

Connecticut Guardian



VOL. 16 NO. 9

HARTFORD, CONNECTICUT

SEPTEMBER 2015

Uruguayan General Officers Visit Connecticut: De Parte de CTNG, Gracias!

STAFF SGT. BENJAMIN SIMON,
JFHQ PUBLIC AFFAIRS

The Uruguayan equivalent of the U.S. Joint Chiefs of Staff visited Connecticut for a State Partnership Program, Key Leader Exchange, August 3-7, 2015. The Commander of the Uruguayan Navy, Adm. Leonardo Alonso, The Uruguayan Chief of National Defense, Gen. Nelson Eduardo Pintos, the Commander of the Uruguayan Army, Gen. Guido Manini Rios, the Defense Attaché to the U.S. Army, Maj. Gen. Carlos Loitey, their spouses and aides toured Connecticut National Guard facilities and met dozens of local service members and employees during their days-long visit.

The group traveled courtesy of UH 60 Blackhawks, and toured the 103rd Airlift Wing at Bradley Air Guard Base, the 1109th TASMG in Groton, the 103rd Air Control Squadron in Orange, Coast Guard Sector Long Island in New Haven, Camp Niantic, and the State Capitol and Legislative Office Buildings, where they were greeted by the Connecticut's Lt. Governor, Nancy Wyman.

In the 1950s and 60s, The Eastern Republic of Uruguay experienced severe political, social and economic troubles similar to conflicts raging in numerous Latin American nations. The Uruguayan economy was severely weakened due to a decreased global demand for its exports. Social unrest ensued, and student militant groups threatened to take over its government. The Uruguayan armed forces eventually intervened and established military rule in the nation from 1973-1985.



Uruguayan Chief of National Defense, General Nelson Eduardo Pintos, is greeted by Soldiers at Theater Aviation Sustainment Maintenance Group in Groton, Connecticut, after arriving, Aug. 5. The Uruguayan generals viewed static displays of 1109th TASMG equipment and watched Soldiers in action, performing maintenance and repair duties. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

After 12 years of military control, in 1985, Uruguay implemented new democratic and economic reforms and began strengthening relationships with foreign nations, including the United States.

It is safe to state that Uruguay has made numerous social, economic and political gains since then, and that the SPP with the U.S. has played a great role in the nation's positive transformation.

According to Adm. Alonso, Uruguayan public resentment towards the military is still prevalent. He said the future of the Uruguayan military depends on regaining trust that was lost with the population. Alonso said he believes that the nation's State Partnership Program with the United States will continue to help.

August's leadership exchange took weeks of planning and intense coordination between both countries. Capt. Nicholas Raphael, State Partnership Program Coordinator, said the program has come a long way since its inception in 2000. Since 2012, 30 SPP exchanges have taken place, in which dozens of Connecticut National Guard members hosted and visited personnel from the Uruguayan Armed Forces in mutually-benefitting exchanges of tactics, techniques and ideas.

"This isn't a one sided relationship," said Raphael. The Connecticut National Guard has successfully completed missions all over the world, and each interaction with partners from other countries has made Connecticut Guardsmen more versatile and well-rounded, said

Raphael. The 30 exercises undertaken with Uruguay have benefitted both of our nations, militarily, diplomatically, and professionally, and this partnership will continue to get stronger and stronger for years to come, he said.

In addition to numerous informative meetings and presentations during their tour, the Uruguayan general officers met and interacted with dozens of Soldiers, Airmen and service members. They spoke at length about various pieces of military hardware and equipment, their careers in the Uruguayan armed forces, the weather, and even Uruguayan food.

See **URUGUAYAN VISIT** Pages 4-5

Senior Leader's Corner: Initial Message to the Army

GEN. MARK A. MILLEY
UNITED STATES ARMY
39TH CHIEF OF STAFF OF THE ARMY

We have the most skilled, ethical, and combat hardened Army in our Nation's history. No matter where we are around the world, America's Soldiers are displaying courage, commitment and character. We are demonstrating unparalleled competence and agility. And no matter the challenge, no matter how complex the environment, or how dangerous the situation, our Soldiers fight and win.

I am honored to lead this remarkable team.

I have three priorities:

#1. Readiness: (Current Fight) Our fundamental task is like no other - it is to win in the unforgiving crucible of

ground combat. We must ensure the Army remains ready as the world's premier combat force. Readiness for ground combat is - and will remain - the U.S. Army's #1 priority. We will always be ready to fight today, and we will always prepare to fight tomorrow. Our most valued assets, indeed, the Nation's most valued assets, are our Soldiers and our solemn commitment must always be to never send them into harm's way untrained, poorly led, undermanned, or with less than the best equipment we can provide. Readiness is #1, and there is no other #1.

#2. Future Army: (Future Fight) We will do what it takes to build an agile, adaptive Army of the future. We need to listen and learn - first from the Army itself, from other services, from our interagency partners, but also from the private sector, and even from our critics.

Developing a lethal, professional and technically competent force requires an openness to new ideas and new ways of doing things in an increasingly complex world. We will change and adapt.

#3. Take Care of the Troops: (Always) Every day we must keep foremost in our minds our Soldiers, Civilians, and their Families. Our collective strength depends on our people - their mental and physical resilience is at our core. We must always treat each other with respect and lead with integrity. Our Soldiers are the crown jewels of the Nation; we must love them, protect them, and always keep faith with them.

I am honored and proud to serve with you. Thank you for your service and commitment to a cause larger than yourselves.



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

CONTACT INFORMATION

Dr. Steve Langehough
Alcohol and Drug Control Officer
steven.o.langehough
@accenturefederal.com
Cell: 475-238-2138

Jennifer Gonzalez-Smith
Prevention Coordinator
jln.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

Changing Your Address

If you move and want to continue receiving the *Connecticut Guardian*, you must change your address in one of the following ways:

Retirees: If you are a Retired Connecticut Army or Air Guardsman, please contact Sgt. 1st Class Ericka Thurman at ericka.g.thurman.mil@mail.mil or 860-524-4813.

Horse and Foot Guard members must change your addresses with your respective units.

Current Connecticut Army and Air National Guard Members: You must change your address with your unit.

All others may contact the editor at debra.i.newton.mil@mail.mil or 860-524-4911.

Connecticut Guardian

360 Broad Street, Hartford, CT 06105-3795

Phone: (860) 524-4911, DSN: 636-7857

FAX: (860) 524-4902

E-Mail: debra.i.newton.mil@mail.mil

(Front Page American Flag photo by Buddy Altobello)

Captain-General
Gov. Dannel P. Malloy

The Adjutant General
Commanding General, CTNG
Maj. Gen. Thaddeus J. Martin

Assistant Adjutant General - Army
Brig. Gen. Mark Russo

Assistant Adjutant General - Air
Brig. Gen. Jon K. Mott

State Command Chief Warrant Officer
CW5 Mark Marini

State Command Sergeant Major
Command Sgt. Maj. John S. Carragher

State Command Chief Master Sergeant
Chief Master Sgt. Edward Gould

State Public Affairs Officer
Connecticut Guardian Managing Editor
Capt. Michael T. Petersen

Connecticut Guardian Editor
Sgt. 1st Class Debbi Newton

Contributors
130th Public Affairs Det., CTARNG
Maj. Jeff Heiland, 103rd AW/PAO
103rd Airlift Wing Public Affairs
103rd Air Control Squadron
103rd Communications Flight, CTANG
First Company Governors Horse Guard
Second Company Governors Horse Guard
First Company Governors Foot Guard
Second Company Governors Foot Guard

The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. The *Connecticut Guardian* is published monthly in accordance with AR 360-1 and is printed through the Government Printing Office.

Deadline for submissions is noon on October 20 for the November Issue and November 17 for the December Issue. Circulation: 7,800

Stay Grounded, Dream High: OCS Class 60 Receives Commissions

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

NIANTIC — Nine graduates of OCS Class 60, Company A, 1st Battalion, 169th Regiment, RTI, received their commissions, Aug. 15, at Camp Niantic.

2nd Lt. Ethan Bean, 2nd Lt. Gregory Coco, 2nd Lt. Venroy Forte, 2nd Lt. Oliver Gagne, 2nd Lt. Louis Gagnon, 2nd Lt. Mykal Kuslis, 2nd Lt. Charles Mayer, 2nd Lt. Brittany Price, and 2nd Lt. Scott Stone, new officers in the Connecticut Army National Guard, had gold bars pinned to their uniforms by loved ones and friends, and received words of encouragement from guest speaker, Brig. Gen. (Ret.) Louis Preziosi.

In his speech to the graduates, Preziosi, a graduate of 1975 OCS Class 20, told the new lieutenants to “stay grounded and dream high,” and to take the challenge of leadership.

Preziosi mentioned the importance of the five Cs of leadership: Competence, Character, Contribution, Commitment and Courage. He said it’s more important than ever for these traits to be cultivated in today’s military leaders.

The CTARNG newest officers will continue their training at various locations for their branch assignments prior to joining their new units.

Interested in applying for OCS? Contact your unit’s Readiness NCO for details, and stay tuned for open house events printed in the *Connecticut Guardian*.



Nine Graduates of Officer Candidate School Class 60, Company A, 1st Battalion, 169th Regiment, RTI, prepare to receive their commissions as second lieutenants in the Connecticut Army National Guard at a ceremony on August 15 at Camp Niantic. (Photo By: Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

CCAF Graduates Awarded Degrees: Degrees Now Required for Promotion

2ND LT. JENNIFER PIERCE
103RD AIRLIFT WING

Thirty Airmen of the 103rd Airlift Wing received their Community College of the Air Force degrees at a commencement ceremony on Aug. 2, at Bradley Air National Guard Base in East Granby, Connecticut.

Now a requirement for promotion to senior master sergeant and chief master sergeant, more Airmen are shifting their focus to earn their CCAF degree. In addition to being a requirement to move up to senior enlisted ranks, earning the degree provides benefits as well, including eligibility for the Associate-to-Baccalaureate Cooperative program. The ABC program permits Airmen to apply all 64 credits earned from their CCAF degree toward a bachelor’s degree with specific colleges.

Airmen are automatically enrolled into CCAF upon their successful technical school completion. They can then begin earning credits towards a degree in their technical specialty with college credits being transferable to the CCAF degree depending on the class.

All Airmen within the 103rd Airlift Wing are encouraged to begin earning credits towards their degree early in their careers. Any questions about either the CCAF or ABC programs can be directed to 2nd Lt. Jennifer Pierce via email at jennifer.k.pierce4.mil@mail.mil.

The FY 2015 CCAF graduates are:

2nd Lt. Michael W. Bartas, Air and Space Operations Technology
Staff Sgt. Benjamin C. Boulanger, Avionic Systems Technology
Staff Sgt. Ethan S. Brown, Emergency Management
Master Sgt. Peter D. Demakis, Jr., Air and Space Operations Technology
Staff Sgt. Andrew S. Disilvestro, Jr., Construction Technology

Senior Master Sgt. Christopher G. Divita, Criminal Justice
Master Sgt. Jonathan L. Favreau, Aviation Maintenance Technology
Staff Sgt. Michael Frechette, Criminal Justice
Master Sgt. Anthony Gagliardi, Maintenance Production Management
Senior Airman Brandon P. Gasiorek, Criminal Justice
Master Sgt. Aaron Hann, Munitions Systems Technology
Tech. Sgt. Eric M. Hoss, Aviation Maintenance Technology
Master Sgt. Andre J. Jaynes, Aerospace Ground Equipment Technology
Master Sgt. Peter W. Jones, Human Resource Management
Staff Sgt. Marc A. Mojica, Human Resource Management & Hospitality and Fitness Management
Staff Sgt. Michael Newson, Aviation Maintenance Technology
Staff Sgt. Daniel Leone, Aviation Maintenance Technology
Tech. Sgt. Ashley M. Paul, Criminal Justice
Tech. Sgt. Matthew D. Pelletier, Aviation Maintenance Technology
Staff Sgt. Maria A. Puetz, Human Resource Management
Tech. Sgt. Erin D. Rivera, Air and Space Operations Technology
Tech. Sgt. Frankie Rodriguez, Criminal Justice
Master Sgt. Lindsey M. Rohner, Logistics
Senior Master Sgt. John Saresky, Electronic Systems Technology
Staff Sgt. John Serra, Information Management
Tech. Sgt. Clovis A. Simons, Jr., Vehicle Maintenance
Staff Sgt. Mitchell F. Smardz, Aviation Operations
Senior Master Sgt. Kurt W. Smith, Emergency Management & Criminal Justice
Tech. Sgt. Helkin Sosa, Logistics
Tech. Sgt. Todd A. Wilkinson, Human Resource Management

Uruguayan Military Leaders Visit Connecticut

From Page 1

Uruguayan Chief of National Defense, Gen. Nelson Eduardo Pintos

During a conversation with service members at the Air Control Squadron in Orange, Pintos stated that Uruguay currently does not have a National Guard, and jokingly added that they currently did not need one, as the nation is not affected by national disasters like hurricanes. He joined the Uruguayan Army when he was 17, and said serving his country has given him a lifelong sense of purpose and fulfillment.

Pintos' Aide, Lt. Col. Jose Luis Nogues, said he was extremely grateful for his opportunity to visit the United States, but more grateful to be able to work with his longtime friend, Gen. Pintos.

Nogues routinely served maté (Uruguayan tea) to his fellow officers during the group's visit, which all seemed grateful for, and which drew inquisitive looks from Connecticut Guardsmen. Nogues, a self-avowed food lover, stated that the group enjoyed their American meals, but that maté was a staple in their diets. Nogues said he brings the tea everywhere he travels with Gen. Pintos. He also noted many times during his Connecticut trip that the best food in South America is prepared in the Uruguayan capital, Montevideo.

Commander of the Uruguayan Navy, Admiral Leonardo Alonso

While on break between briefings at Camp Niantic on the 85th Troop Command and 143rd RSG, Alonso noted that a major difference between the militaries of the U.S. and Uruguay was the sense of duty and selfless service present in American service members. He said his main task when returning to Uruguay would be to try and improve the quality of life of Uruguayan military members, and enhance their incentives for joining. He said that this would be tough, however, as the Uruguayan economy is still regaining its health from past years.

