

Connecticut Guardian



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Dunford Sworn In 19th Chairman of Joint Chiefs of Staff

The 18th Chairman of the Joint Chiefs of Staff, U.S. Army Gen. Martin E. Dempsey (left), swears in 19th Chairman of the Joint Chiefs of Staff, U.S. Marine Corps Gen. Joseph Dunford, during Dempsey's retirement ceremony and change of responsibility ceremony. Dempsey retires from the military after 41 years in service. The ceremony took place at Joint Base Myer-Henderson Hall in Washington, D.C., Sept. 25, 2015. (Department of Defense photo by Petty Officer 2nd Class Dominique A. Pineiro/Released)



Our Commitment To Serve You

U.S. ATTORNEY DEIRDRE M. DALY AND
ASSISTANT U.S. ATTORNEY NDIDI N. MOSES



U.S. Attorney
Deirdre M. Daly

As a service member or veteran, you have undoubtedly faced obstacles and challenges both during and after your military service to our Country. The U.S. Attorney's Office for the District of Connecticut (USAO) and the U.S. Department of Justice (DOJ) recognize these challenges and our obligation to protect your rights and interests as service members and veterans. For over five years, through our Active Duty and Veterans Committee, we have coordinated with federal, state and local agencies and advocates to help ensure that legal protections of your rights are a reality in Connecticut. We have obtained settlements for veterans and done extensive outreach to military bases, veterans groups, and professional organizations to educate the public about the protections available for service members and veterans.

As we approach Veterans Day, we reiterate our

commitment to serve you as you have served our Country by outlining our major accomplishments ensuring that service members returning from active duty are not penalized by their civilian employers; that service members and their families overseas do not forfeit their right to vote; and that active duty service members and their families receive the full benefit of the consumer and financial protections provided under law.

Employment Rights and the Uniform Services Employment and Reemployment Rights Act (USERRA)

While you are deployed and working to protect our Country, you should be confident that your civilian job will be there when you return home. We enforce the provisions of USERRA to ensure that employment and employment benefits will be reinstated when you return from military service. The provisions of USERRA protect active duty service members and veterans. USERRA regulations apply to virtually all civilian employers: federal and state governments, as well as private employers. Even if you are employed in a temporary job, you may be entitled to USERRA's protections.

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**THANK YOU
VETERANS**
Honoring All Who Have Served

Happy Veterans Day 2015

Senior Leader's Corner: Dunford Sends Message to Joint Force

JIM GARAMONE DoD NEWS,
DEFENSE MEDIA ACTIVITY

The Chairman of the Joint Chiefs of Staff listed his priorities in a message to the force.

Marine Corps Gen. Joseph F. Dunford Jr. said the United States has the most professional and capable military in the world because of its people.

"I want to begin by thanking you for who you are and what you do," he wrote. "Every day, in every task, you answer the nation's call and you deliver."

The military must be ready today and tomorrow, the chairman wrote, adding that that posture will guide him during his tenure. Maintaining a flexible and agile military is paramount to carrying out U.S. strategy, he said.



Maj. Gen. Joseph F. Dunford
Chairman Joint Chiefs of Staff

Restoring Readiness

His first priority is to restore joint readiness. "Our fundamental responsibility to the nation is to be a ready force," Dunford wrote.

It is no surprise to service members that readiness has suffered in the wake of sequestration and continuing resolutions. Then-Defense Secretary Robert M. Gates warned of the need to rebuild readiness during testimony before Congress in 2010, and the sequester cuts in 2013 seriously hampered service steps to improve readiness.

Improving Warfighting Capabilities

Dunford said his second priority as chairman is to improve joint warfighting capabilities. "We must maintain the ability to deter potential adversaries," he wrote. "When deterrence fails, we will deliver joint forces that can fight and win."

Developing 'Joint Forces Next'

Dunford said his third priority is to develop leaders for what he calls "Joint Forces Next." The world has changed since he was commissioned in

1977, Dunford wrote. Then, the focus was countering the Soviet Union on land, sea and air. Today, there are threats from nation states and non-state actors, he said, and threats exist in space and in the cyber domain.

"Our leaders must have the training, education and experience to meet those demands," Dunford wrote.

The chairman said he wants input from all levels of the force.

"Know I welcome your continued inputs and ideas to help advance our joint force and lead us through tomorrow," he said.



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 allison.l.joanis.civ@mail.mil or 860-524-4858.

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(Front Page American Flag photo by Buddy Altobello)

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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.

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Is this Seat Taken? Are Your Bags Packed? Space Available Travel Comes to Bradley

TECH. SGT. JOSHUA MEAD
103RD LOGISTICS READINESS
SQUADRON

On October 1, 2015 the 103rd Airlift Wing began offering space available or “Space-A” travel to eligible service members and their dependents.

For those that are unfamiliar with the program, Space-A allows service members and their eligible dependents to fill vacant seats on a military aircraft. However, there are a couple of important things to consider with this program. For starters, you are not guaranteed a seat even if you are eligible to travel, and you are not guaranteed a return flight. So, proper planning and flexibility is crucial for a successful trip.

The program is a benefit accorded to active and retired personnel who are in an appropriate status. However, not all statuses are created equal. The most important thing to know about the Space-A program according to Senior Master Sgt. Christopher Fanelli, 103rd Small Air Terminal superintendent, is that, “each person falls into a category and each category has a pecking order.”

Determining Eligibility

So, how does one become eligible for space available travel? Overall there are six categories of Space-A eligibility. For the majority of airmen and soldiers in the Connecticut National Guard, those categories will most likely be the category III and VI. Category III comprises active duty (AGR) personnel on ordinary leave. Category VI is all traditional guardsmen. Dependents of AGR personnel may accompany their sponsor and are also considered category III personnel. Unfortunately Space-A travel is not a benefit for the dependents of traditional guardsmen. Retired personnel are considered category VI and their eligibility varies based upon their retirement status.

Gathering the Required Documentation

Making sure you have all of the proper paperwork can be tricky since each traveler will have different requirements based on the status they are in at the time. For most of the Connecticut Guard, the required documentation will consist of a Common Access Card (CAC), and the DD Form 1853, Verification of reserve



A C-130 Hercules being directed on the flightline of the 103rd Airlift Wing at the Bradley Air National Guard Base in East Granby. The 103rd Airlift Wing began offering space available or “Space A” travel to eligible service members and their dependants on October 1, 2015. (Photo Courtesy of 103rd Airlift Wing Public Affairs)

Status for Travel Eligibility. For AGR personnel, one’s Common Access Card (CAC) and a copy of your approved leave form from LeaveWeb is required. To ensure a smooth boarding process, it is best that you contact the 103rd Logistics Readiness Squadron Small Air Terminal at (860) 292-2352 terminal to see what kind of documentation you will need based on your status at the time of travel.

Registering for Space-A

Registering for Space-A begins by showing proper documentation and requesting a seat to a small air terminal passenger representative. This can be done in person, or via email, which is coming soon, said Fanelli. This is necessary for the passenger terminal service representative to verify the information and add you to the list of potential travelers for a specified flight. Once the aircrew determines the number of seats on the aircraft plane.

Checking In

Checking in for your Space-A travel is similar to

arriving at an airport. You and your bags have to physically check in with the passenger services representative at the air terminal on Bradley Air National Guard Base. Bags and personnel will be inspected according to TSA guidelines. Personnel are authorized two bags, weighing no more than 70 pounds each. The same “3-1-1 liquids rule” that applies for commercial flights also applies for military flights. Once checked in, you will wait to be told by the passenger service rep if you have been selected for the flight.

This is yet another excellent benefit provided to you for your military service. Please stay tuned for further program updates as Space-A travel gets off the ground here at Bradley.

Further in-depth information on all aspects of Space-A travel can be found at <http://www.amc.af.mil/amctravel/index.asp>.

Connecticut Trees of Honor Memorial Nears Completion

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

MIDDLETOWN — Sixty-five Connecticut service members have made the ultimate sacrifice for their country in the wars in Iraq and Afghanistan since 2001. They are missed wholeheartedly by their fellow service members, family members and friends, but visiting their burial places at cemeteries throughout the state and country can prove difficult.

In 2011, Sue Martucci heard about a park at Fort Stewart, Georgia, where rosebud trees had been planted for deceased Soldiers. The idea stuck, and Martucci became dedicated to bringing a similar park in Connecticut. In 2014, with the help and hard work of volunteers and friends, construction on the Connecticut Trees of Honor Memorial project began.

Now nearing completion, flowering cherry and dogwood trees planted in the honor of those who made the ultimate sacrifice adorn the memorial, along with granite plaques engraved with their photographs. Located in Veterans Memorial Park, the trees and plaques encircle a small reflecting pool and large fountain.

“We tried to pick a site in the most central Connecticut location possible,” said Martucci. She said the park will give people the option to come together to remember their deceased family members and friends without having to travel very far.

Although the public may now visit the memorial, work is still being completed on various parts of the site. Martucci said volunteers and contributions would help expedite the final phase of construction. Bricks can be purchased and engraved with names of persons or businesses. Benches and trees can also be sponsored.

The official Connecticut Trees of Honor Memorial public dedication ceremony is scheduled for Sept. 17, 2016.



A memorial to Sgt. Felix DelGreco stands with in front of the reflecting pool at Connecticut Trees of Honor Memorial at Veterans' Memorial Park in Middletown, Connecticut. The memorial began construction in 2014 and was established to honor the sixty-five Connecticut service members who made the ultimate sacrifice for their country in the wars in Iraq and Afghanistan since 2001. DelGreco, a member of C Company, 1-102nd Infantry, Connecticut Army National Guard, was killed on April 9, 2004 during a deployment to Iraq. He was the first member of the Connecticut National Guard to die in the Global War on Terror. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



The Connecticut Trees of Honor Memorial includes a reflecting pool isurrounded by individual memorials to the sixty-five Connecticut service members who gave their lives in the wars in Iraq and Afghanistan since 2001. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



A memorial to Staff Sgt. Edwin Rivera, 1-102nd Infantry Regiment, Connecticut Army National Guard stands as part of the Connecticut Trees of Honor Memorial at Veterans' Memorial Park in Middletown, Connecticut. The memorial is one of sixty-five in honor of Connecticut service members who gave their lives in Iraq and Afghanistan since 2001. Rivera was died May 25, 2010 as a result of wounds sustained during a deployment to Afghanistan. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

Family Support Members Appointed as State Officers

RUSSELL J. BONNACORSO
MILITARY ADMINISTRATIVE & PROGRAMS OFFICER

On Sept. 15, 2015, Wendy Hagen, Joshua Hamre and Linda Rolstone received commissions and orders appointing them as officers in the Armed Forces of the State of Connecticut, Connecticut State Guard.

The three second lieutenants swore the oath, requiring them to follow the orders “according to the laws, rules, discipline and traditions of the Armed Forces of the State of Connecticut.” The Adjutant General appointed them to serve as Family Support Readiness Officers (FSROs) and assigned them to the Connecticut Service Member & Family Support Center. By accessions in the Connecticut State Guard, the Adjutant General is able to provide necessary services to the state’s armed forces, including the unique skill sets offered by Hagen, Hamre and Rolstone.

All three are employed by the Connecticut Military Department, working in the Family Support Office as federal contract employees. Due to contract renegotiations, the three were found themselves temporarily unemployed for about a month – from mid-September to mid-October.

At the same time, the Connecticut National Guard Military Family and Readiness Program was scheduled to receive their initial accreditation inspection by the Counsel on Accreditation, which is required by the National Guard Bureau. As FSROs, the lieutenants continued to perform their duties and facilitated the successful completion of accreditation inspection.

“Our first concern was to be able to provide uninterrupted support to the Service Members and

Families of the Connecticut National Guard. We also felt it was important for us to be present and participate in the Council on Accreditation’s site visit. We thank Major General Martin, Colonel Evon and Mrs. Hoffman for allowing us the opportunity to continue serving Connecticut’s military families during the break in our employment,” said Hagen and Rolstone in a joint statement.

The armed forces of the state, also known as the “state militia,” is divided into four classes: the unorganized militia, the organized militia, the National Guard and the naval militia. The organized militia consists of the Governor’s Guards, the State Guard and other military forces designated by the Governor, as the Commander in Chief of the state’s armed forces.

Article IV, Section 8 of the Connecticut Constitution states, “The governor shall be captain general of the militia of the state, except when called into the service of the United States.” The State of Connecticut statutorily charges the Adjutant General with the duty of managing and recruiting for the armed forces of the state and with the duty of preparing and issuing commissions.



Joshua Hamre (left), and Linda Rolstone are sworn in as 2nd Lieutenants in the Armed Forces of Connecticut, Connecticut State Guard by Lt. Col. Timothy Tomcho, Judge Advocate General, Connecticut National Guard on Sept. 15 at the William A. O’Neill Armory in Hartford, Connecticut. (Photo by Sgt. 1st Class (Ret.) Debbi Newton)

The Adjutant General assigns personnel serving in the Connecticut State Guard to positions based upon the requirements of the Connecticut Military Department. Members serve with their personal consent and the consent of the Governor. Members are subject to the Connecticut Code of Military Justice and are expected to abide by the courtesies and customs of military service and obey the orders of their superior officers. Many of the requirements of state military service are indistinguishable from federal military service.

