade, Jeremiah P.
Chamberlain, John A.
Goodwin, Joseph C.
Walter, Clayton A. III
Rivera, Nathanael
Roberts, Mathew D.
Croce, Anthony R.
Andrade, Jackson M.
Atwood, Kyle W.

To Sergeant

Grant, Sean C.
Bove, Peter A.
Paquette, Marc J.
Hannon, David J.
Rissolo, Matthew J.
Carlino, Steven M.

Duhamel, Andrew J.
Perina, Michael C.
Lee, William
Tu, Hoa H.

To Staff Sergeant

O'Reilly, Ian E.
Cruz, Marcos
Difronzo, Richard M. Jr.
Lowe, Thomas C.
Dacosta, Vanele D.
Schneider, Jacob I.
Buxbaum, Joshua E.
Margarido, Antonio M.
Wilmot, Scott R.

To Sergeant First Class

Peeler, Elizabeth K.

To 1st Lieutenant

Rodriguez, Victor J.

To Major

Setkoski, Ronald J. II

Air

To Airman

Stegmaier, Nathaniel T.

To Senior Airman

Millan, Ashley M.
Bonazzo, Christopher R.
Irish, Dylan W.
Gartsu, John C.
Rubino, Joseph C.
Shopey, Robert J. III
Williams, Shawn M.

To Staff Sergeant

Ayala, Maria T.
Gleason, Scott J.

To Technical Sergeant

Alexander, Ryan M.
Abair, Jared R.
Bonacci, Matthew J.
Smardz, Mitchell F.
Ryan, Raymond L. III
Gorbachyk, Vitaliy

Coming Events

June

June 3

NGACT Executive Board Meeting

June 14

Flag Day

June 14

U.S. Army Birthday

June 16

July Guardian Deadline

June 21

Father's Day

July

July 4

Independence Day

July 15

NGACT Executive Board Meeting

July 21

August Guardian Deadline

July 31-August 2

TAG Match

August

August 6

NGACT Army & Air Guard Retirees'
Picnic

August 9-12

EANGUS National Conference
Indianapolis, Indiana

August 15

OCS Graduation

August 18

September Guardian Deadline

August 19

NGACT Executive Board Meeting

Life Lines

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

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

Emergency - 911

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

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

National Suicide Hotline - 1-800-SUICIDE

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

Deadline for the July Issue of the
Guardian is June 16

Deadline for the August Issue of
the Guardian is July 21

THE 102D ARMY BAND



INVITES YOU



TO OUR CONCERT!

DATE:	TIME:	EVENT LOCATION:
2 July	1900hrs	SOUTH WINDSOR- Evergreen Walk, 501 Evergreen Way
11 July	1930hrs	HARTFORD- Riverfront Recapture, 300 Columbus Blvd
20 July	1900hrs	NEW BRITAIN- Walnut Hill Park, 200 Grand Street
21 July	1830hrs	PLAINVILLE- Norton Park, 197 South Washington Street
22 July	1900hrs	MANCHESTER- MCC Band Shell, 60 Bidwell Street
23 July	1900hrs	CANTON- Mills Pond Park, 10 East Hill Road
24 July	1200hrs	YNHH- Yale New Haven Hospital lawn
24 July	1900hrs	WEST HAVEN- Old Grove Park, 190 Kelsey Ave
25 July	1600hrs	LITCHFIELD- Litchfield Town Green
27 July	1900hrs	BRISTOL- Memorial Blvd Band Shell
9 Aug	1300hrs	MOOSUP- "VJ DAY" Parade, 66 Prospect Street

[facebook.com/102dArmyBand](https://www.facebook.com/102dArmyBand)

YouTube Clip: <https://www.youtube.com/watch?v=GMOqnIGAVU4>

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Connecticut FAMILY Guardian



VOL. 16 NO. 6

HARTFORD, CONNECTICUT

JUNE 2015

Guard Kids Spend Spring Break 'Camping' in Southington

STORY AND PHOTOS BY Ms. MICHELLE McCARTY
CHILD & YOUTH PROGRAM COORDINATOR

In April, the Child and Youth Program hosted its annual Operation Military Child Intelligence Training (MCIT) spring break day camp at the Southington Armory. With 20 military children in attendance, they had a great time learning science, technology and cooking from our partner, Jim Anglos at Inspire Works. The campers also learned about gardening and nutrition from UCONN's 4-H Extension Center and time was spent with the Hartford Wolf Pack who graciously came out for two days to teach our military youth hockey basics.