Commander of the Uruguayan Army, General Guido Manini Rios

When Rios was 14, he entered a military placement high school in Uruguay, which is equivalent to military prep school academy in the United States. While traveling from TASMG to Coast Guard Sector Long Island Sound in New Haven, he pointed out that female service members make up more than 20 percent of the Uruguayan armed forces, to include combat arms positions. Rios said his nation's military is extremely socially progressive, but needs to increase incentives to compete with the nation's private sector for recruits.

Uruguayan Defense Attaché to the U.S. Maj. Gen. Carlos Loitey

Growing up, Loitey said he was fascinated by television coverage of the American war in Vietnam, and decided then that he wanted to dedicate his life to serving in the Uruguayan armed forces. He's served in the Uruguayan Army for 42 years, and is currently stationed in



Connecticut National Guard Adjutant General, Maj. Gen. Thaddeus Martin, briefs visiting Uruguayan generals and their aids on the missions of the CTNG, its structure, and capabilities at Bradley Air National Guard Base, Aug. 4. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



103rd Airlift Wing, Tech. Sgt. Gabriel Aziz explains the functions of the future Nondestructive Inspection (NDI) shop, scheduled to open this summer at Bradley Air National Guard Base. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Uruguayan Chief of National Defense, General Nelson Eduardo Pintos, and Uruguayan Army Commander, Gen. Guido Manini Rios, view a display of 14th Civil Support Team equipment, Aug. 6 at Camp Niantic, with the help of 1st Lt. Patrick Montes. Montes provided interpreter and escort duties for the visiting Uruguayan officers during their tour of Connecticut military facilities. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

Washington D.C. as a liaison between the Uruguayan military and the United States. Thousands of Uruguayans are currently deployed, said Loitey. Since reforming its government, Uruguay has taken large roles in United Nations peace keeping missions. They currently have forces deployed to the Democratic Republic of the Congo, Haiti, and the Sinai.

At the tail end of the Uruguayan visit, accompanied by State Partnership Program personnel, and Col. Ron Welch, Director of the Joint Staff, the Uruguayan officers visited the State Capitol for a discussion with Lt. Gov. Wyman on topics ranging from the comparison of climates in Uruguay and Connecticut to the importance of post-deployment reintegration.

Wyman invited her guests to approach the dais of the

senate chamber, and to sit in the famous Charter Oak Chair. She explained the chair's history – carved out of the famous oak tree which hid the charter given to the Connecticut colony by King Charles II. Wyman said, the chair has become known as the, "Wishing Chair," as those who wish to one day be Governor have sat in the famous seat.

Each member of the Uruguayan contingency took their turn sitting in the chair to make their wishes. Gen. Pintos jokingly told the Wyman of his wish to one day return to Connecticut as governor.

Wyman presented the visiting officers with gifts from her office, and on behalf of the Uruguayan officers, Maj. Gen. Loitey presented her with a military coin as a token of their thanks.

Reinforcing Their State Partnership Program



U.S. Coast Petty Officer 1st Class, James Slack, presents a safety briefing to Uruguayan Navy Commander, Adm. Leonardo Alonso, Senior Defense Official/ Defense Attaché, Col. Kirk Karver, and Aide to Adm. Alonso, Cmdr. Juan Fernando Acosta, before their departure on the 47 Response Boat Medium, Aug. 5, at Coast Guard Station New Haven. All of the visiting Uruguayan officers had the opportunity to drive the vessel. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Uruguayan Navy Commander, Adm. Leonardo Alonso, controls a Common Remotely Operated Weapon Station (CROWS) with the assistance of 1048th Transportation Company Soldier, Sgt. Rosli Hernandez, Aug. 6 at Camp Niantic. CROWS provide operators with the ability to acquire and engage targets from the inside of vehicles. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



1109th TASMG, Power Plant Repairer, Staff Sgt. David Delgado shows plant machinery to Uruguayan Defense Attaché to the U.S., Maj. Gen. Carlos Loitey, and Uruguayan Naval Commander, Adm. Leonardo Alonso, Aug. 5. Loitey said he was amazed by Delgado's expertise. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Uruguayan Chief of National Defense, General Nelson Eduardo Pintos, examines the inside of a UH-60 Black Hawk, at TASMG, in Groton Connecticut, Aug. 5. Pintos said was impressed by the high levels of dedication Connecticut service members displayed to their duties. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

"We are fortunate that they have forged such a strong relationship with the people of Uruguay, and it was an honor to welcome the Uruguayan delegation to Connecticut. We look forward to continued friendship," and your return to our state, said Wyman.

While the Uruguayan officers toured Connecticut's military facilities, their spouses, enjoyed some of the state's local attractions

Hosted by Kim Hoffman, Director of Family Services for the Connecticut National Guard, and Lt. Col. Lesbia Nieves, Commander, 143rd CSSB, who acted as a translator, the wives of the Uruguayan General Officers experienced some of Connecticut's history and culture. The group of wives agreed that the trip to America enabled them to relax from the rigid schedules they

maintained in Uruguay as the spouses of generals.

They visited Olde Mistick Village and watched sailboats on the Mystic River. They toured the Mashantucket Pequot Museum and Research Center and viewed life-sized exhibits portraying scenes of Native American life from centuries past. The group especially enjoyed an American style lunch at the Hard Rock Café, and the new Tangier Outlet Mall that opened at Foxwoods.

Following their Connecticut visit, the entire group of Uruguayan officers, their spouses and aides traveled to Washington D.C. for high level talks and exchanges. Gen. Pintos said he looked forward to his next trip to Connecticut, but added he was prepared to return to Uruguay to begin applying what he learned during his trip to his nation's military.

Pintos said Uruguay and Connecticut share many similarities, including the utilization of certain resources, and bordering the ocean. He said his country has a lot of work to do to inspire a strong sense of duty in his forces, as he has witnessed first-hand in Connecticut service members.

Pintos' aide, Lt. Col. Nogues, added, with a smile, that he would happily show visiting Connecticut service members the best restaurants in Montevideo.

It is safe to say that for the benefit of both nations, the State Partnership between Uruguay and the U.S. will continue to gain strength for years to come. The 31st exchange is currently underway and Uruguayan Air Force personnel are scheduled to train with 103rd Air Control Squadron Guardsmen in September.

Found in Translation:

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

In August, the Connecticut National Guard hosted the top brass from the Uruguayan Armed Forces as part of the State Partnership Program between the two militaries.

These officials, which included the Chief of National Defense, the Commanders of the Navy and Army, the Defense Attaché to the U.S., and their aides and wives, were treated to a first-class journey from one corner of the state to the next as part of the State Partnership Program's Key Leader Exchange, Aug. 3-7.

Uruguay's military leadership learned about the Connecticut National Guard and its capabilities to not only deploy units for missions overseas, but to assist our own friends, neighbors and residents in need within the state's borders as well. Some of the group's wives also traveled around Connecticut for an opportunity to explore its history and attractions.

Members of the group impressed Connecticut National Guard leadership with a fluency in English that would make most Americans blush. Others needed assistance navigating the finer points of the briefings they attended.

Enter the fleet of Connecticut National Guardsmen and women who served as translators for their week-long guests.

From the moment the Uruguayans touched down on Connecticut soil, a team of highly-motivated and proficient translators from both the Army and Air Guard stepped to the plate to provide a specialized service and get an inside look at the Connecticut National Guard from a strategic level.

Twelve of Connecticut's Soldiers and Airmen, ranging from lieutenant colonels to specialists/senior airmen worked around the clock as translators for Connecticut's visitors. Working with two- and four-star generals, an admiral, their aides, and spouses who took advantage of the opportunity to visit, the translators knew that there may be some nerves.

"There were times initially where there were some nerves, but we were typically assigned to one particular individual," said Capt. David Ferrer, Equal Opportunity Officer for the 103rd Air Wing Headquarters and one of the event's translators. "After the first day, the generals made us feel much more relaxed and we felt a lot more at ease. They understand there is a little bit of leeway in trying to figure out what sort of words we might not know.

"There's a certain amount of pressure and you want to get it right," said Ferrer. "You don't want to misinterpret anything, whether you're translating from English to Spanish or vice versa."

Translators worked tirelessly to prepare for this mission, translating briefings from English to Spanish in the weeks prior to the event. However, like with any



1st Lt. Patrick Montes, Commander of Alpha Company, 1st Infantry Battalion, 102nd Infantry Regiment (middle, in ACUs), translates for Gen. Nelson Eduardo Pintos, Chief of Defense, Uruguay, Adm. Leonardo Alonso, Commander of the Uruguayan Navy and Maj. Gen. Carlos Loitey, Defense Attaché to the United States during a briefing in the "fish bowl" inside the Division of Emergency Management and Homeland Security Emergency Operations Center in Hartford, Conn. Aug. 4. DEMHS Deputy Commissioner William Shea provided leadership of the Uruguayan Armed Forces with an inside look at how the Connecticut National Guard plays a part in assisting Connecticut residents during times of need, to include response to weather events. (Photo by Capt. Mike Petersen, CTNG Public Affairs Officer)

military operation, planning only takes you so far, and teamwork becomes crucial.

"These [translators] come from a specific demand within the military, regardless of whether they come from the Air or Army Guard," said Capt. Nick Raphael, director of the Connecticut National Guard State Partnership Program. "Many of them are captains and below, working at the operational level, and don't get to see the strategic-level information that was provided in the majority of the briefings."

With strategic-level briefings come terminology that the translators may not be familiar with, and at times, it required the translators to pick each other up and assist to ensure the correct information was relayed, Raphael said. He also said that the amount of studying and reading the translators did help condition them so the group had a better understanding of the information in the English version of the briefings before translating them for visitors.

Even still, there may be a moment of forgetfulness – even on the easy words – and being there to back each

other up was key for the translators all week, no matter how experienced. Not all of the translators are native Spanish speakers like Ferrer, who teaches the language and spent three years of his adolescence in Colombia.

"At times the vocabulary might differ slightly," said Ferrer. "Myself, being Colombian, the vocabulary is a little different from what you might hear in Puerto Rico...It is not necessarily a different dialect but it does take a little getting used to. The accent is slightly different at times and you have to pay attention to make sure nothing gets lost in translation."

Volunteers are not permitted to serve as translators for the State Partnership Program without passing the Spanish version of the Defense Language Proficiency Test. The DLPT requires test-takers score at least a two (out of three) on both the listening and reading comprehension portions of the exam, said Raphael. All translators are also required to be E-4 or above.

"We want to have the perfect balance of listening comprehension and literacy," Raphael said.

Since 2012, the State Partnership Program has

The CTNG's Linguists



1st Lt. Miguel Rivadeneira, S-6 of the 143rd Combat Service Support Battalion (middle, in ACUs) and Gen. Nelson Eduardo Pintos, Chief of Defense, Uruguay, look on as Gen. Guido Manini Rios, Commander, Uruguayan Army, asks a question of Division of Emergency Management and Homeland Security Deputy Commissioner William Shea during a briefing at the Emergency Operations Center in Hartford, Conn. Aug. 4. Shea provided leadership of the Uruguayan Armed Forces with an inside look at how the Connecticut National Guard plays a part in assisting Connecticut residents during times of need, to include response to weather events. (Photo by Capt. Mike Petersen, CTNG Public Affairs Officer)

Capt. Nick Raphael, director of the State Partnership Program (foreground, right) provides translation during an overview of how the Division of Emergency Management and Homeland Security and the Connecticut National Guard work together during state emergencies to senior-level Uruguayan military leaders at the Emergency Operations Center, William A. O'Neill Armory, Hartford, Connecticut Aug. 4, 2015. Uruguay and the Connecticut National Guard have long been paired together in the State Partnership Program. (Photo by Capt. Mike Petersen, CTNG Public Affairs Officer)



participated in more than 30 exchanges with the Uruguayan Armed Forces. The Connecticut National Guard even stations a Soldier in Montevideo, Uruguay to serve as the Bilateral Affairs Officer – a position currently held by Maj. Gabriel Caminero of the Connecticut Army National Guard Medical Detachment.

Raphael held that position, spending five months working in the Office of Defense Cooperation at the U.S. Embassy, gaining invaluable experience on his second language.

"I'm not a native speaker, so I had to learn it the hard way," said Raphael. "In English alone, the differences are very distinct between how we talk in a restaurant versus how we talk in a military briefing, and that definitely carries over when having to translate into another language like Spanish."

Two of Raphael's translators have also spent time as the Guard's liaison in Uruguay. 1st Lt. Patrick Montes, commander of Alpha Company, 1-102nd Infantry, spent a year in country, as did 1st Lt. Miguel Rivadeneira, S-6 of the 143rd Combat Sustainment Support Battalion, who

completed a seven-month tour.

Senior to the entire party of Connecticut translators was Air Force Col. Kirk Karver, Senior Defense Official and Defense Attaché who works in Washington D.C. with Uruguayan representatives on a daily basis.

"Col. Karver is the representative of the Department of Defense to Uruguay," Raphael said. "He is crucial from the start of anything we want to plan to do there in country. To have his full support to host these events anywhere, especially in Connecticut, is a huge win for us."

Karver's experience as an official within the DoD and as a translator proved invaluable, as he assisted translators when the need arose.

To round out the trip, translators worked with elected officials and state employees to provide the Uruguayan contingency with a tour of the Legislative Office Building and State Capitol in Hartford. Along with Maj. Gen. Martin, adjutant general for the Connecticut National Guard, Raphael met with Lt. Gov. Nancy Wyman and her staff to coordinate an office call.

"Meeting with the lieutenant governor was great," Raphael said. "When we went to give her a briefing, I didn't know what to expect in terms of her level of interest, but it was obvious that she did a lot of homework in terms of the questions she asked during the call."

Karver, as the senior translator, facilitated translation between the lieutenant governor and the Uruguayan leadership. Montes and Rivadeneira assisted the aides with translation during their tour and visit to the State Capitol.

Moving forward, the State Partnership Program continues to line up programs for future exchanges, both here and in Uruguay. Immediately following the Key Leadership Exchange, Raphael was right back to work, coordinating subject matter experts for an exchange in information regarding radar operations at the 103rd Air Control Squadron in Orange, Connecticut.

If you are a current Connecticut Guardsman wanting more information on how to become involved with the State Partnership Program, contact your chain of command.

Mobile-ready 'Armyfit' Now Tracks Data, Has Experts on Tap

DAVID VERGUN
ARMY NEWS SERVICE

WASHINGTON — ArmyFit, a comprehensive, online resource site at armyfit.army.mil, just added three “new and exciting features,” Capt. Kristin Saboe said.

