

# Connecticut Guardian



VOL. 17 NO. 7

HARTFORD, CONNECTICUT

JULY 2016



*Members of Charlie Company, 1-102nd Infantry Regiment charge down a path as they move between events during the 2016 Trumbull Cup at Stones Ranch Military Reservation, June 15. Each of the battalion's six subordinate units fielded a 20-Soldier team for the round robin competition, consisting of seven events that focus on skills trained throughout the year (Photo by Capt. Mike Petersen, State Public Affairs Officer)*

## 1-102nd Companies Compete for Trumbull Cup

*Full story on page 8*

### In This Issue:



**CT Air Guard Warrior Day  
Page 4**



**C Co, 572 BEB First AT  
Page 6**



**143rd RSG Annual Training  
Page 14-15**

# Connecticut Army National Guard Critical Information List

The Critical Information List describes a list of critical information that must be protected from adversaries. 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.

1. Personally Identifiable Information
2. Protected Information/Privacy Act
3. Mobilization/Deployment/Re-deployment Information
4. Details of Operations and/or Missions
5. Information Assurance: passwords, phone numbers, unit rosters
6. Training Schedules, training Calendars or details of major training events
7. Capabilities of organizational weapons, equipment and personnel; LOGSTAT/PERSTAT
8. Identification of unit/facility, Mission Essential Vulnerable Areas

For more information reference Army Regulation 530-1, Operations Security or contact the State Operations Security Officer, Maj. Andrew P. Ossolinski at (860) 548-3221 or [Andrew.p.ossolinski.mil@mail.mil](mailto:Andrew.p.ossolinski.mil@mail.mil).



# CAC Scan App Threatens OPSEC

LT COL. GREG W. KOZBINSKI  
103RD AIRLIFT WING, WING PLANS

The Air Force OPSEC Support Team has recently released information regarding a new smart phone app that can scan Common Access Cards.

The app, CAC Scan, is available in the Google Play store for Android devices. It is designed to scan the bar code on the front of a military CAC and provide a read out of the personal data including the cardholder's name, Social Security number and Department of Defense Identification number (along with other pertinent information).

And yes, it works. Service members are urged to use extreme caution when downloading and using any app, especially one that deals with your personal information.

There is no valid reason to use this app and the potential OPSEC implications can be wide-reaching. Ask yourself, "If this app scans my personal info, is this info being forwarded anywhere?"

ID scanning technology is currently prevalent in bars and other establishments that restrict access based on age; it is utilized to validate an ID and ensure those presenting identification are legitimate.

Consider what you might be revealing when you present your CAC to be scanned. The danger of this scanned information being captured and collected is not



unheard of. If it is not utilized immediately, the collected data can be aggregated and sold for various less legitimate uses. Adding military information to this mix helps build a better profile on an individual exposing them to unsolicited marketing, spear phishing, or worse.

The advice is simply this—even though the SSN has been removed from your CAC, the information is still readily available. Protect your CAC. Do not let it get scanned at non-DoD facilities.

## 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](mailto: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](mailto: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](mailto: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  
*Chief Warrant Officer 5 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 July 12 for the August Issue and August 9 for the September issue. Circulation: 7,800

# Military Police Taking Care of their Own

## Guardsmen Answer the Call to Help Deceased Soldier's Family

MASTER SGT. JOSEPH YORSKI  
169TH REGIMENT (RTI) UPAR

When the family of a deceased former member of the 143rd Military Police Company put out the call for help, the Connecticut Army National Guard Military Police community responded in a big way.

Master Sgt. Brian T. Young, a former member of the 143rd who passed away in 2013, deployed to Iraq twice with Connecticut MP units, first in 2003 with the 143rd MP Company and later in 2009 with the 192nd MP Battalion. When his widow, Casaundra, asked for help with a leaking roof, the Connecticut MP community showed up in force with tools, refreshments and most importantly, labor.

Over a dozen former unit members, many of whom did not know or serve with Master Sgt. Young, volunteered their personal time to help Mrs. Young strip the old roof off of the family garage, replace numerous missing or rotted boards, and re-shingle the roof, May 21.

Several of the volunteers came from out-of-state to help, after seeing request for help on the unit's members-only Facebook page. Several others took time off from work to assist as well.

"That's what we do," said Sgt. John Lindstrom, a former member of the 143rd Military Police Company. "His widow needed help, and the 143rd was a great unit. I also enjoy hanging out with fellow Vets."

Lindstrom was one of the former unit members who had never met Master Sgt. Young, yet drove in from North Attleboro, Massachusetts to pitch in.

The event was put together by former Staff Sgt. Howard Smith, who deployed with the unit in support of Operation Iraqi Freedom in 2003-2004 and currently serves his community as a Connecticut State Trooper. Members of Master Sgt. Young's family, friends and neighbors also helped out.

"It is amazing the love I feel at the outpouring of support," said Casaundra Young. "I wish I could repay the unit somehow."

The MPs present agreed there was no thanks necessary. Those who knew Master Sgt. Young knew he would have done the same for them.

One of the volunteers worked with Master Sgt. Young while they were Active Guard Reserve Soldiers assigned to the 143rd MP Company Sgt. 1st Class Marc Pucinski.

"It really shows the character of Brian that former members of all eras of the 143rd would show up, regardless of whether they knew him or not. The 143rd is a family," said Pucinski, who deployed with the unit for both Desert Storm and Operation Iraqi Freedom.



*Current and former members of the Connecticut Army National Guard Military Police Community helped to repair a garage roof for the family of Master Sgt. Brian T. Young, May 21. Young was a member of the Connecticut Army National Guard for more than 10 years, deploying to in support of Operation Iraqi Freedom with the 143rd Military Police Company in 2003, and with the 192nd Military Police Battalion in 2009. He passed away in 2013. Guardsmen answered the call to help Young's widow, Casaundra Young with minor home repairs. (Photo by Master Sgt. Joseph Yorski, 169th Regiment (RTI) UPAR)*



*Current and former members of the Connecticut Army National Guard Military Police Community helped to repair the roof for the family of Master Sgt. Brian T. Young, May 21. Young was a member of the Connecticut Army National Guard for more than 10 years, deploying in support of Operation Iraqi Freedom with the 143rd Military Police Company in 2003, and with the 192nd Military Police Battalion in 2009. He passed away in 2013. Guardsmen answered the call to help Young's widow, Casaundra Young with minor home repairs. (Photo by Master Sgt. Joseph Yorski, 169th Regiment (RTI) UPAR)*

# Warrior Day 2016 - Flying Yankees Take to the Field

SENIOR AIRMAN EMMANUEL SANTIAGO  
103RD AIRLIFT WING, PUBLIC AFFAIRS

The rain finally let up and clear skies gave way just in time for Warrior Day at Bradley Air National Guard Base, East Granby, Connecticut, June 4.

The base-wide event featured two rounds followed by the top four teams battling it out in an all-out ruthless tug-of-war battle. This is the fourth time the Flying Yankees of the 103rd Airlift Wing have held this event in an effort to bring Guardsmen together and engage in friendly competition.

In recent times, the Flying Yankees have been going through a massive conversion, welcoming eight C-130 Hercules aircraft to the flight line. Amongst their hard work, events like this give unit members time to unwind and refresh their strong rapport. Each section is encouraged to show their spirit, and many obliged: The 103rd Force Support Squadron arrived dressed as pirates, while the Little Wing/Medical Group arrived in red, white and blue to show off their patriotic enthusiasm.

“This event brings squadrons together that don’t spend much time together,” said David Zelaya, the Warrior Day committee leader. “It builds strong morale as well as team-building skills all the while enjoying competition.”

At the day’s end, the 103rd Civil Engineer Squadron prevailed, but not before enduring the four events that were held in each round. One event was a life-sized foosball field where each



*Connecticut Air National Guardsmen assigned to the 103rd Airlift Wing participate in a base-wide Warrior Day event May 14 at Bradley Air National Guard Base in East Granby. The annual event is a reward for hard work meant to help boost morale and encourage team building for the unit’s Flying Yankees. (U.S. Air National Guard photo by Senior Airman Emmanuel Santiago, 103rd Airlift Wing Public Affairs)*



*Connecticut Air National Guardsmen assigned to the 103rd Airlift Wing participate in a base-wide Warrior Day event May 14 at Bradley Air National Guard Base in East Granby. The annual event is a reward for hard work meant to help boost morale and encourage team building for the unit’s Flying Yankees. (U.S. Air National Guard photo by Senior Airman Emmanuel Santiago, 103rd Airlift Wing Public Affairs)*

individual who competed held connected horizontal poles with both hands and, while working as a team, had to try and score goals against the opposing team. Another event was called the guided mine field. No, real mines were not used, instead the officials scattered cones that the competitors had to navigate while blindfolded being guided by a Wingman. By the time it was the 103rd Logistics Readiness Squadron’s turn, they had figured out that it was much more time efficient to risk it and high knee at high speed through the field in hopes that none of them would step on mines. They blew the competition away in this category, scoring a 42.

The second round featured events such as the tire flip, dodge ball and the ski walk. The ski walk event required four members to walk in line with long pieces of wood under each foot. Using attached ropes, competitors had to raise each piece of wood in unison in order to reach the finish line in a timely fashion. The civil engineer team

scored the most points in this event with 11.

“The best part was watching everyone turn off the serious switch and having a good time out there,” said Kevin Schaffner, the team leader of the Little W team which also included the medical group.

The top four teams made it into the last phase of the competition, the tug-of-war. All eight events in which they had previously competed meant nothing at this point. This last competition relied on brute strength, stamina and the flat-out hunger to hoist the Warrior Day trophy over their heads. That is exactly what CE demonstrated as they took first place. Each team included 10 of their strongest members to dig into the dirt and compete for the trophy. Followed by CE, the operations group came in second, then LRS, and in fourth came the 103rd Security Forces Squadron. Sadly, FSS came in last place, but it is important to note that they won the trophy for exhibiting the most spirit.

# Casualty Care Reaches New Heights

1ST LT. BRENT L. HALLENBECK  
118TH MULTIFUNCTIONAL MEDICAL BATTALION

When the UH-60 Blackhawk helicopter touched down at Stones Ranch Military Reservation, the crew from the C Co, 3-126th Aviation Regiment was received by members of the 142nd Area Support Medical Company.

During their inaugural drill, the flight medics of the 3-126 teamed up with eight combat medics to conduct a joint operation focusing on hoist operations; a mission that provided a valuable training opportunity for pilots and medics alike.

Following a safety brief and an introduction to the day's events, the medics of the 142nd were introduced to the flight crew and their patient, a 200-pound mannequin. The medics were responsible for assessing, treating, transporting by litter, and loading the mannequin into a basket while the helicopter hovered overhead.

For many of the ground medics, it was their first time performing an exercise of

this nature. The members of the newly-formed medical evacuation unit provided instruction on how to safely approach the aircraft, loading and unloading the patient from the basket. Once the introduction and a few dry runs were complete, the practical exercise began.

For their training, the medics from the 142nd split into two groups, each at a different landing zone across Stones Ranch Military Reservation in East Lyme, Conn. To begin, the first group was presented with a scenario in which a casualty required medical attention. The medics were then required to conduct a thorough assessment and initiate any necessary treatments. It was not long after they began that the sounds of the Blackhawk could be heard in the distance.