The Hartford Wolf Pack mascot, Sonar, and hockey player, Ryan Bourque came to visit and scrimmage with the kids so they could show off what they learned. The group also celebrated Month of the Military Child by wearing purple on National Purple Up Day (April 15 each year) to show support for children of Military Families. The four-day camp wrapped up with a visit to the Connecticut Science Center. The kids were able to connect what they learned all week and relate to different exhibits at the Connecticut Science Center. It was a fun and educating way for our military youth to spend their spring break.

A summer edition of this camp is in August. Please be on the lookout for more information. If you would like to be added to the Child and Youth Program mailing list, please contact the Child & Youth Program Coordinator, Michelle McCarty at michelle.m.mccarty4.ctr@mail.mil.



Alex and Morgan Freeman, and Jordan Foster, daughter of Chief Foster U.S. Navy work with Kamilla Dynia from New Haven County UCONN 4-H Extension Center to makeself-watering planters for their spider plants.



Staff Sgt. Melody Baber, Isabella Ferrer, daughter of Capt. David Ferrer of 103rd AW and Amarie Naranjo daughter of Staff Sgt. Angel Naranjo, with E Co 169th AVN share some 'down time' with Sonar from the Hartford Wolfpack.



CATHERINE GALASSO

God is a Way-Maker and He Can Make a Way for You

The morning dawned sunny and warm when a group of fishermen began to navigate their boat to their favorite spot on the water. Gentle breezes enveloped the air, and sea gulls fluttered overhead as they planned to spend a productive, yet relaxing day fishing in the sky-blue ocean. The fishermen had been to this prime location many times before. At this particular place, they always seemed to catch an abundance of large fish.

Hours passed, and the fishing trip was indeed successful. Buckets of fish were caught. But suddenly, a fierce storm moved in and the fishermen found themselves surrounded by a thick, dense fog. The fishermen's hearts were racing, and they could only see a few feet in front of them. They each sensed that something was terribly wrong.

In an attempt to quickly get back to the safety of the harbor, the fishermen determined which way to steer the boat and then began going in that direction. However, one of the fishermen reached into his pocket for a small compass. He looked at it pensively, and the dial pointed the opposite way.

Should the fishermen follow their own course? Or should they keep to the directive of the compass?

The fishermen all agreed to believe and follow the direction of the compass.

That settled it. So they turned the boat around.

A while later through the fog, the fishermen saw the faint silhouette of the shoreline. An immense peace descended upon them. They felt the stirrings of relief and were thankful that the reliable compass directed them aright. The fishermen trusted the compass's route, and they returned to the dock safely.

Today, are you filled with concerned about what the future will hold? Have you been waiting for direction from God and wondering if it will ever come?

Like sand slipping away in an hour glass, so much time may have passed and maybe it seems as though you've accomplished very little. Perhaps, your discouragement has deepened and your expectations have dwindled, for you could've had more than your share of challenges, and now you are anticipating more of the same. Or, you might have struggled in an area for so long that you're tempted to think, "Nothing good is in my future."

But as the compass directed the fishermen to safety, in His perfect time, God will provide the best course for you. Soon, situations will begin to marvelously unfold exactly as they are meant to and within the timeframe that will provide for your highest good.

"For the vision is yet for an appointed time and it hastens to the end; it will not deceive or disappoint. Though it tarry, wait for it, because it will surely come; it will not be behindhand on its appointed day." (Habakkuk 2:3) Thus, don't let doubts, fears, or a time delay shrink your faith. Be "fully persuaded that God has power to do what He had promised." (Romans 4:21). God has not left you alone to your own devices. He is with you and is "determining your steps." (Proverbs 16:9).

So trust God in any given situation. For rest assured, God is at work in your life; through it and by it, for your ultimate benefit and advantage.

A while ago, I received an email from a dear reader. "Catherine, I've been meaning to write and thank you so much for your inspiring column. You have helped me, with the grace of God, 'hold on' week by week," she wrote.

"My husband would read your column and say, 'Catherine is writing for you this week.' You were truly a rock and confirmation of the spirit of faith with your words of wisdom."