TASMG Receives National Award

Eric K. Fanning, Acting Under Secretary of the Army (left) and Robert Swan, Deputy Director, Army office of Business Transformation (far right) present Brig. Gen Mark Russo, Assistant Adjutant General, Connecticut National Guard, and Lt. Col. Robert Burnside, Deputy Commander, 1109th TASMG, Connecticut Army National Guard, with the 2014 Army Lean Six Sigma Excellence Award at a ceremony in Washington, D.C. on Sept. 23. The 1109th TASMG was one of 10 Army organizations to receive the award for streamlining business operations by eliminating redundancies, thus saving the service millions of dollars. The 1109th was specifically recognized for their project, “Improve the UH-60 Blade Cuff Restoration Process.” The project focused on cost, rework and lead time processing. The result was a 50 percent decrease in average blade cuff repair time and a stable increase in monthly production throughput by a factor of eight times. (Photo by Leroy Counci Army Multimedia & Visual Information Directorate)





Col. Frank Detorie, commander of the 103rd Airlift Wing, presents Zackary Hamilton, 13, with a commander's coin at Bradley Air National Guard Base, East Granby, Conn. Zack was invited to the wing to take part in the Pilot-for-a-Day program hosted by the 118th Airlift Squadron. (Photo by Senior Airman Emmanuel Santiago, 103rd AW Public Affairs)

Pilot For A Day



Connecticut's Flying Yankees Welcome Special Guest

The 118th Airlift Squadron hosted Zackary Hamilton, 13, along with his father, Adam Webster, on Oct. 10, at the Bradley Air National Guard Base, East Granby, Connecticut experience what it is like to be a Pilot-for-a-Day in the Connecticut Air National Guard. The outreach program's primary purpose is to support children in local communities who have life-threatening medical conditions. Zack and his dad enjoyed the opportunity to spend some time with Guardsmen of the 103rd Airlift Wing and to learn and experience our Connecticut Airmen's day-to-day operations in support of the unit's state and federal missions. Suited up in a personalized flight suit, Zack also spent the day as part of the Flying Yankee pilot team. This is the third year that the 118th and the 103rd have hosted the Pilot-for-a-Day Program. (Above) Zack sits in a UH-60 Blackhawk provided by the Connecticut Army National Guard. (Photo by Senior Airman Emmanuel Santiago, 103rd AW Public Affairs)



Capt. Anthony "Rocky" Nelson of the 118th Airlift Squadron affixes a 103rd Airlift Wing patch to Zackary Hamilton's flight suit Oct. 10, 2015, at Bradley Air National Guard Base, East Granby, Conn. "It was a fun filled day," said Capt. Nelson. "I'm glad that we could experience it together."



Senior Airman Emily Daley, an aircrew flight equipment technician assigned to the 103rd Operations Support Squadron, secures aircrew body armor to Zackary Hamilton, 13, Oct. 10, 2015, at Bradley Air National Guard Base, East Granby, Conn. (Photos by Senior Airman Emmanuel Santiago, 103rd AW Public Affairs)

Exchange Program: A "Valuable, Worthwhile Experience"

MAJ. IAN DONALD, SENIOR NURSING OFFICER
225 MEDICAL REGIMENT, BRITISH ARMY RESERVE

Editor's Note: This is the first of a two-part series on the United Kingdom/United States Exchange Program. This month, Maj. Ian Donald of the British Army Reserve took time out of his busy schedule to recount his experience here in the United States with Connecticut Army National Guard Units performing Annual Training. In a future issue, Maj. Ron Setkoski, will recount his experiences with British forces.

I was fortunate enough to be selected for the United Kingdom/United States Exchange Program and was paired with Maj. Ron Setkoski of the 192nd Multifunctional Engineer Battalion, where I spent two weeks at Fort Indiantown Gap in Pennsylvania at his unit's annual training.

A little background about myself: I am the Senior Nursing Officer in the 225th Medical Regiment, and was paired with Maj. Setkoski because he is a Physician's Assistant attached to the his battalion.

If deployed, the 225th's role is to provide a Role 1 Medical Facility and Pre-Hospital Emergency Care and Primary Healthcare to an assigned area of responsibility.

In the non-deployed role, my primary duties include the training of the Combat Medical Technicians and I also have overall responsibility for the regiment's nurses. I also work closely with the Regimental Headquarters element on Healthcare Governance.

During my visit to the U.S., I also spent time with the 118th Multifunctional Medical Battalion and witnessed the training of the medics. I took the opportunity to spend some time with the medics while they prepared and



Maj. Ian Donald, Senior Nursing Officer, 225th Medical Regiment, British Army Reserve (left) stands with Maj. Ron Setkoski, 192nd Multifunctional Engineer Battalion, Connecticut Army National Guard at Fort Indiantown Gap, Pennsylvania. Donald was paired with Setkoski during a two week exchange program at the 192nd's annual training at FIG in June 2015. (Photo Courtesy of Maj. Ron Setkoski, 192nd Multifunctional Engineer Battalion, Connecticut Army National Guard)



Maj. Ian Donald, Senior Nursing Officer, 225th Medical Regiment, British Army Reserve (front right) with medics from the 192nd Engineer Battalion. Donald attended the 192nd Engineer Battalion annual training at Fort Indiantown Gap, Pennsylvania in June 2015. He attended the AT as part of the U.S./U.K. exchange program. (Photo Courtesy of Maj. Ron Setkoski, 192nd Multifunctional Engineer Battalion, Connecticut Army National Guard)

executed their revalidation course.

I also witnessed first-hand the role of the Physician Assistant in a U.S. military unit. We do not have this position in our military, and only rarely find them in the National Health Service.

This was my first visit to the U.S., and I was glad to take advantage of the opportunity to visit Gettysburg National Park with members of the 143rd Regional Support Group.

During my transfer from Dulles International Airport in Washington D.C., I travelled through four states on the way to Pennsylvania and was in awe of the size and scale.

I found the exchange program to be a valuable, worthwhile experience.

I now feel more comfortable and confident, should I be required to work with American medical services in the future. Our practice and equipment is similar, although terminology differs in some respects.

I would definitely recommend participation in the exchange program to all of my colleagues as a valuable learning/training opportunity and I look forward to hosting Maj. Setkoski when he joins me on my Annual Training in Cyprus later this year.



Maj. Ian Donald receives a certificate of appreciation from Lt. Col. Michael Desena, Commander, 118th Medical Battalion, Connecticut Army National Guard. (Photo Courtesy of Maj. Ron Setkoski, 192nd Multifunctional Engineer Battalion, Connecticut Army National Guard)

If you are interested in applying for the US/UK Exchange Program, contact your chain of command for more information.

Important Changes in TRICARE

Young Adult Prime and Standard Premiums to Increase

DOD PRESS RELEASE

TRICARE Young Adult premiums to Increase The TRICARE Health Plan has announced the 2016 premiums for TRICARE Young Adult Prime and Standard options covering beneficiaries between 23 and 26 years old. These premiums are adjusted on an annual basis and go into effect Jan. 1, 2016. For 2016, the monthly premium for TYA Prime is \$306 per month, and TYA Standard is \$228 per month. TRICARE is required to set these premiums to cover the full cost of health care received by TYA beneficiaries. For the first time since TYA was created in

2011, TRICARE has sufficient statistically valid cost data to set annual premiums. TYA Prime or Standard are options for eligible young adult beneficiaries, who are encouraged to explore all of their health care choices and pick the plan best suited to their needs. With premiums competitive to similar plans, TRICARE Young Adult is comparable to available platinum-level health care plans. Other health care options for young adult beneficiaries include: Purchasing TYA Standard - lower premiums, higher cost shares - instead of TYA Prime; Enrolling in a parent's civilian health insurance plan, if available;

Purchasing a plan offered through the Health Insurance Marketplace at www.healthcare.gov; Purchasing coverage through the college or university, if enrolled. Lower cost plans may be available depending on income and residence, and assistance paying premiums may be available. Beneficiaries may also qualify for Medicaid. Go to www.healthcare.gov to evaluate eligibility and options. Open enrollment for the Health Insurance Marketplace begins Nov. 1 and runs through Jan. 31, 2016. Visit www.tricare.mil/TYA for more information.

Benefit Changes as of October 1st - Pharmaceuticals

TRICARE PRESS RELEASE

As of October 1, 2015, a new law requires all TRICARE beneficiaries, except active duty service members, to get select brand name maintenance drugs through either TRICARE Pharmacy Home Delivery or from a military pharmacy. Beneficiaries who keep using a retail pharmacy for these drugs will have to pay the full cost.

Maintenance drugs are drugs you take regularly for a long time, such as to control blood pressure or cholesterol. The law does not apply to drugs you take for a short time, like antibiotics, or generic drugs. If you live overseas,

or have other prescription drug coverage, you are not affected.

The TRICARE pharmacy contractor, Express Scripts, sent a letter to affected beneficiaries in September explaining their options. Beneficiaries can contact Express Scripts at 1-877-363-1303 if they have any questions.

Now, beneficiaries who fill an affected drug at a retail pharmacy will get another letter from Express Scripts. After that, beneficiaries have one final "courtesy" fill at a retail pharmacy. If they fill at a retail pharmacy again,

they have to pay 100 percent of the cost of their medication.

TRICARE Pharmacy Home Delivery is a safe, convenient and low cost option to get maintenance drugs. You'll save up to \$176 a year for each brand name drug you switch from retail to Home Delivery. If you want to use a military pharmacy, make sure to check first to see if they carry your prescription. For more about this change to TRICARE's pharmacy benefit, visit www.tricare.mil/RxNewRules.

Guard Foundation Announces 2016 Scholarships

The Connecticut National Guard Foundation Inc announces its 2016 scholarship program. This year the foundation will award a total of **eight** scholarships.

- **Two \$4000.00 scholarships honoring Sgt. Felix Del Greco Jr. will be awarded to the son or daughter of a member of the Connecticut Army National Guard.**

Please note that a special application is required for the Del Greco scholarship which may be obtained from: <http://www.conncf.org>. No other application will be accepted.

- **One \$2000.00 scholarships and Five \$1,000.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses. Application forms may be found on the Foundations web site at: www.ctngfoundation.org**

Additional Information:

- Complete application packets must be postmarked no later than **March 15, 2016**
- The selection committee will choose students based on achievement and citizenship.
- You must be enrolled in, or planning to enroll in, a regionally or nationally accredited degree or technical program.
- Mail application form (CTNGFI Scholarship Only) and completed package to:

CTNG Foundation Inc.
Attn: Scholarship Committee
360 Broad Street, Hartford Armory
Hartford, CT 06015

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

Political Staffers Tour Connecticut National Guard Facilities

BY CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

For those who wear the uniform, a flight on military aircraft might not be that big of a deal.

However, to a civilian, it could be a thrill unlike any other.

Six staff members representing the offices of Senator Chris Murphy, Congresswoman Rosa DeLauro and Congresswoman Elizabeth Esty, had the opportunity to board a Connecticut Army National Guard UH-60 Black Hawk for a day-long tour of Connecticut's armories and facilities.

The group began their day at the Windsor Locks Readiness Center and received a welcome and in-briefing from Major General Thad Martin, Adjutant General of the Connecticut National Guard, and Col. Gerald Lukowski, Construction Facilities Management Officer. After a tour of the newly-constructed readiness center, the group toured the Army Aviation Support Facility next door and then boarded a bus to get a glimpse of all the work being done at Camp Hartell across the street.



Political Staffers stand in front of the UH-60 Blackhawk they flew with Maj. Gen. Thad Martin, Col. Jerry Lukowski, and Maj. Ben Neumon at Danbury Municipal Airport. (Photo by Capt. Mike Petersen, State Public Affairs Officer, CTNG)

Following a briefing on Connecticut Air National Guard capabilities, the group headed for the runway and boarded a UH-60 destined for the Danbury Airport,

piloted by Capt. Maryann Alves of C Co, 3/142 Aviation Battalion.

"Seeing Connecticut from 2000 feet up is an experience I will never forget," said Sherri Vogt, Veterans District Aide and Service Academy Coordinator for the Office of Congresswoman Esty.

The tour continued from Danbury to Camp Niantic, followed by a stop in Orange to check in with the 103rd Air Control Squadron of the Connecticut Air National Guard. At each stop, staff members were given an idea of how the Connecticut National Guard works together to support missions both in state and abroad.

"As I looked down on our communities and cities, it is clear that we are in this together to succeed in preserving our natural resources, and being ready when Mother Nature throws us a fastball," said Vogt. "The mission of the Connecticut National Guard to assist all of us when a natural disaster strikes is clear when you can see the rivers, [Long Island] Sound and mountains all in one day."

SERVING OUR VETS From Page 1

Where employers violate USERRA's provisions, the DOJ and the USAO can bring an action in federal court on your behalf to obtain injunctive relief, lost wages and benefits, double liquidated damages, as well as attorney fees and costs. Last year, DOJ brought actions on behalf of over 10 service members and collected over \$300,000 for violations of USERRA. Additionally, several years ago in Connecticut, a federal judge ordered a bank that violated USERRA's provisions to pay \$779,000 in back pay, damages, and attorney's fees to its employee.

Financial and Consumer Protections — Service member Civil Relief Act ("SCRA")

When you are preparing for active duty or are returning from active duty, you should not have to worry about your car being repossessed or your home will being subjected to an illegal foreclosure without your knowledge. The provisions of the SCRA protect you by postponing or suspending certain obligations associated with rental agreements, automobile leases, mortgage foreclosures, evictions, security deposits, installment contracts, student loan payments and more. The SCRA also eases financial burdens and provides some relief from credit obligations and court proceedings while **Fair Housing Act ("FHA")**

After serving our Country, some of you may have difficulty securing housing because of discrimination. The FHA prohibits discrimination in housing based on race, color, religion, national origin, sex, disability and familial status. The FHA authorizes the court to award injunctive relief, monetary damages and, in some cases, civil penalties.

In one case, DOJ sued a landlord for violating the FHA because he refused to allow a veteran to keep an

assistance animal in his apartment. The landlord settled with DOJ, and agreed to pay the tenant \$20,000 in compensation. In another case, the Department entered into a \$300,000 settlement with a mobile home park owner who was alleged to have sexually harassed female tenants of the park, including several women whose husbands were stationed at the nearby army base.

As current or former members of the military, you have sacrificed to protect our nation. It is our privilege to do everything in our power to enforce the federal laws designed to protect you and your families. We encourage you to come forward and notify us of any issues or problems you or your families are facing. We welcome and look forward to hearing from you on how the USAO and DOJ can better help you and your families live securely in this Country that you have helped protect and defend.

Please feel free to call my office with questions, suggestions, and complaints at 203 821 3700 or write to us at Active Duty and Veterans Committee, U.S. Attorney's Office for the District of Connecticut, Attn: John Fitzgerald, 157 Church Street, 25th Floor, New Haven, CT 06510. You may also visit <http://www.justice.gov/crt-military>.