ArmyFit, which now synchs to personal readiness devices, is accessible by smartphones and has experts standing by to answer health and fitness questions, Saboe said.

Saboe oversees content for ArmyFit. She has a doctorate degree in organizational psychology and also serves as the program manager for the Army Global Assessment Tool, or GAT.

Ask The Experts

The “Ask the Experts” feature is just a click away on the site, Saboe said. Simply choose a category, write in a question, and a subject-matter expert will respond. Experts are available to respond to an entire range of topics, including physical fitness, sports medicine, nutrition and sleep. Experts can also answer questions dealing with relationships, environmental concerns, and spiritual,

mental and emotional health.

These experts are researchers who specialize in their field and offer research-based advice to Soldiers and their Families as well as Army civilians. All interactions with the experts are confidential, she added.

The experts are from the Human Performance Resource Center, which is part of the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences in Bethesda, Maryland.

Mobile-ready

ArmyFit and GAT are now both mobile-ready, so they can be accessed from anywhere using a smartphone or computer, Saboe said. No common access card is needed, she said. Soldiers can log in using their AKO username and password.

The GAT is an annual requirement for Soldiers. Participation by Families and Army civilians is encouraged. The GAT is also a prerequisite to accessing the content in ArmyFit. Users can now complete the GAT via any mobile device. Data from GAT is also kept confidential.

Syncing ArmyFit

Users can also synch personal readiness devices, such as Fitbit and Jawbone, to ArmyFit, Saboe said. The ability to synch Withings and Garmin will also soon be available, she said.

ArmyFit will store, track and integrate data from those devices, and provide real-time feedback so users can track such things as running, steps taken, nutrition and even sleep.

“Tracking all of those behaviors increases awareness, increases mindfulness and also can prompt behavioral change, such as being more aware of what you’re eating and how much you’re working out. That alone can lead to change and increase resilience,” she said.

“Soldiers have a personal responsibility to manage and maintain their overall health and resilience,” Saboe said. “ArmyFit is a platform to help Soldiers do that. Army civilians and Families are key to the Army as well, so making sure they have access to the same kind of information helps us all be a more ready and resilient Army.”



DEPARTMENTS OF THE ARMY AND THE AIR FORCE
JOINT FORCE HEADQUARTERS - CONNECTICUT
WILLIAM A. O'NEILL ARMORY, 360 BROAD STREET
HARTFORD, CONNECTICUT 06105-3706

REPLY TO
ATTENTION OF:

NGCT-DAV

13 August 2015

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Aviation Predetermination Board

1. The Connecticut Army National Guard will conduct an Aviation Predetermination Board during the week of 19-23 October 2015. The purpose of the board is to recommend two primary candidates and two alternates to become a Warrant Officer Aviators.
2. The basic qualifications to become an aviator include the following.
 - a. ASVAB GT score: 110 or greater
 - b. Selection Instrument for Flight Training (SIFT) score: 40 or greater.
 - c. The ability to pass an Army Class 1 Flight Physical. The physical should be scheduled and/or completed prior to the board if possible.
 - d. Meet the height and weight standards of Army Regulation (AR) 600-9.
 - e. Vision correctable to 20/20 (with limitations) and normal color vision.
 - f. An outstanding physical fitness posture verified by submitting your three most recent record APFT on a certified DA 705. You must pass the standard APFT.
 - g. Applicants for aviation service should not be older than 32 years prior to starting Initial Entry Rotary Wing (IERW) Aviator Course.
 - h. Three letters of recommendation with one or more coming from your chain of command.
 - i. Recent verified Officer Record Brief for Officers or verified Enlisted Record Brief for Enlisted Soldiers.
 - j. Your last three Officer or Enlisted evaluation reports if applicable.
 - k. Demonstrated performance, a positive attitude, and future potential.
 - l. Must be able to meet the eligibility criteria outlined in AR 135-100 dated 1 September 1994
 - m. Be in compliance with the Army Tattoo Policy in AR 670-1 dated 15 September 2014.
 - n. Warrior Leadership Course is desired but not mandatory.
3. We are looking for highly motivated members to become Army Aviators. Flight school is very challenging, demanding, and requires a high degree of motivation. It requires dedication, long hours, intense studying, and advanced decision making skills. Although beneficial previous flight training is not required.

NGCT-DAV
SUBJECT: Aviation Predetermination Board

4. If you are interested in serving as a Warrant Officer Aviator and appearing before the Aviation Predetermination Board, please forward your request package for consideration through your chain of command to the State Army Aviation Officer. All correspondence must arrive no later than **15 October 2015**. Address memorandums to the following:

Office of the Adjutant General
ATTN: NGCT-DAV (LTC CHICOSKI)
85 Light Ln, WLRRC, Building #300
Bradley IAP
Windsor Locks, CT 06096-1086

5. Aviation predetermination packages should consist of a formal memorandum from the candidate stating why they believe they will be the best candidate, and requesting consideration. Include SIFT Scores, letters of recommendation, flight physical results if available, as well as any documentation supporting favorable consideration to attend flight school is recommended. Accuracy and correctness of your predetermination package is also considered. Lateness and errors in predetermination packages will result in no action by the board. Please include contact information such as: e-mail, cell phone, and mailing address so we may contact you.

6. Arrangements to complete the class 1 Flight Physical may be made through CW5 Muthig, contact information is below. Recommendation by your chain of command, either written or verbal is required in order to schedule a flight physical.

7. Arrangements to complete the SIFT may be made with CTARNG Education Officer. Contact MAJ Draper via email at paul.l.draper.mil@mail.mil or MAJ Musgrave via e-mail at derek.j.musgrave.mil@mail.mil. The Education office may also be reached at 860-524-4816 or 4820.

8. If you have any questions or require additional information, please call or e-mail CW5 Muthig; office: 860-292-4593 or cell: 203-631-3822 james.j.muthig.mil@mail.mil.

RAYMOND S. CHICOSKI
LTC, AV, CTARNG
State Army Aviation Officer

DISTRIBUTION:
CTARNG ALL

Teamwork, OCS Lessons Guide Lieutenants Deployed Together

1ST LT. ANDREW F. SHETLAND
TF HURRICANE, S6

When I began Officer Candidate School in 2011, I was not fully aware of the impact this course would have on my life. Of course, I was there because I had the desire to become a leader in the Connecticut Army National Guard and have a greater influence on decisions that impacted Soldiers. What I didn't understand was the depth of teamwork, camaraderie and friendship that completing this course would require.

It has been three years since OCS Class 57 ("Honey Badgers") commissioned a group of nine CTARNG second lieutenants. Today, four of these officers, including myself, are key members of the Task Force Hurricane staff in support of Operation Joint Guardian at Camp Bondsteel, Kosovo.

Each of us came to OCS with varying military experience, educational backgrounds, and civilian employment histories. OCS molded us with the baseline knowledge of military training, operations planning and leadership skills necessary to succeed. Each of us were ultimately branched into varying specialties, going off to our individual Basic Officer Leadership Courses across the country.

1st Lt. Benjamin Sullivan now serves as a Medical Services Officer, 1st Lt. Krista Yaglowski is an Intelligence Officer, 1st Lt. Brian Coyle is a Battle Captain in the S3 section as a CH-47 Chinook Pilot, and 1st Lt. Andrew Shetland is the S6. That depth of teamwork, camaraderie and friendship is paying off as we have come back together into one integrated staff, fully prepared to successfully execute a real world mission. Together we comprise members of the entire primary staff minus the S4, Logistics.

ADRP 5-0 reads, "The staff's role is to assist commanders with understanding situations, making and implementing decisions, controlling operations, and assessing progress. In addition, the staff assists subordinate units (commanders and staffs), and keeps units and organizations outside the headquarters informed throughout the conduct of operations."

"Here in Kosovo, the contributions of Class 57 and the CTARNG's OCS program are evident every day," said Maj. Stephan Nowakowski, executive officer. "Our staff is positively affecting not only the operations of our Task Force, but the entire Multi-National Battle Group. As a battalion staff we all play our different roles, but our combined efforts enable our units to provide safety and security to a population that is struggling to recover from years of conflict. Almost all of these officers are performing in positions above their current grade, and they continue to exceed expectations. The experience these officers are receiving in theater will last a lifetime, and will aid them in becoming great commanders, effective senior leaders and the future of the Connecticut Guard.

This deployment has demonstrated the positive impact that we can all have by stepping up and performing at our full potential. For many of us, that decision started when we joined OCS."

Operation Joint Guardian is a NATO mission ensuring a safe and secure environment and freedom of movement in the Kosovo Area of Operations. TF Hurricane, comprised of Soldiers from the 1-169th Aviation Regiment, is responsible for Mission Command of the Multinational Battle Group East Southern Command Post aviation and ground operations. TF Hurricane supports UH-60 lift operations, MEDEVAC operations, and continuous ground patrolling. As a staff we are instrumental in the military decision making process (MDMP) supporting the success of this mission.

To those of you in the CTARNG that are interested in becoming the Leaders of tomorrow who meet the OCS entrance requirements, I highly encourage you to take the next step. OCS Entrance Requirements include:

- US Citizen
- Basic Training

- 90 College Credit Hours (BA for Fed OCS)
- GT Score 110 or Higher
- Chapter 2 Physical (within 24 months of commissioning)
- APFT (Pass)/ Meet HT/WT
- Secret Clearance prior to Commissioning
- State and Accelerated- 41 years 364 days old at Commissioning/ 34 years old for Federal OCS
- Demonstrate potential for Leadership at higher levels
- Recommendation from chain of command and State Board

If you are interested, talk to your chain of command and have someone at your unit contact Capt. David Lord at david.m.lord.mil@mail.mil.

I am grateful to be a part of TF Hurricane, to be serving with my fellow OCS Class 57 graduates, and the great work our task force is doing supporting SASE and FOM in our Kosovo AOR. I am confident that our shared adversity in OCS is the fire that forged our ability to operate so effectively together.



1st Lt. Benjamin Sullivan, 1st Lt. Andrew Shetland, 1st Lt. Krista Yaglowski and 1st Lt. Brian Coyle, graduates of OCS Class 57, have come together once again, deploying to Kosovo as part of Task Force Hurricane. The Connecticut Army National Guardsmen say all they learned about leadership in Officer Candidate School is coming in to play while on this deployment. (Photo courtesy 1st Lt. Andrew Shetland)

Soldiers Must Complete School Before Promotion

C. TODD LOPEZ
ARMY NEWS SERVICE

WASHINGTON — Soldiers will no longer be promoted without first having successfully completed related professional military education, or PME, courses, according to recently-signed Army Directive. Soldiers will need to complete their schooling before they are allowed their new stripes.

“By linking structured self-development and the NCO Education System [NCOES] to subsequent promotion, we better prepare NCOs [noncommissioned officers] for the complexities of today’s operational environment while reinforcing the benefits of a deliberate, continuous, sequential and progressive professional development strategy,” wrote Army Secretary John M. McHugh in Army Directive 2015-31, which was released Aug. 13.

Beginning with the January 2016 promotion month, pinning on the sergeant will require that Soldiers have first completed the “Basic Leader Course”, which was formally known as the “Warrior Leader Course.” For Soldiers who want to pin on staff sergeant rank, they must first have completed the Advanced Leader Course.

“Soldiers on the recommended list who are not graduates of the respective course will not be considered fully qualified for promotion pin-on regardless of their accumulated promotion points,” the directive reads. “These Soldiers will remain on the recommended list in a promotable status, but they will not be selected for promotion pin-on until they become fully qualified by completing the required course and a promotion requirement exists.”

Soldiers expecting to pin on sergeant first class as a result of a fiscal year 2016 selection board must first complete the Senior Leader Course before pinning on their new rank.

“Conditions are set so we can enforce a standard for Soldiers to complete professional military education - that is the NCOES platform - before promotion to the grade in which it was designed to support,” said Gerald J. Purcell, personnel policy integrator within the Army G-1.

Purcell said that a Soldier, who is otherwise qualified to be promoted from corporal or specialist to sergeant, will be on the promotion list. But when that Soldier’s name is next to fill an Army promotion requirement, if that Soldier is found to have not completed PME - for a specialist seeking sergeant, this means Basic Leader Course - then the Soldier will be passed up for that promotion.

“There will be a filter in place that takes their name off the list of fully-qualified names,” Purcell said. “They will get skipped. Even if they have more promotion points, they will not be considered fully-qualified to pin the grade of sergeant on.”

The Soldier who is skipped for promotion due to a lack of PME still stays on the promotion list. But once that Soldier gets the PME, he or she doesn’t automatically get stripes. Instead, the Soldier will have to wait for a future requirement. Since the 1980s, Purcell said, the Army has allowed “conditional promotions,” where Soldiers could get their stripes without having had the corresponding professional military education.

“We had NCOs walking around who weren’t school-

trained, with a follow-on requirement they complete the training or they were going to be reduced,” he said. “Today, the leadership believes there is a capability to provide Soldiers an opportunity to go to training, complete the training, and consequently, have all of the fundamental training in place before they are asked to perform at the next higher grade.”

With the new PME requirement, a Soldier’s stripes will not just be an indicator of rank or pay - it will be an indicator that the Soldier has been trained as a leader, Purcell said.

“When you see a Soldier wearing a sergeant rank, you know that Soldier is going to have been trained formally through an education system to prepare him or her and give them tools to succeed at that grade,” Purcell said. “So the Soldier is going to have all the tools in their kit bag to fully succeed at their grade.”

The new policy also similarly affects National Guard Soldiers where enlisted Soldiers on a promotion list whom have completed their structured self-development requirements will be selected and assigned to higher grade vacancies. Soldiers selected for higher grade vacancies without the NCOES requirement will have 24 months to complete the level of NCOES required for promotion pin-on or will be removed from the position.

Additionally, the directive makes changes to the retention control point for active-duty and Army Reserve Soldiers. According to the regulation, effective October 1, Soldiers selected for promotion to sergeant first class and master sergeant will not get an extended retention control point until they actually pin on their higher rank.

