

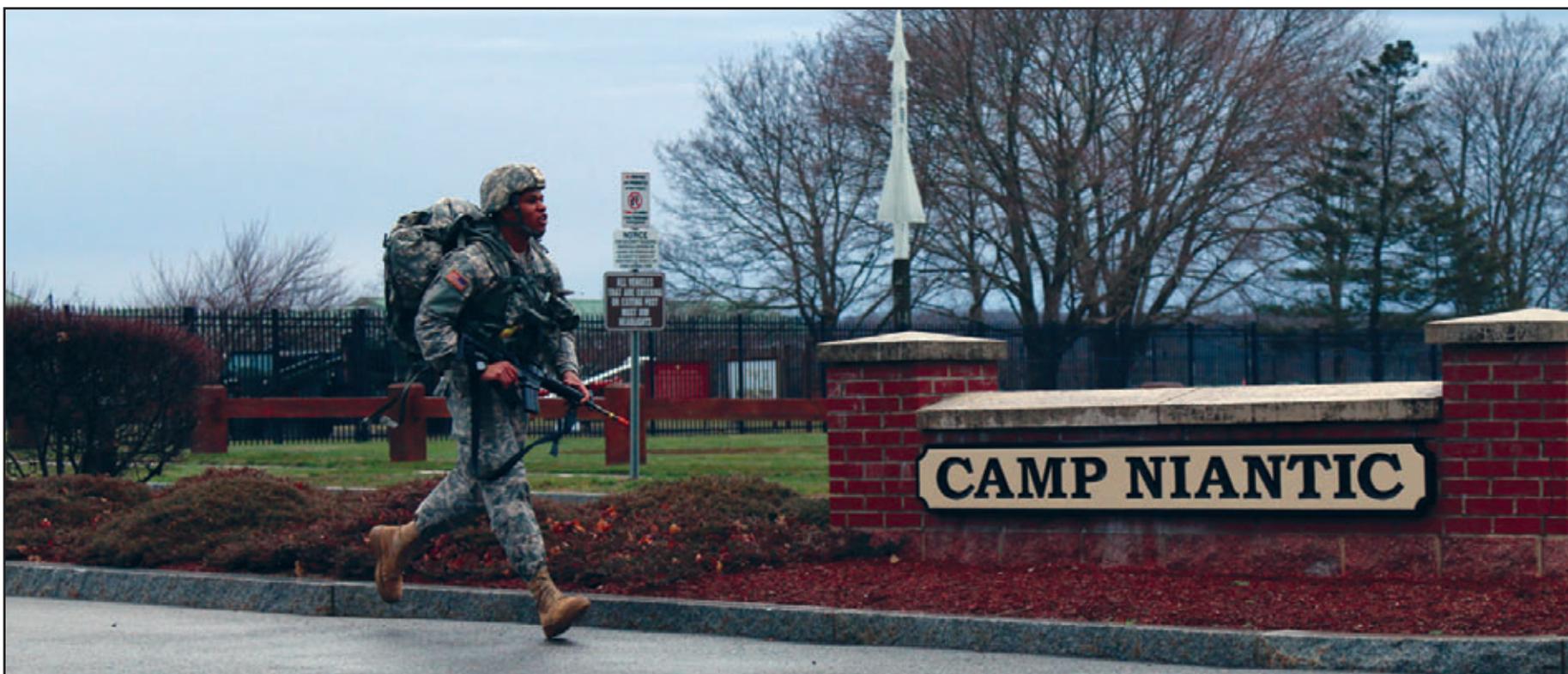
Connecticut Guardian



VOL. 17 NO. 5

HARTFORD, CONNECTICUT

MAY 2016



Best of the Best

Connecticut Soldiers Vie for Soldier and NCO of the Year

Spc. Rajohn Smith, HHC, 192nd Military Police Battalion, begins a 12-mile tactical ruck march from Camp Niantic, Niantic, Conn. to Stones Ranch Military Reservation, East Lyme, Conn., at the State Best Warrior Competition, April 2. More than 30 Connecticut Guardsmen competed for the titles of 2016 Soldier and NCO of the Year during a four-day competition March 31-April 3. (Photo by Staff Sgt. Jerry Boffen, 130th PAD, CTARNG) Full Story on pages 14-15

In This Issue:



New Equipment for New Mission
Page 3



CT C-130s Perform Training First
Page 6



102nd Band Finishes 13.1 Miles
Page 10

Connecticut Army National Guard Critical Information List

TAG MEMO

1. REFERENCE: Army Regulation 530-1, Operations Security, 26 September 2014

2. PURPOSE: This memorandum prescribes the type of information within the Connecticut Army National Guard (CTARNG) that is sensitive and therefore shall be protected, even if the information is not classified. Disclosure of such information could reveal vulnerabilities and create opportunities to be exploited by potential adversaries.

3. APPLICABILITY: The Critical Information List (CIL) describes a list of critical information that must be protected from adversaries. For the purpose of simplicity, the CIL format is the accepted standard to identify and list critical information throughout the command.

4. CTARNG CIL: Release of any information considered critical information must first receive an OPSEC review and will be released by the proper authority. The following information is considered critical and will be protected accordingly:

a. **Personally Identifiable Information:** Information about an individual that identifies, links, relates, is unique to, or describes the person, i.e., social security number, age, military rank, civilian grade, marital status, race, salary, home/personal phone numbers, home addresses, religious preference, other demographic, biometric, personal medical and financial information, etc.

b. **Protected Information/Privacy Act:** Inspection reports, investigation reports, medical records, Army Abbreviated Ground Accident Reports, AR 15-6 Investigations, financial and contracting data, etc.

c. **Mobilization/Deployment/Re-deployment Information:** Dates, time, location, size, and composition of units. Any information related to casualties or personnel wounded in action.

d. **Details of Operations and/or Missions:** Travel itineraries for distinguished visitors, key leaders and key personnel, convoy routes, travel schedules and State Contingency Operations Plans.

e. **Information Assurance:** Passwords, unit phone

rosters, signal operating instructions, unaccompanied access rosters and network architecture.

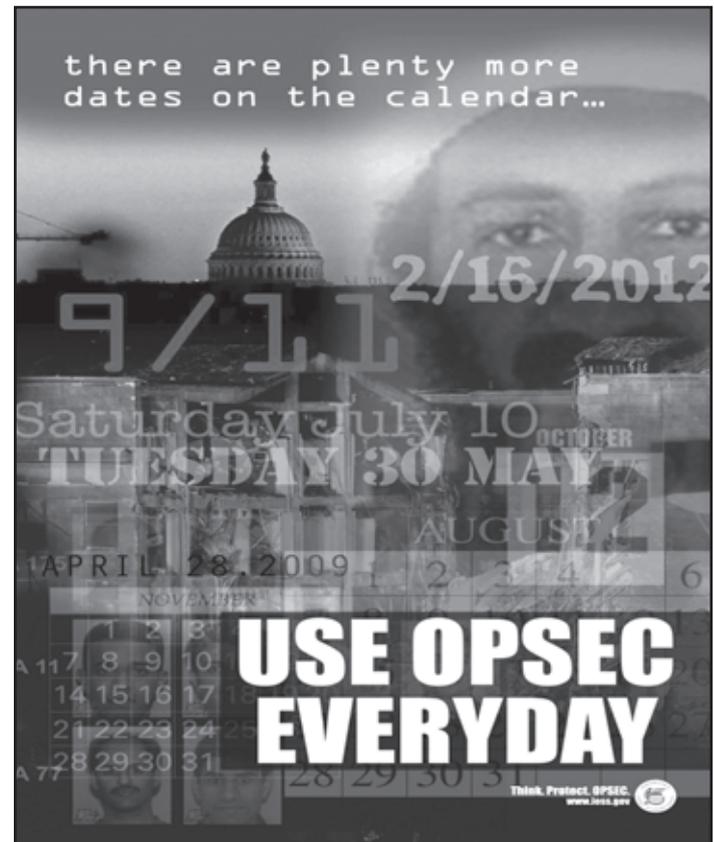
f. Training Schedules, Training Calendars or details of major training events: Training plans,

g. Overseas Deployment Training opportunities plans, Operations Orders, Unit Training Plans, Combat Training Capability; NTC, JRTC.

h. Capabilities of organizational weapons, equipment and personnel; LOGSTAT/PERSTAT: To include images or videos of sensitive or classified weapons systems or equipment and associated locations. Information concerning failure of any communications, Intrusion Detection Systems or critical equipment.

i. Identification of unit/facility Mission Essential Vulnerable Areas and specific reasons for the designation: Locations of access information for Secure Internet Protocol Routers rooms, weapons and equipment vaults, informational safes and classified containers.

j. Point of Contact for this memorandum is the State Operations Security Officer, MAJ Andrew P. Ossolinski at (860) 548-3221 or by Email at andrew.p.ossolinski.mil@mail.mil.



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.

Connecticut Guardian

360 Broad Street, Hartford, CT 06105-3795

Phone: (860) 524-4858, DSN: 636-7857

FAX: (860) 524-4902

E-Mail: allison.l.joanis.civ@mail.mil

(Front Page American Flag photo by Buddy Altobello)

Captain-General
Gov. Dannel P. Malloy

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

Assistant Adjutant General - Army
Brig. Gen. Mark Russo

State Command Chief Warrant Officer
CW5 Mark Marini

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

State Command Chief Master Sergeant
Chief Master Sgt. Robert Gallant

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

Connecticut Guardian Editor
Ms. Allison L. Joanis

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

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

Deadline for submissions is noon on May 10 for the June Issue and June 7 for the July issue. Circulation: 7,800

New Blackhawks, New Mission

CTARNG Recieves First of Three New HH-60Ms

1ST LT. MATTHEW BARRINGER
SECTION LEADER, DET. 2, C Co., 3-126 AV

As the Connecticut Army National Guard prepares to activate a new aviation unit dedicated to air medical evacuation, the Army Aviation Support Facility in Windsor Locks, Conn. welcomed a major new piece of equipment on Apr. 5.

Piloted by Chief Warrant Officer Five Renato Astolfi and Chief Warrant Officer Three Eric Luke, nearly two dozen Connecticut National Guardsmen watched as the first of three new HH-60M Blackhawk helicopters touched down. Master Sgt. Daniel Appleyard and Sgt. Michael Boscarino, also of the Connecticut Army National Guard, rounded out the four-man crew.

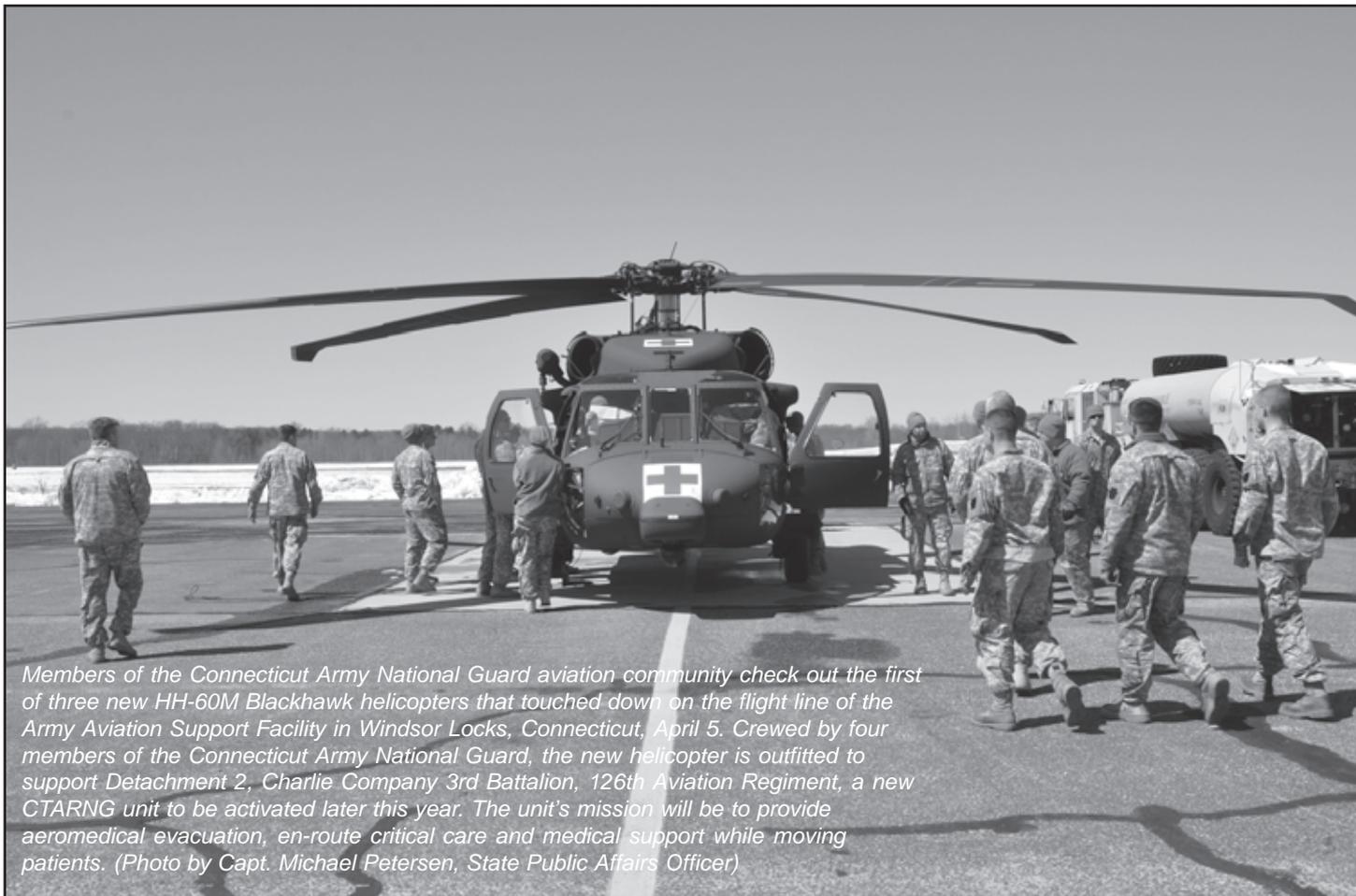
"I've never flown something new," Astolfi said to those assembled to check out the new helicopter, as he exited the cockpit.

According to Lt. Col. Ray Chicoski, State Aviation Officer, the other two Blackhawks are expected to arrive throughout the summer.