The patient was loaded on a litter and was moved to the edge of the landing zone, all under the direction of a flight medic. As the aircraft moved into position, the flight crew lowered the basket and the medics approached with the patient. Once loaded and secured,



Combat medics from the 142nd ASMC transport their simulated patient to a hovering Blackhawk and the crew of the C Co, 3-126th Aviation Regiment. The two units teamed up for the joint training exercise at Stones Ranch Military Reservation, May 21. (Photo by 1st Lt. Brent L. Hallenbeck, 118th MMB)



A flight crew member from the 3-126th Aviation Detachment receives a simulated patient secured by members of the 142nd ASMC during a joint training exercise at Stones Ranch Military Reservation, May 21. (Photo by 1st Lt. Brent L. Hallenbeck, 118th MMB).

the basket was raised.

But the job was not yet complete. In order to successfully complete the exercise, the medics also had to receive the patient and unload the mannequin from the basket; all while working directly below the helicopter where the noise and strong gusts from the rotors make communication and movement difficult. Once the team moved the patient off the landing zone, the pilots made their way to the next group whose scenario had already begun.

The formation of the 3-126th brings a new level of capabilities to the Connecticut Army National Guard and through joint training missions; Soldiers from the 142nd were exposed to capacities that have only very recently become available in the state. This training provided an opportunity for a real-world experience that would otherwise not have been possible and for several of the medics; it would be an event they will not soon forget.

# Charlie Sig Comes Online During First AT

CAPT. MIKE PETERSEN  
STATE PUBLIC AFFAIRS OFFICER

The Connecticut Army National Guard's newest unit, Charlie Company, 572 Brigade Engineer Battalion, marked a historic moment in their brief history when the company mustered for its first Annual Training period, June 4, at the New London Armory.

If you didn't know what you were looking at, you may have missed the company's first drill, held in September 2015. Only seven members were present as many Soldiers were either transitioning/transferring from their other unit, or still in the process of completing their basic training and required signal-related training, according to 1st Sgt. Mark Davis, Company First Sergeant.

"Some of the company's (military occupational specialties) take a long time," said Capt. Steven Blanda, the unit's first company commander. "There are some occupations that take six months to a year to complete, and we cannot wait to bring them in the fold and welcome them."

Blanda, formerly the signal officer for the 1-102nd Infantry Regiment, saw his company strength rise to a near-capacity 40 when annual training got underway. Annual training is typically a two-week training period that encompasses all training conducted during drill weekends throughout the year.

The company's goal was to get hands-on familiarity with the newly-assigned equipment, according to 1st Lt. Tyler Sams, Headquarters Platoon Leader for Charlie Company.

"We're learning how to properly configure (our equipment) and also focusing on the mobility of the unit," said Sams. "So much of our usefulness is in our ability to maneuver."

Charlie Company planned on spending the entirety of their Annual Training at the New London Armory,



Members of Charlie Company, 572nd Brigade Engineer Battalion, assembled for its first Annual Training period at the New London Armory. The unit held its first drill period in September 2015 with just six members as leadership awaited those still completing Advanced Individual Training. Now, nine months later, the unit is at near capacity and training hard to provide the state with more robust communications capabilities. (U.S. Army Photo provided by C Co., 572 BEB)

working with a mobile training team to become better acquainted with their equipment.

However, the unit made such great strides that they took the show on the road, setting up equipment at Stones Ranch Military Reservation in order to test their communications capabilities by making secure phone calls between the two locations.

"This is really exciting for us," said Davis. "It shows how motivated and technically proficient our Soldiers are. Everyone is pulling in the same direction and working as a team."

The company is Blanda's first assignment as commander, but 1st Sgt. Davis is not new to leading from the front. He previously served as the First Sergeant for Joint Force Headquarters in Hartford.

"I have involved (Davis) in just about every decision I've made," said Blanda. "He has been in a long time and I value his experience. I think we are going to be a good team."

The company's maneuverability will serve them well, should they be called to execute a mission here in Connecticut or overseas.

"Anytime an event like a

natural disaster occurs, there is potential for major damage to civilian communications infrastructure," said Sams. "That damage can have hugely negative effects on those trying to communicate and coordinate relief efforts. Our equipment is mobile, so we can move to places requiring our help to establish communications, providing our leadership with the ability to have command and control."

Charlie Signal shares the New London Armory with one other unit, but so far has not had much of a scheduling conflict, as training periods have not overlapped much. According to company leadership, the companies have a good working relationship.

Beginning in July of 2014, the 55-year old facility underwent renovations in the majority of the facility, according to the Construction and Facilities Management Office. The nearly year-long project saw improvements made to the administrative areas, locker rooms, air and exhaust systems and the drill shed floor – replacing the wooden floor with concrete.

With the ability to go on the move, the unit expects to spend more time in the field, honing their craft and continuing to link communications from one location to another – a feat that will only come naturally with a lot of practice, and high levels of motivation.

"Our first couple of drills were really a feeling-out process," said Davis. "Here we are, with different levels of experience, different backgrounds, coming together to stand up a brand new signal company. I think we have a great team here, and I can't wait to see what the future holds for our unit."



Members of Charlie Company, 572nd Brigade Engineer Battalion, assembled for its first Annual Training period at the New London Armory. The unit held its first drill period in September 2015 with just six members as leadership awaited those still completing Advanced Individual Training. Now, nine months later, the unit is at near capacity and training hard to provide the state with more robust communications capabilities. (U.S. Army Photo provided by C Co., 572 BEB)



A collection of bottles and cans ready for pick-up by the non-profit organization, "Cans for Kids" at the Bradley Air National Guard Base, East Granby, Conn. (Photo courtesy of Master Sgt. Nicola Nardi)

## Connecticut Flying Yankee Volunteer Makes a Difference

AIRMAN 1ST CLASS SADIE HEWES  
103RD AIRLIFT WING, PUBLIC AFFAIRS

Reduce, reuse, recycle!

That's the motto of this environmentally-friendly generation, but at one point, the Flying Yankees were not doing all they could to both help others and the environment. This was until Master Sgt. Nicola Nardi, fuel distribution specialist with the 103rd Logistics Readiness Squadron, coordinated with Gary Raffia, leader of the local program "Cans for Kids."

Cans for Kids is a nonprofit program that collects used bottles and cans and donates the money from the bottle deposits to the Connecticut Children's Medical Center.

Five years ago, Nardi coordinated the first pick-up of recycled bottles and cans with Jeff Tingle, who said that it was a much larger pickup than usually received from other organizations. Since then, Nardi estimates that the collections from the base equate to about \$1,000 per year being donated to the Connecticut Children's Medical Center. The program is a win-win for both the base, which saves money by not having to discard the bottles and cans, and for the children receiving treatment at the medical center. Nardi collects the cans on his own time Sundays after drill weekends and weekdays before work, and coordinates pickups quarterly.

Nardi hopes that there will soon be funding for more bins and bin bags so that the program can expand across the Air Guard base, maximizing the amount of bottles and cans donated. Please make sure to only put emptied bottles and cans into the Cans for Kids bins so they do not have to sort through excess waste. If you are coordinating an event on base, keep in mind to obtain Cans for Kids bins to be put out at your event so that any containers used are discarded properly and can be donated.

Master Sgt. Nardi is humble with his work and the donation of his time. "It could be bigger than it is if the word is out there—base participation is important," said Nardi. "It's not just me, my involvement is limited to when I get about 20 bags or more to be picked up."

According to Nardi, the most helpful thing you can do is to encourage your peers to make use of the Cans for Kids bins and remember to let him know when your bins are full. Help the environment, help a child and help your unit—don't forget to recycle your bottles and cans.

*Editor's Note: If you would like to donate your State or CTNG facility's bottles and cans, please contact Mr. Gary Raffia at 860-916-5407 for more information. Please reference Master Sgt. Nicola Nardi when making contact.*

## 1109th Soldiers Assist With Ongoing Operations in Germany

SGT. JEANNE BUJALSKI  
TASMG UPAR

Fifteen service members of the 1109th Theater Aviation Sustainment Maintenance Group, split into two groups, used their expertise in logistics and aircraft maintenance to fulfill a parts classification and aircraft operation mission at Storck Barracks U.S. Army facility, March 29.

The TASMG's focus was on generating aviation push packages and maintaining retrograde. Members traveled to Germany to work closely with the Theater Aviation

Sustainment Maintenance Outside the Continental United States.

The Soldiers of the TASMG, based out of Groton, Conn., had to make sure two push packages made their way to Army units working in the Northern and Southern parts of Europe. These units are part of the Operation Atlantic Resolve, which has a continuing presence and commitment to NATO allies. These packages contain parts to make aircraft either fully mission or partially mission capable. Each package totals more than \$700,000 worth of parts.

While making sure the push packages arrived at their final destination, they also turned in more than \$1.8 million of retrograde parts to the Supply Support Activity. These parts are processed at a destination in the US where the equipment gets repaired and recapitalized in order to be redistributed to meet the needs of the



Sgt. Sabrina Summit, an electronic maintenance NCO with the 1109th Theater Aviation Sustainment Maintenance Group, works on repairing a generator at the Storck Barracks US Army facility in Germany on April 2. Summit traveled to Germany with fifteen members from the 1109th unit to complete a parts classification and aircraft operation mission. (Photo by Sgt. Jeanne Bujalski, 1109th TASMG Unit Public Affairs Representative)

Department of Defense.

The team requires Soldiers from various military occupational specialties, including logistics as well as aircraft and electronic maintenance. The Soldiers were able to complete all tasks at hand.

"I found it intriguing that there was a contractor and local nationals unit that operated and functioned much like our own unit," said Sgt. Sabrina Summit, Electronic Maintenance NCO. "We met all of our goals such as North and South push packages, classification and the turn-in of parts," said Summit.

The TASMG has previously traveled to Germany for training missions throughout the years, but this has been their first trip to work exclusively with the TASMO in support of the real world mission operation in Europe.

# Bravo Company Takes the Trumbull Cup

CAPT. MIKE PETERSEN  
STATE PUBLIC AFFAIRS OFFICER

Sibling rivalries are sometimes the most competitive and challenging.

After all, siblings are the only ones who may know you better than you do. There's plenty of trash talk, but most importantly, there is an aspect of competition where only a sibling can bring out the best of you.

The 1-102nd Infantry Regiment of the Connecticut Army National Guard is no stranger to this, as the battalion hosted its sixth annual Trumbull Cup Competition at Stones Ranch Military Reservation in East Lyme, June 15, during their Annual Training period.

Connecticut National Guard units approach Annual Training as an opportunity to build upon the skillsets developed throughout the year, culminating in an event that truly assesses the unit's overall abilities.

The 1-102nd took it a step further, integrating their yearly competition between its subordinate companies with seven events focusing on tasks conducted throughout the previous eleven days of training.

According to Command Sgt. Maj. Paul Vicinus, senior enlisted leader of the 1-102nd, the Trumbull Cup was named in honor of former Governor Jonathon Trumbull. In a 1776 speech, Trumbull said, "Stand Forth, ye men of Connecticut. Go and defend your God and the country of your God." In tribute to Trumbull's place in history, the 1-102nd motto is, "Stand Forth!"

Despite nearly two weeks of high temperatures, intense training and field exercises that tested even the most seasoned veteran's mettle, the motivation levels at the



*The victors. The 20-Soldier team of B. Co, 1-102nd Infantry Regiment wins the 2016 Trumbull Cup Competition at Stones Ranch Military Reservation in East Lyme, Connecticut, June 15. Each year, the battalion's six subordinate units field teams for the round robin competition, consisting of seven events that focus on skills trained throughout the year. (Photo courtesy of 1st Sgt. Richard Troy, B. Co, 1-102nd Infantry Regiment)*



*Spc. Aric Knopf, member of Bravo Company, 1-102nd Infantry's Trumbull Cup team, prepares a knot for inspection during the mountaineering skills portion of the competition at Stones Ranch Military Reservation, June 15. Each of the battalion's six subordinate units fielded a 20-Soldier team for the round robin competition, consisting of seven events that focus on skills trained throughout the year. (Photo by Capt. Mike Petersen, State Public Affairs Officer)*

competition's start were as high as the day the battalion reported to duty. Each company wanted to prove they were top dog and take home the bragging rights that accompanied the event's trophy.