102nd Army Band Takes the Show on the Road



The 102nd Army Band spent most of its 2015 annual training on the road bringing its music to towns throughout Connecticut. On July 25, the band performed on the green in Litchfield, first with the entire band playing several selections of military and marching tunes. Following that, the band broke out into the Jazz Band (left) and later into the Rock Band. Sgt. Joe Colavito, below, engages the crowd during the performance. (Photos by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Guard Announces New Facility at Bradley ANG Base

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Both Connecticut National Guard and elected leaders joined together to officially break ground on a new fuel cell and corrosion control facility at Bradley Air National Guard Base in East Granby on Aug. 20.

Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard, was joined by Governor Dannel P. Malloy, Senator Richard Blumenthal, Congressman Joe Courtney, Lieutenant Governor Nancy Wyman and others to celebrate the groundbreaking of the \$14.8 million facility.

The groundbreaking, however, was not just to acknowledge the newest addition to the base, but to recognize all the improvements that have been made since the Connecticut National Guard transitioned to the C-130H Hercules aircraft mission in 2013.

“This ceremony, while focused on a specific facility, is not just about the construction of one building,” said Martin. “It is an acknowledgement of everything the Connecticut National Guard is doing to modernize our facilities and become a state-of-the-art member of the C-130 community.”

The project was awarded to Cutter Enterprises, LLC from Vernon, Connecticut. Eight bids for the project were submitted online.

The 29,600-square foot facility will provide specialized hangar space for fuel cell maintenance and corrosion treatment for the Connecticut National Guard’s fleet of eight C-130H Hercules aircraft.

After speeches by elected officials that praised the Guard for its efforts since accepting the C-130 mission, leaders took turns taking photos shoveling dirt from the groundbreaking site.

Construction is expected to be completed in late 2016.



Gene Brown, Frankfurt, Short, Bruzza Architects; Patrick Dwyer, Cutter Enterprises, LLC; Lt. Gov. Nancy Wyman; Maj. Gen. Thad Martin, adjutant general; Gov. Dannel P. Malloy; Sen. Richard Blumenthal; Cong. Joe Courtney; and Col. Frank Detorie, 103rd Airlift Wing commander “break ground” with ceremonial gold shovels for the fuel cell and corrosion control facility being built at the Bradley Air National Guard Base in East Granby, Connecticut Aug. 20. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

Artist rendering of the Fuel Cell and Corrosion Control Facility being built at the Bradley Air National Guard Base.



September is Suicide Prevention Month

FROM THE NATIONAL SUICIDE PREVENTION LIFELINE WEBSITE

September is National Suicide Prevention Month and the National Suicide Prevention Lifeline Website offers the following answers to common questions.

Q: What are some of the risk factors for suicide?

A: Risk factors vary with age, gender, or ethnic group. They may occur in combination or change over time. Some important risk factors are:

- Depression and other mental disorders
- Substance-abuse disorder (often in combination with other mental disorders)
- Prior suicide attempt
- Family history of suicide
- Family violence including physical or sexual abuse
- Firearms in the home
- Incarceration
- Exposure to suicidal behavior of others, such as family members or peers

However, it is important to note that many people who have these risk factors are not suicidal.

Q: What are signs to look for?

A: The following are some of the signs you might notice in yourself or a friend that may be reason for concern.

- Talking about wanting to die or to kill oneself

- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings.

Seeking help is a sign of strength, if you are concerned, go with your instincts, get help!

Q: What can I do for myself or someone else?

A: If you are concerned, immediate action is very important. Suicide can be prevented and most people who feel suicidal demonstrate warning signs. Recognizing some of these warning signs is the first step in helping yourself or someone you care about.

**If you are in crisis and need help: call this toll-free number, available 24 hours a day, every day 1-800-273-TALK (8255). You will reach the National Suicide Prevention Lifeline, a service available to anyone. You may call for yourself or for someone you care about and all calls are confidential. You can also visit the Lifeline's website at <http://www.suicidepreventionlifeline.org>.

Don't deal with a problem alone. Reach out to a helping hand!

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

It takes COURAGE to ask for help when needed

USAPHC
U.S. ARMY PUBLIC HEALTH COMMAND

Resilience: "Skill of the Month"

JULY 2015
james.a.sypher.mil@mail.mil
(860)524-4891

Just the Facts

What is
"Catastrophizing"
and how do I
fight against it?

"Catastrophizing" is when you waste critical energy ruminating about the irrational worst case outcomes of a situation, which prevents you from taking purposeful action.

The following can occur when a person is thinking catastrophically:

- High Level of Anxiety
- Decreased Focus
- Increased Helplessness

What's My Plan?!

Step 1: Describe the Activating Event.
 Step 2: Capture Worst Case thoughts.
 Step 3: Generate Best Case thoughts.
 Step 4: Identify Most Likely outcomes.
 Step 5: Develop a Plan for dealing with Most Likely outcomes.

What is the skill?
"Put It In Perspective" is a method to stop catastrophic thinking and deal with the Most Likely outcomes.

WATCH OUT!
Triggers of Catastrophic Thinking

Is the situation ambiguous?
 Is something you value highly at stake?
 Are you run-down or depleted?
 Do you already *FEAR* the situation?
 Is it your first-time doing something?

Then you could be at...

Around Our Guard



Recipients of the National Guard Association of Connecticut scholarships were honored during a reception in their honor Aug. 5 at the Wood N Tap, Hartford, Connecticut. The recipients each received a \$1,000 scholarship. From left: NGACT Scholarship Chairman Kendra Ross, recipient Erin Detorie, recipient David Mazzola, USAA recipient Shannon Jones, NGACT President Fran Evon and NGACT Vice-President Enlisted, Andrew DiSilvestro. Also receiving scholarships, but unable to attend were Alicia Morgan and Tyler Detorie. (Photo courtesy NGACT)



Lt. Chris Schoeneberger and Cpl. Christina Meador demonstrate mounted drills during the First Company Governor's Horse Guards Annual Training at Camp Niantic, Niantic, Connecticut. (Photo courtesy First Company Governor's Horse Guard)



Capt. David Carlson leads the First Company Governor's Foot Guard Band and is joined by members of the Second Company Governor's Foot Guard band in a joint concert at McCook Point Park in Niantic as part of their Annual Training on Aug. 5. (Photo by Maj. Mark Boudreau, 1GFG)



Chief of the National Guard Bureau Gen. Frank J. Grass (left) and Senior Enlisted Advisor, NGB Chief Master Sgt. Mitchell O. Brush (right) address attendees of the Enlisted Association of the National Guard of the U.S. conference Aug. 9 in Indianapolis, Indiana. The two discussed challenges facing the National Guard, success stories, the Army Aviation Restructuring Initiative, budget cuts and sequester, among other topics. (Photo courtesy NGACT)

Army, Air Guard 10th at 2015 CT

SGT. 1ST CLASS DEBBI NEWTON
STATE PUBLIC AFFAIRS NCO

The 103rd Security Forces, Connecticut Air National Guard and the 102nd Infantry Brigade each fielded a team for the CT SWAT Challenge, hosted annually by the Connecticut State Police. Known by many in law enforcement to be one of the elite competition events, the Air National Guard compete against civilian law enforcement teams in various challenges and morphs into team competitions, many of which are a 3-mile, 30-plus obstacle course which pits teams against each other. The course at Metropolitan District Reservoir #6 in West Hartford. Tasks include deep leg lunge walks while wearing protective masks and carrying a 50-pound pack across the reservoir. This year, the two National Guard teams tied for first place. Only other military team to compete, a team of Rangers from Fort Benning, Georgia, finished Aug. 20.



The 103rd Security Forces team plots strategy before the obstacle course competition of the CT SWAT Challenge. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Flipping a large tire while wearing protective masks was one challenge faced by the 103rd Security Forces Squadron. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Double wheelbarrow races pushed some teams to their limits. The 103rd Security Forces Squadron had it down pat. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Each year the 103rd Security Forces Squadron team gets support from fellow Air Guardsmen who come out to run the course alongside them, cheering them on. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Nearing the end of the grueling 4-mile race, 103rd Security Forces Squadron team members hop over bales of hay. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



The final obstacle before the finish line for the Air Guard team - a 10-foot wall that all team members must get over. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Members of the 103rd Security Forces Squadron negotiate their way out of tubes while firehouses and industrial fans blow water at them. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



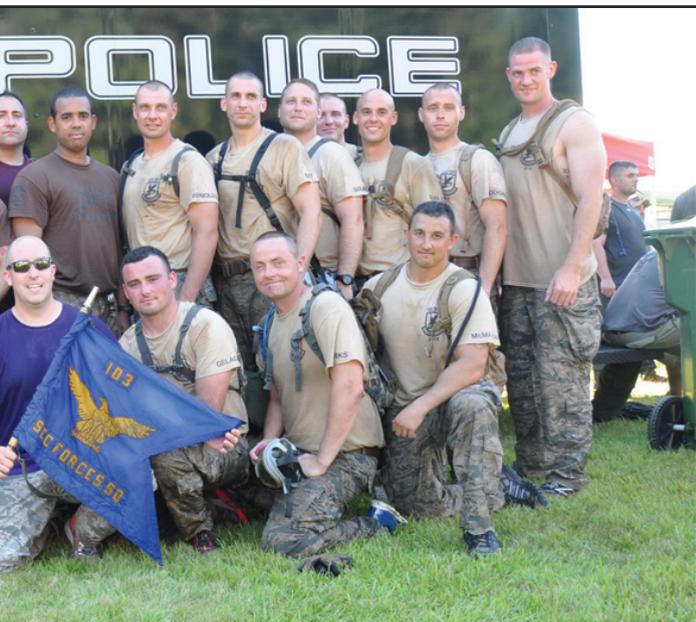
The 1st Battalion, 102nd Infantry team (left) and the 103rd Security Forces Squadron celebrate finishing the 2015 CT SWAT Challenge and showing their support. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

102nd Infantry Teams Tie for 1st Place in SWAT Challenge

The 1st Battalion, 102nd Infantry, Connecticut Army National Guard and the West Hartford Police Department. The challenge is considered the toughest in the country. Each year, teams from the Connecticut Army National Guard and the West Hartford Police Department compete for top honors. The competition starts with individual weapons training and ends with a scenario-based event. The culminating event of the competition is the 4-mile obstacle course. The course includes fireman carry relays, suicide sprints flipping large tires, carrying a 50-pound sand bag, water obstacles, runs through trails and a swim. The 102nd Infantry team finished in 10th place out of a field of 30 teams from across the country. The West Hartford Police Department, Georgia, finished sixth. The event took place from Aug. 18 to Aug. 20.



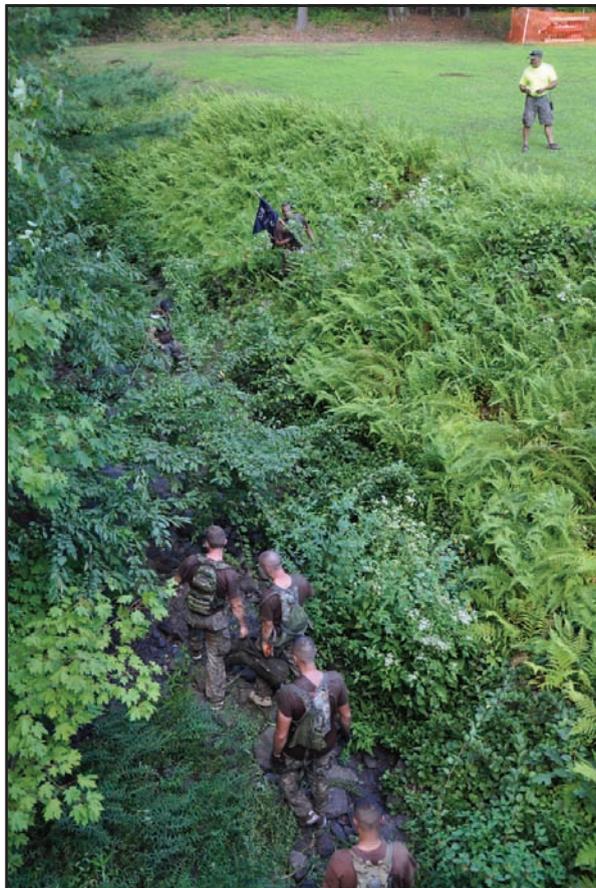
Members of the 1st Battalion, 102nd Infantry team cheer a team member on completing deep leg lunges while wearing a protective mask and carrying a 50-pound sand bag. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Members of the West Hartford Police Department (left) and the 102nd Infantry team (right) of the Connecticut National Guard pose for a group photo. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Staff Sgt. John Cummings waits for team mates to come through tubes during a water obstacle at the CT SWAT Challenge. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Members of the Connecticut Army National Guard team make their way through a wooded path headed to another obstacle. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Members of the 102nd Infantry team plot their strategy just before the start of the 4-mile obstacle course. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



The Connecticut Army National Guard team stands ready at the start line of the obstacle course event. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



Soldiers of the 102nd Infantry prepare to enter tubes during a water obstacle event. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)



The final obstacle between the 1st Battalion, 102nd Infantry team and the finish line - a 10-foot wall that each member had to scale without letting their equipment touch the ground. (Photo by Sgt. 1st Class Debbi Newton, State Public Affairs NCO)

TRUNK OR TREAT!



SAVE THE DATE!!!

The Child & Youth Program will host their 2nd annual Trunk or treat event at the Air National Guard Base in East Granby!!

Friday, October 23, 2015

Additional details will be available soon!



CHIEF MASTER SGT.
EDWARD GOULD

Enlisted Update

Greetings and welcome to September 2015. This month the Airmen of the Connecticut Air National Guard will undergo their first CAPSTONE inspection under the new Air Force Inspection System, AFIS. The inspection will be broken down into four major graded areas. Those areas are: 1) Executing the mission; 2) Improving the unit; 3) Managing resources; and 4) Leading people. I would like to take some time to discuss the last major graded area, leading people.

Recently I had the opportunity to attend the Air National Guard Enlisted Leadership Symposium held at Camp Dawson, West Virginia. Four lucky Airmen also attended, Master Sgt. Kendra Ross, first sergeant for the 103rd Mission Support Group, Master Sgt. Kristina Owren from the 103rd Force Support Squadron and from the 103rd Air Control Squadron, in Orange, Tech. Sgt. Rachel Payne and Senior Airman Preston Ward. During the symposium we heard from Chief Master Sgt. James Hotaling, the command chief master sergeant of the Air National Guard, as well as other enlisted leaders at the national level. I would like to touch upon two of the biggest takeaways I had the new Enlisted Force Development concept of operations and the Air Force Profession of Arms, Center for Excellence, or PACE.