Detachment 2, Charlie Company 3rd Battalion, 126th Aviation Regiment is a newly-fielded aviation unit based



Members of the Connecticut Army National Guard Aviation community watch as the first of three new HH-60M Blackhawk helicopters touched down on the flight line of the Army Aviation Support Facility in Windsor Locks, Connecticut, April 5. Crewed by four members of the Connecticut Army National Guard, the new helicopter is outfitted to support Detachment 2, Charlie Company 3rd Battalion, 126th Aviation Regiment, a new CTARNG unit to be activated later this year. The unit's mission will be to provide aeromedical evacuation, en-route critical care and medical support while moving patients. The remaining two UH-60s are expected to arrive this summer. (Photo by Capt. Michael Petersen, State Public Affairs Officer)



Members of the Connecticut Army National Guard aviation community check out the first of three new HH-60M Blackhawk helicopters that touched down on the flight line of the Army Aviation Support Facility in Windsor Locks, Connecticut, April 5. Crewed by four members of the Connecticut Army National Guard, the new helicopter is outfitted to support Detachment 2, Charlie Company 3rd Battalion, 126th Aviation Regiment, a new CTARNG unit to be activated later this year. The unit's mission will be to provide aeromedical evacuation, en-route critical care and medical support while moving patients. (Photo by Capt. Michael Petersen, State Public Affairs Officer)

at Bradley International Airport scheduled for activation later this year. The unit's mission will be to provide aeromedical evacuation, en-route critical care and medical support while moving patients.

Further, the aircraft can support hoist operations for emergency and disaster operations, water buckets during firefighting or use its infrared cameras for search and rescue. To accomplish the mission, the unit is staffed with pilots, crew chiefs, aircraft maintainers and flight paramedics. In addition to the standard army medic training, flight medics are nationally registered paramedics and are certified critical care flight paramedics.

Selected in 1976 as the Army's medium lift helicopter, the Blackhawk has seen service in every conflict from Panama to the Global War on Terror. The HH-60M is one of the newest variations of the Blackhawk and comes equipped with advanced avionics, flight control computers, and flight directors.

2016 Soldier of the Year

Infantry Soldier Inspired by Failure

STAFF SGT. JERRY BOFFEN,
130TH PUBLIC AFFAIRS DETACHMENT

After four days of battling exhaustion, rain and frigid weather, a hilly wooded terrain, and a select group of his peers, Spc. Nathan Havens, a scout sniper with Headquarters and Headquarters Company, 1-102nd Infantry Regiment, was named the 2016 Connecticut Army National Guard Soldier of the Year at Camp Niantic's Regional Training Institute, April 3.

In front of dozens of Connecticut National Guard Soldiers and family members, Havens took the stage to a standing ovation as Command Sgt. Maj. John Carragher, state command sergeant major, presented him with an Army Achievement Medal for his efforts.

Afterwards, the 21-year-old Groton native reflected on what got him to this moment of personal achievement and was quick to credit others for helping him get to this point. Among those he noted were his fellow competitors and his leadership for preparing him for the competition.

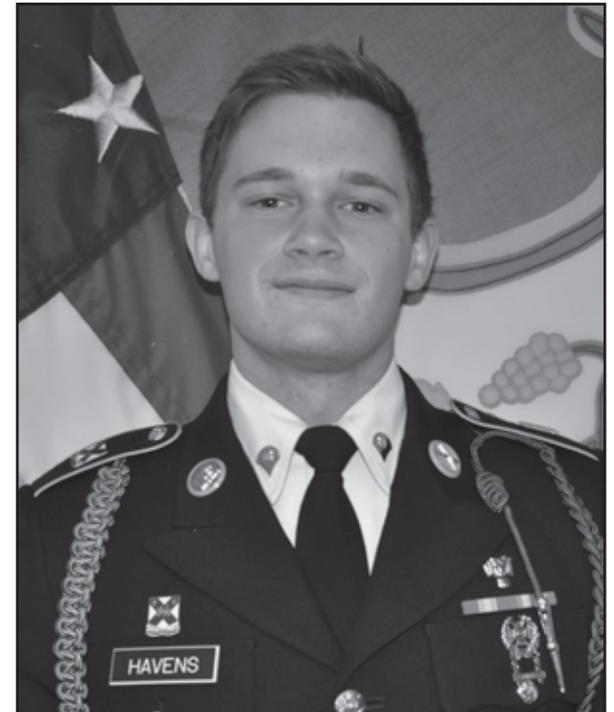
"Success was a result of the level of competition out here driving me," Havens said, "and of my leadership training me, pushing me and giving me the skills to succeed out here."

"Personally, [being named Soldier of the Year] is an

honor," he said. "Professionally, it's given me a lot of confidence but also it's a result of my leadership having a lot of faith in me. Throwing me into the fire, sending me to schools, mentoring me, pushing me to do extracurricular activities, training from my squad leaders and section leader. It all came together and became the end result."

The end result on this day was success. As so many successful people throughout history have learned, success is often preceded by failure. Bill Gates dropped out of Harvard and failed his first business before creating Microsoft. Michael Jordan, widely considered to be one of the greatest basketball players of all time was cut from his high school team. Abraham Lincoln went to war as a captain and returned as a private, failed multiple businesses and lost eight different elections before he went on to become the 16th President of the United States.

The thing that they all had in common is that they were able to take their failures and grow from them. They learned from their failures so that they could be successful. This concept is not lost on Havens. In fact, it is one of the things he credits for helping him win this competition.



Spc. Nathan Havens, HHC 1-102nd Inf. Regt., CTARNG



Spc. Nathan Havens of HHC 1-102nd Infantry Regiment completes a 12-mile road march at Stones Ranch Military Reservation in East Lyme, Connecticut, April 2. Havens was named Connecticut Soldier of the Year after a four-day competition that consisted of Army tasks and tests that challenged his knowledge and skill. Havens will go on to compete as Connecticut's Soldier of the Year against other northeast states at the Regional Best Warrior Completion in Connecticut in May. (Photo by Sgt. Alicia Brocuglio, 130th PAD, CTARNG)

"When I joined [the Army National Guard] I did the split-option program," Havens said. "So I went to basic training but split it up. I finished basic and came home. I then went back to Fort Benning for infantry school, followed by sniper school. After that I went to the winter phase of mountain warfare school and failed."

He would bounce back from this failure and go on to pass the summer phase of the school, but not without learning a valuable lesson.

"Failing mountain school is one of the better things that happened to me," said Havens. "I went right out of basic training so I wasn't mature enough yet. It helped me mature as a Soldier. It helped me realize what I need to prepare for. I can't just go in with blind confidence. I really need to prepare for everything that I'm doing." "Preparation was definitely one of the leading factors in my success out here," he added.

Despite all of the preparation, Havens still found the competition to be extremely challenging.

"It was really challenging," said Havens. "I haven't done a drill like this yet in the National Guard. It was a lot of fun."

"The most challenging part was the 12-mile ruck march," he added. "I haven't done that since basic training and I've never attempted to do it to a [time] standard. Not only that, we followed it up with land navigation, which was even better. So we were on our feet all day but I think that's important to experience being a Soldier."

The effects of the 12-mile march were visibly evident

Continued See HAVENS on Page 9

2016 NCO of the Year

Connecticut Best Warrior NCO Looks To The Future

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Sgt. 1st Class David Earle is not shy about admitting how hard he worked to prepare for the 2016 Connecticut Best Warrior Competition held March 31 through April 3 at Camp Niantic and Stones Ranch Military Reservation.

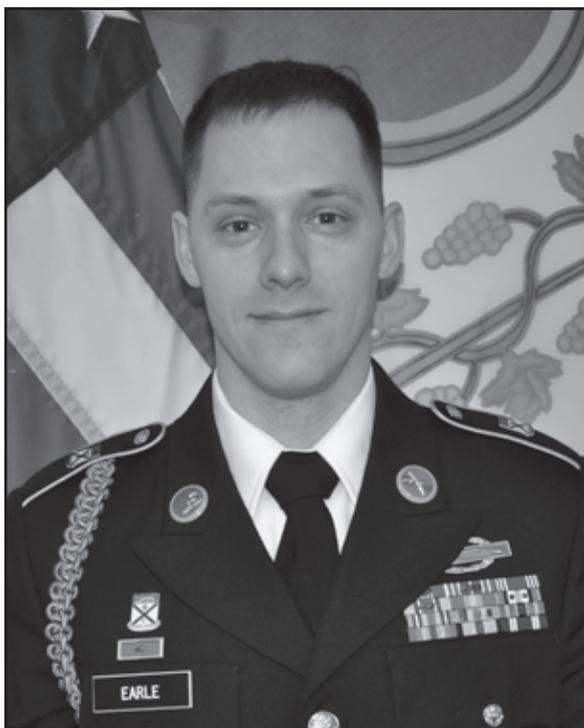
The 1-169th Regiment, Regional Training Institute Officer Candidate School instructor said he was well aware of his tough competition, but insists that this was not what drove him.

“I was competing against myself,” he said.

Earle was the senior competitor, by rank and age, in a field consisting of some of the toughest and brightest noncommissioned officers in the Connecticut Army National Guard. He won the competition, and he made it look easy.

He maintained high scores in all of the competition events, which included an Army Physical Fitness Test, individual weapons qualification, stress shoots, Army warrior task testing, an extensive written test, a 12-mile tactical road march through the town of Niantic, day and night land navigation, and an appearance board that tested his military knowledge, military bearing, and ability to professionally and articulately answer a wide range of Army-specific questions posed by the state’s top senior noncommissioned officers.

Although he was nominated as the competition’s representative from the 1-169th RTI last year, Earle said his real preparation began more than two years ago. He



Sgt. 1st Class David Earle,
1-169th Regt., Regional Training Institute, CTARNG

returned to Connecticut in 2010 from his second deployment in Support of Operation Enduring Freedom with the 1st Battalion 102nd Infantry Regiment. Five of Earle’s fellow Soldiers in Company A had passed away since the battalion’s return. Personal relationships in his life had unraveled and ended. Earle said he was internalizing everything and blaming himself for a long list of things that were going wrong. He said as these things were taking their emotional toll on him that he was, in turn, negatively affecting the people around him.

On one day in 2013, at his home in Southbury, Connecticut, Earle said he took a much-needed time out.

“I took a break, he said. “I took a breath and made a decision. I was going to stop letting things in the past effect me.”

Earle said he decided to set a new trajectory. He said he became determined to work toward becoming the best person he was capable of: a positive person—a good role model.

He makes it sound easy, but Earle said it was as simple as setting obtainable goals and learning to focus on the future rather than the things he couldn’t control in his past.

He’s also extremely busy. He said that maintaining a full schedule has helped him a great deal.

Earle is currently employed as a machine operator at Petron Automation in Watertown, Conn. The high-precision part manufacturing company manufactures components for a number of industries, to include large-scale firearm and medical firms in the United States. His hours at the company are long, but Earle enjoys his work and said he is often tasked with checking on the plant’s machines afterhours.

Earle also finds time to compete in high-level, competitive ultimate frisbee competitions in the region. The sport, he says, is much harder and complex than it appears. In March, he took part in an overnight tournament, in which his team placed second. The competition and camaraderie of the sport is something,



Sgt. 1st Class David Earle participates in the stress shoot portion of the 2016 State Best Warrior Competition at East Haven Rifle Range, East Haven, Connecticut, April 1. The stress shoot pushes soldiers to zero and qualify with their assigned weapon while placed under physical and mental stress. (Photo by Capt. Joseph Brooks, 130th PAD, CTARNG)

he said, he’s enjoyed since high school.

Earle is, indeed, driven, but credits his mentors for his inspiration. 1-102nd Inf. Command Sgt. Maj. Paul Vicinus was present, April 3, when Earle was named this year’s top NCO. Vicinus was also the 1st. Sgt. of A Co. 1-102, during Earle’s 2010 deployment.

“He said he was proud of me,” said Earle. “That’s like making my dad happy. I would never want to do anything to disappoint him. Hopefully someday I can work for him again.”

Earle said he’s spent his life in awe of his grandfather, Ralph Earle, who was an Army medic in World War II. The senior Earle worked at an evacuation hospital on the European front.

And then there are the handful of his brothers-in-arms, his fellow 1-102 infantrymen, with whom he’s maintained strong relationships over the years. Although many of their paths have run different courses, Earle said, “Just being able to tell each other stories and venting with the guys that had the same experiences helps all of us.”

And the future.

The 2016 Regional Best Warrior Competition is scheduled to be held in May, at Camp Niantic. As Connecticut’s NCO competitor, Earle will be competing against NCO’s from New York, New Jersey, Massachusetts, Rhode Island, Vermont, New Hampshire, and Maine.

Continued See EARLE on Page 9



An aerial delivery training bundle drops from a Connecticut Air National Guard C-130H Hercules at Westover Air Reserve Base in Chicopee, Mass. Saturday, March 5, 2016. The Flying Yankees performed the low-cost, low-altitude airdrop training mission to prepare for the tactical deliveries performed in austere combat operations. (Photo by Master Sgt. Erin McNamara, 103rd Airlift Wing, Public Affairs)

Another first for the Flying Yankees

SENIOR AIRMAN EMMANUEL SANTIAGO
103RD AIRLIFT WING, PUBLIC AFFAIRS

For the first time in Flying Yankee history, the 103rd Airlift Wing conducted a local, low-cost low-altitude air drop (LCLA) training exercise. C-130 Hercules aircraft belonging to the Connecticut Air National Guard, in coordination with the 439th Westover Air Reserve Base, successfully dropped training bundles tailored



Loadmasters assigned to the 103rd AW prepare to drop a bundle out the back of a C-130 Hercules over the 439th Westover Air Reserve Base, Chicopee, Mass. The Flying Yankees, in coordination with the 439th, are conducting a Low Cost Low Altitude air drop. LCLA airdrops enable the C-130 to efficiently drop supplies or any crucial materials required by those on the battlefield at a below average altitude to lessen the threat to whomever may be receiving the care package. (Photo by Senior Airman Emmanuel Santiago, 103rd AW PA)

specifically for this purpose at a secluded drop zone.

The LCLA airdrops are intended for the C-130 to efficiently drop supplies or any crucial materials demanded by the battlefield at a below average altitude to lessen the threat to whomever may be receiving the care package. By dropping at a below average altitude, the aircrew can be more accurate with their target. The mission is relatively inexpensive because the parachutes used are disposable; as such, troops on the ground can spend less time recovering the package. For this training mission, the parachutes used were recycled personnel parachutes and were recovered.

A team of loadmasters assembled to make sure that the bundle is capable of performing its intended purpose. In sync with the pilots and flight engineer, they also are responsible for the bundle being accurately dropped on the intended target. According to Master Sgt. Bryan Watson, load master with the 103rd Airlift Wing, if the load were to exit the airplane not properly configured, the bundle can completely miss its target or, worse, strike the aircraft. Considering it's a low-altitude drop, the bundle size can be no more than 600 lbs. The load masters are also able to construct various types of configurations that allow them to drop

more than one bundle at a time. With the bundles being smaller, loadmasters are capable of dropping bundles off of both the left and right sides of the rear of the aircraft.