But despite an impressive effort on the part of all 120 who competed, only one 20-Soldier team could come out victorious, and Bravo Company ended Alpha Company's three-year "dynasty" by claiming victory after the points were totaled.

Each of the battalion's six subordinate companies were responsible for planning, preparing, executing and grading a lane. The seventh event was a, "mystery task," designed by Vicinus.

Vicinus decided to test the representatives of each company on their pre-combat checks and inspections (better known as PCCs and PCIs). According to Vicinus, PCCs and PCIs are universally recognized as one of

the most vital leadership tasks. He also said they often go overlooked.

"Too often, we are our own worst enemies – neglecting what is a simple and very effective planning tool," said Vicinus. "PCCs and PCIs support planning, communication, leadership and mission accomplishment."

Promptly at 8 a.m. by the radio tower that those familiar with Stones Ranch know all too well, each unit proudly displayed their guidon as competitors listened to cadre explain the rules and regulations that would govern the event. Unit members were timed as they moved on foot from event-to-event. The terrain was rough at times, as some events required a lot of movement through heavily-wooded areas, while some paths allowed competitors to traverse the dirt roads that cut through Stones Ranch. Those not participating served as safeties, graders, evaluators, as well as a host of



*Cadet Suraya Sterling and Pvt. Josh Malave, members of Fox Company, 186th Brigade Support Battalion's Trumbull Cup team, prepare knots for the fixed rope event at Stones Ranch Military Reservation, June 15. Each of the battalion's six subordinate units fielded a 20-Soldier team for the round robin competition, consisting of seven events that focus on skills trained throughout the year. (Photo by Capt. Mike Petersen, State Public Affairs Officer)*

other tasks that go into making the Trumbull Cup a success.

Alpha Company was the three-time defending champion, but their commander kept the event in perspective.

“(The Trumbull Cup) is a culminating event that my NCOs have spent so much time drilling with the junior Soldiers,” said 1st Lt. Patrick Montes, Commander of Alpha Company, 1-102nd. “Win or lose, I’m proud of my Soldiers and the effort they put forth, because at the end of the day, they built a cohesive team, and that’s what it is all about.”

Alpha Company was responsible for running a weapons familiarization lane. Competitors divided themselves into five, four-man teams, and each team was responsible for reassembling different weapons the battalion uses: the M-4 rifle, M-9 pistol, M240B and M2. Headquarters and Headquarters Company proctored a land navigation test.

Bravo Company had five separate stations at their event, testing competitors in squad-level tactics, employing a hand grenade, utilizing proper hand and arm signals, properly delivering a 9-line medical evacuation request and performing other communications-related tasks. Each skill was a display – and a gauge – of how well each team knew the most basic tenants of military fieldcraft.

Charlie Company focused on the battalion’s mountain requirements, splitting the 20-man squad into two teams of 10. Half the group were split into pairs in order to install a fixed rope on one of the many hills that dot Stones Ranch. The other half of the team were tested in their ability to tie different knots that have relevance in the Army Mountain Warfare School.

“We are (part of) the only true mountain brigade in the United States Army,” said Staff Sgt. Brian Shattuck, NCO

in charge of Charlie Company’s lane. “That means there is a lot of dependence on our proficiency in these tasks. For those who have graduated from the (Army Mountain Warfare School), it is imperative we stay fresh, and part of that requires us to pass our knowledge on to the next crop of mountain warriors, to set them up for success when it is time to report to school.”

Shattuck also brought up an important point that was a key theme throughout the battalion’s AT period – getting back to

basics.

Since its return from a deployment to Afghanistan in support of Operation Enduring Freedom in 2011, the battalion has worked hard to keep the training relevant, complex and meaningful to every member from the

battalion commander to the newly-minted training graduate reporting for his or her first drill.

In the five years since, the 1-102nd has travelled out-of-state for Annual Training to hone their skills at the squad, platoon and company levels. The battalion is used to austere environments, enduring the extreme temperature differences at locations like Fort Polk, Louisiana for a Joint Readiness Training Center rotation in the summer of 2014 and Jericho, Vermont, where the unit focused on cold-weather training in January 2015.

This year, Lt. Col. Dave Pickel, Battalion Commander of the 1-102nd, wanted to take advantage of an in-state annual training by focusing on individual skills, culminating in the popular competition.

“I’m so impressed with this battalion’s high levels of motivation,” said Pickel. “It shows how much these Soldiers, NCOs and Officers love to be part of a team, part of something bigger than themselves. Every man and woman here is proud to serve their country, and want nothing more than the chance to train and better themselves and their companies.”

The 1-102nd’s Annual Training began with a week at Camp Niantic. Over 400 members reported to duty and hit the ground running with skill training that would later be tested during the Trumbull Cup. Tasks were taught by subject matter experts within each company, sharing the knowledge learned from years of practice and Active Duty schools.

This expertise was shared across company lines. Fox Company, the battalion’s Forward Support Company, is

**See TRUMBULL CUP on page 11**



*Staff Sgt. Jon Bartlett, NCO in charge of Charlie Company, 1-102nd Infantry's Trumbull Cup team, gives some preliminary instruction while his Soldiers take a break before conducting the survival skills event, June 15. Each of the battalion's six subordinate units fielded a 20-Soldier team for the round robin competition, consisting of seven events that focus on skills trained throughout the year. (Photo by Capt. Mike Petersen, State Public Affairs Officer)*

# AROUND OUR GUARD

*A Glimpse at Connecticut  
Guardsmen and Events*

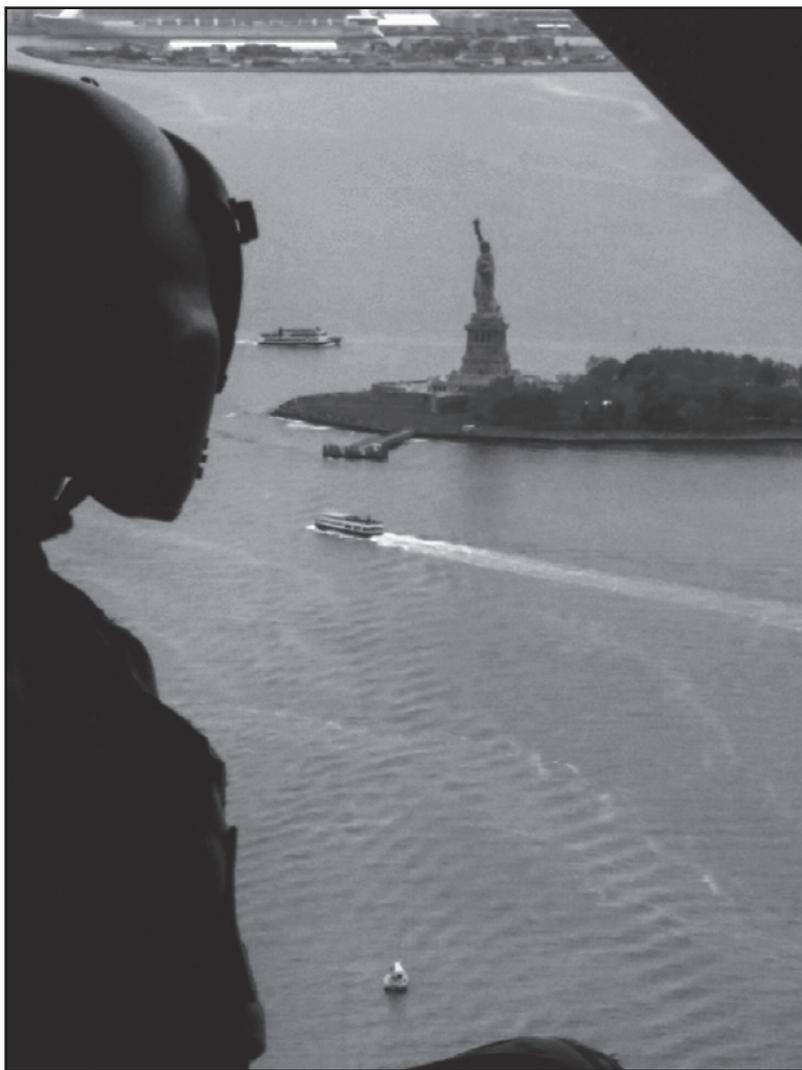


## The 1-169th GSAB Takes Flight over Hartford and NYC

*As the 1-169 General Support Aviation Battalion's two-week annual training period neared its end, seven Connecticut Army National Guard helicopters flew in formation over Hartford during a multi-ship training flight. Included in the formation were four CH-47 Chinook helicopters of B Co, 2-104th Aviation Regiment, two UH-60 Blackhawk helicopters of C Co, 142nd Aviation Regiment, and one HH-60 Blackhawk helicopter of C Co, 126th Aviation Battalion carried members of the CTARNG from Windsor Locks to New York City and back. (U.S Army Photo by Allison L. Joanis, State Public Affairs Office)*



*Pvt. Jadijah Newell (center) and Spc. Janice Sierra of Echo Company 1-169th Aviation Regiment, CTARNG are presented with Association of the United States Army Certificates of Appreciation by Command Sgt. Maj. (Ret.) Robert C. Moeller, Connecticut Chapter AUSA executive committee member at the chapter's membership meeting at the Officers' Club of Connecticut in Hartford, June 16. The two Soldiers were recognized for assisting a driver experiencing diabetic shock after pulling over on Route 9 in Middletown, Connecticut. (Photo by Allison L. Joanis, State Public Affairs Office)*



*After flying over Hartford, the seven helicopters of the GSAB flew over the Hudson River, New York City skyline and the Statue of Liberty, marking the end of the 1-169 General Support Aviation Battalion's two-week annual training period. Seven Connecticut Army National Guard helicopters flew in formation during a multi-ship training flight. Included in the formation were four CH-47 Chinook helicopters of B Co, 2-104th Aviation Regiment, two UH-60 Blackhawk helicopters of C Co, 142nd Aviation Regiment, and one HH-60 Blackhawk helicopter of C Co, 126th Aviation Battalion carried members of the CTARNG from Windsor Locks to New York City and back. (Photo by Maj. Rick Marshall, 143rd Regional Support Group, Connecticut Army National Guard)*

TRUMBULL CUP from page 9



Pvt. Julio Aguasvivas, a member of Delta Company, 1-102nd Infantry Regiment's Trumbull Cup team, prepares to employ a practice hand grenade during the battalion's 2016 Trumbull Cup Competition at Stones Ranch Military Reservation, June 15. Each of the battalion's six subordinate units fielded a 20-Soldier team for the round robin competition, consisting of seven events that focus on skills trained throughout the year. (Photo by Capt. Mike Petersen, State Public Affairs Officer)

not a company of Infantry Soldiers, but is expertly versed in vehicle maintenance and operating heavy machinery. They trained the other five companies on proper maintenance, preventative checks and services, as well as a host of other tasks that will help them get back on the road quickly in a mounted environment.

Conversely, Charlie Company's fixed rope and knot-tying lanes helped Fox Company Soldiers who aren't always afforded the opportunity to attend the Army Mountain Warfare School prepare for an environment where their logistics background may be useful in that type of terrain.