On behalf of the U.S. Attorney's Office of the District of Connecticut: Thank you for your service to our Country. We could not be more proud of your dedication and sacrifice. Please know that we are here to serve you and protect your rights.

Deirdre M. Daly was nominated by President Barack Obama to serve as the 51st U. S. Attorney for the District of Connecticut. Ndidi N. Moses is an Assistant U.S. Attorney and the Civil Rights Coordinator for the Civil Division.



CONNECTICUT AT WAR

PRESENTED BY



Association for the Study
of Connecticut History

Connecticut Militia Heritage Committee

Connecticut State Library

Manchester Community College

With financial support from
Connecticut Humanities Council



November 13-14, 2015

Connecticut State Library
Governor William A. O'Neill State Armory
Manchester Community College

ESGR: Nominate Your Employer for the Freedom Award

Ms. MEGHAN CONNORS ADMINISTRATIVE SUPPORT TECHNICIAN,
CT EMPLOYER SUPPORT OF THE GUARD AND RESERVE

Connecticut Employer Support of the Guard and Reserve would like to extend a huge congratulations to Cigna of Bloomfield on their selection as one of the 15 recipients of the 2015 Secretary of Defense Employer Support Freedom Award.

Cigna was nominated by a member of the Connecticut Air National Guard, who passionately depicted how Cigna goes above and beyond to support its service member and veteran community. Those wishing to nominate their employers this year need to be made aware of some changes to the nomination process.

Nomination season is now October 1-December 31, 2015, which means nominations are currently being accepted. Some changes were made to the required questions in order to make them easier to understand, which are listed below. As you answer the questions in the nomination form, it is crucial to be as specific and detailed as possible. The more information that you provide, the stronger your nomination.

Questions:

Pay Policies: Does the employer provide monetary compensation or unique pay policies when a service member is away from work performing military service? If so, cite specific instances and examples of compensation support provided by the employer.

Benefits Policies: Does the employer, either as a matter of published policy or practice, provide continuation of health care, dental, life insurance, retirement or other

benefits not listed for service members or their families when away from work performing military service?

Supervisor Training: Does the employer train its managers and supervisors on the uniformed services employment and re-employment rights act (USERRA) so that they can effectively manage their National Guard and Reserve employees? If so, what kind of training (online, in person briefings, etc.) is provided and how often is the training reviewed?

ESGR Advocacy: Does the employer engage in activities or have established policies which demonstrate an eagerness to help increase employer support for the Guard and Reserve within the community and encourage participation by other employers? If so, what kind of activities does the employer support and how is that support manifested (monetary donations, volunteerism, etc.)?

ESGR Awards: Has the employer been awarded any other ESGR recognition, such as the Patriot, Above and Beyond, or Pro Patria awards? If so, list the awards the employer has received (if known).

Hiring Preference: Does the employer provide any preference to members of the National Guard and Reserve in the process of hiring new employees? If so, what does the employer provide and did this preference assist in your employment or the employment and search for other qualified candidates for employment? Additionally, does the employer proactively recruit National Guard or Reserve service members?

Service Member Support: Does the employer interact with and support National Guard and Reserve employees during periods of military service? If so, how and to what

extent is the support provided to the employee?

Family Support: Does the employer interact with and support the family members of employees during periods of military service? If so, please provide examples and duration of family support (monetary, help around the home, other services, etc).

Service Member Recognition: Does the employer provide positive recognition of its National Guard and Reserve employees in organizational publications, events, bulletin boards, employer awards or in other ways?

General Military Support: Does the employer establish policies or engage in activities that are generally supportive to the US Armed Forces, such as discounts, services, donations, scholarships, employment programs, etc.?

Military Employees: How many of the nominated organization's employees are active members of the National Guard or Reserve?

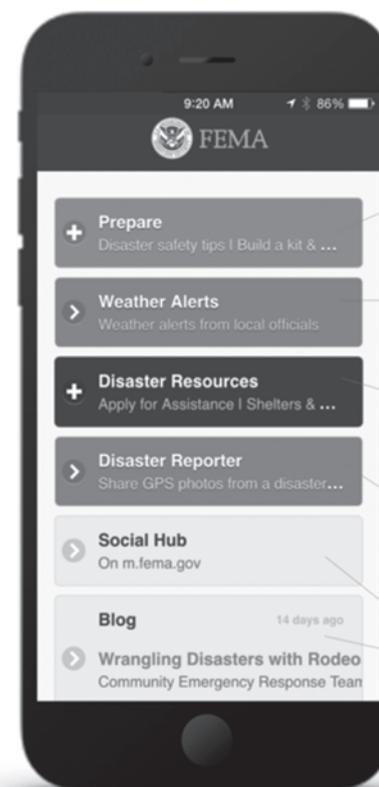
Remember that the key detail is your personal story. As we review the nominations, we look for the ones that give the personal narrative and detail the experiences. Don't forget to check with your human resources department to verify information and you can always check with CT ESGR on what awards we may have presented in the past.

To nominate your employer visit:
www.freedomaward.mil

Weather Ahead: Download the FEMA App

App Includes:

- Alerts from the National Weather Service: Receive severe weather alerts for up to five locations across the U.S. and see information about how to stay safe.
- Disaster Reporter: Upload and share photos of damage and recovery efforts.
- Custom emergency safety information: Save a custom list of the items in your family's emergency kit, as well as the places you will meet in case of an emergency.
- Maps of disaster resources: Locate and receive driving directions to open shelters and disaster recovery centers.
- Safety tips: Learn how to stay safe before, during, and after over 20 types of hazards, including floods, hurricanes, tornadoes and earthquakes.
- Apply for assistance: Easily access Disaster Assistance.gov to apply for federal disaster assistance.
- Information in Spanish: The app defaults to Spanish language content for smartphones that have Spanish set as their default language.



✓ Get tips to survive natural disasters, customize your emergency checklist, and save meeting locations

⚡ Receive alerts from the National Weather Service

⊕ Locate open shelters and Disaster Recovery Centers, and apply for assistance

📷 Upload and share your disaster photos

💬 Stay connected on social media and the FEMA blog

USPS 2015 Holiday Shipping Cut Off Dates

The holidays are upon us and the United States Postal Service has released cut off dates for 2015 holiday shipping and mailing. Be sure to get your packages ready and mailed out so your loved one receives your holiday cheer in time to celebrate!

USPS 2015 Holiday Shipping Cut Off Dates

| Domestic Mail Class/Product | Cut Off Date |
|--|--------------|
| First Class Mail | Dec-19 |
| Priority Mail | Dec-21 |
| Priority Mail Express* | Dec-23 |
| | |
| Standard Post | Dec-15 |
| DNDC Drop Ship | Dec-19 |
| DDU Drop Ship | Dec-22 |
| | |
| International Mail** | |
| Priority Mail Express Military APO/FPO/DPO** | |

*Priority Mail Express postage refund eligibility is adjusted for shipments mailed Dec 22-25

** See additional information below

| Military Mail Addressed To/From | Priority Mail Express Military™ Service (PEMS) ^{1/} | First-Class Mail® Letters and Cards | Priority Mail® | Parcel Airlift Mail (PAL) ^{2/} | Space Available Mail (SAM) ^{3/} | Standard Post™ |
|---------------------------------|--|-------------------------------------|----------------|---|--|----------------|
| APO/FPO/DPO AE ZIPs 090-092 | Dec-17 | Dec-10 | Dec-10 | Dec-3 | Nov-25 | Nov-7 |
| APO/FPO/DPO AE ZIP 093 | N/A | Dec-3 | Dec-3 | Dec-3 | Nov-25 | Nov-7 |
| APO/FPO/DPO AE ZIPs 094-098 | Dec-17 | Dec-10 | Dec-10 | Dec-3 | Nov-25 | Nov-7 |
| APO/FPO/DPO AA ZIP 340 | Dec-17 | Dec-10 | Dec-10 | Dec-3 | Nov-25 | Nov-7 |
| APO/FPO/DPO AP ZIPs 962-966 | Dec-17 | Dec-10 | Dec-10 | Dec-3 | Nov-25 | Nov-7 |

2015 Holiday Season Import Dates

December 1 Last day to send parcel post packages via surface transportation

December 1 Last day to send letters, flats and small packages via surface transportation

December 11 Last day to send priority packages via air transportation

December 10 Last day to send letters, flats and small packages via air transportation

December 19 Last day to send Express Mail Service items (any shape)

Mail class by code:

LC = Letters, aerogramme's (USPS no longer offers outbound aerogramme's), cards and letter package

AO = Newspapers, magazines, matter for the blind, printed matter, small package

CP = Packages - parcel post (surface), priority (air)

UPAR Training a Chance to Tell Your Unit's Story

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Every month, you report to your unit for a weekend full of training.

Whether it be annual requirements, MOS-based or additional duty training, you spend the majority of those weekends honing your skills to better yourself, your squad, your platoon and your unit.

So, who better than you to tell that story?

Each year, the Public Affairs Office hosts Unit Public Affairs training – a comprehensive, hands-on, two-day course at Camp Niantic. The goal of the course is to qualify at least one Guardsman per unit-sized element in the ways of public affairs. The 2016 course will be held January 30-31 in the RTI Building. Classroom information will be published as we get closer to the course.

Why does this matter? Even though both the Connecticut Army and Air National Guard have full-time public affairs assets, there are still an overwhelming number of requests from units to cover training events. There just isn't enough time or resources to cover everything the way we want to.

But a Unit Public Affairs Representative could provide that coverage. A UPAR is a Soldier, Airman or member of the Governor's Horse and Foot Guard that can take real-time photos and provide background information for the Public Affairs team to use in The Guardian, or on our social media platforms.

An example: In January, the Connecticut National Guard responded to a winter storm. As Guardsmen readied equipment all over the state, Sgt. Sylvie Papageorge of Alpha Company, 192nd Engineer Battalion, snapped a simple photo of her unit preparing for a potential response. Sgt. Papageorge sent the photo directly to the Public Affairs officer, where it was uploaded to Facebook. Within hours, the photo was picked up and used on multiple occasions by local Fox and CBS affiliates.

The UPAR program can make a great addition to any resume, as well. Not many folks can say they've had a byline in a monthly newspaper with a circulation near 7,500.

The bottom line is this: You are the ones on the ground and participating in the training that people want to see. Take advantage of the opportunity and learn how to best promote what it is your unit does by becoming a UPAR. Even if you don't think you have the talent to write articles, a picture is worth a thousand words, and the full-



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time staff in Hartford is happy to work with you to help you grow as a writer or photographer with honest critiques.

As the course approaches, watch for more information in The Guardian.

If becoming a UPAR sounds interesting to you, contact the State Public Affairs Officer through your chain of command for more information.

The Connecticut Guardian
ONLINE
<http://ct.ng.mil/Guardian>

THE CONNECTICUT NATIONAL GUARD
OFFICIAL WEB AND SOCIAL MEDIA

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Official CT National Guard Website

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The Official CT National Guard Fan Page

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The Official CT National Guard Twitter

instagram.com/ctnationalguard
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flickr.com/ctnationalguard
The Official CT National Guard Flickr

Connecticut National Guard Public Affairs Office
Social Media Submissions and Information
(860) 524-4858 ctngpublicaffairs@gmail.com

AROUND OUR GUARD

*A Glimpse at Connecticut
Guardsmen and Events*

2015 Senior NCO Dining In



Chief Master Sgt. Mitchell O. Brush, Senior Enlisted Advisor, National Guard, stands with enlisted members of the Connecticut Air National Guard at the 2015 Senior Non-Commissioned Officer Dining In on Oct. 1 at the Aqua Turf Club in Southington. Brush was the keynote speaker at the event. (Photo Courtesy of Master Sgt. Kendra Ross, Connecticut Air National Guard)



242nd EN DET and DET 6 OSACOM Freedom Salute Ceremony

Members of the 242nd Engineer Detachment of Niantic and Detachment Six, Operational Support Airlift Command of Windsor Locks were honored at a Freedom Salute and Welcome Home Ceremony at the William A. O'Neill Armory in Hartford on Oct. 22. Gov. Dannel P. Malloy, Lt. Gov. Nancy Wyman and Major General Thad Martin, Adjutant General of the Connecticut National Guard presided over the event to recognize the overseas achievements of the 16 Connecticut Army Guardsmen. (Photo by Master Sgt. Erin McNamara, 103rd Airlift Wing Public Affairs, CTARNG)