The Air National Guard has worked for the past two years to develop an Enlisted Force Development concept of operations that will “create an ANG which is responsive to Local, State/Territory/District and Air Force requirements while simultaneously expanding our pool of future leaders through mentorship and to increase the depth and breadth of competencies in the enlisted force.”

This new developmental tool will allow all Airmen to plan their professional development to the level appropriate to their current level of responsibility as well as prepare them for additional responsibility at the next level. This developmental tool has been designed in conjunction with AFI 36-2618, The Enlisted Force Structure, and APD 36-28, Total Force Development. There is a multisided pyramid graphic that demonstrates when and where certain developmental opportunities can, or should be sought. The pyramid is said to be only the “tip of the iceberg” of the Airmen’s education, training and experience. Like an iceberg, your civilian education and experiences would support the pyramid.

Similarly the Army has the Institute for NCO Professional Development (INCOPD) which began operations on Aug. 7, 2009 with initial operating capability on Sept. 8, 2009. The primary reason for

the formation was to bring a fragmented NCO professional development program under a single effort. The INCOPD provides a means of integrating all of the activities associated with NCO development and reports directly to the Commander of TRADOC.

The Army’s INCOPD’s mission is to provide direction and oversight to the NCOES across the Army; to integrate all actions and activities related to NCO Leader development into the Army Leader Development Strategy, and to serve as the NCO subject matter experts for the Army Leader Development Community. Soldiers can find more information can be found at <http://www.tradoc.army.mil/INCOPD/index.html>.

As exciting as the new Enlisted Force Development guide was, the information we all received regarding the Profession of Arms, Center for Excellence or PACE was even more exciting. The Air Force Chief of Staff’s program, PACE, is an initiative set forth in 2014 by then Secretary of Defense Chuck Hagel which focuses on military professionalism.

The PACE website is full of educational tools such as heritage videos and discussion guides on several topics. Airmen are encouraged to visit the website, from any computer at www.airman.af.mil

The website has several tabs including tools, with content regarding commitment, right mindset, relationships and culture. Another tab contains videos that can be viewed online or downloaded, still another tab has FAQ’s that are very helpful and insightful. Finally, the heritage tab contains numerous downloadable products on topics such as commitment, excellence, and mutual respect, oath of office, selflessness and trust.

Soldiers have a similar program in the Center for the Army Profession and Ethics. (CAPE). The website can be accessed from any computer at <http://cape.army.mil/aaop/>.

This website has information on topics such as living the Army ethic, Education and Training, and several other topics relative to the profession of arms and honorable service.

It is clear from the efforts of SEDEF and the Army and Air Force that this profession of arms, of which we all serve, or have served, must be coveted and nourished and should never be compromised in any way. The Air Force, Army and respective National Guard Commands have dedicated resources to ensure that the profession of arms retains its legacy of honor. Sometimes we all need to pause and rededicate ourselves to this profession we have chosen. A comparison I recently heard used the translation of the famous Italian quote of “La Cosa Nostra”, often used to describe organized crime but whose literal translation means “this thing of ours.” This thing “of ours” **IS** the profession of arms.

Letters

To the Editor:

I am gratified in seeing the Vietnam Project. [*Connecticut Guardian*, August 2015 issue]

In June, 1970, en route to Ft. Benning, I stopped at Ft. Bragg for overnight housing. Sgt. Arthur Smith was at the desk and we had a pleasant but brief conversation. He was due for Vietnam in October. Back home in Connecticut in January 1971, I was stunned by the fact that Sgt. Smith was KIA.

I left Connecticut sometime after, but kept trying to learn more. In 1985, I managed to find out from Lou Ball, late publisher of the Farmington Valley Journal, Arthur was killed in Cambodia; since “we were not in Cambodia,” the Army did not even acknowledge the death. Sgt. Smith’s mother, now deceased, got Sen. Lowell Weicker’s help.

Sgt. Smith is now buried in Arlington. I visit from time to time. It was my honor and privilege to obtain his Purple Heart which was presented to his mother by me on Memorial Day, 1985, in Simsbury.

Sgt. Smith was in A Team, 5th SF Group, when he gave his life for us, age 19.

Sincerely,

John Lee, USA, Colonel, Retired

Proud commander of Company A, 169th Infantry, New Britain, CT 1967-1971

IT'S YOUR CALL

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

**Military
Crisis Line**

1-800-273-8255 PRESS 1

••• Confidential chat at MilitaryCrisisLine.net or text to 838255 •••

www.preventsuicide.army.mil

U.S. Department of Veterans Affairs

News From The Governor's Horse and Foot Guards



The Second Company Governor's Horse Guard held Annual Training Aug. 2-8 at Camp Niantic, Niantic, Connecticut. The Troopers honed skills, took classes, cared for the horses in the field and competed in squad competitions throughout the week. The Troop also visited nearby Camp Harkness for their annual demonstration and to give rides to the campers.

From left: Pvt. Anilton

Aviz, Pvt. Nicholas Tomas and 2nd Lt. Jennifer Mazzara (Photo by Pfc. Jodi Fay, 2nd Company Governor's Horse Guard)



Members of the First Company Governor's Foot Guard received adult CPR and AED instruction during annual training at Camp Niantic on Aug. 6. (Photo by Maj. Mark Boudreau, 1GFG)



Troopers watch closely during instruction on packing gear and folding tents for bivouac while attending the First Company Governor's Horse Guard Annual Training at Camp Niantic, Niantic, Connecticut in August. (Photo courtesy First Company Governor's Horse Guard)



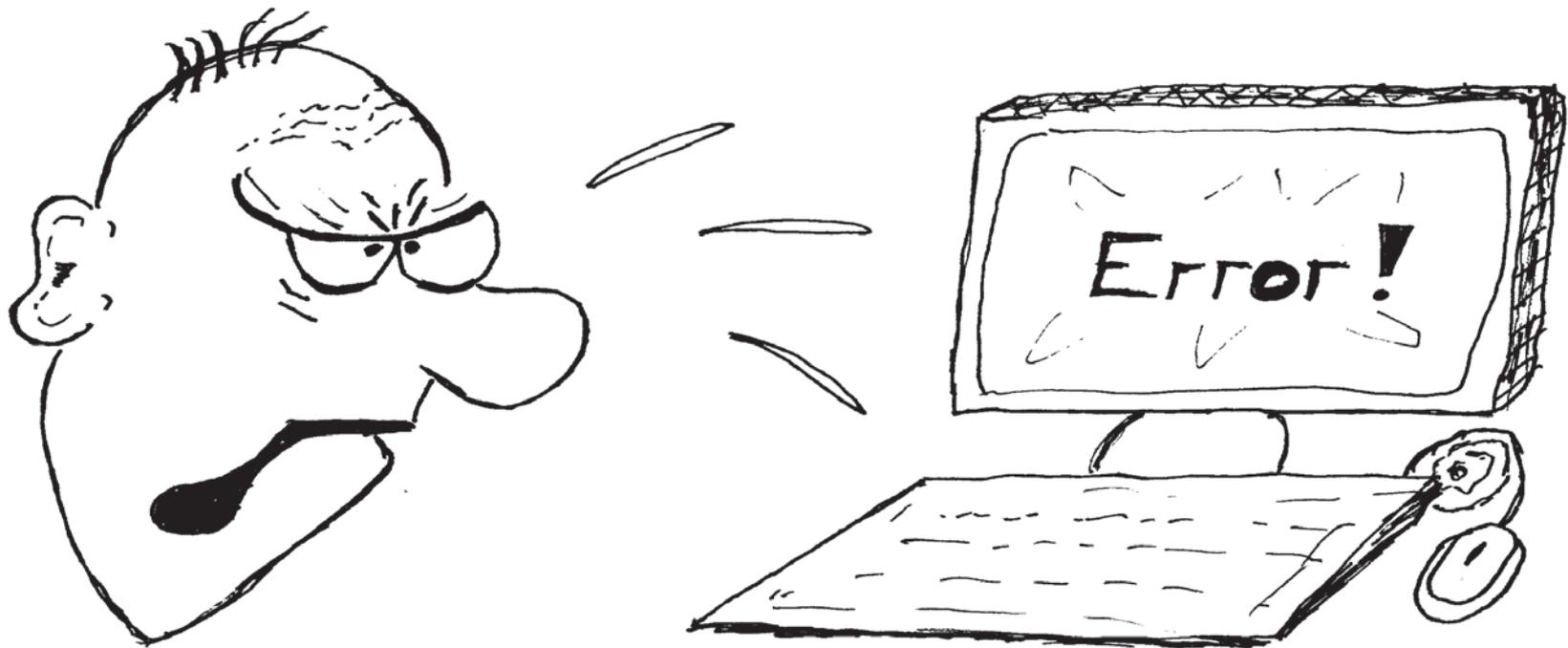
The First Company Governor's Horse Guards conduct target practice during annual training at Camp Niantic, Niantic, Connecticut in August. The troopers spent an afternoon polishing up their shooting skills. (Photo courtesy First Company Governor's Horse Guard)



Members of the First and Second Company Governor's Foot Guards participated in joint musket training during annual training at Camp Niantic on Aug. 6. (Photo by Maj. Mark Boudreau, 1GFG)

Are you having problems accessing Structured Self Development & online training at home?

WE'VE GOT YOUR SOLUTION!



**Come to the Distributed Learning Cyber Café and
GET IT DONE TODAY!**

**360 Broad St. Hartford OR 375 Smith St. Middletown
Room 102 Room318C**

**No appointment needed!
M-F 0800-1600**

Diversity: 2015 Hispanic Americans Heritage Month

'Energizing Our Nation's Diversity'

MAJ. KRISTINA GARUTI
SEEM/SARC

In September 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week, which was observed during the week that included September 15th and 16th.

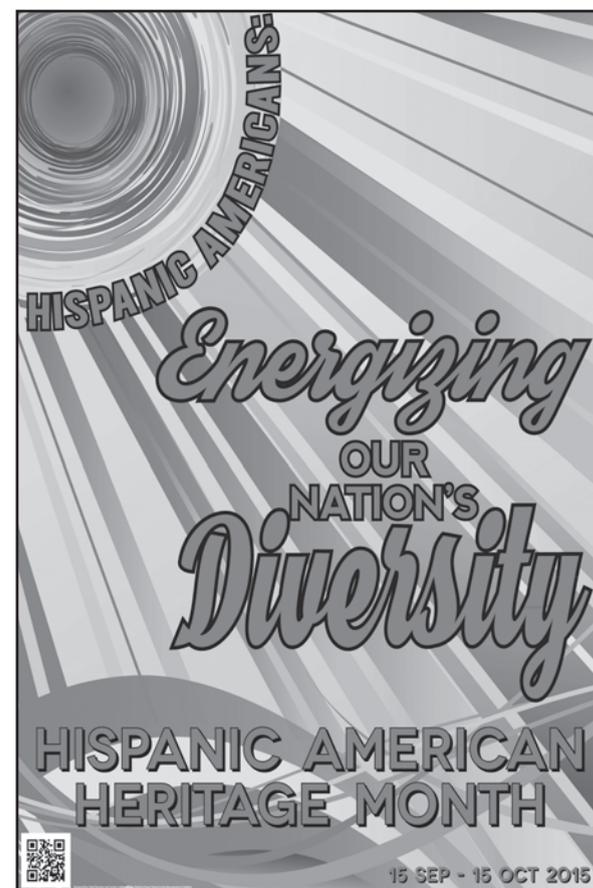
In 1988, National Hispanic Heritage Week was expanded by President Ronald Reagan to become Hispanic Heritage Month, beginning on September 15th and ending on October 15th – a tradition that continues to this day. This year's theme for Hispanic American Heritage Month is "Energizing Our Nation's Diversity."

Hispanic Heritage Month begins in the middle of September to recognize the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16th and September 18th, respectively. During this month, America celebrates the culture and traditions of U.S. residents who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean.

The word "Hispanic" is derived from the word Hispania,

the name given by the Romans to the entire Iberian Peninsula, which includes Spain, Portugal, Andorra and Gibraltar. Some Portuguese and Brazilians may or may not refer to themselves as Hispanics, as well. It is believed that the usage of the word Hispanic as an ethnic indicator in the United States came into mainstream prominence following its inclusion in a question in the 1980 U.S. Census when it asked people to voluntarily identify if they were of "Spanish/Hispanic origin or descent." The term Hispanic is currently used to refer to Spanish-speaking people in the United States of any race.

As a reminder, the CTNG offers a community special emphasis event attendance policy applicable to technicians, AGR, and ADOS individuals during their Monday-Friday duty hours, but not applicable to individuals on IDT or during AT periods. A maximum of four hours of official time per calendar month, with a maximum of 24 hours per calendar year, are authorized for use of attendance in duty uniform at events that are reviewed by the State Equal Employment Manager (SEEM) and found to follow federally recognized Special Emphasis Month themes. Please contact Maj. Kristina Garuti at telephone number (860) 613-7610 or email address kristina.l.garuti.mil@mail.mil if you have any questions about utilizing the new attendance policy. Additionally, if you know if an event occurring in your community, please contact Garuti to determine if the event meets the attendance policy applicability.



Be Vigilant
Wear your personal protective equipment.

It may
SAVE YOUR LIFE!

- 1 COMFORT.** Uncomfortable gear can distract you from riding. Properly fitted protective gear will help you stay comfortable when encountering various riding conditions.
- 2 PROTECTION.** In the event of a crash, protective gear can help prevent or reduce injuries.



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

Legal: NCOERs and OERs: The High Standard of an Appeal

CAPT. ERICH HEINONEN
JUDGE ADVOCATE, ATTORNEY-ADVISOR

Non-Commissioned Officers and Officers of the Connecticut Army National Guard receive periodic evaluation reports that are designed to objectively gauge their performance and potential for future service relative to their peers.

Forthright, accurate and complete reports are vital to the long-term success of the Army and the professional development of the rated NCOs and Officers. The reports are also one of the primary means by which NCOs and Officers are selected for assignments and promotion. Therefore, reports that contain erroneous negative information can have a serious unjustified, adverse effect on a Soldier's career.

If a Soldier feels that his or her NCOER or OER is incorrect, inaccurate or in violation of the intent of the regulation, he or she may appeal the report. An appeal in accordance with Army Regulation 623-3 may be administrative or substantive in nature.