"These lanes not only make every Soldier here a little more well-rounded, but also give the logistics Soldiers some insight into what is expected of an Infantry Soldier, and vice-versa," said 1st Sgt. Corey Lewis, First Sergeant for Delta Company, 1-102nd. "That understanding makes everything from planning to decision making a little easier at the ground level, because you know what is expected

of everyone to your right and left."

Lewis' company evaluated different survival skills for the Trumbull Cup that included gathering materials for and starting a fire. Five-Soldier teams were required to build the fire so that the flames would burn through a piece of cord suspended 18 inches above the ground. Delta Company also evaluated the teams' ability to correctly erect a tent designed for cold-weather environments.

The battalion held an awards ceremony to recognize those who went above and beyond during Annual Training, and leadership presented representatives from Bravo Company with the Trumbull Cup – signifying the end of a successful training period, and who which sibling came out on top in the latest edition of this rivalry.

"Hearing our Soldiers talk about memories forged around this competition long after the event took place, and seeing first-hand the effort, drive and motivation of competitors during the Cup, I am confident that we have achieved a winning recipe," said Vicinus.

## THE RTI WANTS YOU!

DO YOU  
NEED EXTRA  
CASH?

The RTI will have work available for dedicated, motivated, and squared away soldiers. Positions average 3-8 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



MANY DATES AVAILABLE  
dependent on qualifications  
JUNE, JULY, AUGUST

Contact the Administrative NCO  
for more details  
(860) 691-4214/5900

## Save the Date

CT Trees of Honor Memorial  
Public Dedication Ceremony  
& CT Run For The Fallen

September 17, 2016

Veterans Memorial Park  
Walnut Grove Road  
Middletown, Connecticut



CT Trees of Honor Memorial Dedication Ceremony in conjunction with the annual Run For The Fallen - CT will take place on September 17, 2016 at the memorial in Middletown, CT. The first leg of the run will begin at 6:00 a.m. There will be food and entertainment with special guests throughout the day. The dedication ceremony will start around 2:30 p.m. at the conclusion of the 65K run.

This event is open to the public. No tickets are necessary.

The Connecticut Trees of Honor Memorial is a living-tree memorial built to honor all Veterans, especially those with ties to Connecticut. The space includes 65 flowering trees planted for each of the 65 brave Connecticut men and women who gave their lives in the wars of Iraq and Afghanistan since September 11, 2001.

For more information visit <http://cttreesofhonor.com/> and [www.runforthefallenct.org](http://www.runforthefallenct.org)

# Governor's Horse and Foot Guards

## 1GHG Celebrates Heroes and Community

CPL. LOUISA KRAUSE  
1GHG UPAR

In honor of those members of the Armed Forces who have made the ultimate sacrifice, the First Company Governor's Horse Guard participated in the annual Tolland Memorial Day Parade, May 29. Members of the unit made their way down the parade route to the cheers of an appreciative and enthusiastic crowd. The First Company Governor's Horse Guards is the oldest mounted military unit. Organized in 1778 as the Governor's Independent Volunteer Troop of Horse Guards the unit was chartered in 1788, and re-organized in 1911 into a troop as cavalry as Company B under the CTNG.

The 1GHG has had the proud distinction of accompanying Connecticut Governors and other dignitaries over many years. Today, the function of the First Company Governor's Horse Guards of Avon is more ceremonial in nature and its volunteer members are proud to uphold military tradition.

Next to its ceremonial duties, the 1GHG is actively involved in and always ready to support community efforts. Pine Grove Elementary School of Avon visited the 1GHG for their screen-free week

celebration, and enjoyed pony rides during their school picnic, May 20.

Students got a real feel for real live horses, not just ones they usually play with behind the screen, where a variety of outside activities were presented in an effort to have kids experience some good old-fashioned fun.

Over 120 children waited their turn to ride our willing mounts: Ben, Artie, Billy, Hoss and Big Red. At the end of the day, the children weren't the only happy riders. Our troopers, as well, derived pleasure from seeing their happy faces and having another opportunity at riding for enjoyment as they rode to and from the school.

Whether honoring the brave who have fought for our freedom or supporting the community in fighting for screen-free, the 1GHG is always dedicated in serving for the good of others.



Sgt. Brigitte Soucy and 2nd Lt. Jennifer Jeandell, both members of the First Company Governor's Horse Guard assist children from Pine Grove Elementary School in the grooming technique of a horse. More than 120 students from the elementary school visited the 1GHG Avon facility during their school picnic, May 20. (Photo courtesy of 1GHG)



Members of the First Company Governor's Horse Guard march in the Tolland Memorial Day Parade, May 29. (Photo courtesy of 1GHG)

The Friends of the 2nd Company Governor's  
Horse Guard & The Connecticut Cruise News  
present:

### Horses, Hogs & Hot Rods

July 9, 2016  
4:00 - 8:00 p.m.

New paint job? New lift package?  
Show off your ride at the 2GHG's first ever car show at the  
2GHG Newtown facility,  
4 Wildlife Drive, Newtown, Connecticut.  
Regular "rides" and spectators are welcome too.

For more information visit, [www.thehorseguard.org](http://www.thehorseguard.org) or  
call the 2GHG at 203-426-9046

# Health & Fitness

## CTNG Golfers Tee it Up In Hartford League returns to Keney Park after three-year hiatus

CAPT. MIKE PETERSEN  
STATE PUBLIC AFFAIRS OFFICER

With the sun beating down and 15 of his fellow competitors looking on, Sgt. 1st Class Chris Evans, Detachment NCO for Det. 2, Bravo Company, 2-641 Aviation, sent his tee shot soaring down the 10th fairway at Keney Park Golf Course in Hartford.

Every Thursday, current and retired members of the Connecticut National Guard get together for nine holes of competition with a little good-natured trash talking.

“It’s all in good fun,” said Evans. “We’ve all known each other for a number of years, and this is a nice way to put shop talk aside and enjoy each other’s company.”

The league is comprised of eight, two-golfer teams and each individual is assigned a handicap based on their ability. Teams are matched up against each other and play both as a team and as individuals.

Most don’t pay attention to the statistics, though. The key, Evans said, is to have a good time after work. Currently, the league is a 50/50 split of active Guardsmen and retirees (eight apiece).

Regular players who are unable to make their tee time due to work or personal commitments can offer their slot to a stable of willing and able subs – players who love the game, but just can’t commit to a full season.

Chief Warrant Officer Four (ret.) John Godburn administers the league, and was excited for Keney Park

to reopen its doors to the public after a hiatus of almost three years for much-needed renovations. During that time, the league moved to both Hawk’s Landing in Southington and Suffield Country Club, where Chief Warrant Officer Four (ret.) Jim Howard was a member, according to Godburn.

“They were great courses and treated (the CTNG League) very well, but we always wanted to bring the league back to Hartford,” Godburn said.

“Most of the players and substitutes live and work in the greater Hartford area, meaning that more are able to make their tee times. It is central for everyone.”

Godburn, also a regular player in the league, brought the league into the 21st century by signing up for a website that tracks participation, scoring and other statistics. It also makes scheduling and substitutions requests a breeze. If a player can’t make it, they can use the website to send an email to all substitutes, who can pick up the tee time on a first-come basis.



Sgt. 1st Class Chris Evans, Detachment NCO for Det. 2, Bravo Company, 2-641 Aviation, takes aim at the pin on the par-3 18th hole at Keney Park Golf Course, Hartford, Conn., June 2. Evans, a league regular, enjoys the laid-back, casual atmosphere the league and its members provide. (Photo by Capt. Mike Petersen, State Public Affairs Officer)



Retired Master Sgt. Chris Hawkins tees off on the par-4 17th hole at Keney Park Golf Course, Hartford, Conn, June 2. Although a substitute, Hawkins has the opportunity to play as much or as little as he’d like through the league’s new online tracking system. (Photo by Capt. Mike Petersen, State Public Affairs Officer)

“It really has helped us keep things organized,” Godburn said. “Anyone in the league can log in, check their scores and where they stand.”

The league runs 20 weeks, through mid-September, according to Godburn.

“We are still accepting substitutes to join our mailing list for play this year, and we are already taking pre-registrations for full-time slots next season,” said Godburn. “In a perfect world, I’d love to see the league grow to 20-24 full-time members.”

For more information on the Connecticut National Guard Golf League, or to become a sub, contact Mr. John Godburn at [cjgodburn@gmail.com](mailto:cjgodburn@gmail.com).

**How are you staying active  
and fit this summer?**

*Playing in a sporting league?  
Participating in a race? Involved in a  
fitness challenge? See yourself in  
print! Submit your health & fitness  
photos and stories to  
[allison.l.joanis.civ@mail.mil](mailto:allison.l.joanis.civ@mail.mil).*

# 143rd Regional Support Group 2016 Annual Training

MAJ. GEORGE DUGGAN  
PUBLIC AFFAIRS OFFICER  
143RD REGIONAL SUPPORT GROUP

Fresh off a successful deployment to Afghanistan, the 143rd Regional Support Group turned around and spent the majority of June completing its annual training period.

The unit and its subordinate battalions were spread across the northeast training at local areas like Camp Niantic and Stones Ranch Military Reservation, and out-of-state at Fort Indiantown Gap, Penn., and Fort Drum, New York.

Some of the major tasks completed by the units included individual and crew served weapons qualifications, lanes training, react to combat exercises, physical training tests, drivers training, medical training, flight training, tactical training, tactical operational center operations, land navigation and firefighting.

Units of the 192nd Engineer Battalion took to the field at Fort Indiantown Gap with its heavy engineering equipment in tow. The unit trained members to remove vehicles from muddy roads, certify loads, and operate the heavy equipment like graders and bulldozers.

The battalion even worked to make improvements on post, removing large tree stumps to make way for an artillery range. Capt. Christopher Miller, commander of the 248th Engineer Company, said that the unit was fortunate this year and had more operating time on machinery than they've had in the last five years.

The 247th Engineers Detachment (Well Drillers), drilled down over 400 feet for water at Fort Indiantown Gap to establish a water well, which will serve the post for the better by providing several ranges in the field



*The 247th Engineer Detachment (Well Drillers) of the 192nd Engineer Battalion established a well that was drilled to supply water and improve ranges at Fort Indiantown Gap, Pennsylvania, June 11. (Photo by Maj. George Duggan, 143rd RSG Public Affairs Officer)*

with immediate water for soldiers in the area for many years to come. Sgt. 1st Class Ernesto Rios-Soto believed the training was realistic and challenging, as his detachment had to adjust to hail storms, hot and cold weather and the geology of the earth to get the job done.

Firemen of the 246th and 256th Engineer Detachment trained in a live burn exercise in North Branford, Conn. North Branford's live burn house is brand new, and the



*Members of the 248th Engineer Company train on various pieces of their heavy equipment at Ft. Indiantown Gap, Pennsylvania, June 11. Soldiers conducted clearing and grubbing operations, clearing an area at FIG for a new artillery firing point on post, and they trained toward conducting mobility and survivability operations by practicing fighting positions for construction vehicles and personnel. (Photo by Sgt. Victoria Tuttle, 248th Engineer Company)*



*Spc. Robert Magleora, a Firefighter with the 246th Engineer Detachment, 192nd Engineer Battalion enters the new three-story live burn building at the North Branford Fire Department during a live burn training exercise. (Photo by Maj. George Duggan, 143rd RSG Public Affairs)*

National Guard is the first unit other than the town to train in the facility. The building has “smart” walls, which won’t burn, and monitor temperatures in the building. Fires are set in the building, and the firemen enter. There are no lights, and the smoke and heat are intense. The instrument panel on the side of the building read that the temperature was over 1,500 degrees. The firemen trained for a full day, entering the building, extinguishing the blaze and rescuing simulated casualties.