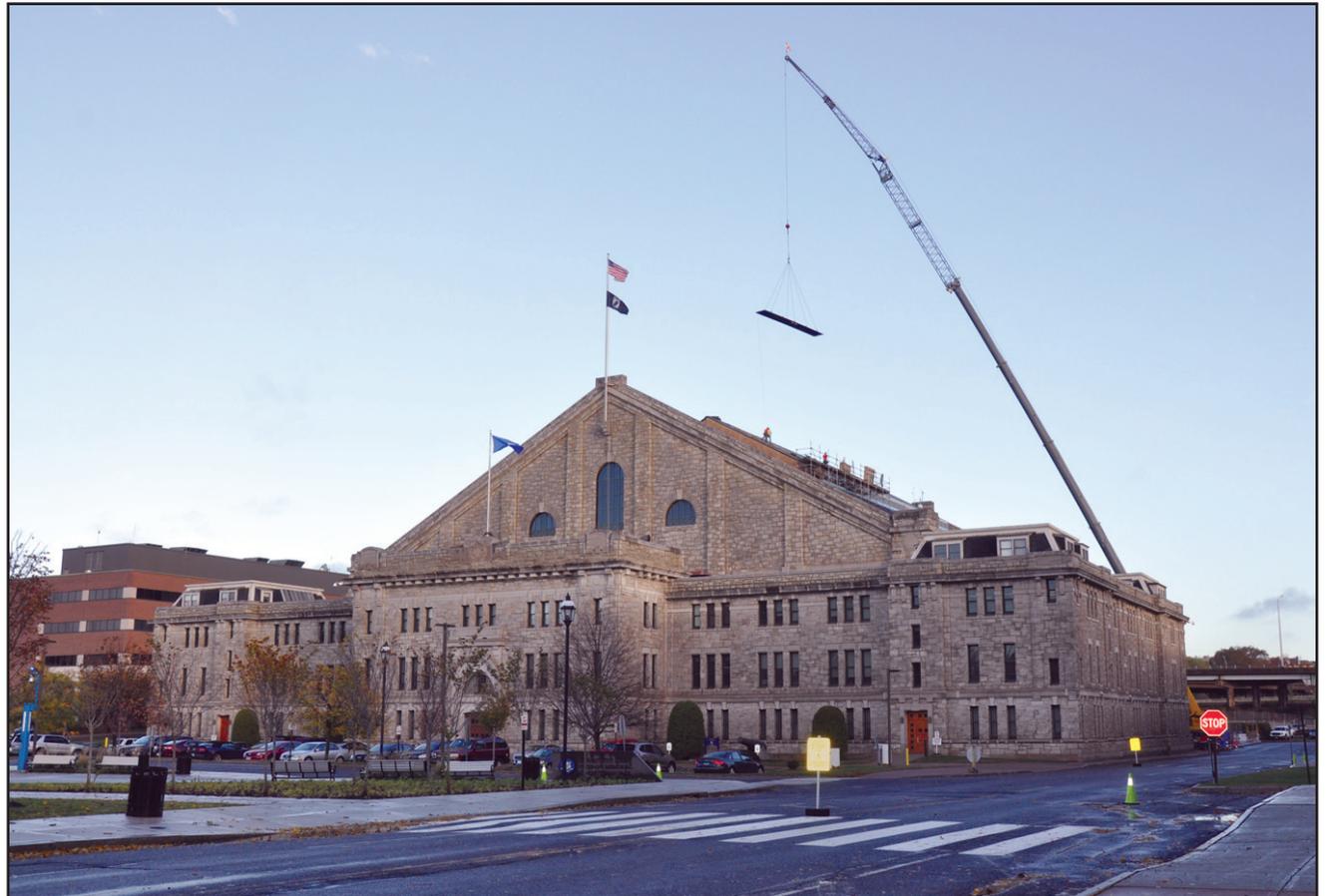
(left) Capt. William Robbins, 242nd Eng. Det. is presented service medals by Gov. Dannel P. Malloy at a Freedom Salute Ceremony for the eight members of the 242nd as well as eight members of Det. 6 OSACOM. All 16 Soldiers recieved the Afghanistan Campaign Medal, the National Defense Service Medal, the Global War on Terrorism Medal, and the Armed Forces Reserve Medal with M Device. (Photo by Master Sgt. Erin McNamara, 103rd AW PA CTARNG)

(right) Sgt. 1st Class Chris Evans, Det. 6 OSACOM, and members of his family visit with Lt. Gov. Nancy Wyman following the Freedom Salute Ceremony for Det. 6 and the 242nd Eng. Det. at the William A. O'Neill Armory in Hartford on Oct. 22. Both units were honored for their deployments to Afghanistan. (Photo by Master Sgt. Erin McNamara, 103rd AW PA, CTARNG)



Hartford Armory Roof and Skylight Restoration

Beginning in May, heavy construction has dominated the roof and skylight of the William A. O'Neill Armory in Hartford, Conn. With a 200-foot crane parked on the building's east side doing the heavy lifting, roofing material and a new skylight will provide the 106-year-old armory with better protection against weather and water damage. Energy efficient, blast proof glass and water-resistant shingling is replacing over 60 tons of asphalt shingles and roofing.



(Above left) Workers strip existing asphalt shingles and roofing felt down to the existing plywood. The plywood sheathing was then left exposed, to allow for inspection for any deficiencies. (Photo courtesy of Construction Facilities Management Office, State of Connecticut Military Department)

(Above right) The view of the William A. O'Neill Armory from Broad Street. A 200-foot crane removes an 800 pound steel panel from the roof at the start of the work day. Each night, steel panels are set over openings in the roof to prevent rain from entering the building. (Photo by Ms. Allison L. Joanis, Public Affairs Office, Connecticut National Guard)

(Left) New laminated architectural shingles are installed over high strength water resistant underlayment. (Photo courtesy of Construction Facilities Management Office, State of Connecticut Military Department)

(left) More than 2,000 sections of pipe scaffolding rise more than 75 feet above the drill shed floor. The scaffolding is topped with a structural wood deck, providing a working surface for additional ladders and staging needed to reach the highest sections of the skylight, another 20 feet above the work platform. (Photo by Ms. Allison L. Joanis, Public Affairs Office, Connecticut National Guard)



(Above left) Skylight workers position glass panels weighing more than 300 pounds into the new skylight frame with the assistance of a crane connected suction cup gripping tool. Each panel is set in place through precise communications between the workers perched atop the skylight itself and the crane operator located hundreds of feet away with no visual sight lines to the workers or the skylight.

(Above right) Exterior view of the completed skylight framing and new architectural roof shingles. The new skylight consists of 360 insulated and blast resistant glass panels that measure about 60 feet by 70 feet and weight more than 300 pounds each. (Photo courtesy of Construction Facilities Management Office, State of Connecticut Military Department)

Did You Know. . .

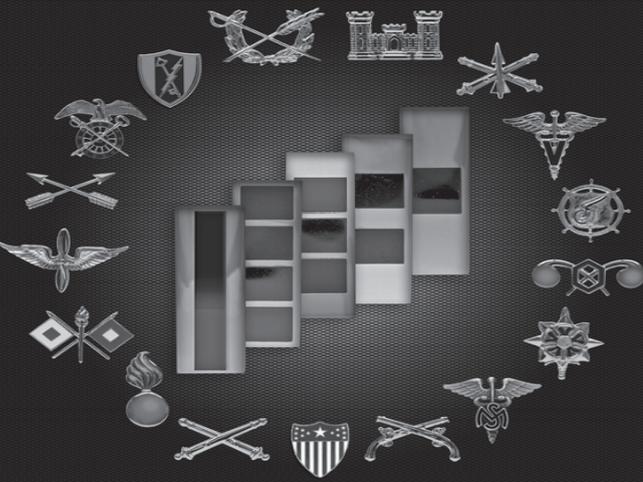
- That the original building construction of the Hartford Armory was from 1905 to 1909?
- That President William Taft dedicated the Hartford Armory on Nov. 12, 1909?
- That this restoration project takes place nearly 106 years after the building dedication?
- That there is over one acre of asphalt shingles on the Armory roof?
- That the approximate weight of the asphalt shingles and roofing felt being removed is approximately 60 tons in weight?
- That the highest point of the skylight is approximately 100 feet above the drill shed floor?
- That the skylight footprint is equivalent in area to three basketball courts?
- That there is over 13,000 square feet of glass on the skylight itself?
- That the existing skylight had over 1,200 panes of one quarter inch wire glass weighing approximately 20 tons?
- That the new skylight has 360 insulated and blast resistant glass panels weighing approximately 60 tons?
- More than 70,000 pounds of new steel was added to increase the structural capacity of the existing framing system.



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1st Battalion (OCS/WOCS), 169th Regiment (RTI)

Officer Candidate School

OCS & WOCS OPEN HOUSE

Information Brief

November 21, 2015

Report Time: 9:00 a.m.

RTI Building, Camp Niantic

Uniform: ACUs with PC or Business Casual (Civilians Only)

Staff and Cadre will be on hand to answer questions and support administrative requirements.



Please RSVP through your chain of command and to:

Capt. David Lord david.m.lord.mil@mail.mil

Chief Warrant Officer 3 Michael Mottolo michael.v.mottolo.mil@mail.mil

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!

Be sure to check and adjust your settings!



CHIEF MASTER SGT.
EDWARD GOULD

Greetings Airmen and Soldiers:

November is when which we celebrate the service of all military members, past and present, and celebrate Thanksgiving with friends and family.

First and foremost I would ask that each of us take a moment to think of those who are deployed away from home and their loved ones. Let's all silently thank them for their service and wish them a speedy and safe return.

The reason we commemorate Veterans Day on November 11th of each year is because the holiday was originally known as Armistice Day. The armistice ending World War I in 1918 was signed at 11 a.m., on the 11th day of the 11th month. Known to some at the time as "The War to end all Wars," and, "The Great War," World War I did not live up to its name.

In 1954, President Eisenhower officially changed the name of the holiday from Armistice Day to Veterans Day and, in 1968, Congress moved the celebration of Veterans Day to the fourth Monday in October. The law went into effect in 1971, but in 1975 President Ford returned Veterans Day to November 11, due to the important historical significance of the date. On Veterans Day every year a Joint Service Honor Guard performs a ceremony at the Tomb of the Unknowns at 11 a.m.

On Memorial Day, we honor those who have given their lives in service to our great nation. On Veterans Day, we celebrate all who have worn the fabric of our nation serving in our shared profession of arms.

On November 8, many of us will participate in the Veterans Parade in Hartford. Others will have friends and family along the parade route to show appreciation. This year's Veterans Day poster, carries the theme, "Honoring all who served; In times of War - In times of Peace."

So how do we honor all who served in times of war and peace? I'm sure many Airmen and Soldiers reading this have extended their hand of gratitude to that proud World War II Veteran wearing his ball cap. I have found that the Veterans of the "Greatest Generation" love nothing more than a warm thank you and a patient ear to listen to the stories of their glorious youth. A time when their bodies were strong, their minds clear and their convictions rooted in the greater good. Or maybe it is your family member that served in Korea, or your co-worker or supervisor, who served in Vietnam or during Desert Storm. But is a simple thank you enough? Can we ever do enough to show our

gratitude, our compassion, and empathy for our brothers in arms?

Some of you may remember several years ago when our own Connecticut Veterans Home in Rocky Hill opened its newest residential building. The hospital's staff asked for service members to come to the hospital in uniform to assist the moving of the patients, particularly those suffering from dementia and Alzheimer's, into their

thank you enough? Could I ever do enough to show my gratitude, my compassion, and my empathy for our Veterans?

Twice over the last six months I have been blessed to interact with two fellow warriors whom I think have found a way to honor those who served. One, Neil Davis, served the United Kingdom for many years with service in both Iraq and Afghanistan. He has dedicated

his post-retirement life efforts to raising awareness of post-traumatic stress and its effects on British military personnel and their brothers in arms, our own United States military personnel. An attempt to walk across the United States ended with an injury in the Pocono Mountains of Pennsylvania. Though disappointed, Davis has pledged to try again. All donations Davis received were donated to the Wounded Warrior Project and a similar program in the United Kingdom. Is this enough to honor all who served?

Just a few days before submitting this article, I had the pleasure of meeting with Sgt. David Pierce, a United States Marine Corps veteran who has partnered with an organization called The Wounded Walk.

The Wounded Walk is a nonprofit organization located in Leesburg, Virginia that caters to physically and mentally wounded military veterans and advocates for the advancement of post-combat treatment for wounded veterans.

Pierce will begin his "Mission: New England" walk on Nov. 10. Beginning on the USMC birthday, and continuing over the following weeks, Pierce and his fellow veterans will walk from Portland, Maine to Voluntown, Connecticut to collect donations for their charity and to bring attention to the fact that some veterans are still fighting personal battles after returning home.

So maybe there are more ways to honor those who have served. Maybe when we think about how we thank veterans for their service we should consider; what can we do that would have true meaning and impact? No matter how we choose to celebrate our veterans and honor their service, most of us will feel like it is not enough.

When we celebrate and honor our veterans and gather with our families and friends during the holidays, we all need to take a moment and give thanks for those who preceded us in the military. Thank you to all who have continued to answer their nation's call to serve - both past and present.



Download this year's Veterans Day poster at
<http://www.va.gov/opa/vetsday/gallery.asp>

new rooms. Those of us with loved ones who are suffering this disease recognize that change of routine can be very upsetting. Many of us were nervous that day, but it was a beneficial experience for all involved, to include those who helped.

The gentleman I was assigned to was a World War II Veteran who told me of his experiences while serving and his escapades during the war. But was my simple

Governor's Horse and Foot Guards

Second Company Governor's Horse Guard hosts K-9 Competition

Connecticut Guardsmen Takes Top Honor

2ND LT. KEN FAY
2ND Co. Gov. HORSE GUARD

The Second Company Governor's Horse Guard held the Inaugural Western Connecticut Police K-9 Challenge at their facility in Newtown, Connecticut on Oct. 3.

The event, hosted by the Newtown Kennel Club, brought competitors from Connecticut municipalities, the New York City Metropolitan Transportation Authority, and the 928th Military Police Working Dog Detachment from the Connecticut Army National Guard.

Teams competed in a variety of judged challenges that included obstacles, suspect apprehension, hand signals, obedience, tactical movement and article recovery.

The three highest scoring teams, based on points earned in each division received top dog awards and first place honors went to the team with the most points in each division.

Sgt. Thomas Fletcher and his K-9, Schurkje, a 3-year-old male Belgian Malinois, of the 928th Military Police Working Dog Detachment, Connecticut Army National Guard, earned the Top Handler Award.

Other top honors included, Best Overall Team to the Norwalk Police Department, and Best K-9 to Vinny, a 2-year-old male Malinois/Shepherd mix, dual-purpose trained in explosives and patrol, from the New York City MTA Police K-9 Unit with his handler Bill Finucane.

This fundraising event brought out a grateful and appreciative audience who cheered on the competitors and learned about the dedication and training that goes into being a dog team as well as the mission and service of the horses and troopers of the Second Company Governor's Horse Guard.