The reader went on to describe how she had been experiencing some very challenging, frustrating circumstances; trying to juggle taking care of ailing parents and a husband with an illness, and all the while, she was working in a toxic environment. Then, out of the blue, she was told by her company that her long-standing job would soon be eliminated. Confused and frightened, she didn't know what the future would hold. But she prayed for guidance and trusted in God's wisdom and will.

She wrote, "My prayers to the Lord always came back with His one simple word, 'wait,' which is not always an easy thing to do during trials."

However, this reader knew that God can change the most hopeless conditions.

Some things just can't be rushed. So she held on, worked with positive expectation, and spoke with confident assurance over her situation, thanking God in advance for the answers and solutions yet to come. She avoided using language with negative connotations. Forcing all discouraging thoughts out of her mind, she waited, giving God time to show her what He could do.

In the conclusion of her note, the reader reported that a few months later, she was offered another position with her company. Her new responsibilities are better suited to her. She works with a wonderful team of individuals.

She's in much healthier surroundings, and now, with her husband on the road to recovery, she feels rejuvenated.

Therefore, "Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you." (Deuteronomy 31:6).

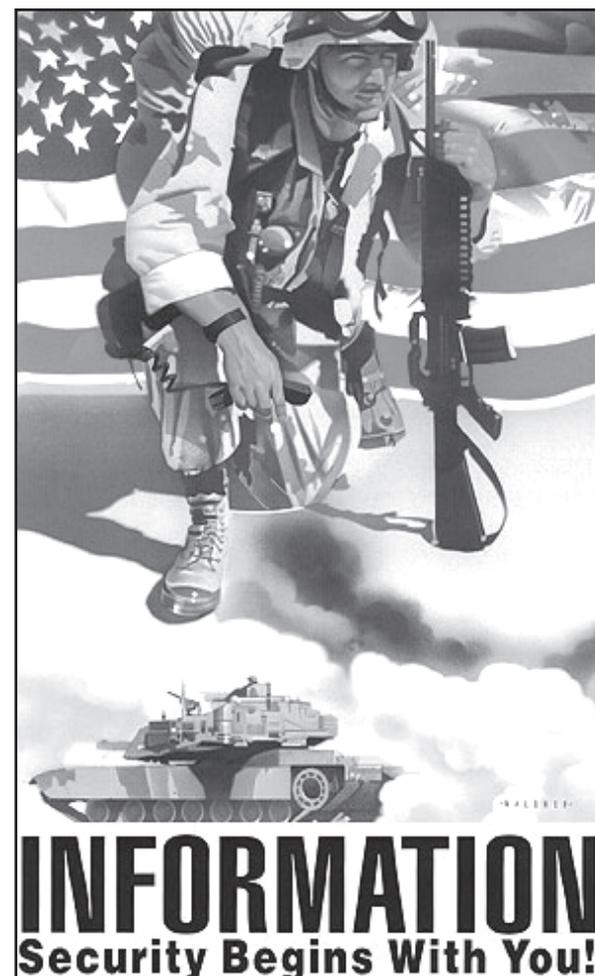
God knows the dreams of your heart, and He can bring them to pass. So visualize the future that you desire and believe it is possible. Listen for the answers to your prayers. And continue to move in the direction of your heart's desire being open to various possibilities that arise for you.

Trust God's timing. God will bring to fulfillment the things you have waited for in your life. God is a way-maker, and He can make a way for you.

So, get ready to receive the abundance of blessings that are in store for your future.

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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 flickr.com/SOLDIERSMEDIACENTER
The Official U.S. Army Flickr

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

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

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

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

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

Do You Know Your MWR Benefits? Do You Use Them?

SUBMITTED BY CHRIS ROULEAU
MILITARY ONE SOURCE

Some of the unique benefits available to service members and their families include those programs offered through Morale, Welfare and Recreation programs. Service members and their families may be able to rent a cottage at the beach, buy discount tickets to a theme park, take swimming lessons or get help managing their personal finances.

Throughout the military, MWR programs provide high quality recreation opportunities and consistent community support for service members and their families. For Guard, reserve and active duty service members who live far from an installation, MWR offers an Outreach Program to meet their needs.