Sgt. Jeffrey Mederos said the National Guard’s good relationship with area towns gave the units an opportunity to train in their live burn facilities over the years.

If you looked in the sky at any given point, you may have seen members of the 1-169th General Support Aviation Battalion flying overhead.

The Blackhawk and Chinook pilots performed missions between Connecticut, Fort Indiantown Gap, Fort Drum, New York and Fort Dix, New Jersey, covering a lot of miles over their two-week training period. Soldiers in the 143rd RSG served as passengers as the flights were part of their training missions and it significantly cut down on travel time to remote training ranges.

The unit also took part in Personnel Recovery Operations at the airstrip on Stones Ranch Military Reservation, East Lyme, Conn.. Chief Warrant Officer 2 Jeffrey Overstrom, Officer in Charge of the PROs, explained that the purpose of this training was how to react, survive and avoid capture if an aircraft went down over enemy territory. Three parajumpers assigned to the 103rd Rescue Squadron of the New York Air National Guard served as instructors for the training.

At the end of AT, Soldiers motivated to attend Air



*Soldiers of the 1-169th General Support Aviation Battalion receive training from para jumpers with the 103rd Rescue Squadron, New York Air National Guard at Stones Ranch Military Reservation, June 14. (Photo by Maj. George Duggan, 143rd RSG Public Affairs Officer)*



*Spc. Emilie Labouliere, HHC, 143rd Regional Support Group fires the M249 SAW with Soldiers of 169th Aviation Battalion at Fort Drum, New York, June 8. (Photo by Maj. George Duggan, 143rd RSG Public Affairs)*



*Soldiers begin a 12-mile ruck march at Camp Niantic, Connecticut, June 16. Each Soldier carried 35 pounds of gear and an M-16 rifle and were required to complete the march in under three hours. The march was to create an Order of Merit List for potential candidates to attend Air Assault School. (Photo by Maj. George Duggan, 143rd RSG Public Affairs Officer)*

Assault School competed in a 12-mile ruck march at Camp Niantic. Competitors were given three hours to cross the finish line with a 35-pound ruck sack and an M-16 in hand. Those that finished successfully were ranked based on their finishing times, and that factor will be considered should Air Assault school slots become available to unit members.

Air Assault School is a 10-day Army school with heavy emphasis in physical fitness (to include a 12-mile ruck march like the competitors faced during AT), rappelling training and Air Assault operations.

It was titled a “march,” but the pace was torrid and

required most to move at a quicker pace than they would for an ordinary walk in the park if they were to be assured to finish on time. In a display of great motivation: competitors turned to brothers- and sisters-in-arms as they encouraged each other during the march. Some finishers took a well-deserved victory plunge into Niantic Bay for a cool down.

The RSG finished 2015 off with a celebration – returning from a high-tempo deployment – and the unit continued to show high levels of motivation throughout AT 2016. All of the main training objectives were accomplished, and some major other training missions were performed. Successful, relevant training left Soldiers with a high level of morale.

# In Honor of Our Fellow Brethren

**SENIOR AIRMAN LEON BROWN**  
**103RD FORCE SUPPORT SQUADRON**

While many Americans embraced a three-day Memorial Day weekend filled with rays of warm sunshine, clear blue skies, the joyous sounds of music, and the sensational aroma of hamburgers and hot dogs in the air, members of the Connecticut Air National Guard along with fellow United States Armed Forces Veterans took the time out their schedules and participated in honoring veterans who have paid the ultimate sacrifice for our country at Pequonnock Yacht Club in New Haven, Conn., May 29.

Bradley Honor Guardsmen Staff Sgt. Juanetta Hill and Senior Airman Cameron Dunn assisted members of the Pequonnock Yacht Club in the raising of the American flag.

During the memorial ceremony, tributes honored the men and women who sacrificed their lives and to those who are presently serving or retired.

At the conclusion of the ceremony, spectators were invited to join the festivities of food and music.



*Above: Staff Sgt. Juanetta Hill (left) and Senior Airman Cameron Dunn of the 103rd Airlift Wing Honor Guard, assisted members of the Pequonnock Yacht Club in the raising of the American flag at a Memorial Day ceremony at Pequonnock Yacht Club in New Haven, Connecticut, May 29. (Photo by Master Sergeant Christopher Grizzle, 103rd Airlift Wing, Connecticut Air National Guard)*



*Left: Senior Airman Cameron Dunn of the 103rd Airlift Wing Honor Guard, assisted members of the Pequonnock Yacht Club in the raising of the American flag at a Memorial Day ceremony at Pequonnock Yacht Club in New Haven, Connecticut, May 29. (Photo by Master Sergeant Christopher Grizzle, 103rd Airlift Wing, Connecticut Air National Guard)*

## 102nd Army Band 2016 Summer Concert Series

Check Facebook and Twitter for updates @102dArmyBand



Sunday, July 24	2:00 p.m.	Ives Concert Center, Danbury
Monday, July 25	7:00 - 9:00 p.m.	Manchester Community College
Tuesday, July 26	7:00 p.m. 6:30 p.m.	Torrington (Pop Band) Plainville (Rock Band)
Thursday, July 28	7:00 p.m. 7:00 p.m.	Vernon (Pop Band) Old Saybrook, Sound View (Rock Band)
Friday, July 29	12:00 p.m. 5:00 - 7:00 p.m.	Yale New Haven Hospital West Haven
Saturday, July 30	6:00 - 8:00 p.m.	Canterbury
Monday, August 1	7:00 - 9:00 p.m.	New Britain
Tuesday, August 2	12:00 p.m. 7:00 - 8:30 p.m.	Groton Senior Center Naugatuck

# Enlisted Update

## Mentorship Programs: A Major Tool for Development Success



CHIEF MASTER SGT.  
ROBERT GALLANT

It is the middle of the summer and time to enjoy the outdoor activities with your families and friends. I hope everyone is having a good time and being safe! Make sure you have a “Wingman” or “Battle Buddy” at all times to help each other be smart, make good decisions and be safe.

A few months back, I wrote an article that briefly discussed inspiration and mentorship development. I wanted to continue emphasizing the importance of mentorship programs that help develop the leadership skills of all enlisted personnel regardless of rank or position.

The goal as senior leaders in our organization is to develop our Airmen and Soldiers to be the best they can be because they will be the future leaders of this state. You know the saying, “start developing your replacement now”.

The **Mentor** is the experienced individual who shares knowledge, experience and advice. The **Mentee** is the individual who has the desire to expand their knowledge and skills by gaining advice. Mentorship is an essential ingredient in developing well-rounded, professional, and competent leaders. We all have been a mentor or mentee over our careers (civilian or military) at some point, even if you did not realize it. We are all learning from somebody, especially in our own

organizations at the peer-to-peer level. We even try to emulate successful people to learn what skill sets they have so we can be successful too. This is all part of the development process that we go through as we strive to reach our goals.

Recently, I had the opportunity to speak to a class of about 20 Senior Airmen that volunteered to participate in a four-day Airman Development Program at Camp Niantic. It is an awesome program built to help fully develop their skills they can use to build on their careers.

I enjoy having those types of mentoring opportunities; to get in front of the junior enlisted and talk to them about their growth and leadership potential. Having these Airmen volunteer to engage in this program proves to me that they have taken charge and put themselves in a position to be better Airmen.

There are formalized programs with in the military that support the mentorship programs for the development of Airman and Soldiers. The U.S. Air Force has Air Force Manual 36-2643 (Air Force Mentoring Program). The U.S. Army also has a number of manuals and web-based mentorship programs that you should contact your chain of command about for more information.

These programs have specific guidelines and criteria to help facilitate and develop our Airmen and Soldiers within the process. In the Connecticut Air National Guard, Senior Master Sgt. Elsa Hernandez is the key facilitator and manager of the mentorship program.

She has developed classes and presentations to promote the importance and tools available for Airmen to use. The process begins with an individual seeking out a mentor to help them develop and reach their goals and drive success. The mentee has to be open and honest about their goals, expectations, challenges, and concerns. They need to seek advice and be open to constructive feedback. They also need to **commit** to their development.

So how does someone find a mentor? What are the tools available to start the process? Some of the informal tools for finding a mentor can begin with asking your first-line leader, supervisor or Human Resources Advisor. One of things to consider though when making a selection is the accessibility and availability of the individual to ensure you have good continuity. One of the formal tools that the U.S. Air Force introduced in 2015 was a new web-based program called, “MyVector” (<https://afvec.langley.af.mil/myvector/>). This program is designed to reach out to fellow Airmen regardless if they are Active Duty, Reserve or Air National Guard.

MyVector enables a web-based mentoring network that allows mentees to manage their career development with the input and guidance from a mentor. It has a real-time mentoring plan, discussion forums, and bullet tracker to document accomplishments as well as the ability to dialogue online with your mentor. A resource page is also available to assist both parties with mentoring questions and relationships. The first step in the success of using the MyVector tool is for Airmen to volunteer to be mentors and share their experience and expertise with other Airmen.

As a Guardsman, there are many resources and mentorship programs available for your development to improve your leadership skills. Mentorship Programs are an investment of an individual’s time and commitment with unlimited rewards. Start the process today and reach out for a Mentor. Enjoy the Summer!

“None of us are as smart as all of us.” ~ Kenneth Blanchard

**Inspirational Quote** – “Great leaders don’t blame the tools they are given. Great leaders work to sharpen them.” ~ 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



# CTARNG Recruiting & Retention

## The Journey from Recruit to Soldier

CHIEF WARRANT OFFICER 3 CHRISTOPHER McCARTY  
CTARNG RECRUITING AND RETENTION BATTALION

Today's military prospect faces a gauntlet of administrative tasks to become an applicant, then a bona fide recruit. The number of tasks required to become eligible continues to grow, yet every day CTARNG recruiters finds men and women willing to follow the necessary steps to become an enlisted recruit in the Army National Guard. These recruits understand the challenge is just beginning and Basic Training awaits them before they can join their unit.

The story of one particular recruit's experience, Pvt. Ashley LaPorte, is unique and she shared her accession process experiences with the Recruit Sustainment Program. Not the typical recruit, Pvt. LaPorte joined later in life for assistance in handling her college student loans. She also felt a life challenge would build her confidence and test her resolve while allowing her to contribute to her community and country.

Her recruiters, Sgt. 1st Class Eduardo Coya and Staff Sgt. Justin McGale, had to work with her and National Guard Bureau to obtain a waiver for enlistment prior to ever setting foot at Military Entrance Processing Station. Once secured, Pvt. LaPorte approached her day at MEPS nervous about the process and the unknown, but at the same time felt excited at the possibilities of financial stability and personal growth once enlisted. While she found MEPS a blur of processes, forms, and constant instruction, the day opened her eyes to military operations and the requirement to be ready at all times.

Once enlisted, Pvt. LaPorte drilled with RSP and prepared for her eventual ship date to basic training. During her time with RSP, she learned the basics of rank structure, common courtesies, and physical fitness while regularly receiving counseling and reviewing her personnel, training, and finance records to insure her readiness at training.

She found RSP beneficial due to the constant reviews of her status and the exposure to fundamentals of military life and found, like many Soldiers, the briefings to be informative but dull and excessive. She was however fully prepared to ship and face the challenges at her training station.