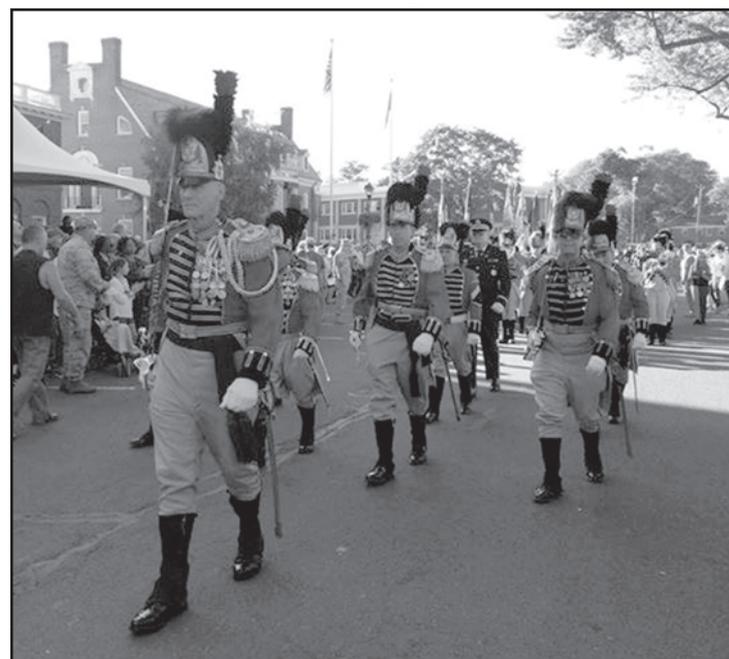


Major Gordon Johnson (left), Commandant of the Second Company Governor's Horse Guard, presents Sgt. Thomas Fletcher of the 928th Military Police Working Dog Detachment, Connecticut Army National Guard, with the Top Handler Award at the Western Connecticut Police K-9 Challenge hosted by the Newtown Kennel Club and the Friends of the Second Company Governor's Horse Guard on Oct. 3 in Newtown, Connecticut. Sgt. Fletcher earned the top honor by performing challenges with his 3-year-old male Belgian Malinois, also of the 928th. (Photo Courtesy of 2nd Lt. Ken Fay, 2nd Company Governor's Horse Guard)



Sgt. Thomas Fletcher and his dog, Schurkje, of the 928th Military Police Working Dog Detachment, Connecticut Army National Guard, competes in an obstacle course at the Western Connecticut Police K-9 Challenge hosted by the Newtown Kennel Club and the Friends of the Second Company Governor's Horse Guard on Oct. 3 in Newtown. At the event's closing, Fletcher was awarded Top Handler. (Photo Courtesy of 2nd Lt. Ken Fay, 2nd Company Governor's Horse Guard)

Connecticut Day at the Big E



Members of the First Company Governor's Foot Guard march down the Avenue of States at the Eastern States Exposition Connecticut Day Parade on Sept. 23 in West Springfield, Massachusetts. The Second Company Governor's Foot Guard as well as the First and Second Companies Governor's Horse Guard also supported the parade on the largest attended Connecticut Day in the history of the Big E. (Photo by Ms. Allison L. Joanis, CTNG PAO)

Health & Fitness

Tips to Beat The Cold Season

WWW.GUARDYOURHEALTH.COM

It's cold season.

While colds are rarely deadly, dealing with the symptoms can set you back in fitness, work, and health.

Take these simple precautions to help avoid getting sick.

Three Words of Wisdom - Activity. Nutrition. Sleep. Repeat! Known as the Army Performance Triad, these three tips are not only critical to Soldiers' performance, they are also important to help prevent catching a cold. Physical activity raises your body's temperature, increases red blood cell production, and strengthens your immune system. Aim for at least 30 minutes of daily exercise.

Eat plenty of fruits and veggies. Poor nutrition hurts your immune system, which lowers your body's natural defenses against viruses and infections. Frozen veggies like spinach, broccoli, and asparagus are easy (and cheap!) to buy. Plus, they contain vitamins that help you ward off colds.

Make the time to get eight hours of sleep to greatly reduce the chances of getting sick.

Keep It Clean - Always wash your hands with soap, if it's available. You don't know who grabbed the door handle before you. Make sure to scrub under those fingernails. Avoid touching your eyes, mouth, and face, too. That's how germs get into your body and start causing trouble.

Layer Up - Respond to the dips and rises in temperature by adjusting to your environment. When it gets cold outside, keep warm by layering. Wear an undershirt to keep your body heat in and definitely wear a jacket. Put on earmuffs (or a beanie, if that's your style) and keep a pair of gloves on you.

When it warms up, you can peel off layers to keep from overheating.

Doc, It Still Got Me! - If you do get sick, start chugging clear fluids (think: water, tea, juice). Drink herbal tea to help soothe your throat. If you've got a cough, try a spoonful of honey. Vitamin C in fruits and juices can boost your immune system and prevent your cold from taking a turn for the worse.

If your symptoms don't start to improve within a few days, talk to a qualified medical professional.



CT Guardsmen Run 200 Miles with a Little Help From Friends

Members of the Connecticut Army National Guard pose for a team photo after finishing the Ragnar Relay Adirondacks in Lake Placid, New York on September 26. Their team, 'What a Long Strange Trip it's Been,' has a group of rotating members that have run six Ragnar Relays both in the Adirondacks and in Cape Cod, Mass. The Ragnar Relay Adirondacks spans more than 200 miles in upstate New York from Saratoga to Lake Placid. In a Ragnar Relay Series, teams of 12 run a 200-mile relay continuously over two days and one night. Connecticut Army National Guard Members pictured include Warrant Officer Susan Curtiss, Warrant Officer Chris Curtiss, Sgt. 1st Class Heather Lussier, Maj. Thomas Dering, Maj. Steve Landry, Sgt. 1st Class Rocky Daigle, Lt. Col. (Ret.) Mark Strout. Other runners pictured: Michelle Bolduc, Sara Whitcomb, Susan Rossi, Allison Elias, and Stacy St. Louis. (Photo courtesy of Maj. Steve Landry and Warrant Officer Chris Curtiss)

The Army Ten-Miler brings CT Soldiers to the Finish Line on Two Continents



Washington, D.C.

Connecticut Army National Guardsmen pose at the 2015 Army Ten-Miler held in Washington D.C. on Oct. 11. Left to Right: Sgt. 1st Class Jose Aguilarpadilla, Chief Warrant Officer 2 Stephanie Luther, Col. Ralph Hedenberg, Karen Pickel, Lt. Col. Dave Pickel (Photo Courtesy of Chief Warrant Officer 2 Stephanie Luther)



Camp Bondsteel, Kosovo

Deployed members of the 1-169th Aviation Regiment run in the 2015 Army Ten-Miler Shadow Run held at Camp Bondsteel, Kosovo on Sept. 27. The 169th Avn. Reg. is deployed to Kosovo with the MNBG-E Task Force Hurricane. (Photo by 1st Lt. Brian Coyle, 1-169th Avn. Reg., Task Force Hurricane)

Off the Bookshelf: *Free Men Shall Stand: Connecticut's Militia*

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

To: Commanding Officer 102nd Inf.
From "C" Co. Commander
Subject: Reorganization of Co.
October 27, 1918: Time: 11:20
Have made two skeleton platoons of four squads apiece. Pvt. Keeney is made acting 1st Sgt.
Am ready for any duty that I am called upon to perform. Am ready for replacements
-T. Ahearn, Cpl. C Co, 102nd Inf.

Cpl. Ahearn's message sums up the 102nd Infantry's experience in World War I at the Battle of Verdun. Despite plans for an armistice, the Germans still fought viciously, and according to Mark Walsh in his historical text on the history of the Connecticut National Guard, "Free Men Shall Stand," the Germans fought hard to secure optimal armistice terms. Fighting continued until the very minute set for armistice. Finally, at 11 p.m., November 10, 1918, the war ended.

The Connecticut National Guard's World War I participation makes up a considerable portion of Walsh's book, published in 1991. But he begins his story in the 17th century, hundreds of years before the modern wars and conflicts took place that we're all so familiar with.

In the 1630s, Connecticut militiamen carried matchlock muskets, and met only when need be (never on Sunday) at meeting houses and on town greens. Their training and drills resembled more elaborate English practices. Friedrich von Steuben was still 140 years away from making his impact on the U.S. Military.

Nevertheless, Connecticut's militiamen successfully defeated the Pequots (whose name means, "destroyer of men," Walsh points out) in 1637. In 1675 the Chief of the Wampanoag (Metacomet) and his Indian alliance were beaten in King Phillip's war. King William's War followed in 1689 and Queen Anne's War in 1703. When the French and Indian War ended in 1763, Connecticut's militiamen had already acquired 127 years of fighting experience.

Connecticut's military played a strong role in the American Revolution. Walsh depicts a chilly October evening in 1776. George Washington's patchwork army of militia units and regulars were in the process of blocking the British in Boston. The senior officers and Washington, on that autumn evening, enjoyed dinner together.

Walsh states that Connecticut residents, Israel Putnam (famed for, "don't fire until you see the white in their eyes") and Benedict Arnold were with Washington that night. Stratford resident David Wooster during this period had command over military forces in Quebec, and Middletown resident, Sam Parsons, would soon be promoted to the rank of brigadier general and would lead a brigade against the British in New York.

Post-Revolutionary War, Walsh depicts the years leading to the Civil War as a reshaping period for Connecticut militiamen. Obligatory service changed to volunteer service. Township militias became more

fraternal in nature. They evolved among occupations and ethnicities, and had their own names and rituals.

During the French Revolution, American hero, Marquis de Lafayette, who returned to France to fight, coined the name, *Garde Nationale* for the French Republican Army. When he visited Connecticut in 1824, the volunteer militia that greeted him referred to themselves as National Guards in Lafayette's honor. The name stuck.

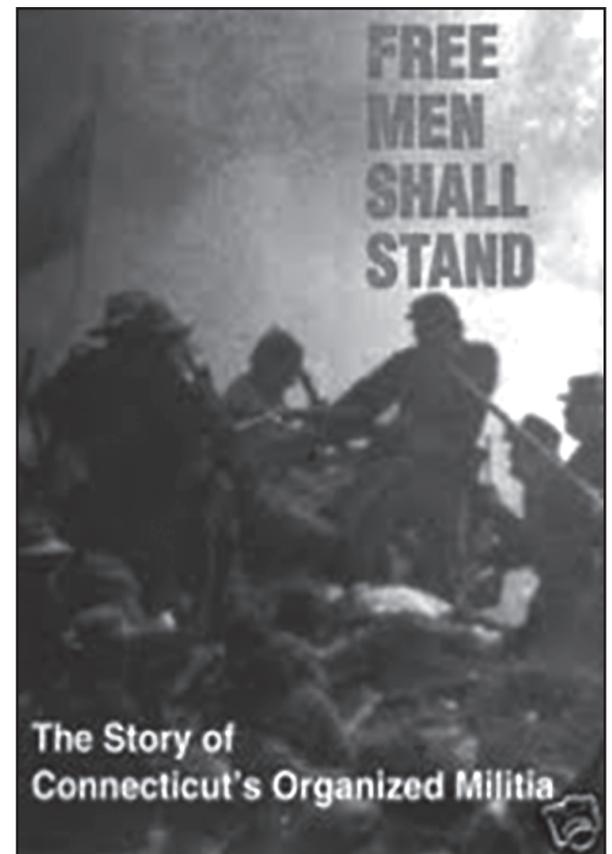
Walsh goes into great detail about Connecticut National Guard Soldiers in the Civil War. In the brief generation of relative peace that followed, however, large armories were constructed in Connecticut's cities (partially in defense of large organized labor riots) and in 1881 the Connecticut Legislature passed "An Act Establishing a Permanent Camp Ground for the Connecticut National Guard. This gave birth to the Niantic Grounds and Stone's Ranch.

In 1916, the 1st and 2nd Infantry Regiments in the Connecticut National Guard were mustered for the Spanish-American War. The majority of their time on the Mexican border was devoted to training in preparation, Walsh speculates, for a looming larger conflict.

During the month of Oct., 1918, Connecticut National Guardsmen were battling German forces in the Meuse Argonne Offensive. When Cpl. Ahearn wrote his famous message to his commanding officer, (on the envelope of a letter sent to him from his mother in Connecticut) over a million men had died at Verdun, including many of his friends and fellow unit members.

Walsh ends his narrative at a Desert Storm Victory parade in 1991 in Manhattan. I'm sure that in the time following his book's release that he received an ample amount of thanks and gratitude from Connecticut service members and veterans, many who followed previous generations of their family members into battle. Walsh makes clear that every Connecticut generation, ever, experienced war and contributed substantially to American war efforts.

Thankfully, "Free Men Shall Stand," is available through a handful of online sellers. The time is right to continue where Walsh's narrative left off. From matchlocks to M-4s: the enemy has changed but the unique fighting spirit of Connecticut service members has not.



Military History: *Tracing the Roots of the Dining In*

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

The term “dining-in” derives from an old Viking tradition celebrating great battles and feasts of heroes by formal ceremony, which spread to monasteries, early-day universities and to the military when the officer’s mess was established.

In the U.S. Army, dining-in traditions are very closely related to those of the British Army prior to the American Revolution. In many instances, more modern British Army Mess procedures have been incorporated into our social events.

The oldest recorded American Dining-In occurred in General Washington’s Continental Army in September 1776. Despite the colonist’s aversion to anything suggesting Redcoat, continental naval and army officers must have fully realized the value of these occasions in the promotion of pride of service, high morale, and loyalty.

In the regimental mess of the 1920’s, the colonel or senior officer presided and sat at the head of the table with the lieutenant colonel to his right and the adjutant to his left. The other officers were seated on both sides of the table according to rank. Dinner was a formal meal with everyone wearing the uniform prescribed.

The officers of the mess assembled and upon arrival of the presiding officer, followed him into the mess and took their seats only after the presiding officer seated himself.

In general, the U.S. Army dining-in has been more formal and restrained than its usual British Army counterpart. For example, Francis Grose, a one-time adjutant of militia, in his 1782 “Advice to Officers of the British Army” said, “If you belong to a mess, eat with it as seldom as possible, to let folks see you want neither money nor credit. And when you do, in order to show that you are used to good living, find fault with every dish that is set on the table, damn the wine, and throw the plates at the mess-man’s head... if you have pewter plates, spin them on the point of your fork, or do some other mischief, to punish the fellow for making you wait.”