Administrative appeals include errors such as a deviation from the established rating chain, insufficient period of observation by the rating officials, errors in the

report period and errors in the APFT or height/weight entries. It is important to note that the rated Soldier's signature verifies administrative data on the report and also verifies that he or she has seen a completed evaluation report. Substantive appeals are typically claims of an inaccurate or an unjust evaluation of performance or potential or claims of bias on the part of the rating officials.

However, before a Soldier decides to appeal their report they should first attempt to objectively and dispassionately review it. It may also be wise to consider sharing the report in confidence with a trusted peer or superior outside of their rating chain in order to get a second opinion on its content. An objective analysis is vital in determining if the information in the report will cause a Soldier injustice, and consequently whether or not to go forward with an appeal. This is true because successful appeals must be substantiated by "clear and convincing evidence." This is a high evidentiary standard. It means the evidence must be of a strong and compelling nature, not merely proof of the possibility of administrative error or factual inaccuracy.

For administrative appeals, appropriate evidence may

include the published rating chain, orders, leave records and human resource documents. For substantive appeals, evidence must include statements from third parties, rating officials or other documents from official sources. Third parties are persons other than the Soldier or rating officials who have knowledge of the rated Soldier's performance during the rating period. Such statements will be afforded more weight if they are from persons who served in positions that provided them the opportunity to observe, firsthand, the rated Soldier's performance as well as interactions with rating officials. Pleas for relief based upon past performance or assumed future value to the Army, and statements from people who observed a Soldier's performance before or after the rating period are rarely persuasive.

Legal Assistance Attorneys of the Office of the Staff Judge Advocate and the Army National Guard Trial Defense Service are available to provide counsel to Soldiers who believe they have a meritorious basis for appealing NCOERs and OERs. If you feel you would like to pursue a meritorious appeal, please contact the Office of the Staff Judge Advocate at (860) 493-2770 to schedule a consultation.

Thirty-Fourth Annual SENIOR NCO/CPO FORMAL DINING-IN

DATE: **01 October 2015** (Thursday Evening)

TIME: 1800 Hours

PLACE: Aqua-Turf Club, Southington, Connecticut

COST: **FIFTY-FIVE DOLLARS** (\$55.00)

ELIGIBILITY: Non-Commissioned Officers and Chief Petty Officers, E-7 and above. All eligible ARNG and ANG NCOs are expected to attend. CPOs are invited to attend. Retirees are most welcome.

UNIFORM: Army Service Uniform with black bow tie, Army Blue Uniform with white shirt and black bow tie, or Army Blue Mess. Air Force Mess Dress or Semi Formal Uniform. Appropriate attire for other services. Retirees may wear the uniform or a business suit as meets their desires.

HOST: Chief Master Sergeant Edward A. Gould
State Command Chief Master Sergeant, Connecticut Air National Guard

GUEST SPEAKER: Chief Master Sergeant Mitchell O. Brush
Senior Enlisted Advisor to the Chief, National Guard Bureau

APPLICATION DUE DATE: Military Protocol requires prompt response (within 72 hours of receipt of flyer).

No responses accepted after 24 September 2015

The formal military dinner ceremony known as the "Dining-In" is an old and traditional military affair believed to have its origins in medieval England. The Dining-In is now recognized as an occasion to foster ceremony, tradition, and camaraderie within an organization and to emphasize their importance in the life of a service member. It is an excellent occasion to bid farewell to service members who have departed, to welcome new ones, and to recognize the achievements of military service and individual members. Please note the guest speaker!

The cost of the affair includes a full course dinner (main entree: Roast Prime Ribs of Beef, or a fish entree upon special request) and refreshments before and during dinner. A cash bar will be available after dinner. On receipt of your application, you will receive a mailing that will include specific uniform and protocol information.

The Aqua-Turf Club is located on Mulberry Street in Southington, Connecticut. It is a short distance from Routes 84, 691, 10, and 322.

Your support of the only Senior Non-commissioned Officer activity, the Dining-In, has been superb. It is requested that you continue to support this, your Dining-In, and continue the great tradition. Submit your application to attend as soon as possible after receipt of this notice. Early response enables the committee to better plan the Dining-In and make it a more enjoyable evening for all.

NOTE: Seating will be arranged with unit integrity or upon a specific request for tables of ten. Appropriate fines will be imposed for violations of the Mess. Cost of fines will range from \$1.00 to whatever is deemed appropriate by the President or Mister Vice.

I look forward to seeing you there!

DETACH AND MAIL PORTION BETWEEN DOUBLE LINES

I will attend the Senior NCO/CPO Dining-In on **01 October 2015**.

My check in the amount of \$55.00 is attached.

NAME: _____ RANK: _____

Home address: _____

_____ Zip Code: _____

E-Mail Address: _____

UNIT: _____

Indicate seating preference (if any): _____

Indicate your preference for Fish in lieu of Roast Beef: _____

MAKE CHECKS PAYABLE TO: "HQ Activities Fund"

Mail returns to: State Command Sergeant Major
Connecticut National Guard
National Guard Armory
360 Broad St.
Hartford, CT 06105-3795

PLEASE SPREAD THE WORD CONCERNING THE DINING-IN!

Let other Senior NCO's, who have never attended, know about this grand affair.

Join the Sr NCO Dining In event on Facebook! <https://www.facebook.com/events/1008125715877733/>

NCOs and CPOs make it happen!



National Guard Association of Connecticut (NGACT)

Perfect Picnic Weather Brings Out National Guard Retirees

MASTER SGT. (RET.) FRANK ALVARADO
NGACT AIR RETIREE REPRESENTATIVE

On what can only be described as perfect picnic weather, with temperatures in the high 70s and not a cloud in the sky, more than 225 retired members of the Connecticut Army and Air National Guard came together at The Point on Camp Niantic for the Annual National Guard Association of Connecticut Retiree Picnic on Aug. 6, 2015.

With a slight breeze coming off the water, the morning started with a well-attended Retiree benefits briefing from the Social Security Administration, Tricare and the United States Department of Veterans Affairs Health System. Attendees had an opportunity to interact on one-on-one with service providers at their respective resource

tables which also included NGACT, the Association of the U.S. Army and members of the National Guard Retirement Program. Between the briefings and the one-on-one sessions, Retirees had ample opportunities to address issues and learn more about what other benefits are available to them.

Retirees were also afforded the opportunity to visit the Connecticut Army National Guard Soldier's Memorial (located between the 169th Regional Training Institute Headquarters and Nett Hall) and a static display of the Connecticut Army National Guard's newest equipment. Subject matter experts manned the equipment and were on-hand to answer any questions.

A lunch of hot dogs, hamburgers, sausage and peppers, baked beans, salads, New England clam chowder and

beverages awaited the attendees as they made their way back to The Point for the afternoon's formal portion of the program.

NGACT President Col. Fran Evon welcomed the Retirees and asked for a moment of silence in honor of those who have died or are missing in service to our country. He went on to discuss the accomplishments of NGACT this year at the state legislature, highlighting the approval of Senate Bill 520 which increased the tax exemption on military retirement pensions from 50 percent to 100 percent effective Jan. 1, 2015.

Evon also spoke about the importance of membership to NGACT and how it is vital that we all belong to NGACT, because the more members we have in the state the more powerful our voice becomes in the state.

He was followed by Maj. Gen. (Ret.) James Throwe. Every year, Throwe leads the Retirees in the tribute to those National Guard members who have died since the previous year's picnic.

Every year it is the goal of the committee that is responsible for the picnic to improve the picnic. This year, the committee brought back the name tags, had wrist bracelets and made it easier for Retirees to check their membership status.

For next year the committee will make it a point to make sure that more chowder is available so that the few that missed out on it this year will not miss out next year.

Finally I want to thank committee members Mike Casey and Dan McHale, the staff at Camp Niantic and all the NGACT Board Members that came out to volunteer to help make this year's picnic the best ever.



Brig. Gen. (CT-Ret.) Gary Ottenbreit briefs Connecticut National Guard Retirees on Social Security benefits during the Retirees Benefit Briefing held just before the annual picnic, Aug. 6 at Camp Niantic, Niantic, Connecticut. (Photo courtesy NGACT)

Connecticut National Guard Retirees render a hand salute during the playing of "Taps" after the reading of names of Army and Air National Guard Retirees who have passed on since the previous year's Retirees' Picnic. The ceremony and picnic take place each year at Camp Niantic, Niantic, Connecticut. (Photo courtesy NGACT)



Save the NGACT Date

Sept. 10-13

NGAUS Conference
Nashville, Tennessee

Sept. 11

18th Annual NGACT Golf Tournament
Hawk's Landing Country Club
Southington

Sept. 16

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

Oct. 21

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

Military History: Connecticut – The Provisions State

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

Connecticut earned the title, the “Provisions State,” for being the principal source of food, clothing and munitions for Gen. George Washington’s Army.

Throughout the war, Washington made urgent requests to Gov. Jonathan Trumbull, who he called “Brother Jonathan,” and no call was made in vain. Washington relied so heavily on Connecticut for material resources that he made Trumbull’s son Joseph his first commissary general. His second commissary general was another Connecticut man, Jeremiah Wadsworth.

The colony was able to earn its laurels as the Provisions State primarily because of the stability of its government. The colony became an independent American state with a minimum of constitutional alteration. The colony’s two ranking officials, Gov. Jonathan Trumbull and Deputy Gov. Matthew Griswold, remained in office throughout the entire conflict. After the war, Griswold of Lyme succeeded Trumbull as Governor in 1784.

The state “played a paramount role in the struggle for national liberty,” wrote Danbury judge and historian J.

Moss Ives in 1899. “When the war broke out, no state was more fully prepared to act a worthy and heroic part.”

Although, the third smallest, Connecticut supplied more food and cannons for Washington’s army than any other state. Beef, pork and wheat flour were the staples sent regularly to the Continental Army. Specific examples of military goods include cannon from the Salisbury Furnace and lead from the mines in Middletown. During the American Revolution, 80 percent of the cannon produced in the colonies were made at the Salisbury Furnace. For years, local historians have dubbed the site the “Arsenal of the Revolution.”

One source of lead caused the British a great deal of indignation – a statue of King George III. When the Declaration of Independence was read on July 9, 1776 in New York City, a group of excited Patriots pulled down the larger-than-life size, gilded statue of the king which had stood at the foot of Broadway near Bowling Green since August of 1770. Under the statue’s gold leaf was lead, and it was broken into pieces. A group of Loyalists managed to retrieve the king’s head and return it to England. The rest of the statue was sent to Oliver

Wolcott’s farm in Litchfield, Connecticut. There, it was melted into more than 42,000 musket balls. Not all the lead made it to the musket ball molds – some was discovered years later in a pond near Wilton. Some British officers lamented that their soldiers would soon see some of the lead come back to them.

“In number of men furnished during the war, Connecticut stood second,” Ives wrote. Massachusetts contributed 67,907 men to Connecticut’s 31,939. By 1774, Connecticut boasted 18 regiments, each with a troop of horses.

Many of the battalions in the Connecticut Army National Guard carry the distinctive red and white battle streamers from this conflict on their organizational colors as a reminder of their unit’s heritage.

The complexities of supplying the Continental Army goes to the heart of Connecticut history, an enviable legacy that has continued well into the twentieth century with the production of helicopters, jet aircraft engines, submarines and small firearms.

Brig. Gen. Cody may be reached at rmcody@snet.net for comments or article recommendations.



The USS Quincy: From Its Beginning in the Great Depression to the Battle of Savo Island

September 30, 2:00 p.m. at the Hagaman Memorial Library
227 Main Street, East Haven, Connecticut
Naval Historian Bob Begin will take us on a tour of the history of the USS Quincy, sunk in August 1942. The Quincy’s story is also the story of America working out from under the Great Depression to the country’s descent into global war. The program is a WWII Veterans Discussion Group presentation, which is free of charge and open to all.

For more information, or to receive our veterans group newsletter, contact Fawn Gillespie at fgillespie@hagamanlibrary.org or call 203-468-3890



Photo: Wikipedia





1st BATTALION 102nd INFANTRY MOUNTAIN
HOSTS THE
2015 CONNECTICUT MILITARY DEPARTMENT OFFICERS' DINING-IN
AQUA TURF CLUB, SOUTHTON, CT
DATE: 05 November 2015
TIME: 1800-2200

IF YOU HAVE ALREADY PAID AND RSVP'D AND PLAN ON ATTENDING NO ADDITIONAL RESPONSE
REQUIRED, IF YOU CANNOT ATTEND AND WANT A REFUND PLEASE CONTACT CPT ALLEN
DIAMOND at allen.m.diamond2.mil@mail.mil or CPT PEDRO CONCOLINO at
pedro.h.concolino.mil@mail.mil

ALL CURRENT AND FORMER ARNG, ANG, MILITIA OFFICERS, CSM, SGM, and CM Sgt ARE INVITED
CHOICE: PRIME RIB, CHICKEN ALA KATHRYN, PAN SEARED SALMON, OR VEGETARIAN LASAGNA
COST IS: \$60.00

Make Checks Payable to 1-102nd INF Officers' Dining-in Fund
Mail checks to: CPT Allen M. Diamond
87 Montowese St
Branford, CT 06405

**Guest of Honor: Lieutenant General Herbert Raymond McMaster, Deputy
Commander, Army Training and Doctrine Command and Director, ARCI**

Uniform: Army Service Uniform, Army Dress Blues, Army Dress Greens, Air Force Mess Dress
Retirees may wear a uniform or appropriate civilian attire
Point of Contact: CPT Allen M. Diamond
Phone: 860-383-6146/ Email: allen.m.diamond2.mil@mail.mil

Please Return NLT 09 October 2015
Rank _____ Name: _____

Organization _____
Mailing Address _____

Meal Choice (circle one) Prime Rib Chicken Salmon Vegetarian
Make check payable to : 1-102nd INF Officers' Dining-in Fund

Off the Bookshelf: The Horse and his Shadow

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

To get to know a new country or nation, it helps to read its literature. Uruguay, the small South American nation, bordering the better known Brazil and Argentina is no exception to this rule. The people of Central and South America are often painted with a broad generalizing brush: Christianity, Spain, spicy food, 'football,' but Uruguay, in particular, deserves more introspection.

Uruguayan author, Enrique Amorim, provides a close-up of the makeup of Uruguay, utilizing an easy to follow analogy of the lineage of a horse (named Don Juan), in his 1943 novel, "The Horse and his Shadow."