Prior to approaching the drop site, the pilots are up front assessing the area for threats or hazards that may hinder the execution of a safe air drop, while the flight engineer is monitoring all the systems within the aircraft.

"It's important to communicate in these situations," said Watson. "Usually you don't get a redo with these things."

Watson initially received the appropriate training at the Advanced Airlift Tactics Training Center (AATTC), St. Joseph, Mississippi. Once back at the 103rd Airlift Wing, he was able to train the Flying Yankees in LCLA air drops and is continuing to do so.

The 103rd is getting ready to enter a deployment cycle; having the LCLA air drop capability is vital to the mission.

"It gives the wing as a whole another capability, especially in the desert—it's such a dynamic environment, we'll have the opportunity to help others in dire need," Watson said.

The LCLA airdrop technique has been in use for only about six years. The U.S. Air Force executed the first mission of its kind in Afghanistan, 2010.

Training opportunities such as these propel the 103rd Airlift Wing closer to becoming an all-around combat-ready platform. Being able to lower the risk of troops by efficiently executing LCLA air drops is another tool in the arsenal of the 103rd Bradley Air National Guard Base. The loadmasters, as well as the rest of the aircrew, are continuing to train on various styles of air drops.

1109th TASMG Lends Experience and Skills to Supporting Units

Sgt. JEANNE BUJALSKI
1109th TASMG UPAR

Working as liaison officers and maintenance support has been the primary focus for members of the 1109th Theater Aviation Sustainment Maintenance Group. Since the beginning of their nine month deployment in December 2015, Soldiers with the 1109th TASMG, based out of Groton, Connecticut, have been putting their skills and expertise in aircraft maintenance to use working with supporting units.

The 1109th TASMG has four automated logistical specialists, four helicopter repairers, two phase maintenance and three armament system repairers who lend their services and widespread experience as aircraft mechanics to accompanying units, specifically the 40th Combat Aviation Brigade, 640th Aviation Support Battalion and the 140th Aviation Regiment.

“We support the units with personnel and with day-to-day operations, such as maintainers and tech supply,” said Sgt. 1st Class Robert Christensen, operations noncommissioned officer in charge. “Our communication has been a challenge because our Soldiers here work different shifts and we’ve been trying to let as many supporting units know about our skills and abilities while getting the answers we need.”

During previous deployments the 1109th TASMG was focused on future operations and did not task soldiers out to supporting units. However, the need for more Soldiers at contact sites has been evident during this



Staff Sgt. Charles Borden, a helicopter repairer deployed with the 1109th TASM-G, focuses on completing his day to day operations. Borden is working with the 1109th Theater Aviation Sustainment Maintenance Group as part of a nine-month tour to provide facilitators and assets to supporting units that are in need of tooling, parts and mechanic ability. (Photo by Sgt. Jeanne Bujalski, 1109th TASMG Unit Public Affairs Representative)



Sgt. 1st Class Robert Christensen, deployed with the 1109th TASMG, completes his duties at his office computer. One of the 1109th's duties involves supporting other units who are in need of assistance with helicopter maintenance, tech supply and other operations on bases throughout their area of operations. (Photo by Sgt. Jeanne Bujalski, 1109th TASMG UPAR)

current deployment.

Christensen added that because the 1109th TASMG operates at a depot level of maintenance, the Soldiers are able to act as facilitators and provide complex assets that other units are in need of, such as tooling, parts and mechanic ability.

By gaining experience with other units, Soldiers have not only been contributing their own set of skills but progressively learning new operating systems and valuable competencies to bring back with them.

Spc. Justin Wolkowsky, automated logistical specialist, 140th GSAB, has described his experience as beneficial by learning how other units operate and gaining experience with a new operating system that he can put to use after deployment.

By supporting the units with personnel for day-to-day operations, the 1109th TASMG has been able to provide maintenance ranging from Robertson tanks to Chinook aircraft and extended fuel modification. The 1109th TASMG continues to concentrate on the needs of the ever changing mission at hand, which includes lending their services to where they are needed most in order to support outlying units.

Arctic Survival

The 102nd Utilizes Late Wintry Temps for Essential Readiness Training

Sgt. 1st Class Michael Finnegan
A Co., 1-102nd INF RGT UPAR

The soldiers of the 1-102nd Infantry Regiment turned Stones Ranch Military Reservation in East Lyme, Conn. into an arctic, rigorous, mountainous environment, where they learned advanced arctic survival skills, preparing them to operate in any environment, any time, Mar. 4-6.

The battalion maneuvered across Connecticut, deploying from their local armories with a generous amount of new equipment to spend two days and two nights conducting extreme cold weather training. This was the first opportunity the men and women of the 1-102nd had to train with tools necessary for surviving in



A 1-102nd soldier gathers ice as a viable water source. Soldiers then boiled and treated the ice to create potable water at Stones Ranch Military Reservation, March 4-6. This was the first opportunity the men and women of the 1-102nd had to train with tools necessary for surviving in the frigid outdoors. (Photo by Sgt. 1st Class Michael Finnegan, A Co., 1-102nd INF RGT, UPAR)

the frigid outdoors.

"This type of equipment is new to our Infantry soldiers. We are used to taking whatever we need to survive and sticking it in a pack on our backs," said Staff Sgt. Joseph Paoli of Alpha Company, 1-102nd Infantry, a squad leader and subject matter expert in cold weather operations.

The new load consisted of 10-man arctic tents outfitted with gas stoves, tools to set up the tents, and team stoves for survival.

"You had to be meticulous as possible when packing this equipment," said Staff Sgt. Nicholas Ciullo, Supply Sergeant from Headquarter and Headquarters Company, 1-102nd Infantry. "Each item has a specific location and unpacking procedure. For example, the first two steps are laying out the tent then staking it down. So, you want the tent and stakes up top so you don't have to dig around looking for them. This leaves you exposed to the elements longer than necessary."

The 1-102nd's training focus for the drill was to set up the arctic tent and master the use of the arctic heater while



1-102nd soldiers ignite a portable burner to create a heat source to boil and purify water at Stones Ranch Military Reservation, March 4-6. This was the first opportunity the men and women of the 1-102nd had to train with tools necessary for surviving in the frigid outdoors. (Photo by Sgt. 1st Class Michael Finnegan, A Co., 1-102nd INF RGT, UPAR)

operating in a cold weather environment. They also trained in enhanced water procurement procedures.

Upon arrival to Stones Ranch, each Company created their assembly area and began to train. "Many struggled the first time setting up the tents," Sgt. Jacob Pinto, a team leader with Alpha Company, 1-102d Infantry, said.

"We train how we fight. We are expected to go into the harshest environments with this equipment and stay indefinitely," said Paoli. "These tents, used properly, can have the utmost advantage over an enemy force that's ill prepared in cold weather environments."

According to Pinto, this drill was all about cold weather survival. Pinto learned keeping your weapon outside the tent overnight keeps it from rusting. He also learned how to melt ice and snow for drinking water.

"One thing we did to simulate that training was to make ice blocks at the armory before we left. If the soldiers wanted to drink water or cook their cold weather MRE's they had to melt the ice," said Paoli.

The training, according to some, was invaluable.

"Soldiers need to know their equipment. They need to practice and train until they can do it in the dark with no lights and completely silent," said Paoli. "I plan on having them take this equipment out as much as possible and train on it. They really need to be proficient as possible on this stuff and the more they train, the more confidence they will have when it's time to use it again."

Ciullo agreed. "If the soldiers don't learn this equipment, when it's time to set these tents up in real extreme cold weather situations they are more vulnerable to cold weather injuries," said Ciullo. "This training provides soldiers with reassurance and confidence that the equipment actually works."

2016 Best Warrior Winners



Spc. Nathan Havens (far right) begins the 12-mile tactical road march out of the gate of Camp Niantic at the 2016 Best Warrior Competition, April 2. Havens walks alongside his fellow soldier and competition mentor, Staff Sgt. Reinaldo Barrera, HHC, 1-102nd Infantry Regt. (Photo by Spc. Melissa Robichaux, HHD 1109th TASMG, UPAR)

HAVENS continued from page 4

on Havens. The confident, somewhat playful grin that spread across his face at the beginning of the march was gone, replaced with an open-mouthed look of fatigue as he crossed the finish line nearly 3 hours later in mud-covered boots and a rain-soaked Army Combat Uniform. The march was difficult, yet he persevered thanks, in part, to the support of his mentor, said Havens.

“The support of my leadership and the people around me has been extremely vital,” he said. “During the 12-mile road march my mentor was there motivating me all the way. I don’t think I could have done it without him.”

With his victory in the state-level competition, Havens earned himself a shortened recovery time. He’ll have just four weeks to recuperate before he’ll be back at it again representing Connecticut in the Region 1 Best Warrior Competition in May, where he’ll face off against the state-level winners from Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island and Vermont. This year, Connecticut will be hosting the regional competition for the first time.

The regional competition may be close to home, but Havens must still prepare, and he’ll start that immediately.

“With anything challenging, you take something

away from it,” he said. “I learned what my weaknesses were and what to improve upon. I’ve got a training program that I follow, I try to stay active and I’ll work on the [appearance] board stuff some more. I definitely feel like that’s where I can improve.”

If Havens wins the regional competition, he’ll have the opportunity to go on to the national competition later this year at Fort Lee, Virginia. Even if he doesn’t go that far, Havens will have an added experience to bring home that gives his unit and fellow Soldiers more confidence in him and his set of knowledge to help train them and to improve not only himself, but those around him.



Sgt. 1st Class David Earle was joined by 1st Lt. Ross Alexander for the CTARNG 2016 Best Warrior 12-mile tactical road march, April 2, in Niantic, Connecticut. Earle said he was competing against himself throughout the competition, but credits a long list of life-mentors and friends for his success. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

EARLE continued from page 5

Earle said he is focused on the regional event, but is truly looking forward to getting back to work training officer candidates in the 1-169th RTI. He said he believes the candidates benefit from being able to draw from NCO instructors with a wide range of military and life experiences—good and bad.

“When they screw up I tell them that they can’t dwell. They have to move on. During a mission you can’t stop and dwell. There’s always more to do,” he said.

Earle said he believes any Soldier or service member who may be experiencing tough times can learn from the same message.

“No matter how bad things are now, they will get better as long as you want them to get better. Set goals. Focus on the future. There’s not a lot of time to live in the past,” he said.

Earle makes blasting through adversity sound easy. The 33-year old also recently recovered from serious knee surgery. However, he’ll soon face a field of the northeast region’s toughest and brightest noncommissioned officers in an event that promises to be demanding. He said he’ll do the best he can.

“I’m competing against myself,” he said.

Health & Fitness

102nd Band Exchanges Instruments for Running Shoes

SPC. ANTONIA LOCONTE
102ND ARMY BAND

Members of the Connecticut National Guard 102nd Army Band participated in the West Point Fallen Comrades Half Marathon at West Point Military Academy, March 26.

The unit entered a team of four ruck marchers: Chief Warrant Officer Two Christopher Baillargeon, Sgt. 1st Class Christopher Desjardins, Staff Sgt. Joseph Colavito, and Spc. Antonia LoConte; and one runner, Spc. Harrison Stuppler.

Participants had the option to walk, run or ruck the race as a tribute to fallen West Point graduates.

Members of the 102nd joined more than 800 military and civilian participants on the field of Michie Stadium – West Point’s on-campus football field - to complete registration and to gear up for the race.

“The spirit of the West Point Ruck March was evident from the start of this challenging event,” said Baillargeon.



Spc. Harrison Stuppler, 102nd Army Band, CTARNG, displays his finisher medal for completing the West Point Fallen Comrades Half Marathon at West Point Military Academy, March 26. Stuppler was one of five members of the band who participated in the race that honors fallen West Point graduates. Stuppler finished sixth in his age category. (Photo by Spc. Antonia LoConte, 102nd Army Band, CTARNG)



Members of the 102nd Army Band ruck marchers pose for a pre-race photo at the West Point Fallen Comrades Half Marathon at West Point Military Academy, March 26. A group of four marchers and one runner from the band participated in the race that honors fallen West Point graduates. (Left to Right) Staff Sgt. Joseph Colavito, Sgt. 1st Class Christopher Desjardins, Chief Warrant Officer Two Christopher Baillargeon, Spc. Antonia LoConte and her fiancé, Dale Madison. (Photo contributed by Spc. Antonia LoConte, 102nd Army Band, CTARNG)

“From the moment the West Point Academy skydiving team landed in Michie Stadium to the start of the race, the anticipation of the 13 miles to benefit fallen comrades was seen in all the event participants and staff.”

The race is dedicated to graduates of West Point who have gone to war and made the ultimate sacrifice. Along the 13.1-mile historic course, fallen comrades from each of our nation’s wars were memorialized.

“At each mile, participants were reminded of a fallen hero and it really gave you both momentum and encouragement to push on,” said Baillargeon. “I personally felt a sense of overwhelming pride to not only participate, but to complete the event for such a worthy cause.”

Members and supporters of the band’s team wore 102nd Army band t-shirts and carried their unit guidon through the course to display their Connecticut National Guard pride as well as the camaraderie they had built as they trained for the event together.

“Training for the West Point Ruck helped build camaraderie among those who participated. It served as a great motivator to work on PT during the cold winter months,” said Desjardins.

Trainees kept in touch outside of drill as they trained for the race in a group text message, and arranged to ruck together on weekends.

Their training diligence paid off. Stuppler finished in the top 10 for his age group and Colavito carried the unit’s guidon with pride. Each member of the unit earned sore legs and blistered feet along with their medals upon completion of the course.

The unit hopes to make the trip to West Point an annual tradition throughout the Connecticut National Guard.

“We couldn’t encourage other units to do [this race] enough,” said Colavito. “Having our commander there, with the various levels of

fitness and all working towards the same goal; it was an outstanding experience.”



The 2016 West Point Fallen Comrades Half Marathon finisher medal. (Photo by Spc. Antonia LoConte, 102nd Army Band, CTARNG)



CTARNG Members Hoop it Up For Charity

The Connecticut National Guard fielded two teams in the 29th Annual John H. Blair Memorial Basketball Tournament, held at the William A. O'Neill Armory in Hartford, Conn., Apr. 7. Teams from various House and Senate caucuses, nonpartisan staff and lobbyists hoop it up in the name of charity and bragging rights around the Capitol. Out of the twelve teams that participated, the CTARNG JFHQ team took second place, losing to the lobbyist team, "The Black Hats" in the final.