Pvt. LaPorte shipped to Fort Jackson, South Carolina on Nov. 23, 2015. It didn't take long for her to learn to do exactly as told as she in-processed with the 120th Adjutant General Reception Battalion, but realized the value in speaking up when something is wrong or needs immediate attention.

In particular she advised new recruits to make sure everything fits before leaving clothing issue, the boots need to fit right for the upcoming marches. Finally she was picked up alongside dozens of other fresh recruits and moved to their basic training companies. She knew



Connecticut's newest Army National Guard Soldiers attend drill with the Recruit Sustainment Program at Camp Niantic, Connecticut. While attending RSP, Soldiers are introduced to the fundamentals of the U.S. Army before they leave for Basic Combat Training and Advanced Individual Training. (Photo courtesy of Chief Warrant Officer 3 Christopher McCarty, CTARNG Recruiting and Retention Battalion)

leaving reception battalion that the tough part was just starting.

Pvt. LaPorte's experience at basic training and further at Advanced Individual Training is similar to most every new recruit. Apprehension of the unknown gave way to confidence as the nerves of the first few days fell away once she was caught up in the routine and pace of basic training. She felt her unique strength, her maturity, proved beneficial as she could apply life experiences to the stressors and overcome the daily challenges of the training environment without dragging her down.

Pvt. LaPorte developed strong, friendly relationships with trainees due to their shared experiences, confidence in herself, and understanding of how to deal with tough situations rather than letting them stop her from achieving success.

Her experience from prospect to MOS-qualified Soldier was challenging from the outset. From the required waiver, RSP, reception, and the environment at basic training and AIT, it all helped strengthen and mold her into a

positive future leader in the CTARNG.

She stated the greatest fear was looking at training from the outside, but once one of the team, the training and rigors become routine. She was sure to leave us with parting wisdom:

"Make friends, do as your told, be on time in the right uniform and you will do great," said LaPorte.

Her success is a testament to the recruiting force's ability to find a prospect and create a valued Soldier.



**Like CTARNG RSP on Facebook**  
@ConnecticutGuardRSP or  
[www.facebook.com/ConnecticutGuardRSP](http://www.facebook.com/ConnecticutGuardRSP)



**Like the CTARNG RRB at**  
@CTArmyGuard of  
[www.facebook.com/CTArmyGuard](http://www.facebook.com/CTArmyGuard)

## Inside OCS



Connecticut and New York National Guard Officer Candidates conduct a training exercise at Camp Smith, New York, May 15-17. (Photo courtesy of 1-169th Regional Training Institute)

# Challenging Training Fosters Growth and Accomplishment

OC ANDREW SOLARI  
CLASS 61, OFFICER CANDIDATE SCHOOL

OCS has been a remarkable journey thus far, one that has dropped nearly two-thirds of those originally enrolled.

Being that we are such a small group, I have grown attached to the remaining candidates. I can speak on behalf of my classmates in OCS Class 61 when I say that it is an incredibly strenuous endeavor to become an officer - very much physically, but even more so mentally.

With the final phase of the course only two months away, it is hard to imagine the Soldier I once was. If I had known how difficult the last year would prove to be, I may have had second thoughts, but I would never give up the growth I've achieved as a Soldier. The challenge, camaraderie, and self-development have changed each of us.

One of our recent training periods was an illustration of how challenging, focused training can bring together a year of learning and development. We flew to New Hampshire for a four-day, three-night Field Leadership Exercise, or FLX, where each remaining candidate had his or her leadership skills and knowledge put to the test. Around-the-clock squad tactics and even sleeping between guard shifts in a patrol base kept us on our toes, accomplishing the mission, defending from and destroying the enemy.

My fellow candidates and I got a strong dose of reality

with what we each needed to personally improve our leadership styles and methods. Fortunately for each of us, falling short of the standard did not mean the end of the road, but rather serves as a wake up call through exposed weaknesses and teachable moments. The final phase of the program will be similar to what we did in New Hampshire, only with the added confidence of now knowing what to expect.

As arduous as the FLX was, it was a profound experience. For many of the candidates there, it was the most intense training they have experienced. Above all, I think it was a step up in terms of fast-paced learning and simulated training. Given the extreme intensity, I'd be hard-pressed to go through it again voluntarily.

It isn't until I got home when I realized how much we did on such little sleep - a feeling of accomplishment started to kick in. Events like the FLX show just how far people can progress, individually and as a team.

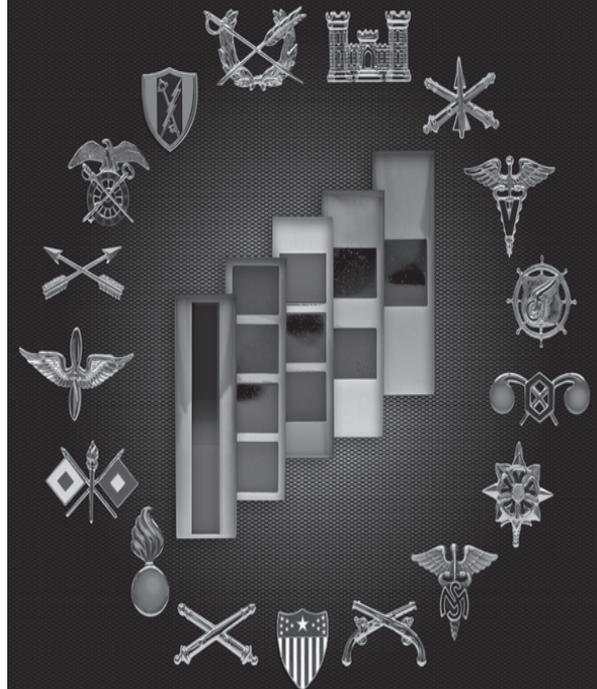
The program inevitably strengthens bonds amongst you and your remaining peers the longer you are with them. Conducting a course like OCS is something unique in itself, a rare opportunity in today's world. It is for experiences like this, that I would suggest anyone with steadfast mettle and a burning desire to serve and sacrifice in the greatest capacity possible to ruck up and give it your all. It could change your life, and in the end, earn you a most honorable career.



## WARRANT OFFICER

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

CONNECTICUT  
**NATIONAL GUARD**  
NATIONALGUARD.com



TAKE THE CHALLENGE TODAY, CONTACT:

**CW3 JOHN NERKOWSKI**

WARRANT OFFICER STRENGTH MANAGER

**203.410.0828**

john.v.nerkowski.mil@mail.mil

# Off the Bookshelf

## Reading For Exercise: The Old Wives' Tale

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS OFFICE

Most easy-to-read, contemporary novels have simplistic structures and straightforward linear plots. Those factors often lead to their popularity amongst mainstream culture.

They have clear, beginning, middle and end formats and archetypal characters that are easily distinguishable. These novels are produced for consumption and entertainment, and for quick replacement by sequels or similar themed books, typically other best sellers.

Reading "literature," on the other hand, is challenging. Completing long, 500+ page novels, many written in past centuries, is draining, arduous and often not at all entertaining. The structures in literary novels are not simplistic, and the plots, if they even exist, are rarely linear. Literary characters are

hardly ever archetypal, and the authors sometimes purposely provide misleading information.

Arnold Bennett's "The Old Wives' Tale" is not a fun read. An abundance of literary reading is a prerequisite for truly appreciating Bennett's writing due to his historical frames of reference and numerous allusions to other period novels.

"The Old Wives' Tale" is set in England and France roughly between 1850 and 1900. The characters are not outlandish. There is no plot. There is no action. Bennett's tone is objective but sardonic and only slightly colorful.

"The Old Wives' Tale" is truly good exercise for delaying gratification, and it is the tiny bits of color scattered throughout its pages that make it enjoyable. Bennett manages beautifully to detail the Franco Prussian War without descriptions of the sounds of shots fired or injured service members. The novel's highlight takes place near the war's end, (near page 450 or so) when a number of Parisians attempt to escape from Paris (under siege by the Prussian Army) under the cover of darkness in hot air balloons. There are also a number of references



to elephants throughout the text.

If you can maneuver your way through 600 pages of Bennett's writing, email me and I'll buy you lunch. Hot air balloons and elephants (and the Franco Prussian War, of course) are historically and symbolically significant, and worth discussions. This is the real reason some people still choose to read literature: fellow readers are rare, so an occasional discussion, like meeting a fellow traveler, makes the grueling exercise worthwhile.

# Connecticut National Guard Association

## 2016 NGACT Calendar of Events

July 20 Board Meeting	August 17 Board Meeting	September 9-12 NGAUS Conference
July 27 Work Night	August 20-25 EANGUS Conference	October 19 Board Meeting
August 4 Retiree Picnic	August 31 Work Night	November 16 Board Meeting
August 10 Scholarship Banquet	September 2 NGACT Golf Tourn.	December 14 Board Meeting

## Follow NGACT Online

Facebook



Twitter



Linked In



Visit the Website at [www.ngact.org](http://www.ngact.org)

## Become a NGACT Member or Renew your Membership Online

visit [www.ngact.org/membership-levels/](http://www.ngact.org/membership-levels/)

The Online System allows you to:

- Pay Dues Online
- Adjust Payment Information
- Set Payments to auto-renew
- View your payment history

# Military History: Connecticut's Flying Yankees

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

The "Flying Yankees" of the 103rd Airlift Wing are on a "short final" to celebrating 100 years of service to this country.

The wing is the third oldest Air National Guard in the United States and traces its lineage back to World War I. Through dozen of designations and roughly an equal number of different aircraft, the men and women of the Flying Yankees have been fulfilling the unit's mission to

train, organize, and equip personnel to provide an operationally-ready component of the militia.

The unit has constantly evolved with the changing requirements to keep our country safe. After a distinguished career of flying fighter, reconnaissance and attack aircraft, the unit now flies the venerable and versatile C-130H Hercules cargo aircraft.

The Flying Yankees' logo depicts Capt. Joseph Wadsworth holding the Royal Charter of 1662, after grabbing it on the night of Oct. 31, 1687 and racing out of Sanford's Tavern to hide it in the hollow of an ancient oak tree on the grounds of Samuel Wyllys' house in Hartford. Wadsworth snatched the charter just before it was to be confiscated by the Governor-General of the Dominion of New England, because King James II thought it gave Connecticut too much autonomy. The tails of the unit's C-130 Hercules aircraft are adorned with this logo, as well as the traditional black and yellow thunderbolt.

The Flying Yankees have called Bradley International Airport in East Granby home since 1947 and for almost 100 years the skies over



Connecticut have been filled with the sounds of their aircraft as they continue their mission.

For further reading, Mr. Ken Middleton has an excellent website dedicated to the men and women of the 103rd Airlift Wing and the unit's storied heritage at <http://www.103rdfighterwing.com/>. The very comprehensive timeline of the Air National Guard's history can be found at <http://www.ang.af.mil/history/heritage.asp#mbc>.

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](mailto:rmcody@snet.net).



The tail of a 103rd Airlift Wing C-130 Hercules aircraft, adorned with the Flying Yankee logo, as well as the traditional black and yellow thunderbolt. (Photo courtesy of the 10rd Airlift Wing Public Affairs Squadron)



## State Substance Abuse Program

### Limited Use Policy

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



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

#### Under the Limited Use Policy:

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

#### CONTACT INFORMATION

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

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

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



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

## 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

# Resilience

## Hunt the Good Stuff - Everyday

COMMAND SGT. MAJ. JAMES SYPHER  
CTARNG RESILIENCE COORDINATOR

Noticing the good things in our lives has important bottom-line outcomes that will increase our resilience. In order to build positive emotion, optimism and gratitude, you must counteract the negativity bias. The negativity bias is our tendency to focus attention and energy on the negative aspects of our life rather than on the complete picture. When you "hunt the good stuff," you sleep better, feel calm and your health improves. As your depression lowers, you get greater life satisfaction, your performance increases and you have better relationships. Each day write down three positive experiences, why they happened and reflect on what these things mean to you. Consider what you can do to enable more of these good things and ways that you or others contributed.