Let's start with the horse. That horses were brought to the western hemisphere by European explorers and Spanish conquistadors in the 15th century is a common conception. Horses then supposedly reproduced and migrated from Central and South America all the way to Canada in time to meet American settlers in the West in the 19th century.

Horses, however, are actually native to the world's Western Hemisphere, but somehow mostly vanished due to disease and migration prior to the arrival of Europeans in the 15th century.

And Native American Uruguayans? Did they too vanish due to disease and migration when European settlers first arrived?

The settings of Amorim's novel are the Uruguayan estancias: the large ranch-like properties of the South American country, owned by the Spanish and Portuguese ruling classes of the period. Cattle and livestock roamed free through the estancias and were herded and maintained by gauchos (ranch workers) who were primarily native Uruguayans.

In the small Uruguayan villages, bordering the estancias, Amorim writes of the European residents, their cultural differences and their separateness from the estancias. These Russian, Jewish, Polish, Italian, Austrian, Lithuanian, and German residents have stories similar to those of United States immigrant groups: hard work, large families, and a rich cultural heritage from Europe. But there is a vast difference between their worlds and the world of the gauchos. Although these immigrant families are poor, Amorim details their mobility, their freedom to move, and their freedom to transcend classes.

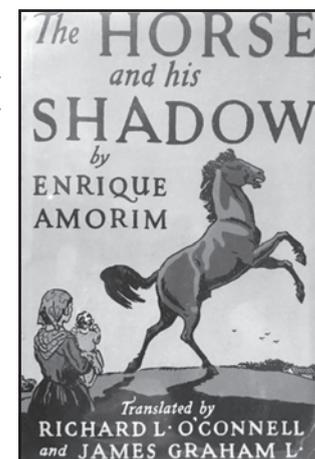
The gauchos, however, at least in Amorim's novel, are stuck in the estancias, forever.

The estancias are now revered with a legendary romanticism (like America's "Old West") in Uruguay and other South American nations. The cattle and livestock have now been mostly exchanged for barley, soybeans, oats, sunflowers, rice and other crops. The gauchos are no longer cowboys, but field workers.

According to a recent Uruguayan census, more than 90 percent of Uruguayans are of European decent. Amorim's parents were Basque and Portuguese. Interestingly, all of the characters in his novel, regardless of cultural decent, drank the popular South American tea, mate. Along with an appreciation for the horse, this is the extent of novel's cultural homogeneity.

And the horse? All characters rejoice at the novel's conclusion as Don Juan, successfully sires a foal. His namesake, of course, is the fictional Spanish character, Don Juan, the archetypal hero villain, who transcended classes and boundaries in feudal Spain with fearlessness, seduction and violence.

Both Don Juans are killed for their insolence. Amorim makes clear that the social and physical class boundaries of Uruguay, at least in 1943, were very real.



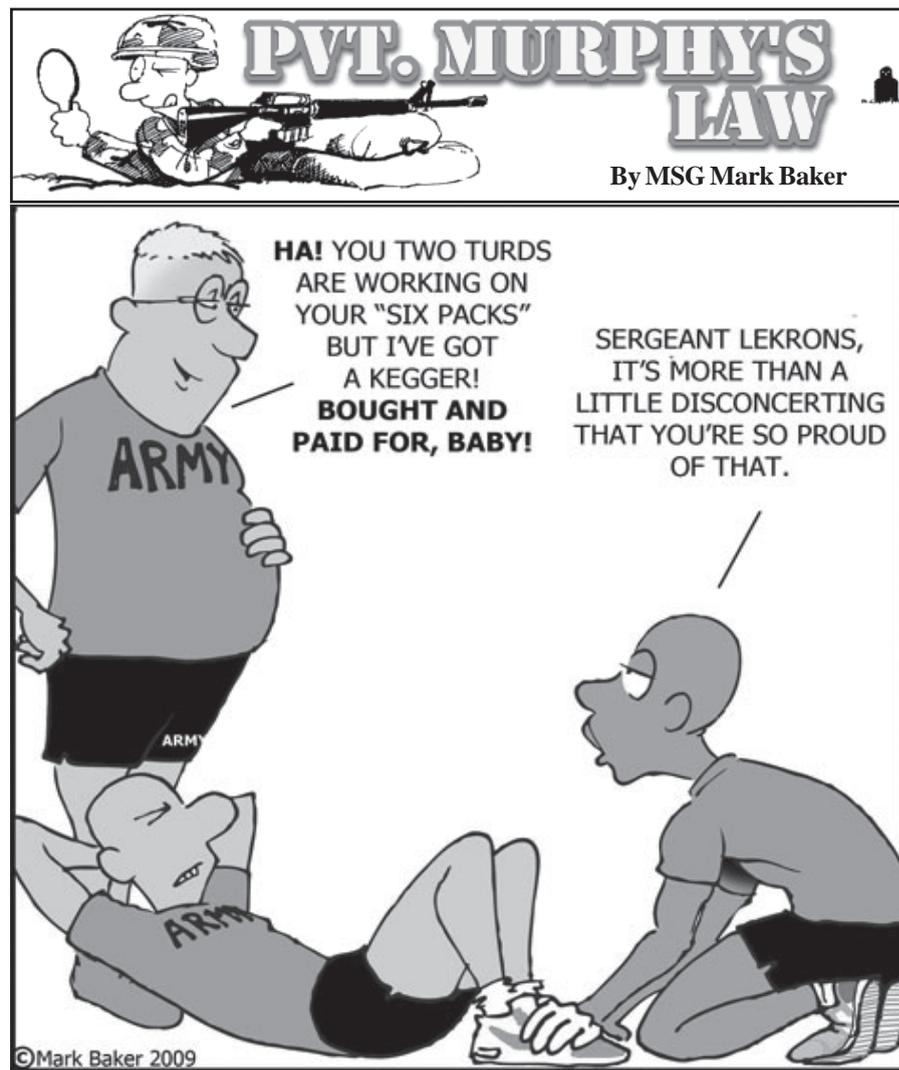
Connecticut National Guard HELPLINE

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: Military Leisure Lodging: An Underused Benefit

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

Military lodging for leisure travel is one of the best, yet underused benefits retirees have. Military lodging can be cottages on a beach, world-class resorts or recreational facilities including RV and camping sites. Each branch of service offers them and any military Retirees, including gray area Retirees, with proper DoD identification can use them. This article focuses on lodging most often used by retirees.

Facilities can be classified into some broad areas. Installation lodging is usually for service members on official business or families with permanent change of station orders.

Located on military installations they will usually take vacationers on space-available basis, but you may not be able to make advance reservations.

Recreational facilities are for both short and long getaways. They range from mountain lodges to oceanfront cottages in Hawaii. Most recreational facilities offer such amenities as equipment rental, fishing charters, tours or activities specific to the area where they are located. Eligible personnel can make reservations but availability varies.

Military Resorts are probably the most well-known of

the leisure facilities. The Hale Koa in Hawaii and Shades of Green at Disney World are two examples. There are also resorts in Japan, Korea, and Germany. Reservations are made on a first come basis, and rates are based on rank. Rates for these hotels are usually much less than the going rate and offer outstanding amenities and activities.

Intercontinental Hotel Group, or IHG, operates Holiday Inn Express, Staybridge and Candlewood Suites on 39 installations in the United States. Again, these hotels are on a first come reservation system and rates are usually lower than off base lodging.

Navy Gateways lodging is different from the Navy Lodge. All reservations are on a first come basis without regard to rate or rank. Retirees can make reservations up to six months in advance.

Being in the "know" is the best way to get your best vacation deal. Reservation windows can vary by facility, so do your research. If you are a retiree and have a valid DoD identification, you are usually eligible to stay. Your status as a Retiree will usually determine when and how you can make reservations. Compare costs of the military lodging options where you want to visit, and compare to non-military options. You'll often save by using the rentals, restaurants, tours and other services available at

the military lodging facility. Check all military branch leisure lodging in the area you want to visit for the best deal.

Another option is the Armed Forces Vacation Club. Free to join, it works like private timeshare companies. You can access timeshare resorts all over the world and pay a flat fee for several days lodging. However, getting a place can be last minute, so flexibility in travel plans or time is a consideration.

I highly recommend looking into military lodging for leisure travel and give you an example from my own experience. In January, we went to Hawaii and spent five nights at the Hale Koa, located on Waikiki Beach. As a retired E-7, my husband and I paid \$123 per night including taxes.

We paid about \$55 for a luau "excursion" one night, complete with pre-dinner activities, dinner and show.

In contrast, rooms at the Hilton Hawaiian Village, next door to the Hale Koa, started at \$235 a night per room. The Hilton luau, which is almost identical to the Hale Koa's, is priced at \$99 per adult.

So, if you are planning a trip, look into the military leisure lodging offered by all branches of the Armed Forces, in the area you plan to visit and save money on your vacation.

STOP THE LOSS

NO MATTER THE REASON...

LOSING ONE SOLDIER FROM FORMATION IS ONE TOO MANY!

CAMPAIGN PARTNERS: ARNG SAFETY, OCCUPATIONAL HEALTH, BEHAVIORAL HEALTH, CHAPLAINCY, HEALTH PROMOTION & FAMILY PROGRAMS

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

Sweet, Gabriela M.
Stevens, Armani M.
Waters, Robert D. Jr.
Young, Carnel A.
Soto, Daniel R.
King, Rachel L.
Royster, Colin A.
Corcoran, William P. II
Soto, Emmanuel

To Private First Class

Sager, Tyler J.
Wright, Kristopher G.
Joy, Brendan M.
Eastman, Michael C. II
Micena, Kyle A.
Bailey, Drevaun O.
Blythe, Richard W.
McLain, Jesse R.
Algarinvasquez, Yaheiry
Cortes, Anthony L.
Rodriguez, Addiel G.
Finkle, Monica D.
Albrincoles, Inocencio
Cote, Ashley B.
Langual, Fernando

Mead, Sean M.
Doyle, Morgan A.
Hernandez, Thalia M.
Chappell, Christopher R.
Leavens, Eugene W.
Castro, Lizmarie

To Specialist

Engle, Chad D.
Williams, Jordan R.
Bendolph, Jermaine J.
Ratta, Anthony C.
Polaski, Adam D.
Johnson, Ryan N.
Simpson, Justin H.
Cammatt, Nicole E.
Prokharchyk, Aliaksei
Ponce, Jason
Shaw, Sashani S.
Agyemang, Benjamin B.
Petitti, Kevin P.
Rohrberg, Seth T.
DeSilva, Konrad D.
Davidson, Michael W.
Machadoperez, Ariel A.
Kruszewski, Thomas L.
Peet, Gregory A. Jr.
Rios, Isaiah

To Sergeant

Giansanti, Nicholas E.
Summit, Sabrina R.
Bilgen, Melissa Z.
Barlow, Emma O.
Busbee, Todd J.
Riendeau, Xavier J.
Schadlich, Benjamin L.
Hagert, Jenna L.
Berry, Jeffrey E.
Martinez, Sanchez E.
Tharp, Jordan M.
Sibley, Brian K.
Therriault, Jennie T.
Pollock, William E. III
Barner, Darien M.
Santiago, Carlos J.
Caisse, Nicolas R.
Schingh, Brandon M.

To Staff Sergeant

Watts, June M.
Solari, Andrew R.
Paduarosa, Johnny

To Sergeant First Class

DeMatteo, Michael D.

To Master Sergeant

Mackay, Nicole M.

To Chief Warrant Officer 5

Bade, Daniel

To Captain

Pytlik, David C.
Ladani, Alpa C.
Sanford I Matthew R.

To Major

Caruolo, Robert J.

To Lieutenant Colonel

O'Hearn, David J.

To Brigadier General

Welch, Ronald P.

Coming Events

September 7

Labor Day

September 8

October Guardian Deadline

September 9

NGACT Executive Board Meeting

September 10-13

NGAUS Conference, Nashville,
Tennessee

September 11

NGACT Golf Tournament

September 23

CT Day at the Big E

October

October 1

Senior NCO/CPO Dining-In

October 12

Columbus Day

October 20

November Guardian Deadline

October 21

NGACT Executive Board Meeting

October 31

Halloween

November

November 5

Officers' Dining-In

November 8

CT Veterans' Parade

November 11

Veterans' Day

November 17

December Guardian Deadline

November 18

NGACT Executive Board Meeting

November 26

Thanksgiving

Deadline for November Issue of
the Guardian is October 20
Deadline for the December Issue
of the Guardian is November 17

Air

To Airman

Duong, Kevin V.

To Airman 1st Class

Febles, Ricardo A.

To Senior Airman

Graveline, Bailee M.
Bursiewicz, Brian R.
Dolan, Carley K.
Pires, Carlos A.
Ventura, Jennifer
Barlow, Joshua J.
Marler, Keefer B.
Alfred, Rhoda K.
King, Stephen E.

To Staff Sergeant

Gartley, Nicholas J.
Daley, Patrick F.
Buckley, Thomas E.
Martin, Nicole J.

To Technical Sergeant

Johnson, Amanda L.

CONNECTICUT
NATIONAL
GUARD

IS YOUR SOCIAL MEDIA SAFE?

- Check your Privacy Settings
- Don't post Personal Identifying Info
- Be selective who you connect with
- Watch for OPSEC violations
- Turn off Geotagging on your devices
- Post with common sense!

Facebook will launch new Privacy Tools January 1, 2015.
Be sure to check and adjust your settings!