As with the British Mess, the U.S. Army dining-in has served as a vehicle for transmitting the histories and traditions to junior officers. This is particularly true in our Army where rotation between units is quite frequent.

The Air Force dining-in custom probably began in the 1930’s with General H. “Hap” Arnold’s “wing-dings.”

The custom of dining together was especially useful in large units in which many officers might not normally come in contact with one another. During dinners they

were, however, brought together in a fraternal atmosphere. The mess, besides entertaining guests in the surroundings of traditions and customs of the regiment, served to make the officers aware of the social amenities. Young officers received training which enabled them to give formal entertainment later as senior officers.

Capt. Charles Miller, addressing the 2d Provisional Officers’ Battalion of the Army Service Schools at Fort Leavenworth in April 1917, described the mess as follows:

“It should be the place where the colonel and lieutenant meet in the social equality of gentlemen in that camaraderie and good-fellowship which teaches the youngster respect and affection for his seniors, and the elders, kindness and consideration for the juniors; it should be the place where are forged the links that bind the regimental front unbroken to the outside world ...; it should be the place where dwells the spirit and the soul of the principles that have made the regiment and that have preserved intact its prestige, its honor, and its tradition.”

In short, the regimental mess became the single, most important means of building esprit de corps and professionalism among the officers.

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



Resilience: "Skill of the Month"

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



ACTIVE
RESPONSIVE
CONDITIONING

Just The Facts



There are **four ways people tend to respond** when others share good news or a positive experience, or describe a success.

Only **Active Constructive Responding** is shown to lead to stronger, longer-lasting relationships.

| | Constructive | Destructive |
|----------------|---|--|
| Active | <ul style="list-style-type: none"> • Authentic interest • Elaborates the experience | <ul style="list-style-type: none"> • Squashing the event • Negative focus |
| Passive | <ul style="list-style-type: none"> • Distracted, understated support • Conversation fizzles out | <ul style="list-style-type: none"> • Ignoring the event • Changing the conversation to another topic |

What is ACR or "Active Constructive Responding?"

What is the skill?

Active Constructive Responding (ACR) is a communication method in which the responder conveys authentic interest and helps the person to relive the positive experience.

Key Principles

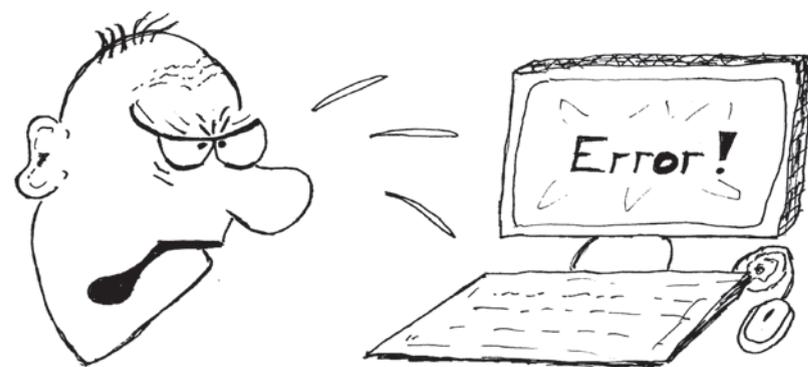
ACR conveys authentic interest, and the responder helps the sharer think more deeply about the positive experience.

Benefits of ACR: ACR leads to stronger relationships, belonging, well-being, and life satisfaction for both parties.

Connection is a primary target of ACR.

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GET IT DONE TODAY!

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Room 102 Room318C

No appointment needed!
M-F 0800-1600

National Guard Association of Connecticut (NGACT)

Submit Recommendations for 2016 NGACT Award Recipients

COURTESY OF THE NATIONAL GUARD ASSOCIATION OF CONNECTICUT

The National Guard Association of Connecticut is once again looking to identify the best and brightest Soldiers, Airmen, and Officers of the Connecticut National Guard and award them for their outstanding service. Our organization's success isn't solely fueled by men and women wearing the uniform; outstanding spouses, corporations, individuals, and retirees who have made exception contributions to the organization are also eligible for awards.

Award recommendations are due January 19, 2016 and can be submitted by anyone. Leaders at all levels are encouraged to look at their formations and consider submitting recommendations for anyone they believe fit the criteria below. Also consider any businesses, companies, or others that have gone above and beyond for the CT National Guard. Voting will be conducted by the NGACT Awards Committee and awardees will be invited to the February 13, 2016 NGACT Conference to be honored.

The Minuteman Award: The highest honor bestowed on a member of the Association. It recognizes exceptional achievement, a patriotic act, highly distinguished service and/or an outstanding contribution to a military organization, community, the State, the Nation or National

Guard Association of Connecticut. Posthumous awards may be made to the next of kin.

Eligibility: Member or former member of the military and NGACT.

The NGACT Leadership Award: Recognizes a company grade officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the Officer's Creed.

Eligibility: Company grade officer, member of the Connecticut National Guard, Member of NGACT and recommendation endorsed by the respective chain-of-command.

The Commander Sergeant Major Anthony V. Savino Award: Recognizes a noncommissioned officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the NCO Creed.

Eligibility: NCO and member of the Connecticut National Guard, member of NGACT and recommendation endorsed by the respective chain-of-command.

The Meritorious Service Award: Bestowed on an individual, firm or organization for outstanding service to the Connecticut National Guard and/or NGACT.

Eligibility: Any individual, firm or organization; military or civilian.

The President's Corporate Member Award:



Recognizes a corporate member that distinguishes itself through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current corporate member of NGACT.

The President's Retiree Award: Recognizes a retiree member who distinguishes themselves through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current member of NGACT.



ARNG Education Programs and Services

ARNG Soldiers should contact their State Education Services Officer (ESO) to learn more about the various benefits, entitlements, and programs they may qualify for.

Federal Tuition Assistance (FTA)

- Available to currently serving ARNG Soldiers
- Must serve one year after completion of IADT or BOLC
- Pays tuition costs up to \$250 per semester hour, up to 16 semester hours per fiscal year
- Apply through GoArmyEd: www.goarmyed.com and click on "New User" to begin

GI Bill Programs

- Multiple programs available depending on your military service
 - MGIB-SR/Chapter 1606
 - \$368/month for members of the Selected Reserve
 - Must sign a six-year contract
 - REAP/Chapter 1607
 - 80% Rate: \$1,431.20 for two years or more of consecutive active duty
 - 60% Rate: \$1,073.40 for one-two years of consecutive active duty
 - 40% Rate: \$715.60 for 90 days - one year of consecutive active duty
 - MGIB-AD/Chapter 30
 - \$1,789/month for three or more years of active duty
 - \$1,454/month for two-three years of consecutive active duty
 - Post-9/11 GI Bill/Chapter 33
 - Payments based on qualifying active duty served/tier percentage
 - Pays up to 100% tuition and fees at public schools
 - Pays up to \$21,084.89 per academic year at for private/foreign schools
 - Pays a housing stipend equal to BAH at E-5 rate with dependents
 - Pays a book and supply stipend up to \$1,000 per academic year
 - Transfer of Education Benefits (TEB)
 - Option to transfer Post-9/11 GI Bill benefits to dependents
 - Must have served six years and agree to serve four more years
 - GI Bill Kicker
 - Supplements your GI Bill payments
 - Must sign a six-year contract and meet criteria in current kicker policy
 - \$200 Enlisted Kicker and \$350 Officer Commissioning Kicker
- For more information go to www.benefits.va.gov/gibill

Certification and Licensure Reimbursement Program

- Reimbursement for costs associated with earning a State or National licensure or certification
- Includes: Exam fee, registration fee and up to \$500 for prep course or study materials
- For a list of eligible National exams go to: www.cool.army.mil
- Contact your State Education Office for application instructions
- **IMPORTANT!** This program will be suspended effective 30 October 2015

DANTES Testing

- Free testing opportunities offered at National Test Centers (NTCs)
- https://apps.collegeboard.org/cbsearch_clep/searchCLEPTestCenter.jsp
- High school completion and college entrance exams GED, ACT, SAT, GRE, GMAT
- College credit exams including CLEP and DSST
- Teacher certification exams (Praxis)
- For more information visit: www.dantes.doded.mil

Army Personnel Testing (APT)

- Free testing opportunities offered at selected ARNG and Active Army testing locations
- Army-specialized training, personnel placement, and language proficiency exams such as AFCT, SIFT, DLAB, DLPT, DLRPT and OPI

Registered Apprenticeship and On-the-Job Training Programs

- Employer-sponsored Registered Apprenticeship (RA) and On-the-Job training programs provide a unique opportunity to earn full-time wages, collect GI Bill benefits, and attain a nationally recognized credential in over 1,100 officially recognized occupations
- Key RA industries include: aerospace, biotechnology, construction, energy, geospatial, health care, information and communications technology, manufacturing, transportation and logistics
- To identify RA training programs approved for the use of GI Bill benefits, visit: www.inquiry.vba.va.gov/weamspub/buildSearchInstitutionCriteria.do
- To identify RA training programs sponsored by nearly 16,000 employers nationwide, visit: www.mynextmove.org/vets

Troops to Teachers

- Transition program that assists eligible military personnel in meeting the requirements necessary to become teachers in K-12 public, public charter, and Bureau of Indian Affairs schools serving low-income families
- Referral assistance includes providing participants with the necessary information on job availability, preparing them for employment, and in some cases, arranging interview opportunities
- Assistance comes in two forms, a \$5,000 stipend for teacher certification and licensure costs and a bonus up to \$10,000
- To register for the Troops to Teachers program visit www.proudtoserveagain.com

For More Information:

- ❖ Visit us On-Line: www.nationalguard.com/education
- ❖ Contact your State Education Services Office:
 - Available at www.nationalguard.com/contacts/eso

 Follow us on Facebook! www.facebook.com/arngeducation

Diversity: American Indian and Alaska Native Heritage Month

By SGT. 1ST CLASS DANIEL FREEMAN
JFHQ VICTIM ADVOCATE COORDINATOR

November is Native American Heritage Month, or as it is commonly referred to, American Indian and Alaska Native Heritage Month.

AIAN Heritage Month celebrates and recognizes the accomplishments of the peoples who were the indigenous inhabitants, explorers and the first settlers of the United States. National American Indian Heritage Month had its beginnings in 1986, when Congress passed a law which authorized and requested the President to proclaim the week of Nov. 23-30, 1986 as "American Indian Week." President Reagan issued the presidential proclamation in Nov. 1986. Both recognized the American Indians as the first inhabitants of the lands that now constitute the United States as well as making mention of their contributions to American society.

"Many of the foods we eat and the medicines and remedies we use were introduced by Indians and more than one highway follows an Indian trail. Indians make contributions in every area of endeavor and American life, and our literature and all our arts draw upon Indian themes and wisdom. Countless American Indians have served in our Armed Forces and have fought valiantly for our country. – Proclamation 5577, American Indian Week, 1986"

In 1990, Congress passed Pub. L. 101-343 which asked the President to issue a proclamation designating the month of November 1990 as National American Indian Heritage Month.



Congress chose the month of November to recognize Native Americans as this month concluded the traditional harvest season. It was generally a time of thanksgiving and celebration for Native Americans. In 1991, Congress passed Pub. L. 102-123 which asked for every November hereafter as National American Indian Heritage Month.

After nearly a century of attempts to recognize the

indigenous population of the U.S., a commemorative time was designated for them. In 2009, Congress passed and the President signed legislation that established the Friday immediately following Thanksgiving Day of each year as Native American Heritage Day.

Native Americans have consistently shown to be a part of the active duty military more than their proportion to the population. In 2010, Department of Defense reported 1.7 percent of active military identified as of Native American descent yet U.S. census had 1.4 percent of the general population, therefore Native American was the highest per capita commitment of any ethnic population to defend the United States.

In Connecticut, there are two federally recognized tribes: the Mashantucket (Western) Pequot and the Mohegan. The state of Connecticut also recognizes the Golden Hill Paugussett, the Paucatuck Eastern Pequot and the Schaghticoke Tribes.

Take time to educate yourself more by seeking out Native American Indian Heritage events and learn more about the commitment Native Americans have shown to serving the United States.

For More information about upcoming events celebrating Native American Heritage Month in Connecticut, visit www.pequotmuseum.org.

Happy Month of the Military Family! We would like to invite you to celebrate this special month with a family movie night!

Date: Friday, November 20, 2015
Time: 6:00 PM
(movie will begin promptly at 6:30 PM)
Location: Armed Forces Reserve Center
375 Smith Street, Middletown CT

The CT Youth Council will host a Concession Stand with food and snack for purchase!
(Proceeds to benefit military youth activities)

RSVPs are REQUIRED please visit the link below to register or click QR code:

<http://momf2015.eventbrite.com>
Password: MOMF15

Military Family Appreciation Month
MOVIE NIGHT

child & youth program
connecticut national guard

Where Are They Now?: *Command Sgt. Maj. (Ret.) Todd R. Smith*

Name: Command Sgt. Maj. (Ret.) Todd R. Smith

Retired from: 2nd Battalion, 192nd Field Artillery, Connecticut Army National Guard, Oct. 1, 2003 after serving 25 years in the CTARNG.

Positions held while in the Guard: Unit armorer; forward observer; equipment operator; first sergeant, A Battery, 2nd Battalion, 192nd Field Artillery; first sergeant 248th Engineer Co.; command sergeant major, 192nd Engineer Battalion; command sergeant major, 118th Area Support Medical Battalion; command sergeant major, 2nd Battalion, 192nd Field Artillery.

Prior Service: None

Currently lives in: Woodstock, Connecticut with his wife, Diane. The couple has two children, Nicole and Cory.

What are you doing now?: "I am co-owner of the K.L. Smith Agency, LLC which is an independent insurance agency located in Willimantic. I've worked in the family business since I was 16 years old. I am the commander of the Benson-Flugell American Legion Post 111 in Woodstock. I'm on my tenth tour as commander. I am also a member the the National Guard Association of Connecticut and the Enlisted Association of the National Guard of the U.S. My hobbies include fishing and riding my motorcycle."