Breathe Better, Score Better:

How to Breathe for Each APFT Event

GUARD YOUR HEALTH.COM

Using a breathing pattern while exercising can reduce your risk of injury, improve performance, and burn fat faster. Although each person is different (and you should experiment to figure out which style of breathing is best for you), here are some general rules of thumb for each APFT event:

Two-Minute Push-up Event

Practice the "exhale on effort" technique for the push-up event.

1. Start in a standard push-up position. Take one long, deep breath through your mouth and nose while you lower yourself to the ground.

2. Exhale while pushing up, since this is when you are using the most energy. Make sure you are breathing deeply to bring fresh oxygen into your lungs.

3. Repeat breathing in while you lower to the ground and exhaling when you push up until you are halfway to the usual number of push-up you can do in two minutes.

4. Once you are halfway, to prevent losing steam too soon, try modifying the "exhale on effort" technique with quick reps. Take two quick, deep breaths and then do

five quick reps. Repeat this process until the rest of your two minutes is up.

Two-Minute Sit-up Event

1. To make sure you are getting enough oxygen to power your sit-ups, inhale when you lay back to the ground and exhale when you sit up, since this is the point of the exercise where you use the most energy.

2. To make sure you are taking deep enough breaths, imagine you are filling your chest with air like a balloon when you inhale. You should be able to see your chest moving up and down several inches with each breath.

3. Repeat breathing pattern until you are halfway to the number of sit-ups you are usually able to do in two minutes.

4. Like the push-up event, you can practice the modified "exhale on effort" technique once you are halfway. Take two quick breaths and then crank out five quick back-to-back reps. Repeat quick reps until the rest of your two minutes is up.

Two-Mile Run Event



www.GuardYourHealth.com

For the timed run, rhythmic breathing is key. Although there is no golden rule (it varies by individual, the 3:2 pattern is a popular breathing pattern among runners. The idea is pretty simple: inhale for three steps and exhale for two steps. By following this pattern, you alternate which foot you land on for each inhale and exhale, which prevents injury. Although it sounds simple, it can be tough to perfect.

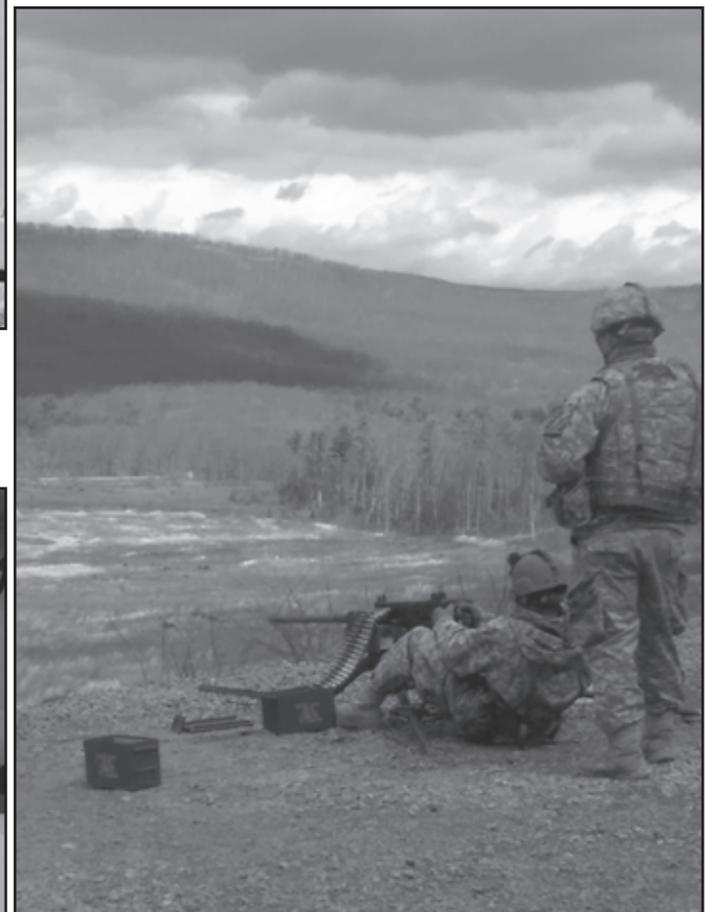
The Connecticut Guardian is looking for monthly content for the Health & Fitness page. If you are playing in a sporting league, participating in a race, involved in a fitness challenge or if you have helpful APFT or AFPRT advice, see yourself, your fellow guardsmen and retirees in print. Submit your health & fitness photos and stories to allison.l.joanis.civ@mail.mil.



Deployed members of the 1109th Theatre Aviation Support Maintenance Group take a moment for a photo in Kuwait with a flag they received from the Patriot Guard Riders of Connecticut. The unit is currently deployed in support of Operation Enduring Freedom. The Patriot Guard Riders are a fixture at Connecticut National Guard events, volunteering their time to attend sendoff and homecoming ceremonies for deploying units. (U.S. Army photo by Sgt. Jeanne Bujalski, 1109th TASMG UPAR)

AROUND OUR GUARD

*A Glimpse at Connecticut
Guardsmen and Events*



(Above) Members of F Co., 186th Brigade Support Battalion (Forward Support Company) fire at the M-2 50 Cal. qualifying range to sustain weapon readiness during the 186th and 1-102nd Infantry Regiment drill weekend at Fort Indiantown Gap in Annville, Pennsylvania, April 1-3. Members of the 186th and the 102nd spent long hours during the drill weekend qualifying with the M-4 rifle and crew-served weapons such as M-2, M249, M240B to keep up with the Army standards. (Photo by Sgt. Jordan Tharp, F Co., 186th BSB (FSC) UPAR)



(Left) Alisha Smith of the 103d Force Support Squadron has all the help she needs during her promotion ceremony to the rank of major, Saturday, Apr. 2 at Bradley Air National Guard Base in East Granby, Conn. From left to right, Senior Airman Caitlin Mills, 103d FSS, Senior Master Sgt. Melissa Kelly, 103rd FSS, and Col. Roy Walton, 103rd Vice Wing Commander assist with Maj. Smith's rank. (Photo by 2nd Lt. Jennifer Pierce, 103d FSS)

Service Member and Family Support Center Volunteer Appreciation Dinner

WENDY HAGEN
CTNG FAMILY READINESS SUPPORT ASSISTANT

The Service Member and Family Support Center held the annual Volunteer Appreciation Dinner at the Officer and Enlisted Club of Connecticut in Hartford, Conn., April 12.

The event recognizes Family Readiness Group Leadership, and volunteers for their hard work and participation at statewide family program and family readiness group events.

Mrs. Kimberly Hoffman, Director, CTNG Service Member and Family Support Center and Col. John Wiltse, CTNG Deputy G-1, presented each volunteer with a recognition certificate for their efforts.

Maj. (CT) Richard "Dickie" Welch, a member of the First Company Governors' Foot Guard for more than 20 years, was presented with a Connecticut National Guard Volunteer Recognition Award for his volunteerism with the CTNG Breakfast with the Easter Bunny. Welch has led the 1GFG BWEB breakfast committee for 13 years; flipping pancakes, scrambling eggs and frying bacon for the hundreds of military children and families who have attended the spring event over the years.

Additional awards were presented to Connecticut nominees for several National Guard Bureau awards. The Connecticut nominee for National Guard Family of the Year went to The Family of Col. (Ret.) Daniel Spineti; The Gold Award to Mrs. Louise Vannoorbeeck and the Youth Volunteer Award to Tristan Colafati. Both Vannoorbeeck and Colafati have family members currently deployed to

Southwest Asia with the 1109th Theatre Aviation Support Maintenance Group.

The Regional Volunteer of the Year went to Nora Powell and the Extra Mile Award went to Harold Bernstein, who has helped to photograph CTNG family events for more than 10 years.

Each nominee and award recipient has demonstrated willingness to go above and beyond in supporting Connecticut Service Members and their Families. Volunteers are the foundation for many of the activities and

events that the CTNG Service Member and Family Support Center supports throughout the year.



Col. John T. Wiltse, CTNG Deputy G-1, presents Maj. Richard "Dickie" Welch of the First Company Governors' Foot Guard with a Connecticut National Guard Volunteer Recognition Award for his volunteerism with the CTNG's Breakfast with the Easter Bunny event. Welch, a 20-year member of 1GFG, has led the 1GFG BWEB breakfast committee for 13 years. (Photo by Harold Bernstein, CTNG Family Program volunteer)

Local Chamber of Commerce Members Tour CTNG Facilities



Participants in the Leadership Program of The Chamber of Commerce of Eastern Connecticut's Military Affairs Session at Camp Niantic received a briefing on the Connecticut National Guard and got to meet the two- and four-legged members of the 928th Military Working Dogs as part of an equipment display, April 14. Also on display were equipment assigned to the 192nd Military Police Battalion, 192nd Engineer Battalion and the 1-102nd Infantry, who all had professionals on-hand to explain what they do in-depth. Almost two dozen of them got the chance to ride in a UH-60 Black hawk, piloted by CTNG soldiers while others got to test their weapons skills at the post's simulation center without ever having to fire an actual round. The CTNG participates in the Military Affairs Session, along with Coast Guard Station New London and Naval Submarine Base New London, in order to provide insight on what military assets are present in southeastern Connecticut (Photos by Capt. Mike Petersen, State Public Affairs Officer).

CT Soldiers Compete to be Warriors of the Year

SGT. ALICIA M. BROUGLIO
130TH PUBLIC AFFAIRS DETACHMENT

From March 31 through April 3, more than 30 Soldiers and non-commissioned officers from the Connecticut Army National Guard participated in the state's annual Best Warrior Competition at Camp Niantic.

The competition tested Soldiers both physically and mentally, as they were put through a series of Army tasks. At the end of the competition, one junior enlisted soldier and one non-commissioned officer were selected to represent the state at the regional competition, scheduled to be held in May, here in Connecticut.

The competitors' were first challenged with the standard Army Physical Fitness Test before moving to East Haven Rifle Range for weapons qualification, a stress shoot, an urban marksmanship course, and several Army Warrior Task evaluations. The stress shoot consisted of applying elements to the Soldiers environment that make it more difficult to accurately engage targets. The urban course required Soldiers to engage targets while moving through an obstacle course.

In addition to the scheduled tasks, competitors also were forced to overcome the elements. The third day of competition began with cold wind and rain, making a 12-mile ruck march through Niantic even more difficult. Carrying more than 35 pounds of gear, the competitors followed a course from Camp Niantic to Stones Ranch Military Reservation in East Lyme, Connecticut.

Visibly exhausted following the march, competitors were then sent out onto the land navigation course at Stones Ranch. Soldiers were given geographical coordinates and were required to locate points



No Excuses Sunday. A State Best Warrior competitor makes his way past the Niantic Baptist Church in Niantic, Connecticut on the ruck march portion of the State Best Warrior Competition, April 2. Soldiers carried a 35 pound ruck on the 12-mile route that took them from Camp Niantic to Stones Ranch Military Reservation in East Lyme. (Photo by Staff Sgt. Ben Simon, JFHQ Public Affairs, CTARNG)

throughout wooded areas of the training facility. Mother Nature continued to make the tasks more difficult, as rain continued to fall throughout day and night navigation activities.

The final piece of the competition was an appearance

board. Each competitor donned the blue Army Service Uniform for an inspection, while also answering questions from the board members ranging from drill & ceremony to military history.

Following more than 72 hours of physically and mentally challenging tasks, Command Sgt. Major John Carragher, state command sergeant major, announced the winners. Sgt. 1st Class David Earle, 169th Regional Training Institute, was recognized as Non-Commissioned Officer of the Year, and Spc. Nathan Havens, 1-102nd Infantry Regiment, received the honor as Soldier of the Year.

"[The event was] challenging, stressful and physically demanding for sure, and overall it was a very well run event," said Earle. "I am tired, but the biggest thing I have to do is study more. The twelve-mile ruck march was definitely a daunting task, but completing it in the required time was a very big accomplishment."

"Personally, it is an honor and professionally it gives me confidence. It is also a result of my leadership having a lot of faith in me, mentoring me. It all came together and became the end result," said Havens.

The winners will now study and train to compete in the Regional Best Warrior Competition scheduled for May 2-6 at Camp Niantic. The Connecticut National Guard will be hosting the regional event for the first time, and will welcome competitors representing Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, and Vermont.



CTARNG Best Warrior Competition competitors begin the 2-mile run, as part of the Army Physical Fitness Test at Camp Niantic, April 1. Competitors' fastest times for the run were below 13 minutes. Prior to the run, competitors completed timed push-ups and sit-ups. Many competitors scored over 300, the maximum score on the APFT. (Photo by Staff Sgt. Ben Simon, JFHQ Public Affairs, CTARNG)



(Above Left) Sgt. Michael Peterson takes aim on his target during the individual weapon qualification stress shoot during the 2016 State Best Warrior Competition at East Haven Rifle Range, East Haven, Connecticut. The stress shoot pushes soldiers to zero and qualify with their assigned weapon while placed under physical and mental stress. (Photo by Capt. Joseph Brooks, 130th PAD, CTARNG)

(Above Right) Best Warrior competitors plot points on maps of Stones Ranch Military Reservation in preparation for the land navigation portion of the State Best Warrior Completion, April 2. More than 30 Connecticut Army National Guardsmen competed in the State Best Warrior Competition at Camp Niantic and Stones Ranch Military Reservation, March 31-April 1. (Photo by Spc. Melissa Robichaux, HHD 1109th TASM, UPAR)



The 2016 Best Warrior competitors, their mentors and their leadership await the announcement of the Soldier and NCO of the year at the Regional Training Institute, Niantic, Connecticut, April 3. More than 30 Connecticut guardsmen competed for the SOY and NCOY titles March 31- April 3 at Camp Niantic and Stones Ranch Military Reservation. The winners will go on to compete against other northeast states in the regional competition to be held in Connecticut in May. (Photo by Staff Sgt. Ben Simon, JFHQ Public Affairs, CTARNG)

Spc. Jocelyn Coutant of Det. 2, Co. E, 2-104th Avn. Rgt., walks through downtown Niantic, Connecticut during the the ruck march portion of the State Best Warrior Competition, April 2. Soldiers carried a 35-pound ruck on the 12-mile route that took them from Camp Niantic to Stones Ranch Military Reservation in East Lyme. (Photo by Staff Sgt. Ben Simon, JFHQ Public Affairs, CTARNG)



View and download all of the photos from this event on the
Connecticut National Guard Flickr Page
www.flickr.com/photos/ctnationalguard/albums



Recruiting & Retention

Recruiting Success in the 102nd Army Band

MAJ. JANA E GRANT
RECRUITING AND RETENTION

A few years ago, the 102nd Army Band was facing the realistic possibility of deactivation.