Hunt the Good Stuff is used to notice your positive experiences in order to enhance optimism, gratitude, and other positive emotions. Use this skill on a regular basis to counteract the negativity bias. Optimism is the primary target of the Hunt the Good Stuff skill.

### Resilience Tip of the Month:

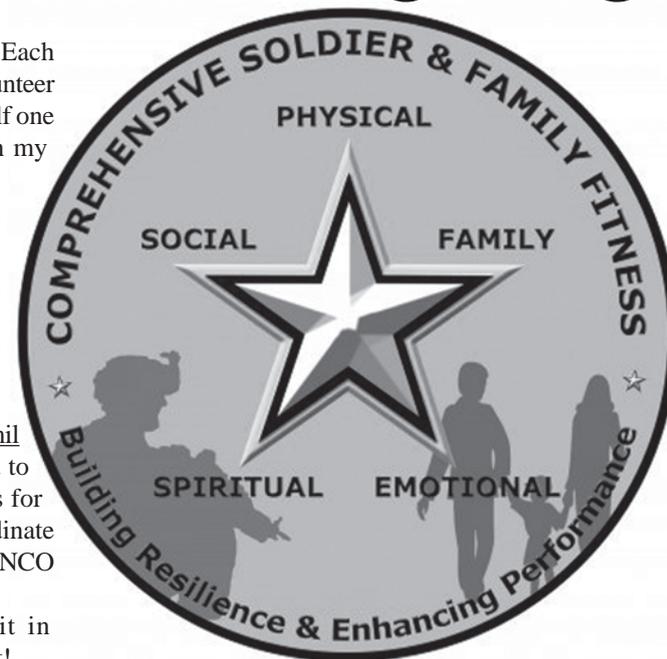
Set limits on your activities outside of the family. Each time you are asked to join a club or a committee, volunteer for an activity or help out with a project, ask yourself one question: If I join, what impact will this have on my family?

### Resilience Resources:

- Outward Bound: [www.outwardbound.org/veterans](http://www.outwardbound.org/veterans)
- Strong Bonds: Contact Chaplain Nutt at 800-858-2677
- Connecticut VA: Newington: 860-666-6951  
West Haven: 203-932-5711
- Military One Source: [www.militaryonesource.mil](http://www.militaryonesource.mil)

All units of company size or larger are required to have at least one Master Resilience Trainer. Seats for FY 16 have been sub allocated to the Major Subordinate Commands and Separate Units. Ask your Readiness NCO for more information.

In next month's issue we will cover: Put it in Perspective. Until then Connecticut, Stay Resilient!



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

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

**It takes COURAGE to ask for help when needed**

USAPHC  
U.S. ARMY PUBLIC HEALTH CENTER

TA-148-0211

### Resilience Resources:

#### **Outward Bound**

[www.outwardbound.org/veterans](http://www.outwardbound.org/veterans)

#### **Strong Bonds**

Contact Chaplain Nutt at 800-858-2677

#### **Connecticut Veteran Affairs**

Newington: 860-666-6951

West Haven: 203-932-5711

#### **Military One Source**

[www.militaryonesource.mil](http://www.militaryonesource.mil)

## Life Lines

Emergency - 911

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

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

[www.armyfamiliesonline.org](http://www.armyfamiliesonline.org) - 1-800-833-6622

[www.militaryonesource.com](http://www.militaryonesource.com) - 1-800-342-9647

National Suicide Hotline - 1-800-SUICIDE

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) - 1-800-273-TALK (8255)

# USERRA: Your Rights Under Connecticut Law

MAJ. DONNIA HINDS  
STAFF JUDGE ADVOCATE  
85TH TROOP COMMAND

For many citizen Soldiers, annual training season is upon us. It is imperative that you know your employment rights under the law.

The Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA) which is found at 38 USC §§ 4301-4335 provides a list of your rights as a Guardsman. USERRA provides protections for initial hiring and adverse employment actions due to an individual's military service.

One of the purposes of USERRA is to minimize the disadvantages to civilian careers and employment which can result due to military obligations. USERRA is not intended to diminish any right or benefit that is more beneficial than those provided under a contract or agreement. In other words USERRA only provides a floor for the conduct of an employer. Employers are free to expand the benefits provided to employees due to their military obligations. USERRA preempts any state law that is less protective of the employment and reemployment rights of service members. That is, if Connecticut law is less protective than USERRA, the rights given by USERRA will apply and not the less protective ones.

However, Connecticut is one state that has expanded the USERRA protections. Connecticut has made it unlawful to discriminate against members of the armed forces. Conn. Gen. Stat. §§ 52-571aa, 52-571bb. Conn. Gen Stat § 27-33 provides that state employees will be granted paid military leave:

"The armed forces of the state may assemble for drill, escort duty or any special service as ordered by the Governor and shall participate in encampments, maneuvers or other exercises, including outdoor target practice, as may be required by the laws and regulations of the United States relating to the National Guard or naval militia or as may be ordered by the Governor. Each officer and employee of the state who is a member of the armed forces of the state or of any reserve component of the armed forces of the United States shall be entitled to absent himself from his duties or service while engaged in the performance of regularly ordered military or naval duty. No such officer or employee shall be subjected by any person, directly or indirectly, by reason of such absence, to any loss or reduction of vacation or holiday privileges or be prejudiced by reason of such absence with reference to promotion or continuance in office or employment or to reappointment to office or to reemployment. While engaged in the performance of regularly ordered military or naval service, each officer or employee who is a bona fide member of the National Guard, naval militia, reserve corps or organized militia shall receive his salary or compensation as such officer

or employee, provided the period of absence in any calendar year shall not exceed thirty days."

Connecticut has enacted numerous provisions to expand the scope of USERRA. For instance USERRA only applies to all members of the Armed Services, Army National Guard and the Air Force National Guard, and does not apply to state call-ups to the National Guard for disaster relief and similar service. However, under Conn. Gen. Stat. § 27-34a, Connecticut has extended USERRA's application to even provide protection for service members who are called to active state service by the Governor. Conn. Gen. Stat. § 27-33a provides that an employer cannot require a service member to use vacation or holiday time to cover absences as a result of annual training or military duty.

USERRA even applies to United States employers who are operating in foreign countries. It provides protections for part-time positions, unless the employment is for a brief, non-recurring period and is not expected to last indefinitely or for a significant period. USERRA does not extend protections to independent contractors or others who are considered to be self-employed.

Section 4311(c)(1) of Title 38 in the United States Code provides that violation of USERRA occurs when a service member's "membership, application for membership, application for service or obligation for service in the uniformed services is a motivating factor in the employer's action."

The remedies available to service members when an employer violates USERRA can either be administrative or punitive: 1.) the employer may be required to comply with the provisions of USERRA; 2.) employer may be required to compensate the individual for any loss of wages or benefits suffered by reason of the employer's failure to comply with USERRA; 3.) the employer may be required to pay liquidated damages if there was willful noncompliance with USERRA; and 4) the employer may be required to reemploy or promote the individual.

Since Connecticut has not specifically expanded the remedies available for a USERRA violation, the same remedies outlined under USERRA would be available.

The protections outlined in USERRA are not available to service members who receive an other than honorable, dishonorable, bad conduct discharge or who have been dropped from the rolls. It is imperative that service members remain in good standing in order to be able to assert that their USERRA rights have been violated.

In November 2011, USERRA was amended by the VOW to Hire Heroes Act to also provide protection for service members from harassment and a hostile work environment due to military service.

It is important to know your rights under USERRA and under state law so that both you and your employer can stay informed in order to create a work environment that allows both the employer and the employee to succeed.

## THE CONNECTICUT NATIONAL GUARD OFFICIAL WEB AND SOCIAL MEDIA

[www.ct.ng.mil/](http://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](https://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](mailto:ctngpublicaffairs@gmail.com)

## The Connecticut Guardian ONLINE

<http://ct.ng.mil/Guardian>



# Retiree Voice There's an App for That

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

Smart phones and tablets have become part of everyday life. Because of their mobility, these devices are used as primary forms of communication and convenience.

Apps, short for applications, are self-contained programs or software designed to fulfill a specific purpose, when downloaded on a mobile device. And as the saying goes; there's an app for just about anything.

When choosing and installing apps, consider the publisher(s), cost, usefulness in the long run, and if there are, "in-app purchases." In-app purchases are optional buys you can make within the app itself that lead to additional content.

Remember, apps take up space and may clutter your display. With approximately 2 million apps for you to choose from, Android and Apple users should be judicious in choosing which to download. A small portion of these apps specifically target the military, and retirees may find useful for reference. The apps discussed in this article are all free and do not have in-app purchases.

**U.S. Army Echoes** app provides easy access to the Retirement Services Office's publication Army Echoes. Once the app is installed, you can download issues of Army Echoes on your phone or tablet. Army Echoes is published three times a year. By having the issue on your mobile device, you have easy access to information specifically for retirees.

**DFAS Infor2Go** is a useful app for both retired and current members of the military. Some of the information accessible within this app are Retirement Account Statements, 1099R Tax Statements, plus there are links to DFAS website and *myPay*, calculators and DMPOs (Defense Military Pay Offices).

**Military News** by Military.com app provides news from all military services. You get breaking news updates first. The app allows you to customize your newsfeed, get

pay and benefits updates, find information on available military discounts and veterans jobs when customizing your news feed. Even though the app is geared to current military members, it does provide in depth military news.

For those retirees looking for military discounts, **Discount Soldier** is the app. You can create a profile or choose to just reference information. By allowing location services on your tablet or phone you receive lists of local and national business which offer military discounts. The listing indicates the amount of the discount, location of the business, and when the discount can be used. There is also a current specials listing.

Travelers will find **Base Directory.com** app very useful. You can locate bases by name, map or branch of service. Once you choose a base, you are linked to a webpage which provides an overview of the facility and listing of all services available, including hours and location.

Two apps which are only for smart phones are **Commissary Rewards** and **Aafes Extra**. With Commissary Rewards, you get a commissary rewards card when shopping at the commissary. The card allows you to activate the app; allowing to clip and share digital coupons when you scan your rewards card at checkout. It also has a listing of commissaries by state. **Aafes Extra** finds recipes, builds shopping lists, and makes online purchasing available. It provides a list of exchanges and allows you choose a preferred exchange.



Smartphone app icons left to right: DFAS Info2Go, Base Directory, AAFES Extra and Military News.

If you no longer use an app, you can always archive it rather than using space and cluttering your display.

*The apps mentioned in the above article are a small sample of what is available to smart phone users and reflect the opinions of the author and the author alone. Make sure you do your research before purchasing any additional content for your smart phone device.*

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!**

## Pets and Heat: Red Cross Steps to Keep Pets Safe



Keep your pets safe during the summer heat. Learn more at [www.redcross.org](http://www.redcross.org)

### AMERICAN RED CROSS

When temperatures soar, the hotter weather can pose a danger to family pets. The American Red Cross has steps to take to ensure your pet stays safe this summer:

**HOT CARS DEADLY FOR PETS** Pet owners should not leave their animal in the car - even for a few minutes - when the hot weather arrives. The inside temperature of the car can quickly reach 120 degrees. Pet owners are urged to refrain from leaving animals in the car, even with the windows cracked open.