How did you become involved with this job/activity?: "I co-own a second generation small business with my brother Garth. My brother Drake also works in the agency. I became active in the American Legion after I retired from the Guard (no time before). The organization

supports Veterans and I like to do what I can to help. I like to stay involved with the Guard."

How did your military service prepare you for your current endeavors?: "My military training and experience were invaluable in my civilian career. I have used my training in my civilian career to lead my business into the future."

Please share any special memories of your time in the Connecticut National Guard: "Probably the most memorable time was the final shot down range of the 1st Battalion, 192nd Field Artillery. Our commander, Lt. Col. Francis Vahle tied a spool of 550 cord to the lanyard of the cannon and almost every Soldier in the battalion stood in line with a piece of the lanyard in their hand. We fired the last three shots together as a battalion and then every Soldier received a piece of the lanyard."

What do you miss the most about being in the Guard?: "I miss the people I served with in the Guard. I miss talking to the young people and getting their perspective on things. I miss the Guard every day!"

What quotes or advice would you like to share with current and future Connecticut National Guard members and their families?: "Strive to do your best for your unit, the state of Connecticut and the USA."

If you are a Retiree of the Connecticut Army or Air National Guard and would like to be featured in an upcoming "Where Are They Now?" please contact ng.ct.ctarng.list.pao@mail.mil or 860-524-4858 for the form.



Command Sgt. Maj. (Ret.) Todd R. Smith




U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Public Health

Airborne Hazards and Open Burn Pit Registry

The Airborne Hazards and Open Burn Pit Registry is a database of health related information about Veterans and Servicemembers. Individuals may participate by completing an online questionnaire about their symptoms, health conditions, environmental and work-related exposures, and health care usage.

Eligibility
Any Veteran or Servicemember who served in:

- OEF/OIF/OND or in Djibouti, Africa, after September 11, 2001, or
- Operations Desert Shield or Desert Storm or the Southwest Asia theater of operations after August 2, 1990.

Note: The Southwest Asia theater of operations includes the following locations: Iraq, Kuwait, Saudi Arabia, Bahrain, Gulf of Aden, Gulf of Oman, Oman, Qatar, United Arab Emirates, waters of the Persian Gulf, Arabian Sea, Red Sea, and the airspace above these locations.




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 - Vets4Warriors will collaborate with you in setting a plan to achieve your goals, manage stress, and build resilience.
 - Vets4Warriors provides peer support and follow up for those with ongoing concerns. For those in crisis we will connect you to the Military Crisis Line.
- 
 - Peer-to-peer support is available 24/7, and it is toll-free throughout the U.S.
 - Your call is confidential. Vets4Warriors does not discuss your call with anyone and, if callers choose, they can remain anonymous.
 - The Vets4Warriors call center is staffed with Veterans and family members representing all branches of the Service.
 - The call center's Veterans provide information and referrals as needed.
 - Vets4Warriors is available via telephone, on-line chat, or e-mail.
 - For more information visit www.vets4warriors.com.

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Retiree's Voice: Consumer Scams Target Retirees

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

Consumer scams targeting retirees are increasing and varied. Phone solicitations and phony emails are two of the most common ways thieves are trying to separate retirees from their money. Many are ridiculous, but some often have the ring of credibility.

Phone solicitations are among the leading methods of scamming retirees out of their money. Often, the caller is trying to sell products or services you cannot live without, playing on emotions and self-doubt. The caller portrays him or herself as a knowledgeable party and can be very convincing. While common sense may be your best defense in these situations, ensure you do not commit to anything over the phone.

Recently, our household received a call telling us that a decision was impending for a court case in a neighboring town. We were instructed that we had a limited amount of time to call the number given, or the sheriff would arrive within two hours to arrest us. The phone call was odd to begin with, and with a little common sense, we realized Connecticut has had state marshals, not sheriffs, since 2000.

Calls from benevolent organizations are exempt from the no-call rule, but beware, as it may still be a bogus organization asking for donations via credit card. Another common scam via phone involves a caller informing you

of lottery winnings, but still ask for credit card or personal information to verify winnings. Be very wary, especially if it sounds too good to be true!

A relatively new technique is to receive a call informing you a loved one has either been abducted or is being held in a foreign jail, essentially demanding money in the form of a bribe to guarantee freedom. Be very careful, as these calls attempt to elicit from you enough information to feed back to you seem credible.

To avoid phone scams, let unknown phone calls go to voice mail or to your answering machine. Most often, scammers will not leave a message. If you decide to answer, let the caller speak first and simply hang up if you aren't interested in the product or service.

Emails pose a more malicious threat to steal your personal information. Masked by professional wordsmithing and a credible logo, scammers are upping their game when it comes to this method.

One of the most common email threats you see these days entails an individual stuck in a foreign country requesting financial assistance, or a member of a royal family looking to trade you a grandiose sum of money in the future for a few thousand dollars now.

Be careful of emails with attachments from unknown senders. Scammers may provide a courtesy email with a solution attached, and opening the attachment may open the door to your passwords, accounts, computer files or

anything you do online.

Another common scam is one involving personally identifiable information verification. Often, you'll receive a warning that your credit card has been compromised or a package cannot be delivered until you provide updated personal information, like an address, social security number, or bank account information. Strange, because, maybe you do not have that credit card and you are not expecting a package.

Be sure to inspect the email address and unmask it (check your email server settings for more information). Often times, you will not recognize the domain. Most companies will never ask you to verify information in that fashion, and you should certainly never verify it over email. Call the company and get a representative on the phone to discuss it. You may save someone else from a scam artist! Again, let common sense be your guide.

Remember, if it seems too good to be true, it probably is. If it sounds credible, do your research before making any kind of commitment.

Unfortunately, there are many more ways thieves try to get your money or steal your identity. In my January article, I will focus on some of the more sophisticated financial scams preying on retirees and seniors and what you can do to protect yourself.

HERE IT COMES

- Treat every weapon as if it is loaded.
- Handle every weapon with care.
- Identify the target before you fire.
- Never point the muzzle at anything you don't intend to shoot.
- Keep the weapon on safe and your finger off the trigger until you intend to fire.

READY ... OR NOT?

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

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

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

<https://safety.army.mil>

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

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

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

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

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

Niles, Ryan D.
Vazquez, Anthony M.
Muratori, Mario
Brodeur, Kristin L.
Senez, Collin J.
Munoz, Julio C.
Little, Taylor A.
Thorpe, Larry G.
Baraba, Frank A. III
Coleman, Sazia M.
Santiago, Edgard J.
Hychko, Matthew M.
Ortiz, Jesus M.
Kier, Michael W.
Messier, Jacob T.
Quinn, Jacob C.
Moylan, Kevin P.
Ariascollazo, Jose J.
Gonzalez, Joel
Echavarria, Alejandro
Oley, Kathryn M.

To Private

First Class

Forbes, Khalil K.
Lemieux, Erikka S.
Chowyen, Ryan
Miyares, Alexeil E.
Sheldon, Cole L.
White, Ragjade O.

Esannason, Tyquil A.
Kindred, Akeem J.
Valcourt, Monfort J.
Taverney, Nicholas W.
Amore, Dustin J.
Sargent, Zakary R.
Torres, Chelsi C.
Schweitzer, Erik C.
Negron, Carmen I.
Celestin, Steve
Rasmussen, Kaylee A.
Sullivan, James P.
Harmon, Brent P.
Noreika, Zachary T.
Rivera, Quintana J.
Blair, Nadia R.
Aponterobles, Carlos H.
Lopez, Laney
Chadbourne, Andrew J.
Figueroa, Alfredo C.
Hilpertshauser, Lindsay
Myers, Terence T. Jr.

To Specialist

Holmes, Karyna P.
Rivera, Matthew L.
Brown, Jordan A.
Battersby, Heather J.
Majercik, Evan M.
Kotecki, Shawn
Santangelo, Scott P.

Piazza, Matthew J.
Vazquez, Angel D.
Zarcone, Aaron J.
Villanueva, Angel E.
Gutierrez, Bryan
Rios, Mark A.
Tuttle, Brian J.
Labreck, Devon C.
Keo, Johnathan K.
Paganreyes, Joseph
Nielsen, Jeffrey B.
Basile, Zachary J.
Santaniello, Nicholas
Delgado, Joshua K.
Amaya, Johnathon F.
Nelson, Andrew K.
Wright, Christopher S.
Lucas, Michael M.
Chomicz, Amanda D.
Marien, Branden M.
Hicks, Jonathan D.
Parker, Patrick R.
Wright, Rohan O.
Cales, Christian A.
Severson, Erik K.
Kearney, Antonio D.
Ghazali, Shahril H.
Hoffman, Robert J.
Colonberrero, Luis O.
Tousignant, Kevin S.
Holman, Brandi R.
Washington, Rebecca

Callahan, William G.
Strba, Eric S.

To Sergeant

Briel, Pierre L.
Biron, Joshua S.
Ellis, Shawn M.
Feaggins, Thomas D.
Carter, Cameron L.
Michel, Patrick
Fritch, Joshua J.

To Staff Sergeant

Gil, Jerry J.
Monroe, Marlon R. Jr.
Kennedy, Vincent E.
Watson, Jason M.
Halbach, Jason H.
Poruban, Kevin M.

To Sergeant

First Class

Rosario, Gabriel
Foster, Darren D.

To First Sergeant

Troy, Richard Jr.

To Lieutenant Colonel

Seery, Valerie L.

Air

To Airman

Melendez, Enid M.

To Senior Airman

Gdula, Dorota E.
Zollo, Gerald R.

To Staff Sergeant

Guy, Kevin R.
Hill, Jaunetta J.

Otero, Leopoldo

Walsh, Ryan L.

Salas, Lorena C.

Duquette, Sara B.

Nonnamaker, Amber Y.

To Technical Sergeant

Aldrich, Brittany A.
Wonoski, Dustin R.

To Master Sergeant

Machost, Michael M.
Payne, Rachel M.

To Senior Master Sergeant

Allen, John W.

Coming Events

November

November 1

Daylight Savings Time Ends

November 5

Officers' Dining-In

November 7

Freedom Run 5K

November 8

CT Veterans' Parade

November 9

CT Veterans' Memorial Ribbon Cutting

November 11

Veterans' Day

November 17

December Guardian Deadline

November 18

NGACT Executive Board Meeting

November 26

Thanksgiving

November 30

CT Veterans' Hall of Fame Induction

December

December 6

Hanukkah Begins

December 7

Pearl Harbor Day

December 15

January Guardian Deadline

December 13

National Guard Birthday

December 25

Christmas Day

January

January 1

Happy New Year!

January 12

February Guardian Deadline

January 19

Martin Luther King Jr. Day

January 30

CTNG UPAR Training Course

Deadline for December Issue of the Guardian is November 17
Deadline for the January Issue of the Guardian is December 15

Editor's Note: Connecticut Air National Guardsmen in italic print are being re-recognized for their promotions in this issue due to rank errors ran last month. Our apologies for any inconvenience this may have caused.



**The Connecticut Militia Heritage Committee Cordially Invites
You to Attend a Military History Program on**

**Thursday, November 12, 2015 – 12:00-1:30 p.m.
Governor William A. O’Neill State Armory
360 Broad Street – Hartford, CT – First Floor VTC Room**

**Looking Back: Commemorating the
50th Anniversary of the Vietnam War**



Warrant Officer Ken Roach



Capt. Jim Skiff

Program

Maj. Gen. (Ret.) Jim Skiff

**Former Assistant Adjutant General – Pennsylvania Air National Guard and Commander, 103rd
Fighter Wing – Connecticut Air National Guard**

“The Air War in Vietnam – One Pilot’s Experience”

Maj. Gen. (Ret.) Jim Skiff flew 200 combat missions in F-4 Phantoms as a member of the 8th Fighter Wing “Wolf Pack” U.S. Air Force, and received many awards and decorations including, the Legion of Merit and Distinguished Flying Cross. Skiff will share his memories of those days long ago and provide a combat pilot’s perspective on the Vietnam War.

Chief Warrant Officer 5 (Ret.) Ken Roach

**Former Member of the U.S. Army, U.S. Army Reserve,
California Army National Guard and Connecticut Army National Guard**

“Wings of the Eagle – A Pilot in the 101st Airborne Division”

Chief Warrant Officer 5 (Ret.) Ken Roach served two tours of duty in Vietnam and flew 1,529 Combat flight hours in a UH-1 Iroquois (Huey) helicopter with the 101st Aviation Battalion, 101st Airborne Division. Twice awarded the Air Medal with “V” Device, the Distinguished Flying Cross and the Silver Star for bravery and gallantry in action. Roach will share his experiences as a young helicopter pilot in the middle of a bloody and dangerous war.

Light refreshments will be served.

Parking is available in the Legislative Office Building Garage.

Enter the Armory through the main entrance.

Co-Sponsored by the Museum of Connecticut History

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Connecticut FAMILY Guardian



VOL. 16 NO. 11

HARTFORD, CONNECTICUT

NOVEMBER 2015

Trunk or Treat



Connecticut National Guardsmen and their families joined Family Programs in celebrating Halloween at the 2nd annual Trunk or Treat event at the Bradley Air National Guard Base in East Granby, Connecticut, Oct. 23. Each year, attendees decorate their vehicles, dress in costume and pass out candy to children as a safe alternative to trick or treating and for local organizations like the Red Cross and Military OneSource to provide valuable information on resources and upcoming events to families. (Photos by Tech Sgt. Jessica Rawlinitis, 103rd Airlift Wing, Connecticut Air National Guard)



Adopt-A-Family to Help Others This Holiday Season

COURTESY OF THE CONNECTICUT NATIONAL GUARD SERVICE MEMBER AND FAMILY SUPPORT CENTER

Adopt-A-Family offers the opportunity for individuals, businesses and families to “adopt” a family from our military community who may be in need during the holiday season and beyond. The program is 100 percent confidential and the adopting family/business/individual is never given any personal information on the family in need. Additionally, no service member or employee’s chain of command is ever notified of your enrollment in the program.