The unit was struggling mightily to maintain readiness. In response to this news and the ongoing difficulty of finding individuals who are both interested and qualified to join the band, the unit developed their own recruiting strategy.

The concept was simple: Determine the right market for prospective band applicants and find the events where they tend to be present in large quantities. Additionally, the unit needed to identify barriers to interested applicants joining the Connecticut National Guard and find methods to break down these barriers.

So the 102nd Army Band began to make their presence known at local and regional high school band festivals state-wide. It gave unit representatives a venue to educate larger groups of high school students on the benefits of membership in the Connecticut Army National Guard and 102nd Army Band.

The unit also began to host open houses at the Rockville Armory, where interested individuals could play with the band, ask questions about the Connecticut National Guard and develop relationships with current members of the unit. The unit also invited prospective applicants to attend drill weekend to get a better sense of the commitment and camaraderie that is unique to the Guard.

The results? Just recently, Recruiting and Retention filled the last skill vacant level 10 vacancy in the unit. Additionally, the band is no longer being deactivated and is projected to remain a valuable asset to the Connecticut Army National Guard in the years to come.

While it is the mission of the Recruiting and Retention Battalion to recruit into the Connecticut Army National Guard in order to maintain a certain level of personnel readiness, it is expected that each unit and current member do their part. The 102nd Army Band is a great example of how each soldier can impact not only the state's recruiting mission but also the future of their unit.

Though not all units have such specific skill sets as the 102nd Army Band, all units are able to find niche recruiting markets specific to their capabilities and mission set. Connecticut National Guard recruiters work hard to fill all available vacancies, but sometimes the best recruiter for a unit is the Soldier who executes the mission on a regular basis.

Each Soldier in the Connecticut Army National Guard has the ability to shape the future of their unit by recruiting the individuals they want to serve with. Recruiting in a time of fiscal constraints and diminishing resources requires new and inventive ways to meet the mission. The Recruiting and Retention Battalion is always looking for new ideas and is available to assist with any events that soldiers or units deem useful in identifying

prospective applicants. Additionally, they are able to provide any promotional products needed to assist in this effort. Recently, the training circular regarding the Bring a Buddy to Drill Program was published and provides specific guidance for any soldiers and/or units interested in bringing a prospective applicant to their drill weekend.

For recruiting assistance or to share ideas for new recruiting markets or events please contact Maj. Janae M. Grant at (860) 613-7506 or janae.m.grant.mil@mail.mil



Members of the 102nd Army Band march in the 2016 New Haven St. Patricks Day Parade through downtown New Haven, Connecticut, March 13. (Photo courtesy of the 102nd Army Band, CTARNG)

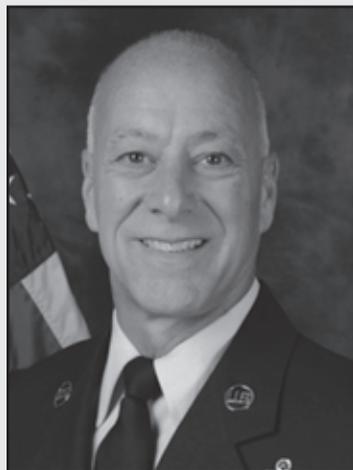
**CONNECTICUT
NATIONAL
GUARD**

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!

Enlisted Update Military Organizations Give Big Returns



CHIEF MASTER SGT.
ROBERT GALLANT

Greetings to the Airmen and Soldiers of the Connecticut National Guard.

Welcome to spring and the promise of good weather so we can all start to enjoy the outdoors. As Command Sgt. Maj. Carragher said in last month's Guardian, "Be safe and resilient."

Let me kick this off by telling you how proud I am to have been a member of the Connecticut Air National Guard for almost 39 years (and counting). I have seen many changes in my nearly four decades here.

I have seen reductions in manpower, changes in funding for training and equipment, new and smarter technology and it all has an impact on how we do business.

The days of filling out forms and saving them in a file somewhere for your own personal records have long been replaced by our digital network – where nearly all documents are completed online or, at least, on a computer and stored in the "cloud" somewhere. Welcome to today's military - smaller, smarter, faster, highly trained and ready to protect the citizen of the United States globally and locally in the state of Connecticut. Every day, we as airman and soldiers have shown how adaptive we are to any change, finding solutions to successfully complete the mission.

Despite all the change we endure, there is one constant: the support organizations we can always rely on to look out for our best interests.

Connecticut is proud to boast three of these support organizations, which have been shining stars and working hard for the men and women in uniform: The National Guard Association of Connecticut, or NGA CT, the National Guard Association of the United States (NGAUS) and the Enlisted Association of the National Guard of the United States (EANGUS).

These are the only organizations dedicated to the needs of members of the National Guard. I know this is not new information and you have had many, many briefings about NGA CT over years in your careers, but I feel that we need to continue to find ways to promote support and grow the organization from within the force. NGA CT engages the legislative leaders daily, striving to ensure benefits that we have deservedly earned.

However, without membership and strong support, the uphill climb gets steeper and steeper. As I was filling out my application for the Motor Vehicle Property Tax Exemption benefit for Connecticut residents who are Members of the Armed Forces, it made me think we might take this kind of benefit for granted. It is one of the privileges we enjoy as being a member of the Connecticut National Guard.

One of the other big benefits that I know that parents enjoy and anyone dedicated to educational development is the tuition waiver at state schools to include advanced degrees. These are just a couple of examples of the successful benefits that have been lobbied for the military members of Connecticut. I would highly encourage for you to check out all of the benefits that NGA CT has earned for **you** over the years. I think you would be surprised of what is available and even start to take advantage - you earned it.

I was looking over some of the membership statistics (which are made public on the NGA CT website at <http://ngact.org/unit-goals>), and I was a little surprised with what I saw.

With the size of the military force within the state, there is only a statewide goal of 1,000 unit memberships within

the Connecticut Army and Air National Guard. Currently, we only have 369 members signed up, a mere 37% of that goal.

"We won't be successful without increasing our membership," said Kim Rolstone, NGA CT President.

Membership is the key factor in the continuing success of the NGA CT organization. By becoming a member for as little as \$22 a year (membership dues vary based on rank), you can be a part of an organization working to secure your benefits.

So what is the importance of a NGA CT Membership? The association works on the issues that impact you directly by being a strong voice in Connecticut and Washington to get better benefits and protect those we have as well as end strength, mission and equipment. They work on pay and allowances, educational benefits, retirement benefits, military construction, and manning.

NGA CT represents you by testifying at hearings before the Veterans Affairs Committee at the Connecticut General Assembly. They meet with our congressional delegation in Washington and maintain open communications and are members of the Connecticut Veteran & Military Coalition. They also host a Connecticut Congressional Breakfast briefing in Washington D.C.

As a senior leader in the Connecticut Air National Guard, I have the privilege to reach you through the Connecticut Guardian to voice the importance in participating in and supporting these organizations. It is the commitment of many leaders and volunteers that spend countless hours dedicated to Connecticut Army and Air National Guard members, veterans, retirees and family members that make this successful.

Join Today!

Inspiration of the month:

Alone is harder. Together is better. -Simon Sinek

CONNECTICUT AIR NATIONAL GUARD COMMISSIONING OPPORTUNITIES

Qualified candidates may email resumes/CVs to:

Master Sgt. Aaron Hann
aaron.f.hann.mil@mail.mil
(860) 292-2331

Master Sgt. Christopher Grizzle
christopher.h.grizzle.mil@mail.mil
(860) 292-2758

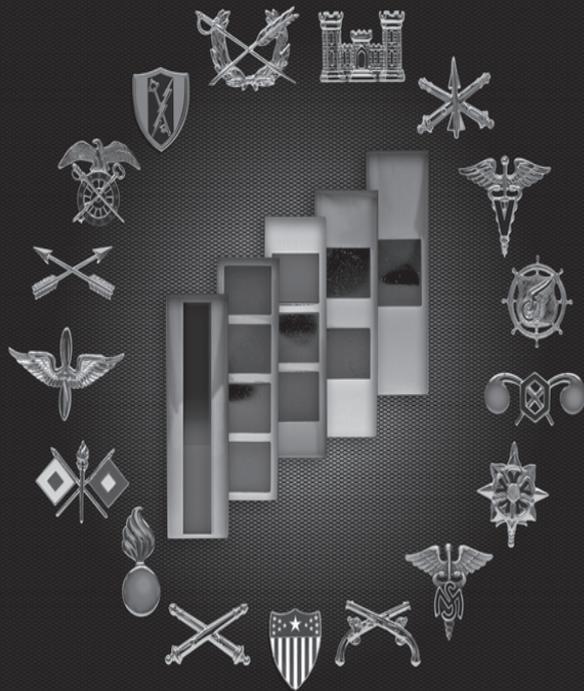
44K - Pediatrician
47G - Dentist
48A - Aerospace Medicine Specialist
48R - Flight Surgeon
46Y3A - APRN Nurse
45G3 - OB/GYN Nurse
42G3 - Physician Assistant
31PX3 - Security Forces Officer
14N3 - Intelligence Officer





WARRANT OFFICER

Use Your Military Experience in a Leadership Role as a Warrant Officer in the National Guard.



TAKE THE CHALLENGE TODAY, CONTACT:

CW3 JOHN NERKOWSKI

WARRANT OFFICER STRENGTH MANAGER

203.410.0828

john.v.nerkowski.mil@mail.mil



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



Officer Candidate School OCS & WOCS Open House

INFORMATION BRIEF

May 21, 2016

June 25, 2016

Report Time: 9:00 a.m.
9-12:00 p.m. Rm. 1113,
RTI, Camp Niantic

Uniform: ACUs with Patrol Cap 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:

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

CW3 Michael Mottolo michael.v.motollo.mil@mail.mil

INSIDE OCS A Night Under the Stars

OC ANTHONY CROCE
CLASS 61 OFFICER CANDIDATE SCHOOL

April's drill was the most mentally challenging one to date for OCS Class 61.

As the five of us took a knee while waiting for the Black Hawk to pick us up, we discussed different aspects of our upcoming Dining Out as if this drill would fall in line with all the rest. It was a gorgeous day, but our flight to Camp Smith, N.Y. was unusually turbulent. Some of the Candidates were not sure if they would be able to keep lunch down, but we made it there in one piece.

As soon as we landed, we began immediately preparing for our mission. This drill, we would be sleeping in the field. Many of the candidates have not slept in the field since Basic Training, so it was imperative we do proper pre-combat checks and inspections of our equipment.

After a number of classes and spending most of the night squaring away each other's gear, we tried to get a couple hours of rest.

Up before the sun, Class 61 formed up outside and prepared for their five-mile foot march to their training site. Although the prospect of marching five miles does not sound too challenging, each candidate was carrying a significantly heavier pack than we were used to. Eventually, we got to our training site and began patrol base operations. From here on out, the environment was to be treated as if we were in a real-life combat zone. Security needed to be maintained at all times. If candidates got too relaxed, the cadre made sure the mistake was fully understood.

Throughout the day Saturday, we ran a number of Squad Tactical Exercises lanes meant to test us on troop leading procedures and tactics. The lanes consisted of conducting a squad attack and emplacing an ambush. The acting squad leader received the mission from our cadre, and then was graded on how well they conducted the eight troop leading procedures. In OCS, we do not get graded on tactics, making it much easier to focus on the troop leading procedures if you feel comfortable conducting tactical operations. Overall, the feedback from our cadre was good and the training we received was priceless.

As the sun fell below the horizon, we began movement to our final patrol base for the night. On the way there, we "took contact" from a hilltop. As soon as we heard the enemy fire (blank rounds), our acting Platoon Sergeant yelled, "drop your rucks and return fire!"

We immediately did that and began to suppress the enemy. I was assigned as the SAW gunner for my squad, so you can imagine how my adrenaline began to flow as soon as I heard the command. As the other squad began to maneuver on the enemy position, they broke contact and fled the battlefield. After reconsolidation, we continued on to our patrol base.

Patrol base operations at night proved to be another challenge for Class 61. Doing things such as cleaning weapons, eating, and setting up fields of fire is completely different than it is during daylight hours. There were

many candidates who were not accustomed to operating while using night vision. The changes in depth perception and visibility reduced our proficiency in many areas. Luckily there was almost a full moon, so illumination was about as good as it could get.

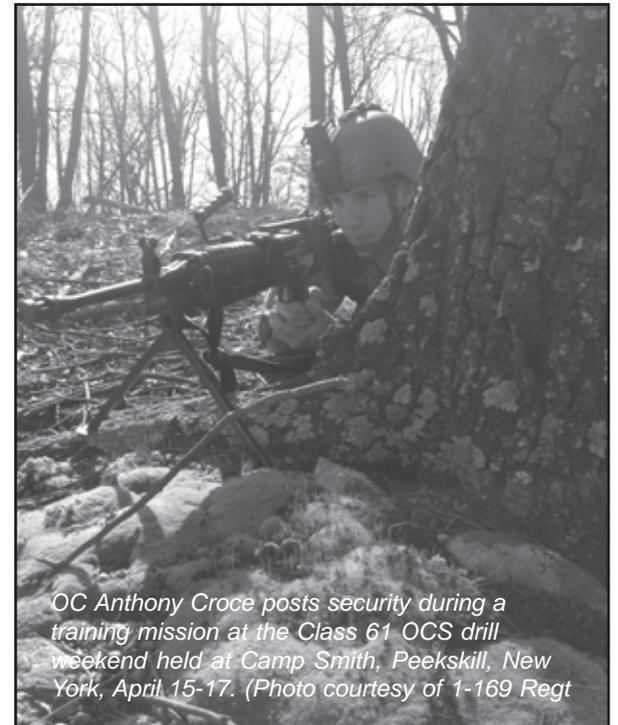
Early Sunday morning, two members of our cadre took a few hours to walk us step-by-step through squad attack and emplace an ambush tactics. Breaking each step down helped us to grasp the full understanding of where we were making mistakes.

After this session, we marched back to the barracks, conducted refit, cleaned weapons and loaded the van for the drive home.

Our cadre that run this OCS program devote a lot of time and effort to ensuring that we are receiving the very best training possible. It is extremely evident in drills like this where there are so many moving parts, yet somehow they keep it running like a well-oiled machine. I guess there is a reason this program has a reputation of sending the most prepared candidates to Phase 3. I think I now fully understand why.

That being said, OCS Class 61 would like to salute one of our most influential cadre members, who due to an exciting new job opportunity, will no longer be part of the Connecticut Officer Candidate School program. Capt. Sean Ritchie has taught all of us lessons that we will never forget. He always knew the best method for getting his point across and made sure we were always as prepared as we needed to be. I can personally say that he is hands down one of the best instructors I have ever encountered in my life.