Boating programs and marinas, bowling centers, golf courses, stables and special interest recreation programs are offered to service members and their families at a lower cost than similar activities in the civilian community. The programs vary by installation and by location but often include many of the following:

- Boating programs and marinas with instruction, rentals and, in some areas, private berths
- Bowling centers with instruction, open bowling, league bowling, tournaments and equipment resale
- Golf courses with open play, instruction, tournaments and club and apparel resale
- Stables with rental horses for recreational riding and, at some installations, boarding, organized event, and competitions
- Special interest recreation programs, such as flying, shooting ranges and scuba diving

Physical fitness, aquatics and sports programs include fitness centers, swimming pools, intramural sports and team sports. The sports program sponsors competitive sports teams representing installations or service branches in events sanctioned by the Armed Forces Sports Council. Through the program, service members may also participate in national and international sporting events, such as the Pan American Games, Conseil International du Sport Militaire and the Olympics.

Hospitality and lodging programs include the following:

- Food, beverage and entertainment programs
- Membership and non-membership clubs
- Joint service facilities and armed forces recreation centers
- Recreational lodging programs, such as camping and cabin rentals

Individual skills development programs offer educational activities that advance technical knowledge and offer opportunities for creative growth. They vary by installation but can include:

- Performing arts programs, such as theater centers, dinner theaters, music centers, performing arts centers and special entertainment events
- Arts and crafts programs with instruction in fine arts, crafts and industrial and vocational arts
- Automotive skills programs with facilities, equipment, technical instruction and problem-solving services to

help service members and family members with automotive repairs

Information, Ticket and Tours offers information on local and regional attractions. Other services vary by location but often include the following:

- Group tours to local and regional attractions
- Tickets to movie theaters, concerts, plays, professional sporting events and theme parks
- Packaged tours and cruises
- Commercial resort reservations
- Travel insurance

The ITT Program offers remote or automated services for installations that lack sufficient volume to justify a staffed office or for service members living far from an installation.

Libraries and information services programs are available at Department of Defense installations, aboard ships, and through military service portals. Service members can also access the services through Military OneSource in the form of electronic books and other information. The program also includes the delivery of books to deployed service members, remote and isolated sites and military missions in foreign countries.

Outdoor Recreation Programs include the following:

- Structured programs, such as archery, fishing, hunting, paint ball, rappelling, scuba diving, sail boarding, mountain biking and snow skiing
- Equipment rental, which varies by location but typically includes things like tents, coolers, sleeping bags, stoves, skis, canoes, boats, bicycles, tables and chairs, and yard maintenance equipment

Recreation Centers generally include activities such as Internet cafes, game rooms with video games, billiards, table games and table tennis, television and movie rooms. Depending on the installation, a center may be in a stand-

alone building or integrated with another program to meet the needs of the installation.

Single Service Member programs are designed to support the overall quality of life for single service members. Activities offered through the program include:

- Recreation and sports activities
- Health and wellness activities
- Trips and tours
- Concerts
- Holiday and special event activities
- Life skills and career progression
- Community involvement activities

For Sub Base New London MWR, visit:

<http://www.discovermwr.com/subasenewlondon/>

For West Point MWR, visit:

<http://www.westpointmwr.com/>



CONNECTICUT MILITARY DEPARTMENT

Military Relief Fund



Supporting Connecticut's Military Community

The Connecticut Military Relief Fund is a state funded program designed to assist Connecticut's military personnel and their families who are experiencing a financial hardship



Go to our website:
www.ct.gov/mil/mrf
or call:
(860) 524-4968
for more information

Flag Day: Missing Letters

Each word is missing one or more letters. Finish each word by writing the letter on the line.



1. B___SY RO___
2. RE_ _ _JTE, AND BLU_
3. S_ARS _ND STR___ES
4. C__NTIN__NTAL CO__GR__SS
5. __LD __LORY
6. NA__ION__L ANT__EM
7. SALUT__
8. PLE__GE OF __LLEG__ANCE
9. JU__E
10. P__TRIOTI__M
11. S__AR-SPANG__ED BANN__R

- ANSWERS**
1. BETSY ROSS
 2. RED, WHITE AND BLUE
 3. STARS AND STRIPES
 4. CONSTITUTIONAL CONGRESS
 5. OLD GLORY
 6. NATIONAL ANTHEM
 7. SALUTE
 8. PLEDGE OF ALLEGIANCE
 9. JUNE
 10. PATRIOTISM
 11. STAR-SPANGLED BANNER

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	mittchell.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
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
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			