18th ANNUAL NGACT OPEN



**Friday
September 11, 2015**

**LOCATION:
Hawk's Landing Country
Club
Southington**

**TIME:
9 a.m. Shotgun Start
Note New Start Time**

**COST:
\$125 per person**

**FORMAT:
Four (4) Person
Scramble**

All proceeds to benefit
**NGACT Scholarship Fund,
Connecticut Children's Medical Center
and
Friends of Fisher House Connecticut**

Tournament Day Schedule

7:30 - 8:30 a.m.: Registration, Coffee, Pastries
8:45 - 9 a.m.: Opening & Memorial Ceremony
9 a.m.: Shotgun Start
3 p.m.: Dinner & Awards

Tournament Includes:

Coffee & Pastry before start
Driving Range before start
18 holes with cart
Lunch & Dinner
Awards, Prizes
Hole in One Contest
Men's & Ladies' Closest to the Pin Contest
Men's & Ladies' Long Drive Contest
Hole Sponsorships Available
*** Best Unit Award (Guidon Mandatory - Only
ONE Guidon per Foursome) ***

CHANGE SERVICE REQUESTED

PRSR STD
US POSTAGE
PAID
Hartford, CT
Permit No. 603

Tournament is limited to 140 golfers on a first-come-first-served basis

For questions or more information contact:

Debbi Newton (860) 913-5010
legislativeguard@gmail.com

Return No Later Than August 28, 2015 to: NGACT Open, ATTN: Debbi Newton, 360 Broad Street, Hartford, CT 06105
(Make Checks payable to NGACT)

Name	Address & Phone Number	Email Address
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____



Connecticut FAMILY Guardian



VOL. 16 NO. 9

HARTFORD, CONNECTICUT

SEPTEMBER 2015

Guard Children, Youth Keep Busy in August

EMELY CHENARD
CTNG SERVICE MEMBER AND FAMILY SUPPORT CENTER

August was a busy month for the Child and Youth Program. In addition to our regular monthly meeting, We offered Military Children Intelligence Training (MCIT) day camp Aug. 17-21 at the Windsor Locks Readiness Center for children 5- 11 in addition to our Back to School Bash on Aug. 23. Both events were a huge success!

The week was filled with many educational activities for children, which involved partnering with outside organizations. The Connecticut Children's Hospital taught the youth about bicycle safety, including a demonstration with eggs of what happens when you properly wear a helmet versus not wearing a helmet.

UCONN 4-H provided iPads that the children used to hone their photography skills taking pictures from different angles, such as bird's eye, self-portrait, ant's eye, time lapse and many more.

The American Red Cross came to camp and worked with the children on the Pillow Case Project. This was an emergency prep activity where the youth learned ways to evacuate and what would be needed in an emergency situation.

StarBase taught the children about bees, including the different types of bees, how they get the nectar and how the bees communicate.

InspireWorks provided a variety of fun, educational activities: building mini-robots and levers, making different shapes out of bubbles and learned about vortexes including an interactive demonstration. Everyone enjoyed playing a life size version of the game Hungry, Hungry Hippos.

Our WLRC hosts and Sgt. Christopher Boyle provided a guided tour of the helicopters at the Army Aviation Support Facility, allowing the children a hands-on experience.

Our campers took a day trip to the Connecticut Science Center, where they saw exhibits on dinosaurs, health and wellness, space, Connecticut weather and energy and water play. They even got to meet some local celebrities on their field trip including the weather team from Channel 3, getting autographs and pictures with Scot Haney, Bruce DePriest and Mark Dixon. The MCIT camp also had a special visit from Rocky the Rock Cat. It was a fun experience for all! Watch for our next offering of this camp in the spring and be sure to register early as space is limited.

On the heels of MCIT, was our annual Back to School Bash at the Southington Armory. Operation Homefront was able to make a generous donation through the support of Dollar Tree customers providing school supplies such as: backpacks, notebooks, binders, folders, writing utensils, erasers, calculators, crayons, makers, planners, construction paper, glue, rulers and many other items.

School aged children of Service Members were invited to attend. Approximately 150 children attended the event along with their parents and were able to receive school supplies to start the school year. The families were able to visit provider tables to pick up resources while the children enjoyed a bounce house, face painting, light snacks and refreshments.

Want to learn more about the Child and Youth Program or have a child aged 11 to 18? Contact Michelle McCarty, Lead Child and Youth Program Coordinator at michelle.m.mccarty4.ctr@mail.mil and please consider joining us for our next Youth Council meeting on Monday, Sept. 28 at 6:30 p.m. at the William A. O'Neill Armory.

Participants in the Military Children Intelligence Training Camp learn about the CH-47 Chinook from Sgt. Christopher Boyle during a tour of the Army Aviation Support Facility in Windsor Locks. (Photo courtesy Connecticut Child & Youth Program.)



The weather team from Channel 3, Scot Haney, Bruce DePriest and Mark Dixon, signed autographs and took photos with the children in the Military Child Intelligence Training Camp held in August. The local celebrities were on-hand during the campers' visit to the Connecticut Science Museum. (Photo courtesy Connecticut Child & Youth Program)



CATHERINE GALASSO

You Were Born to Make a Difference, To Give This World Something That No One Else Can

I once read a narrative about an artist who had a burst of inspiration and was in urgent need of some paper on which to sketch it. There was no drawing paper or sketchbook within easy reach, so he took an ordinary sheet of wrapping paper, turned it over, and, with pencil in hand, he drew a picture. With quiet joy, he created exquisite lines until they took form. He skillfully outlined gracious curves on the wrapping paper, opening his heart to the inspiration of the moment.

The sketch wonderfully emerged into a fine composition. Thereafter, his creation was displayed in an art exhibit with a brief story attached explaining how his design had come to fruition. Standing by the drawing and gazing at it closely, a woman asked the artist, "How did you create such a beautiful work of art on an ordinary sheet of wrapping paper?"

Confidently, the artist replied, "It does not matter what the outside appears to be. I looked beyond the outer surface, for I knew a masterpiece was hidden within." That is how God views you: He sees the masterpiece within.

But, little by little, life's challenges may have weakened you. Possibly, something occurred that caused you to undervalue yourself. Maybe, you feel as though you have reached your limit. Or, sometimes, you might think you are not qualified, you've made too many mistakes; or you're inferior and don't have what it takes to succeed in the future. In the Bible, it tells the story about the man with the withered hand who, at times, may have felt this same way.

Jesus had just healed a man at the pool of Bethesda. And behold, he saw the man who had a withered hand. Jesus felt compassion for him. Then, Jesus asked the man to stretch out his hand.

The man didn't give up on himself. Or allow a challenge to stop him from going forward. Nor, did he become fearful or get stuck in the past. He stretched out his hand, and it was completely restored as whole as the other. (Matthew 12:9-14; Mark 3:1-6; Luke 6:6-11).

The man with the withered hand life counted. And your life counts, as well. You are God's great and wonderful workmanship. For, you are,

- "...God's treasured possession." (Deuteronomy 7:6).
- "...the apple of His eye." (Psalm 17).
- "...fearfully and wonderfully made." (Psalm 139:14).
- Even, "the very hairs of your head are numbered." (Matthew 10:30).

No matter who you are, where you are now or what has happened in the past, you are fully adequate, competent and worthy. You were born to make a difference, to give this world something that no one else can. Therefore, see the worth in yourself that God sees in you.

The best part of your life is yet to come, for God has chosen you to be a profound influence and a blessing to others. So, stretch out your hand and help someone else.

· You are God's voice. Thus, offer to someone a life-altering prayer, heartfelt compliments or an optimistic word of encouragement.

· You are the hands with which God can use to bless another.

· Yours are the positive thoughts. Hence, always wish others well.

· You're the feet who can walk with people and help them through difficult times.

· Yours is the beautiful smile. So utilize it, and bring a person joy and comfort.

· And yours is the ear of understanding. And so, listen and give kind reassurance and hope to someone's future.

A while ago, I received an amazing letter from a reader who wrote, "I'm a Chaplain at a federal prison. I had an inmate walk in and hand me a collection of your articles one of his family members is sending to him. You are blessing him and giving him courage to grow in the Lord through your writing. He passed them on to me to give me a blessing. I read them and I, too, received strength. I bet you never imagined the far reaching nature of your gift of writing to reach the dark place of a prison."

There is untapped potential for good within you. God has given you extraordinary gifts and strengths. And He is counting on you to carry out His wondrous work. On a sunny summer afternoon, there was a boy who was at the beach. He was walking along the surf and picking up starfish and throwing them back into the ocean. Then, a man came by and asked, "What are you doing?" The boy paused, looked up, and answered with self-assurance, "I'm throwing starfish into the ocean."

Upon hearing this, the man commented, "There are thousands of starfish here; you can't possibly make a difference." The boy continued on. He bent down, picked up another starfish, gently tossed it into the water and confidently replied, "I made a difference for that one."

So be on the lookout to share your love, your talents, and your blessings with others. The difference you make today can have a powerful, rippling effect on someone's life tomorrow.

Recently, I heard about a woman who was home alone most every day. One morning, a friend telephoned her. And after they spoke for a while, the friend asked, "What do you do during the day to keep yourself busy?"

It might have seemed overly simplistic. But contented, the woman answered, "Well, I look through my hymn book and sing songs of praise to the Lord." Next, she added with amusement, "I get my Bible, read it and let the Lord speak to me."

After that, the woman said something especially thought-provoking, "When I am tired of reading and I cannot sing anymore, I sit still and let God love me."

Today, know that God loves you. Like a waterfall, His love for you runs free. Receive God's love and don't lose sight of the special, one-of-a-kind person that He created you to be.

You are appreciated. And you are truly God's masterpiece.

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.

© Catherine Galasso, 2015



 facebook.com/USARMY
The Official U.S. Army Fan Page

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

 youtube.com/USARMY
The Official U.S. Army YouTube

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

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

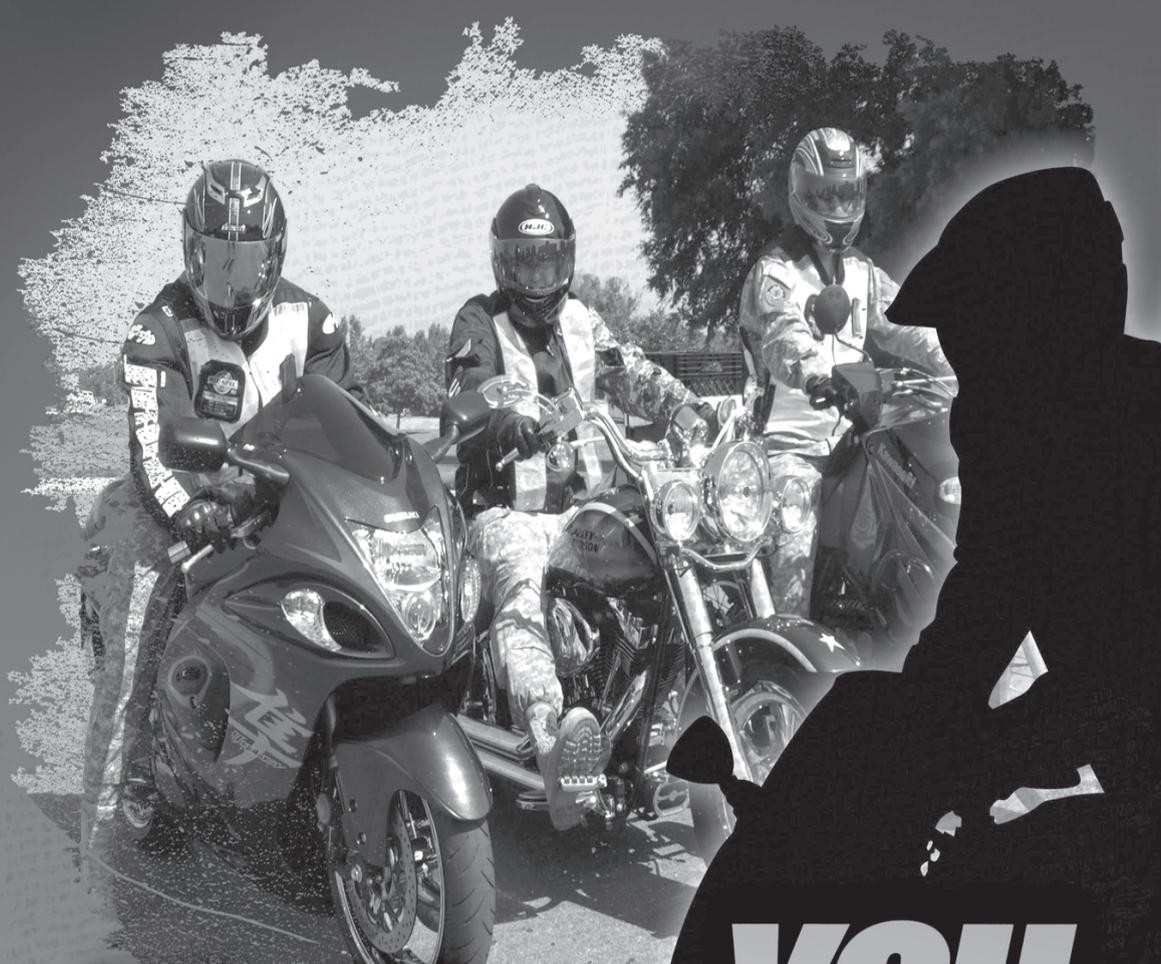
 vimeo.com/USARMY
The Official U.S. Army Vimeo

 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

I wore a DOT Approved Helmet!



***What have YOU
done to save a
life today?***



**ARMY SAFE
IS ARMY STRONG**



Unveiling the New Military OneSource Website

MILITARY ONESOURCE PRESS RELEASE

We are proud to announce the release of our newly redesigned Military OneSource website. As technology has changed how we consume, search for, and share information, Military OneSource is moving information to and through the military community better and faster than ever. We're continually looking for ways to improve services to you. The new website reflects the information you told us you want and how you'd like to receive it.

How we did it

We looked at your feedback, reviewed two years' worth of the content, examined how users are navigating to and through the site, studied what topics and content you are searching for, and conducted a general website usability test. The results of this study gave us our new seven-category structure:

- Confidential Help
- Family and Relationships
- Health and Wellness
- Financial and Legal
- Education and Employment
- On and Off Base Living
- Deployment and Transitions

So what are you waiting for? Explore your new Military OneSource website today. Like it, share it, tweet it, and let us know what you think.

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

DoD

Safe Helpline

.....

Sexual Assault Support for the DoD Community

Help is just a *Click, Call or Text* away!

Click www.SafeHelpline.org Call 877-995-5247

Text* 55-247 (INSIDE THE U.S.) 202-470-5546 (OUTSIDE THE U.S.)

*Text your location for the nearest SARC

ACROSS

3. Person who grows food

6. Person who delivers letters

10. Person who performs in plays or movies

12. Person who goes into space

13. Person who puts out fires

14. Person who flies planes

DOWN

1. Person who cares for sick animals

2. Person who builds houses

4. Person who runs a school

5. Person who makes breads, cakes, and cookies

7. Person who fixes cars

8. Person who works in a library

9. Person who takes care of children

11. Person who takes care of sick people



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			