He will certainly be missed and hopefully we are lucky enough to cross paths with him in the future. Thank you for setting us up for success Sir.



OC Anthony Croce posts security during a training mission at the Class 61 OCS drill weekend held at Camp Smith, Peekskill, New York, April 15-17. (Photo courtesy of 1-169 Regt)

THE RTI WANTS YOU!

DO YOU NEED EXTRA CASH?

The RTI will have work available for dedicated, motivated, and squared away soldiers. Positions average 3-5 days. Some as long as 4 weeks. You have the opportunity to work as:

- OPERATIONS NCO
- ADMIN ASSISTANT
- FUGITIVE/CASUALTY ROLE PLAYER
- COOKS
- MEDICS
- OPFOR

SEVERAL DATES AVAILABLE
dependant on qualifications

JUNE
JULY
AUGUST

Contact Administrative NCO's
for more details: 860-691-4214/5900

Off the Bookshelf:

"The Great Sunflower," The Nehantic Indians, and The Book Barn

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

The competitors taking part in the 2016 Connecticut Army National Guard Best Warrior Competition began day three of the event with a 12-mile tactical road march from Camp Niantic to Stones Ranch Military Reservation on April 2, 2016.

The 27 Soldiers and NCOs passed a number of local landmarks as they battled the elements, including Niantic Cinemas, which opened in 1950, McCook Point, (the ancient summer home of the Nehantic Indians, and eventually, Reverend John James McCook) and the Morton House Hotel, which was built and has remained in continuous operation since 1868.

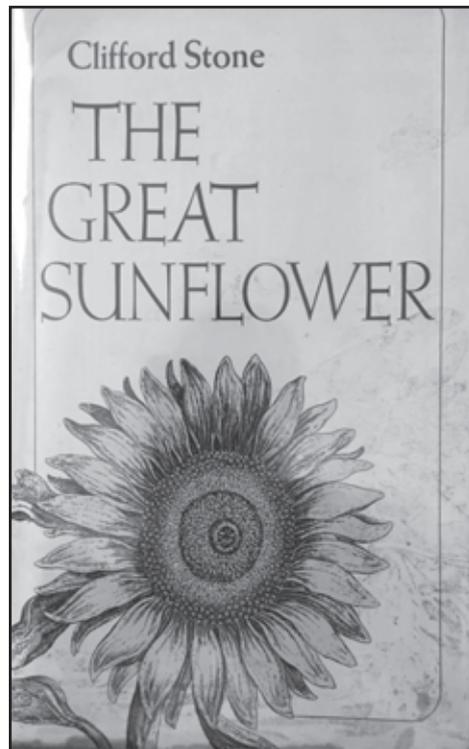
The competitors marched with the largest-electricity generating facility in New England, Millstone Nuclear Power Station, to their backs. They headed to the 2000-acre Stones Ranch Military Reservation, owned previously by Frederick Andrew Stone, vaudeville actor and tightrope walker, who purchased the farm space for his daughters' Arabian Horses in 1925.

One of New England's largest used book stores also lies between Camp Niantic and Stones Ranch Military Reservation. The Book Barn opened to the public in 1988, and has over 500,000 used texts on its shelves, to include numerous works authored by local residents. Following the conclusion of the 2016 Best Warrior Competition, the popular Niantic book store displayed a first edition copy of the 1976 novel, "The Great Sunflower," written by New London, Connecticut resident, Clifford Stone.

Stone's novel derides the cultural deterioration of the New London area, (or Nameaug), perpetrated by politicians and business owners, which he compares in metaphor to the betrayal of Benedict Arnold to his fellow countrymen. Stone yearns, in spirit, for the days of John Winthrop, the Younger, whose studies in the field of alchemy, and medicine contributed to his lifelong dedication to the region. Among his many achievements, Winthrop founded and named New London, which was also referred to as Pequot, after the area's native inhabitants.

In the 1630s, the region was consumed by the Pequot

War, which resulted in the near total annihilation of the Pequot Tribe by the Narraganset and Mohegan Indians, and local settlers. The majority of Nehantic Indians fought against the Pequots, but the Treaty of Hartford in 1638 resulted in Connecticut's annexation of swaths of Indian land, and Niantic soon became heavily settled by colonists.



The Book Barn's copy of "The Great Sunflower," is inscribed with Clifford Stone's signature and dated, June 25, 1976. The nation's bicentennial celebration was held that year, and Stone's writing seems heavily influenced by a classical nationalistic pride, or at least a historic pride, despite the preceding decade's turbulence. Stone, a literary writer, objects in his novel to the commercialization in 1976 of 1776; to new buildings and roads being erected in the line-of-vision from John Winthrop the Younger's New London statue to the mouth of the Thames River.

Stone reminds his readers that in 1781, by orders of Benedict Arnold, Winthrop's city was burnt to the ground.

The CTARNG 2016 Best Warrior competitors marched through roads bordering ancient Indian burial grounds, homesteads, and churches erected by Puritan settlers. In 1812, the mouth of the Niantic Bay, which competitors passed, contained dozens of ships from the British Fleet Commanded by Sir Thomas Masterman Hardy, blockading Long Island Sound.

Stone objected to the historical and cultural amnesia of Connecticut residents. He objected to bicentennial washing machine sales. He objected to the destruction of the region's natural and mysterious beauty, as once appreciated by John Winthrop, the Younger, and fought for by thousands of Indians and early settlers.

He asks in his novel that readers and travelers at least appreciate flowers native to the area and the primordial scent of the salt water.

A staff member at The Book Barn said that the store did not typically carry first edition copies of "The Great Sunflower", at least not in good condition, and rarely autographed. But perhaps they say this to all their customers, or all marching passerby in uniform.

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



THE CONNECTICUT NATIONAL GUARD
OFFICIAL WEB AND SOCIAL MEDIA

www.ct.ng.mil/
Official CT National Guard Website



[facebook.com/connecticutnationalguard](https://www.facebook.com/connecticutnationalguard)
The Official CT National Guard Fan Page



twitter.com/ctnationalguard
The Official CT National Guard Twitter



[flickr.com/ctnationalguard](https://www.flickr.com/photos/ctnationalguard)
The Official CT National Guard Flickr



[instagram.com/ctnationalguard](https://www.instagram.com/ctnationalguard)
The Official CT National Guard



Connecticut National Guard Public Affairs Office
Social Media Submissions and Information
(860) 524-4857
ctngpublicaffairs@gmail.com

Military History:

Connecticut and the Vietnam War

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

In accordance with the 2008 National Defense Authorization Act, the Secretary of Defense is authorized to conduct a program to commemorate the 50th anniversary of the Vietnam War. The purpose is to thank and honor veterans of the Vietnam War, including personnel who were held as prisoners of war (POW), or listed as missing in action (MIA), for their service and sacrifice on behalf of the United States and to thank and honor the families of these veterans. This 13-year long tribute extends from Memorial Day 2012 to Veterans Day 2025.

The war in Vietnam was this country's longest until 2013, when it was surpassed by our fighting in Afghanistan. According to the Department of Veterans Affairs, over 9 million Americans served during the Vietnam War era. The conflict cost 58,200 American lives and left over 300,000 wounded. For a small state, Connecticut paid a high price with 612 killed. There are still 1600 American service members unaccounted for from the Vietnam War, twenty-five from Connecticut.

Vietnam was the first war to be brought into our living rooms through television. Reporters embedded with frontline soldiers gave us the sights and sounds from the conflict 8,500 miles away almost as fast as they were happening. The war was not very popular at home and college campuses across the country hosted many

protests. Most of Connecticut's colleges joined in and loudly protested visits from military and defense industry recruiters on their campuses. The largest objection to the



war occurred on Oct. 15th, 1969 when 10,000 protestors filled Bushnell Park in Hartford. It is still the largest protest

in the city's history.

The Nutmeg State can be proud of the four service members who were awarded the Medal of Honor for valor in the Vietnam War. They are Capt. Harvey Barnum, Jr., U.S. Marine Corps from Cheshire, Gunnery Sgt. Allan Kellogg, Jr., U.S. Marine Corps from Bridgeport, Pfc. Daniel Shea, U.S. Army from New Haven and Sgt. John Levitow, U.S. Air Force from New Haven.

Levitow was a 23-year old load master on board an AC-47 gunship that was struck by a mortar round while conducting operations near Long Binh on February 24th, 1969. The mortar round severely damaged the aircraft and wounded every crewmember in the cargo area. It also caused an activated flare to fall from a crewmember's grasp and burn in the cargo area. Despite his wounds, Levitow threw himself on the flare and dragged it to the cargo door, throwing it out before it ignited. His actions saved the gunship and his fellow crewmembers. Levitow is the lowest ranking member of the United States Air Force to receive the Medal of Honor. Today, the top graduate of the U.S. Air Force Airman Leadership School is presented with the Levitow Honor Graduate Award. Sadly, John Levitow passed away in 2000 after a courageous battle with cancer. He was 55 years old.

Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th grade Humanities in Stamford. He may be reached at rmcody@snet.net.

ARNG SUBSTANCE ABUSE PROGRAM

Contact your ARNG Substance Abuse Program office if you believe you or a fellow Guardsman needs assistance with:

- Illegal drug use intervention
- Intervention with abusing prescribed/over the counter medication
- Intervention with alcohol abuse
- Self referrals
- Substance abuse education and training
- Administering the URI or R-URI survey to your unit

The ARNG Substance Abuse Program offers a new and unique training tool for our Army National Guard Soldiers in the realm of substance abuse prevention. "Strong Choices" is the primary tool for leadership to utilize as the Universal Prevention training, specifically created for the Army. This training covers high risk choices identifiers, a low risk choice guideline, tools to manage stress, and healthy relationship strategies.

Meet your Alcohol & Drug Control Officer and your Substance Abuse Prevention Coordinator

The ADCO and PC provide education and resources for Soldiers and Commanders. Their role is not to act as a counselor or provide treatment, but to provide information and referrals for assessment.

Alcohol & Drug Control Officer	Prevention Coordinator
Robin Tanguay Work Cell: 401-465-4947 robin.tanguay@accenturefederal.com	Jennifer Gonzalez-Smith Office: 860-548-3291 Work Cell: 860-549-2838 j.m.gonzalez-smith@accenturefederal.com




01 JULY 14

DID YOU KNOW...

Of Soldiers age 18-24,

19%

meet criteria for alcohol dependence.

Self-referral may be an option for you.

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

National Guard Association of Connecticut (NGACT)

NGACT 2016 Scholarship Application Season Open

KENDRA ROSS
NGACT BOARD MEMBER

The National Guard Association of Connecticut (NGACT) proudly announces the 2016 Scholarship Application for NGACT members and their dependents. For a full list of those eligible to apply, please visit our website at www.ngact.org.

NGACT was founded in 1994 as a combined officer and enlisted organization for the purpose of representing active and retired members of the Connecticut Army and Air National Guard.

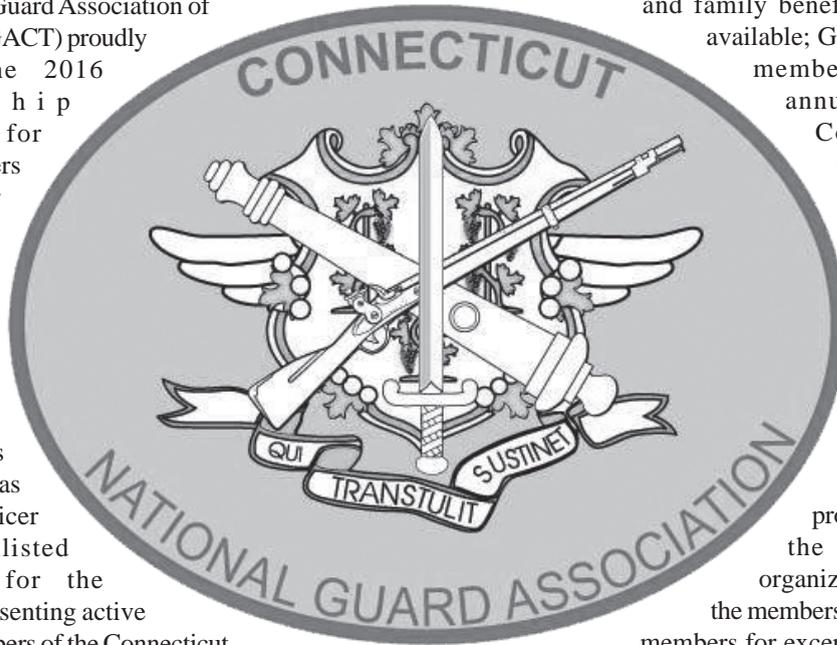
NGACT was originally organized as a non-profit organization designed to serve as the collective voice of all Guard officer and enlisted personnel. Together, members share in the pride, patriotism, and vigilance that keep America strong, accomplishing together what no person could accomplish alone. This united voice helps keep the Connecticut Army and Air National Guard ready and equipped to defend our freedom and represented at the national level through the National Guard Association of the United States (NGAUS).

NGACT provides a means to express the wishes of its many members. In the past it has proven its value through

improved benefits, modern facilities, and better equipment. Moreover, NGACT offers individual and family benefits otherwise not available; Group Insurance for members and families, annual NGACT Conference, and support services including co-sponsor of National Guard events and support of Send Off and Welcome Home Celebrations. The Scholarships program is just one of the many ways the organization gives back to the members, and recognizes its members for exceptional service and academics.

Download the application, complete and return by June 1, 2016. Must be postmarked by June 1, 2016.

Find more information and download the complete 2016 scholarship application at <http://ngact.org> or contact Kendra Ross at Kendra.L.Ross.mil@mail.mil



2016 NGACT Calendar of Events

**May 18
Board Meeting**

**June 15
Board Meeting**

**July 20
Board Meeting**

**July 27
Work Night**

**August 4
Retiree Picnic**

**August 10
Scholarship Banquet**

**August 17
Board Meeting**

**August 20-25
EANGUS Conference**

**August 31
Work Night**

**September 2
NGACT Golf Tourn.**

**September 9-12
NGAUS Conference**

**October 19
Board Meeting**

**November 16
Board Meeting**

**December 14
Board Meeting**

Follow NGACT on Social Media

Facebook



Twitter



LinkedIn



Visit the NGACT Website at www.ngact.org

67th ARMED FORCES DAY LUNCHEON
 AQUA TURF CLUB
 556 Mulberry Street
 SOUTHLINGTON, CONNECTICUT

RESPONSE FORM

Please use this form to reserve individual or group attendance for the Connecticut Armed Forces Day Luncheon to be held on Friday May 20, 2016. **Cost per individual is \$30.00**

Please make checks payable to "The CT Armed Forces Day Luncheon"

NAME: _____

TITLE: _____ ORGANIZATION: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE NUMBER: _____

NUMBER OF INDIVIDUALS ATTENDING: _____

(please attach the names of the individuals in your party)

AMOUNT ENCLOSED: \$ _____

E-MAIL ADDRESS _____

COMMENTS/SPECIAL REQUESTS: _____

**SEATING IS LIMITED SO PLEASE RETURN COMPLETED FORM WITH PAYMENT
 NO LATER THAN MAY 14th, 2016 to:**

Sgt. 1st Class William Blake
 Armed Forces Luncheon Committee
 National Guard Armory
 360 Broad Street
 Hartford, CT 06105-3795

Questions? Call: (860) 493-2750

Email: william.d.blake14.mil@mail.mil

Retiree Voice Veteran & Retiree Updates

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

Army Echoes reported in its latest issue on laws regarding when veterans salute the flag, during the Pledge of Allegiance and the playing of the National Anthem. This most recent change, in 2013, has not received a lot of publicity.