The sole purpose of Adopt-A-Family is to provide the most essential goods or services a family is in need of. Items we seek to provide to families include winter clothing (coats, scarves, gloves, boots), food, assistance with essential household expenses (utilities, heat) and presents for children. Adopt-A-Family is not meant to provide luxury items like game systems, electronics or jewelry. The goal is to provide for families who are suffering hardships, whether temporary or longer term, especially during the holiday season.

Who is eligible?

All members of Connecticut’s Military “family” are eligible to be adopted or to adopt. This includes all Guard, Reserve and Active Component Families.

How do I enroll?

If you would like to adopt a family or if you would like to be adopted, please call our Operation E.L.F. hotline at 1-800-858-2677 and the Adopt-A-Family team will be happy to assist you. We’ll do a quick

intake sheet with you over the phone that will identify your specific needs, clothing sizes, etc. and will then match your family accordingly. Remember, the program is strictly confidential.

When and where does this all come together?

If you are adopting a family, specific instructions will be given to you at the time of adoption so that you will know when and where to bring your items. Likewise, if you are being adopted, you will be provided with full instructions by the Adopt-A-Family Team as to when your items will be ready for pick up.

If this program is of interest or benefit to you, please make the call. We continue to stress that your need is **STRICTLY CONFIDENTIAL** and our only goal is to make the holiday season a happy one for you and your family!



CATHERINE GALASSO

Thankfulness is The Path to Joy for Today, and Always

There once was a tale told about an enemy who wanted to plant his seeds of discouragement into the hearts of men and women everywhere.

However, there was one place where the seeds could not take root and grow.

So one day, the enemy was asked by one of his curious followers, "Where is the one place where those seeds of discouragement wouldn't thrive?" At first the enemy didn't answer. You could have heard a pin drop.

Eventually, the enemy spoke. He replied, "Seeds of discouragement cannot grow in the heart of a habitually thankful person."

How thankful are you? When you wake up in the morning, are you hopeful and enthusiastic about the day ahead? Or have life's difficulties taken their toll on your outlook?

There are seasons in all of our lives when we're faced with obstacles.

Similar to a familiar phone number that we call often, if we keep thinking about our so-called faults, mistakes, or mulling over how unfair situations have been, then discouragement, like that phone number, will soon become second-nature and stay in our minds. Thereafter, over time, our lives can reflect those negative thoughts. We may then become so downhearted, that we settle for less than our true potential and what we really aspire for our lives.

Thankfulness is a powerful tool that can lift you out of despair and make your spirit soar. Hence, when challenges come, that is especially the moment to 'give thanks.' For being thankful can change your attitude about yourself and your conditions.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." - William Arthur Ward.

A while ago, I received an interesting email from a reader named Tom who wrote about the importance of thankfulness. "When I used to hear people talk about the great importance of being thankful all the time...I used to be very skeptical. But I kept noticing that the happiest people were constantly expressing thankfulness and appreciation for the people and things in their lives. So, I took a chance and tried it," Tom wrote in his letter.

"I made a decision to be thankful every day, several times a day, for whatever people and things in my life. And I noticed that it did bring me happiness. I expressed thanks for my car, my computer, my apartment, my shoes, my teeth, my eyes, my hands, my feet, my health, and so on. Then, something good happened; I started feeling much better every day! Moreover, I saw that God will smooth the path to our achieving what we currently don't have if we appreciate what we already do have. Now I see that thankfulness is the miraculous path to happiness for today and tomorrow and all our tomorrows."

"Nothing is more honorable than a grateful heart." - Seneca.

As with Tom, we must be thankful and look for the best in all circumstances, taking the time to thank God and bringing to mind His love and faithfulness.

Let's appreciate and focus on all that is right in our

lives. What we choose to send out via our thoughts, words, and deeds, can return, like a boomerang back to us. Gratitude enlarges the heart and allows even more goodness to enter it. Thus, helping us to create the future we desire. And when an attitude of gratitude becomes a habit, you recognize that your days are filled with infinite possibilities to create the life of your dreams. It's just the beginning of greater things to come. Miracles can still happen. And your breakthrough is within reach.

So set aside nervous cares, unresolved issues and worries, and offer prayers and praises to God. Erase all thoughts of negativity and daily:

- Thank God for what He has done. Rejoicing in all the ways that God has guided you in the past, can make a difference in your outlook.

- Praise God for all He is doing now. Counting your blessings will reinforce your faith.

- Express gratitude to God for what He is yet to accomplish. Always direct your attention toward God for He is engineering wonderful things for your future.

Then, all through the day, say, "Thank you, God, for all you have given to me. Thank you for my health. Thank you for my family and friends. Thank you for how far You have brought me already." And, next, thank Him for all the love, joy and victory He is planning on your behalf. The more grateful you are and the more you help other people, the more goodness you will attract into your life.

One idea to get yourself in a place of reflection and thankfulness is to create a 'Gratitude Journal.' Keep a notepad and pen on your nightstand and before bedtime, and on a regular basis, record two or three things for which you are grateful. Write about whatever was good and right for that particular day. Then, thank God for each blessing. After a while, you might begin to include in your 'gratitude journal' things that perhaps you wouldn't have otherwise noticed.

Here's a great tip: Whenever you are feeling anxious or upset, read over your journal for a great pick-me-up. By recounting all that God has done for you, you'll discover there is more to be thankful for than you realize.

I'd like to encourage you to look around this week. Think about your blessings past and present, write about them, and verbalize your thanks and appreciation to God and others. Don't ever get tired of thanking God for His goodness. Praise Him consistently in all situations. And tell other people what God has done; the miracles, the favor, His protection.

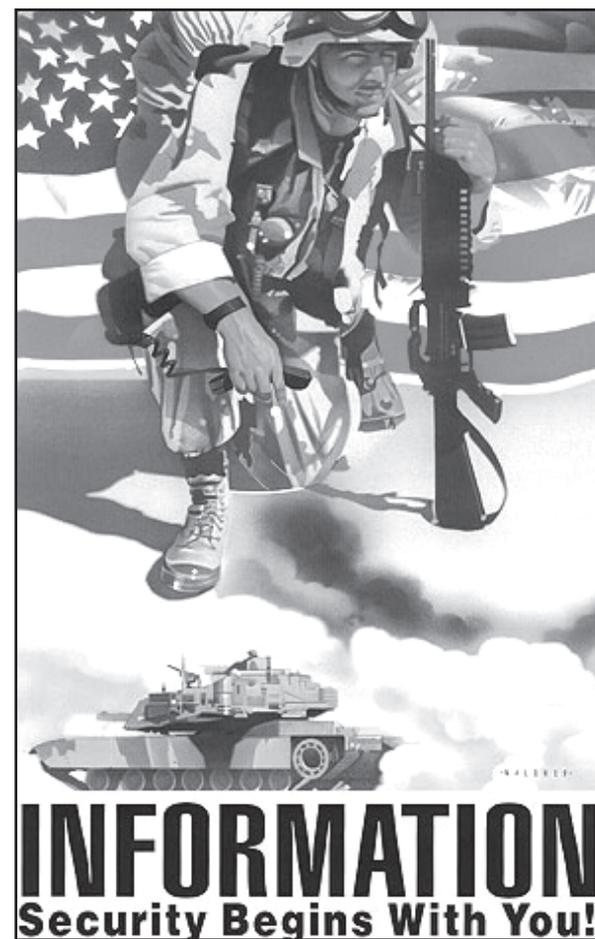
As you do, God will bestow His blessings in even greater portions. Get ready. God is going to surpass anything that you've seen before.

"Oh, give thanks to the Lord, for He is good!

For His mercy endures forever." (1 Chronicles 16:34)

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

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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

WE WANT YOU



The Connecticut National Guard Service Member and Family Support Center wants you!

Take a moment to rate your interactions with our Team using the link below or scan the QR code to be taken directly to our survey.



[http://www.ctpurplepages.com/
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member-and-family-support-center-
customer-feedback/](http://www.ctpurplepages.com/publications/forms/ctng-service-member-and-family-support-center-customer-feedback/)

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

Holiday Budgeting

SUBMITTED BY CHRIS ROULEAU
MILITARY ONE SOURCE

It's easy to get caught up in the holiday season and spend a little too much money.

Celebrating doesn't have to mean debt.

Control your cash

Check out these ways to tame the holiday frenzy:

1. Make (and stick to) a budget.

Money can fly out of your wallet fast for gifts, special meals, decorations and travel. Plan ahead of time how much you're going to spend on each category and then stay in that range.

2. Take inventory.

Don't rush out to buy wrapping paper before checking to see if there's a forgotten stash of a dozen rolls shoved into the back of a closet. The same is true for presents you may have hidden too well last year.

3. Shop secondhand for decorations.

Thrift stores and garage sales usually have loads of holiday decorations as people upgrade, downsize or realize their decorations somehow multiplied when they weren't looking.

4. Consider budget-friendly alternative gifts.

Homemade gifts are a great option if you're crafty or a whiz in the kitchen, or even if you aren't either of those, but can follow online directions. Coupons for your "services," like babysitting, can also make good presents.

5. Make your own holiday cards.

You can save money (and trees) by using e-cards to send greetings to your loved ones instead of traditional cards. Many websites offer free or inexpensive e-cards, some with options to add videos or slideshows.

6. Plan holiday meals early.

Knowing what you're going to cook well in advance lets you shop the sales for the non-perishable items you'll need. It also helps spread the higher food costs over a couple paychecks instead of just one.

7. Use your smart phone while shopping.

Many retailers can send coupons right to your phone when you walk into their stores, which is handy (if not a little creepy). You can also use your phone to compare prices to make sure you're getting the best deal.

8. Consider traveling on the holiday itself.

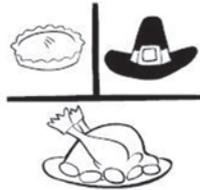
You could score a much cheaper airline ticket by flying on the holiday instead of in the days before. Plus, arriving on the big day conveniently gets you out of a lot of meal prep duty.

9. Search hotel rates and airfares online.

Take advantage of websites that compare airfares and hotels so you get the best deal. Many will also alert you to price drops. Another bonus: those online reviews can help you avoid a vacation you remember for all the wrong reasons. Be sure to check out special travel options for service members on lodging and flights.

Remember, you don't have to bankrupt yourself to have a great holiday. From gift giving to party planning and travel, there are a lot of ways to save money.

Check out other budget-friendly tips from Military OneSource, or take advantage of free financial counseling available in person, by phone or by video chat.



Thanksgiving Feast Word Scramble

The Turkey & his pals tried to stop the feast by scrambling up all the items on the menu—unscramble and save the day!

| | |
|-----------------------|--------------------------|
| STAEF _____ | LLSOR _____ |
| YMILAF _____ | NOCR _____ |
| GGITHNAKSVIN _____ | RRBECNRAIES _____ |
| GRPILSMI _____ | PPUMNIK EPI _____ |
| KEYRTU _____ | QUSSAH _____ |
| FFUTNIGS _____ | SHAMDE POTTAOSE _____ |

KID'S CREATIVE CORNER

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

Service Member and Family Support Center Staff Directory

| | | | |
|---|---------------------------------|---|-----------------------|
| William A. O'Neill Armory - 360 Broad Street, Hartford, CT 06105 - Open Mon.-Fri. | | | |
| State Family Program Director | Kimberly Hoffman | kimberly.j.hoffman.civ@mail.mil | (800) 858-2677 |
| Lead Family Assistance Center Coordinator | Andrea Lathrop | andrea.e.lathrop.ctr@mail.mil | (860) 524-4938 |
| Family Assistance Center Specialist | Rita O'Donnell | lerita.m.odonnell.ctr@mail.mil | (860) 493-2797 |
| Family Assistance Center Specialist | Mitch Foreman | mitchell.d.foreman.ctr@mail.mil | (860) 524-4821 |
| Family Assistance Center Specialist | Jessica Koehler | jessica.w.koehler.ctr@mail.mil | (860) 524-4969 |
| Senior Family Readiness Support Assistant | Joshua Hamre | joshua.j.hamre.ctr@mail.mil | (860) 548-3283 |
| Family Readiness Support Assistant | Linda Rolstone | linda.b.rolstone.ctr@mail.mil | (860) 524-4963 |
| Family Readiness Support Assistant | Wendy Hagen | wendy.m.hagen.ctr@mail.mil | (860) 524-4920 |
| ARNG Yellow Ribbon Program Coordinator | Staff Sgt. Clint Shivers | clinton.r.shivers.mil@mail.mil | (860) 493-2796 |
| Lead Child & Youth Program Coordinator | Michelle McCarty | michelle.m.mccarty4.ctr@mail.mil | (860) 548-3254 |
| Family Program Technician | Staff Sgt. Melody Baber | melodycheyenne.c.baber.mil@mail.mil | (860) 548-3276 |
| Survivor Outreach Specialist | Megan O'Shaughnessy | megan.l.macsata.ctr@mail.mil | (860) 548-3258 |
| Military OneSource Consultant | Chris Rouleau | christopher.rouleau@militaryonesource.com | (860) 502-5416 |
| Military Family Life Consultant (Adult) | Judith Charles | nghartfordctsurge@magmflc.org | (860) 471-7286 |
| Military Family Life Consultant (Youth) | Pearl Pappas | nghartfordctsurge@magmflc.org | (860) 471-7133 |
| Personal Finance Consultant | Ernie Lacore | elacore@mflc.zeiders.com | (860) 372-6404 |
| Windsor Locks Readiness Center - 85-300 Light Lane, Windsor Locks, CT 06096 - Open Mon.-Fri. | | | |
| Family Assistance Center Specialist | Troy Walcott | troy.a.walcott.ctr@mail.mil | (860) 292-4602 |
| Family Assistance Center Specialist | Michael Cortes | michael.cortes1.ctr@mail.mil | (860) 292-4601 |
| Veterans' Memorial Armed Forces Reserve Center - 90 Wooster Heights Road, Danbury, CT 06810 - Open Mon.-Fri. | | | |
| Family Assistance Center Specialist | Nancy Cummings | nancy.a.cummings.ctr@mail.mil | (203) 205-5050 |
| 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 | | | |