Those in uniform should render a military salute. Members of the Armed Forces and veterans not in uniform, may also salute. All other persons present come to attention, face the flag with their right hand over their heart with headgear removed and held to their left shoulder in their right hand over their heart. During the National Anthem, all individuals in uniform give the military salute until the last note. Those members and veterans present, but not in uniform, may also salute. If the flag is not displayed, all present should face toward the music and act the same as if the flag is present. Armed Forces Day and Memorial Day are important military holidays in May when we honor the Armed Forces of our country and remember those who remain only in our memories. I would encourage all retirees to take part in ceremonies on these days and render appropriate honors.

Viewing your Retiree Account Statement

Check out DFAS MyPay. The most convenient way to view your Retiree Account Statement and manage your account is through MyPay, our online account management system. MyPay provides faster service, security, accessibility and reliability to all DFAS customers worldwide. It is easy to set up an account at mypay.dfas.mil. For example, with a MyPay account you can view, print or save your retiree account statement; start, stop or change electronic allotments to financial institutions; change addresses, make changes to your direct deposit information, view, print or save your IRS Form 1099R.

Retiree Travel Update

U.S. Military retirees receive many benefits, but some may not be available to them overseas. Depending upon the country you are traveling to, you may not have the same access to as exchange, commissary and housing facilities as in the United States. For example, to stay at Edelweiss Lodge and Resort in Germany, retired soldiers must reside in or visit Germany for a minimum of 30 days.

Also, in Europe, retirees have limited exchange and commissary privileges. The sale of merchandise on military bases is governed by the North Atlantic Treaty

Status of Forces Agreement. Only individuals on orders in support of NATO, and their families, are allowed to purchase duty-free goods. For detailed information, google US Commissary Use in Europe, and US military retirees exchange privileges.

TRICARE Update

Do you know about TRICARE's Nurse Advice Line? For adults 65 and older, especially those with chronic illnesses, calling the Nurse Advice Line may save a trip to the doctor. When you call NAL, a registered nurse can help you with self-care or help to make the decision to see a medical professional.

The NAL provides a great medical assessment tool that provides access to care, especially after hours and when traveling, which is great for retirees on the move. If you aren't sure about what kind of care you might need, the NAL can access your symptoms and provide advice or also help you find a doctor and schedule next-day appointments at military hospitals and clinics when available. The NAL is an easy option for beneficiaries to get information on their medical problems quickly and at any time. To access the NAL dial 1-800-TRICARE (874-2273) and select option 1. More information about the Nurse Advice Line can be found on the TRICARE website.

MONTHLY SAFETY TIP

THINGS YOU JUST DON'T WANT TO DO ALONE: HIKING

Hiking Tips
Avoid hiking alone because the "buddy system" is safer during any type of activity. If traveling with a group, never stray from the group. If hiking alone, pick a well traveled trail. Tell someone where you are going and when you will return.



  <https://safety.army.mil>

CONNECTICUT NATIONAL GUARD SAFETY FIRST

Consider Safety in all Seasons

Connecticut
Army National Guard
Safety Office
(860) 292-4597

Connecticut
Air National Guard
Safety Office
(860) 292-2776

Celebrating Asian American Contributions to America's Military

VICTORIA LUGLI
CONTRIBUTING WRITER

May is recognized as Asian-Pacific American Heritage Month, a celebration of Asians and Pacific Islanders in the United States.

There is evidence dating as far back as the Revolutionary War of Filipino soldiers aiding early Americans in the fight, but the first known proof of Asian Americans in our military history occurred in the War of 1812 when Gen. Andrew Jackson wrote about their involvement under his defense command in New Orleans, Louisiana.

Joseph Pierce (his chosen name), is one of the most well-known figures in 19th century Asian-American military history. Pierce first emigrated to the U.S. from China after he was brought here by his adoptive father, Connecticut ship captain, Amos Peck. In 1862, a young Pierce enlisted into the U.S. Army and was assigned to the Fourteenth Regiment, Company F of the Connecticut Volunteer Infantry. This regiment went on to becoming part of the Second Brigade, Third Division, Second Army Corps of the Army of the Potomac. Pierce is remembered for his service in notable battles like Antietam, Gettysburg, and Appomattox. Today, he is still recognized as being one of the highest-ranking Chinese-Americans to serve in the Union Army. He reached the rank of corporal and is memorialized today in the Gettysburg Museum in Pennsylvania, where visitors can see a portrait of Pierce.

In 2007, the U.S. House of Representatives passed a bill to honor not only Pierce, but other Asian and Pacific Islands American soldiers who helped our country during the Civil War.

Other notable Asian American soldiers in American history include William Ah Hang, who was one of the first Asian Americans to join the U.S. Navy in 1863; as well as Ching Lee (Thomas Sylvanus), Felix Cornelius Balderry and Christopher Wren and Stephen Decatur Bunker, sons of famous "Siamese Twins," Eng and Chang.

The first Pacific Islander American to reach the rank of brigadier general was Brig. Gen. Albert Lyman. Lyman, of Chinese and Hawaiian descent, was commanding general of the 32nd Army Division that fought in the Philippines during World War II.

Asian and Pacific Islander Americans have played a large role in our American military history, rarely receiving the recognition they deserved for their sacrifice. During Pacific American Heritage Month, it is important that we look back into our history to distinguish and honor the notable contributions of the Asian American population and to learn about their culture and traditions that continue to impact the America today.



Resilience:

"Skill of the Month"



CSM James Sypher
State Resilience Coordinator
james.a.sypher.mil@mail.com

GOAL SETTING

WHAT'S MY GOAL?



- Do the Bucket List activity below
- Then use the Goal Setting participant activity located on the next page to start achieving!

Your Bucket List

First: Take a moment to *brainstorm* and write down the goals you would like to achieve, then circle the ones that would need a deliberate plan...

Examples:

* Run a marathon

* Visit all 7 continents

* Write a song

* Keep a journal

* Take a yoga class

* Get six-pack abs

Next: Use the 7-step Goal Setting Process (see next page) to outline your plan for goal achievement.

What is the skill?

"Goal Setting" is a process to deliberately energize, direct, and sustain behavior to ensure progress. The end-state is goal achievement.

Bottom Line Up Front (B.L.U.F.)

- Goal Setting helps to build *Self-regulation*.
- Goal Setting is an effective strategy to facilitate *achievement of dream goals* as well as enhanced performance.



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

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

Help is just a Click, Call or Text away!



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

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

*Text your location for the nearest SARC





2016 CT 102D Army Band **OPEN HOUSE!**

When: May 21st-22nd, 2016

Where: 120 West St., Rockville, CT

Time: 9:00am – 4:00pm

Meet us, Perform, Master Classes & More!

*Offering **FREE** in state college tuition*

& many more benefits to join!

Please RSVP: By May 13th

"Army Bands provide music throughout the spectrum of military operations to instill in our Soldiers the will to fight and win, foster the support of our citizens, and promote our national interests at home and abroad."

Priority to CLARINETS and FRENCH HORN!!

The 102D Army Band is
NOW HOSTING AUDITIONS!

Check us out on YouTube: 102D Army Band
<https://www.youtube.com/watch?v=GMOqnIGAVU4>

Learn More About Us, Please Contact:
SSG Tomasz Durnik
860-375-1801
Tomasz.d.durnik.mil@mail.mil
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

Doucette, Corey M.

To Private 2

Mccollum, Justin M.
 Bandeira, Joseph M.
 Niles, Kaitlyn M.
 Mitchell, Johnoy G.
 Mack, Chris R.
 Evans, Keith S.
 Oliver, Jacob R. III
 Mccloud, Riley K.
 Jackson, Brandon L.
 Angileri, Connor D.
 Perry, Jacob R.
 Cutler, Cody J.
 Rivera, Michael
 Levesque, Ian J.
 Castillo, John Jr.
 Kopacsi, Adam J. Jr.
 Villalvaurillo, Christopher
 Ash, Derrick II
 Rodriguez, Isaac D.

To Private First Class

Cortes, Marcantoni
 Niles, Ryan D.
 Brodeur, Kristin L.

Nolan, Kelly E.
 Gonzalez, Julio A. Jr.
 Senez, Collin J.
 Martin, Elizabeth M.
 Munoz, Julio C.
 Little, Taylor A.
 Thorpe, Larry G.
 Barabas, Frank A. III
 Coleman, Sazia M.
 Hychko, Matthew M.
 Kier, Michael W.
 Moylan, Kevin P.
 Quinn, Jacob C.
 Espinal, Irsy A.
 Messier, Jacob T.
 Hovendick, Jourden Q.
 Ariascollazo, Jose J.
 Chaparroroser, Jean P.
 Echavarria, Alejandro
 Gonzalez, Joel
 Fernandez, Leticia W.

To Specialist

Peltz, Christopher M.
 Lathrop, Austin J.
 Micena, Kyle A.
 Rivera, Arleen M.
 Esannason, Tyquil A.

Gour, Julien P.
 Collazo, Loanamarie
 Jimenez, Dennis
 Alam, Mohammed J.
 Salmon, Jevon A.
 Kaback, David S.
 Sargent, Zakary R.
 Crudo, Michael J.
 Calderon, Sharina R.
 Grissler, Katelyn F.
 Rivera, Alexis D.
 Graves, Jordan V.
 Poper, John E.
 Bavaro, Ryan A.
 Velasco, James A.
 Diaz, Jose L.

To Sergeant

Leach, Danielle L.
 Rosado, Debra L.
 Contreras, Jessica M.
 Rodriguez, Emanuel
 Agbobli, Kouma Y.
 Zygmont, Keegan M.
 Vassak, Sarah M.
 Crowley, Allyson L.
 Rookwood, David
 Gonzalez, Jonathan B.
 Knight, Calista J.

To Staff Sergeant

Grenier, Nathan J.
 Dutkiewicz, Mandolin J.
 Young, John R.
 Madore, Justin W.

To First Sergeant

Comulada, Edgardo L.

To Warrant Officer

Grandahl, Alexander R.

To Chief Warrant Officer 3

Hodges, Anthony

To 1st Lieutenant

Johnson, Chad A.

To Captain

Langevin, Chad W.
 Wilcoxson Michael J.
 Tu, Michael W.

To Major

Jimenez, Ronny O.
 Hinds, Donnal K.

AIR

To Senior Airman

Delgado, Anitress M.
 Starks, Daquanna L.
 Shields, David W. Jr.
 Rockett, John S.
 Sherman, Ke M.
 Whiting, McClure I.
 Glazer, Michael S.
 Kret, Radoslaw
 Meach, Sivarvong
 Tucker, Steven M.

To Staff Sergeant

Brennan, Meagan E.
 Barkman, Michael R.
 Mcnamara, Patrick W.
 Kien, Paul V.
 Parker, Samantha F.

To Technical Sergeant

Boulanger, Benjamin C.
 Damico, Christopher J.
 Candelori, David
 Serra, John P.
 Hancock, Joseph E.
 Graveline, Joseph M.
 Labrecque, Justin M.
 Danielson, Kevin P.
 Schneider, Levi R.
 Sullivan, Ryan E.

Congratulations to All!



Coming Events & Holidays

May

May 2-6

Regional Best Warrior Competition

May 8

Mother's Day

May 10

June Guardian Deadline

May 20

Armed Forces Day Luncheon

May 21

Armed Forces Day

May 30

Memorial Day

June

June 6

D-Day

June 6

Ramadan begins

June 7

July Guardian Deadline

June 14

Flag Day/Army birthday

June 19

Father's Day

June 27

National PTSD Awareness Day

July

July 4

Independence Day

July 12

August Guardian Deadline

Deadline for June Issue of the Guardian is May 10.

Deadline for the July Issue of the Guardian is June 7, 2016.

America's Military - Guardians of Freedom



CONNECTICUT ARMED FORCES DAY LUNCHEON

MAY 20, 2016 ★ AQUA TURF CLUB ★ 11:00 a.m.



with Special Guest Speaker
Commissioner Sean M. Connolly
Connecticut Department of Veterans Affairs



For more information, contact Sgt. 1st Class William Blake ★ (860) 493-2750 ★ William.D.Blake14.mil@mail.mil
or visit http://ct.ng.mil/CT_AFDL or [Facebook.com/CTArmedForcesDay](https://www.facebook.com/CTArmedForcesDay)

Response Form on Page 23

CHANGE SERVICE REQUESTED

PRSR1 STD
US POSTAGE
PAID
Hartford, CT
Permit No. 603



Connecticut FAMILY Guardian



VOL. 17 NO. 5

HARTFORD, CONNECTICUT

MAY 2016

Breakfast with the Easter Bunny Returns to Hartford

CAPT. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

After spending 2015 at the Windsor Locks Readiness Center, the 19th edition of Breakfast with the Easter Bunny returned to the Hartford Armory, March 26.

Over 400 military children and family members participated in a pancake breakfast, a visit from the Easter Bunny itself, and plenty of activities as a way for the Connecticut National Guard to say thank you for the sacrifices its military families make every year.

With face painting and decoration stations, children had the chance to show off their creative side. A bounce house and inflatable obstacle course also gave parents the opportunity to have their kids work off some of the sugar.

The main event, as always, was the egg hunt. Grouped together by age, three separate waves of children made a dash across the armory's drill shed floor to collect as many treat-laden eggs as possible, with parents closely in tow taking photos of their little ones.

Last year's event took place at the Windsor Locks Readiness Center as the Hartford Armory underwent construction on its roof.

For more information on Breakfast with the Easter Bunny, or any of the CTNG's Family Programs' events, check out their Facebook page at www.facebook.com/CTNGfamilies.



Children run to collect Easter eggs at the 2016 Breakfast with the Easter Bunny at the William A. O'Neill Armory in Hartford, Conn., March 26. More than 400 military children and family members participated in the event that consisted of a pancake breakfast, a visit from the Easter Bunny, an egg hunt and many other festive activities. The annual event is presented by the CTNG Service Member and Family Support Center to say thank you for the sacrifices its military families make every year. (Photo by Capt. Mike Petersen, State Public Affairs Officer)



(Left) The Easter Bunny pays a visit to the 2016 Breakfast with the Easter Bunny at the William A. O'Neill Armory in Hartford, Conn., March 26. More than 400 military children and family members participated in the event that consisted of a pancake breakfast, an egg hunt and many other festive activities. (Photo by Capt. Mike Petersen, State Public Affairs Officer)



(Right) Military children participated in creative festive activities at the 2016 Breakfast with the Easter Bunny at the William A. O'Neill Armory in Hartford, Conn., March 26. (Photo by Capt. Mike Petersen, State Public Affairs Officer)



CATHERINE
GALASSO-VIGORITO

God Knows How to Take Care of You

From the depths of a 100-foot well in India, people heard a whimpering sound. They followed the screeching cries and looked down a deep, dark well. They were brought to an abrupt halt as they saw a frightened brown dog that was trapped in the well. Their thoughts reeled. The dog was scared, looking upward and crying for help. Time and time again, the terrified dog frantically had tried to climb the well's walls to escape. However, each time the dog tried to break free, the well's structure crumbled. There was no way out. Helpless and hopeless, it was impossible for the hungry, stray dog to climb up and get away on its own.

From where would help come? Help came from above as a brave volunteer managed to strap himself to a crane. The crane operator slowly but deliberately dropped the volunteer down, as the volunteer descended into the 100-foot well.

The scared dog was hiding in the corner. Yet, somehow, after some coaxing, the volunteer was able to wrap his arms around the animal. Gently, the volunteer put the dog into a net. Then, the crane operator brought the dog and the volunteer back up to the surface safely. Immediately, the dog was taken to a rescue organization. Now, he is in good condition.

Do you feel that there is no way out of your present situation? Perhaps, you are worried about the future because you're trapped in an unfair circumstance. Or, you're struggling to move forward in life.

But this remarkable dog rescue reminded me that when it appears that there is no way out of your situation, your help, too, will come from above. Thus, look up and shift your eyes and your focus on God. Outside forces might be pulling you down. Nonetheless, do not fear. As the brave volunteer lifted up and rescued the dog, God will lift you up and carry you through the difficulties. God knows how to take care of you. So be on the lookout, for God works in mysterious ways. His specialty is doing the impossible. And help can come from unexpected places.

I know a woman who was leaving the hospital one afternoon after visiting her sick child. Tearful, as she walked to her car, she had been praying for some sign of hope. Just then, unexpectedly, a parking garage security guard saw the woman. He had noticed that she had been

crying. Kindly, the security guard offered to her these comforting words: "Have hope, things will work out all right, you'll see." The guard smiled, and walked away, as the woman made her way to her car. "I thought he was an angel," the woman said. For those comforting words helped her so much that the woman vowed she would say one kind word or do one good deed for someone a day. Moreover, today, her child is completely healed.

God has heard your prayers as well. And a time of testing may be God's way of preparing you for the incredible things He has ahead. God sees your amazing capabilities. He knows what you have gone through, where you've been, and, moreover, He recognizes what you can become tomorrow. So don't give up before the victory. Right now, God is interceding for you and is positively working situations out in your behalf. Often, I visit the craft store and buy art projects for my children that I think they would enjoy. Then, at home, I store the projects in the back of my closet, so I can give the gift to them when the time is right. Likewise, God has gifts stored up for you. For when the time is right, there'll be a great blessing in your life. This could be the week that you receive the breakthrough that you need. Hence, do your part and God will do His part.

Plus, when the first blessing comes, there will be another blessing unfolding thereafter. For when God is involved, extraordinary things happen.

Today, persist with the assurance that God will come through for you. You've come too far. You have worked too hard and have sacrificed too much to give up on the desires of your heart now. I recall when my daughter, who is a highly-motivated A+ student, took a quiz in her social studies class and received a grade of 85. When she brought the quiz home, I noticed that there was an orange sticky note attached to the paper. My daughter wrote on the note: "Look at it. Learn. Then, discard it."

What a wonderful lesson for life: When we face a mishap, don't quit. Rather, "Look at it. Learn. Then, discard it." Remember, the boxing match is not lost just because the boxer didn't win the first round. There are 11 more rounds in the ring to go. God loves and remembers you. You're a winner, a champion. You are fully adequate, competent, and worthy. Your life counts and even, "the very hairs of your head are numbered," (Matthew 10:30). You're "...fearfully and wonderfully made," (Psalm 139:14). See the worth in yourself that God sees in you

and never on yourself.

Posted in my office, are the beautiful words of a song written by gifted song writer and musician Don Moen:

"God will make a way
Where there seems to be no way
He works in ways we cannot see
He will make a way for me
He will be my guide
Hold me closely to His side
With love and strength
For each new day
He will make a way
He will make a way."

God can make the impossible, to be possible. For if He made a way for the Israelites to walk on dry land in the middle of the Red Sea to safety, He can certainly overturn your problems. God wants to heal the hurts in your life and bring you out better than you were before. He works in ways that we sometimes cannot see or comprehend and delights in making your wrongs come out right, so trust in Him. There is not an area or detail that God will not be willing to help you with, regardless of how small or large. God has promised blessings and benefits to those who seek Him, honor Him, thank Him, listen to His voice and walk in His ways.

There is an amazing future in front of you. Thus, with joyful expectation, look up to and trust God. In the Old Testament, Isaiah 63:9 says, "...In His love and mercy He redeemed them. He lifted them up and carried them through all the years." And as the dog and the rescue volunteer were hoisted up by the crane operator from a 100-foot well, God will take you up higher and higher. He will restore your peace and joy and lead you forward into a life of blessings.

Catherine Galasso-Vigorito is a nationally-syndicated columnist and author from Connecticut who donates a monthly inspirational column to demonstrate her appreciation of U.S. service members and their families. The content is her own and does not express the official views of the U.S. Government or the Department of Defense. You may write to Ms. Galasso-Vigorito in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06106-3795 or e-mail her at cgv@anewyouworldwide.com. Visit her website at www.anewyouworldwide.com. © Catherine Galasso, 2016

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

Twelve Can't-Miss Resources for Military Parents

SUBMITTED BY CHRISTOPHER ROULEAU
MILITARY ONE SOURCE

Being a parent comes with a long list of rewards ... and challenges. When you're a military parent with young children, sometimes it can feel like you're just hanging on for dear life until the next naptime. But for military families, the saying "it takes a village" couldn't be more accurate. Between the temper tantrums, spit-up soaked shirts and diaper disasters, you'll need all the help you can get.

Luckily, along with the people who make up your village — friends, neighbors, grandparents — you can also make the most of many no-cost tools and resources available to military parents to help raise a safe, happy and healthy family.

Department of Defense Resources

■ The New Parent Support Program provides supportive home visits to expectant parents and parents of young children. You can get parenting tips and advice to help you make it through those first challenging years. For more information, contact your local Military and Family Support Center or Family Advocacy Program. Find contact information for those programs through Military Installations.

■ The Military OneSource Parenting page has lots of good information and tips on raising children. Topics cover everything from safe sleep environments and children's developmental milestones to having a baby when your spouse or partner is deployed.

■ Military OneSource specialty consultations give parents a chance to speak with specialists with various areas of expertise. Thinking about adoption? Schedule a consultation. Looking for a support group? Schedule a consultation. And that's not all — specialty consultations are also available to cover these categories: Wounded Warrior, Special Needs, Adult and Elder Care, Education, and Health and Wellness coaching. Just call 800-342-9647.

■ Morale, Welfare and Recreation Online Libraries have a huge variety of books for your children. You can download animated picture books to help your kids learn to read and build their vocabulary, and provide them with endless hours of entertainment. But don't worry, it's not just for the kids — there are books and magazines available for you to download, too.

Parenting Newsletters and Apps

■ Parent Review: This weekly newsletter about pregnancy and parenting questions is available to new or expecting military families at no cost from the moment you or your spouse becomes pregnant until your child turns 1 year old.

■ From Baby to Big Kid: This monthly e-newsletter from Zero to Three, a nonprofit organization, takes a scientific approach to exploring how children learn and grow each month, from birth to 3 years old.

■ Babies on the Homefront: This is a new free app from Zero to Three just for military parents.

■ Just In Time Parenting: You can download and print this e-newsletter, but subscribing also helps connect you with parenting experts around the country.

■ Text4baby: This no-cost mobile information service can help you have a healthy pregnancy. You'll receive three text messages per week tailored to your due date and your growing child.

Resources From Partner Organizations

■ Sesame Workshop: Sometimes the tough lessons just sound better coming from Elmo. This multiphase outreach initiative uses videos, storybooks and workbooks to help kids through deployments, moves, combat-related injuries and the death of a loved one.

■ Zero to Three: This national nonprofit has many resources to support military families with young children under 3 years old. Check out the DVDs and activity books for your children or listen to the parenting podcast, "Little Kids, Big Questions."

■ Focus on the Go: Family resilience isn't all fun and games, but that doesn't mean it can't still be fun. This app from Project focus will hold your child's attention with fun games and activities, and simultaneously teach them how to better communicate their feelings. While you are on their site, check out other apps, like focus World, providing online resiliency training for military families.

With these resources, you can build your village and be ready to face surprises parenting throws your way.

<p>William A. O'Neill Armory 360 Broad St. RM 112 Hartford, CT 06105</p> <p>Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795</p> <p>Child and Youth Program (860) 548-3254</p> <p>Yellow Ribbon Reintegration Program (860) 493-2796</p> <p>Military OneSource (800) 342-9647 (860) 502-5416</p> <p>Survivor Outreach Services (860) 548-3258 Open Mon.-Fri.</p> <p>Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri.</p> <p>Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.</p>	<h2>CONNECTICUT NATIONAL GUARD</h2> <p><i>Family Assistance Center Locations</i></p> <p>Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p>Our Programs Include:</p> <table border="0"> <tr> <td>Budget Counseling</td> <td>Community Support Options</td> <td>Financial Assistance and Relief</td> </tr> <tr> <td>Family Communication</td> <td>Counseling Referrals</td> <td>Morale, Welfare and Recreation (MWR)</td> </tr> <tr> <td>Legal and Pay Information</td> <td>Outreach</td> <td>Family Readiness Groups (FRG)</td> </tr> <tr> <td>TRICARE Assistance</td> <td>Volunteer Opportunities</td> <td>DEERS & ID Card Assistance</td> </tr> </table> <p>Support is available 24/7 by calling (800) 858-2677</p> <p><small>*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</small></p>	Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance	<p>New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri.</p> <p>103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (800) 858-2677 Open Tues.-Fri.</p> <p>103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment*</p> <p>Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (800) 858-2677 *By Appointment*</p> <p>Norwich Armory 38 Stott Ave. Norwich, CT 06360 (800) 858-2677 *Wednesday or By Appointment*</p> <p>Waterbury Armory 64 Field St. Waterbury, CT 06702 (800) 858-2677 *By Appointment*</p>
Budget Counseling	Community Support Options	Financial Assistance and Relief												
Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)												
Legal and Pay Information	Outreach	Family Readiness Groups (FRG)												
TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance												

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

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)

Mother's Day Word Search

See how many words related to Mother's Day you can find in this word search from the list at the bottom. Words can be backward, forward, up, down, or diagonal. Circle each word you find, then cross it off the list.



- APPRECIATION
- CARE
- FLOWERS
- GRANDMOTHER
- HONOR
- KINDNESS
- LOVE
- MOM
- MOTHERHOOD
- RESPECT



Memorial Day: Missing Letters

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

1. CEREM__NIES
2. MIL__TARY
3. __EMETERIES
4. HA__F-S__AFF
5. PO__PY FLO__ERS
6. AMERI__AN F__AG
7. FAMILY GATHERI__GS
8. CIV__L WA__
9. PA__ADE
10. REMEMB__NCE



CONNECTICUT GUARDIAN
MAY 2016
PAGE S4

Service Member & Family Support Center Staff Directory

William A. O'Neill Armory - 360 Broad Street, Hartford, CT 06105 - Open Mon.-Fri. Fax: (860)493-2795			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyenne.c.baber.mil@mail.mil	(860) 548-3276 (desk)
Family Assistance Center Coordinator	Anne Reed	anne.s.reed.ctr@mail.mil	(860) 524-4938 (desk)
Family Assistance Center Specialist	Rita O'Donnell	lerita.m.odonnell.ctr@mail.mil	(860) 493-2797 (desk) (860) 883-6949 (cell)
Family Assistance Center Specialist	Jessica Koehler	jessica.w.koehler.ctr@mail.mil	(860) 524-4969 (desk) (860) 883-6940 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 524-4821 (desk) (860) 883-2704 (cell)
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4963 (desk) (860) 680-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk) (860) 881-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.t.cummings.mil@mail.mil	(860) 493-2796 (desk)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254 (desk) (860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.oshaughnessy.ctr@mail.mil	(860) 548-3258 (desk) (860) 394-8748 (cell)
Military OneSource Consultant	Chris Rouleau	christopher.rouleau@militaryonesource.com	(860) 502-5416 (cell) (860) 493-2722 (desk)
State Support Chaplain	CH. (MAJ) David Nutt	david.c.nutt.mil@mail.mil	(860) 548-3240 (desk) (860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk) (860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Josh Mead	jmead.ctesgr@live.com	(860) 548-3295 (desk)
Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Windsor Locks Readiness Center - 85-300 Light Lane, Windsor Locks, CT 06096 - By Appointment - (800) 858-2677			
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 292-4602 (desk)
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 (desk) (860) 883-2746 (cell)
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 (desk) (860) 883-2720 (cell)
103rd Airlift Wing - 100 Nicholson Road, East Granby, CT 06026 - Open Tues.-Fri. - (800) 858-2677			
Airman and Family Readiness Program Manager	Currently Vacant		
Niantic Readiness Center - 38 Smith Street, Niantic, CT 06357 - By Appointment - (800) 858-2677			
Family Assistance Center Specialist	Timothy Hesney	Email forthcoming	
103rd Air Control Squadron - 206 Boston Post Road, Orange, CT 06477 - By Appointment - (800) 858-2677			
Waterbury Armory - 64 Field Street, Waterbury, CT 06702 - By Appointment - (800) 858-2677			
Norwich Armory - 38 Stott Avenue, Norwich, CT 06360 - By Appointment - (800) 858-2677			