**ANIMALS CAN SUFFER HEAT STROKE** Heat stroke is a common problem for pets in the warmer weather. Dogs with short noses or snouts, like the boxer or bulldog, are prone to heat stroke. This is also true for any obese pet, a pet with an extremely thick fur coat or any pet with upper respiratory problems such as laryngeal paralysis or collapsing trachea. Some of the signs of heat stroke in your pet are:

- Heavy panting and unable to calm down, even when lying down.
- Brick red gum color
- Fast pulse rate
- Unable to get up.

If you suspect your pet has heat stroke, take their temperature rectally. If the temperature is above 105 degrees, cool the animal down. The easiest way to do this is by using the water hose. Stop cooling the animal when the temperature reaches 103 degrees. Bring your pet to the veterinarian as soon as possible as heat stroke can lead to severe organ dysfunction and damage.

**PLANT HAZARDS** Pet owners also need to be aware that animals may try to get out a window or door, which are more likely to be open as the weather warms. And some plants in your garden can be hazardous to animals. For instance, many lilies are very poisonous to cats. Visit the [Animal Poison Control Center](#) to find out which plants and flowers are poisonous to animals.

Your pet is part of the family. And just like any other family member, pets deserve to be cared for and protected. Follow these important steps to help keep your pet at their best:

- Give your pet plenty of exercise. Regular exercise will help your pet feel better and live longer.
- Make sure your pet has plenty of fresh, cool water.
- Get to know a veterinarian and make sure your pet has yearly checkups.
- Make sure your pet is up to date on vaccines, especially rabies.
- Get your pet spayed or neutered.
- Keep dogs on leashes outside - another animal may be too much temptation.
- Know how to perform CPR and provide basic first aid until veterinary care is available.

**PET FIRST AID APP** Pet owners can download the Red Cross Pet First Aid app for veterinary advice for everyday pet emergencies at their fingertips. The app features videos, quizzes and step-by-step advice on pet first aid.

Local safety concerns? Contact the CTNG Safety Offices  
Connecticut Army National Guard Safety Office (860) 292-4597  
Connecticut Air National Guard Safety Office (860) 292-2776

## Equal Opportunity

### Cultural Competance Cultural Heritage Training in the United States Military

SGT. 1ST CLASS ERIC VICKERS  
CTNG HUMAN RESOURCES

Cultural competence is a vital component of many missions in today's military. It enables one to further a mission, save resources and save lives.

Conversely, a lack of cultural competence may bring about challenges to mission completion, requirement for more resources, waste of resources, and destruction of lives.

One particular component of cultural competence is cultural heritage and protection of cultural property.

Cultural property is comprised of the physical, social, and psychological components that define one's culture. This may be a representation of a deity, a sacred space, a social practice such as going to the market, or a belief such as a local legend (Rush, 2012). Cultural heritage lays the foundation, "for vibrant, innovative and prosperous knowledge societies" (UNESCO, 2008). The cultures to which these items belong are the owners; disregarding this fact may lead to severed connections, poor communication, retaliation, poor public relations, and even violence (Matsuda, 1998).

There are many news headlines featuring militaries behaving poorly toward other cultures; unintentional or intentional, actions that disregard cultural heritage may be harmful. In 2009, for example, U.S. forces expanded their camp in Afghanistan without taking the local culture and landscape into account (Phillips, 2009). As a result, ancient but still utilized water systems were blocked off or contaminated, upsetting the local villagers. The U.S. then had to pay reparations and was not able to work with the locals as intended.

The impact of cultural heritage mistakes are significant and harmful; however, there are also examples of military respect for cultural heritage. The recent coordination of the no-strike list between coalition forces enabled the United States and the

United Kingdom to demonstrate respect for the cultural heritage of Italians and Libyans (C. Wegener, personal communication, October 17, 2013). Heritage preservation is a force multiplier and offers the opportunity to aid in rebuilding relations among countries. It is away to show respect to coalition forces and generate valuable opportunities to partner in positive ways. It also contributes to unified operations, and it may save lives and dollars. Both the positive and negative illustrations point to the importance of cultural heritage education and training in the military.

What is the current state of understanding and training for military members with regard to cultural heritage? Literature reviews reveal few actual studies. The extent of cultural heritage knowledge is little known, and it may be an untapped resource for allied forces. A series of studies were conducted to assess current understanding of cultural property protection within the military. The study aimed to determine the effectiveness of training aimed at increasing cultural property protection awareness, knowledge, and comfort within the military setting. It was hypothesized that participants would vary in their level of awareness, knowledge, and comfort with cultural property protection, and that all would show a significant improvement in knowledge scores post-training. Factors such as deployment experience would be examined for potential correlation with measures such as awareness.

**Reference:** *Defense Equal Opportunity Management Institute Directorate of Research Development and Strategic Initiatives Report 01-12*, [https://www.deomi.org/DRN/documents/DEOMI\\_Press\\_Report\\_01-12\\_Cultural\\_Minefields-Cultural\\_Heritage\\_Training\\_in\\_the\\_U.S.\\_Military.pdf](https://www.deomi.org/DRN/documents/DEOMI_Press_Report_01-12_Cultural_Minefields-Cultural_Heritage_Training_in_the_U.S._Military.pdf)

# THE 102D ARMY BAND



## WANTS YOU

## TO AUDITION!

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

**IMMEDIATE openings for:**

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

All other band instruments will also be considered!  
Get the chance to perform at Community and Guard events, honor ceremonies, concerts, sporting events and much more!

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

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

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

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

For information on vacancies and requirements, please contact Sgt. 1st Class Jordan Werme  
[jordan.e.werme.mil@mail.mil](mailto: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/](http://www.va.gov/opa/publications/benefits_book/)

### Health Care

VA's health care offers a variety of services,

information, and benefits. As the nation's largest integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliaries, readjustment counseling centers, and various other facilities.

### Benefits & Services

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

### Burial and Memorials

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

### Veterans Benefits Fact Sheets

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

# CONNECTICUT NATIONAL GUARD PROMOTIONS

## ARMY

### To Private 2

Morowski, James A.  
Pucutay, Christel L.  
Rodriguez, Edwin J.  
Vasquezsilva, Danielle N.  
Molina, Jordan L.  
Aponte, Nathaniel K.  
Villarreal, Renee A.  
Contreras, Lauren R.

### To Private First Class

Kyllonen, Tyler A.  
Bernard, Richard A.  
Arscott, Markhugh A.  
Olivorodriguez, Yaillyana  
Bauza, Bernabe Jr.  
Cutler, Tyler J.  
Sullivan, Eric C.  
Gaines, Devante R.  
Wilson, Xavier M.  
Rodriguez, Lenny S.  
Rogers, Edgar D.  
Perkins, Adrian C.  
Monterio, Devin P.  
Palmer, Kimani  
Gonzalez, Angel  
Melendezandrade, Stephanie

Pastula, Christopher D.  
Desmond, Paul G.  
Suareztirado, Jesser J.  
Brown, Hakeem S.  
Ligon, Katonya R.  
Levine, Benjamin A.

### To Specialist

Clark, Charles D.  
Mathewson, Daniel J.  
Ocasio, Luigi A.  
Valenciajimenez, Luis F.  
Pearson, Davon E.  
Hite David A. Jr.  
Mendezamurillo, Bryan J.  
Werpachowski, Dawid  
Branciforte, Jonathan E.  
Walker, Kelly L.  
Ruszala, Danielle A.  
Markowycz, Dylan C.  
Benton, David P.Jr.  
Moore, Christopher R.  
Olivasanchez, John S.  
Daleen, Ashley E.  
Guzman, Cesar A. Jr.  
David, Samantha A.  
Saunders, Eric C.

Logan, Tameron A.  
Melendezlopez, Michael  
Anderson, Tyler M.  
Rismay, Jamal J.  
Miller, Makiem M.  
Hebert, Aaron M.  
Beason, Daimean O.  
Torgerson, Mia V.  
Reyes, Joshua J.

### To Sergeant

Wheway, Andreanos J.  
King, Robert J.  
Hussey, Shawn S.  
Barrella, Peter J.  
Scott, Jason A.  
Larose, Agustus N.  
Brown, Brandon A.  
Hallowell, Luke R.  
Cruzquiles, Miguel A.  
Zelenski, Tyler A.  
Smith, Rajohn  
Shrestha, Samman  
Caban, Isabel  
Edgar, Deanna R.  
Sepulveda, Edgard J.  
Stark, Lucas A.

Bradley, Kenneth D. Jr.  
Rios, Isaiah  
Robichaux, Melissa A.  
Sperduto, Mark A.  
Roys, Katrina M.  
Amarillo, Michael J.  
Morande, Jeffrey S.

### To Staff Sergeant

Destival, Charles A. II

### To Sergeant First Class

Blum, Amie C.  
Petroski, Joseph P.  
Cafazzo, Devon M.  
Caffyn, Sean M.

### To Warrant Officer

Arsenault, Nicholas P.

### To 2nd Lieutenant

Wagnereldridge, Brendan  
Mills, Kevin M. Jr.  
Durso, Mario A.  
Arundel, Daniel P.

## AIR

### To Senior Airman

Woktkowiak, Steven J.  
Foster, Melbourne R.  
Tilley, Shawn E.  
Dutton, Stephanie S.  
Blazzi, Stephanie

### To Staff Sergeant

Miller, Alexander T.  
Bessette, Brad M.  
Zimmerman, Dylan A.  
Claudio, Gustavo  
Eulizier, Layau J.  
Cahill, William D.  
Crawford, Zachary P.

### To Technical Sergeant

Pendleton, Erik B.  
Brigham, Greg P.  
McDonald, Jeffrey G.

## Congratulations to All!



Promotions as of June 1, 2016

## Coming Events & Holidays

**July**

**July 4**

Independence Day

**July 12**

\*August Guardian Deadline\*

**August**

**August 4**

NGACT Army & Air Retiree Picnic

**August 7**

Purple Heart Day

**August 9**

\*September Guardian Deadline\*

**September**

**September 2**

NGACT Golf Tourn.

**September 5**

Labor Day

**September 7**

\*October Guardian Deadline\*

**September 11**

Patriot Day

**September 16**

POW/MIA Recognition Day

**September 18**

Air Force Birthday

Deadline for the August Issue  
of the Guardian is July 12.  
Deadline for the September  
Issue of the Guardian is  
August 9, 2016.



# NGACT RETIREES' PICNIC & BENEFITS

## UPDATE BRIEF

### THURSDAY, AUGUST 4th, 2016 CAMP NIANTIC, NIANTIC CT

**Retiree Benefit Update**  
**at 10:30 a.m.**



**Cookout starts**  
**at Noon**

**Mark your calendar**

**\$25.00 by July 29th, 2016 & \$30.00 at the Door**

**Register & Pay Online at**

**WWW.NGACT.ORG**



**WWW.FACEBOOK.COM/NGACT**



CHANGE SERVICE REQUESTED

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



# Connecticut FAMILY Guardian



VOL. 17 NO. 7

HARTFORD, CONNECTICUT

JULY 2016

## Blue Star Museums 2016: Be in the Know

### MILITARY ONE SOURCE

Museums across America are rolling out the red carpet for Active-Duty and Reserve service members and their families between Memorial Day and Labor Day. Simply flash your ID and enjoy free access through the Blue Star Museums initiative.

The program, which is looking forward to its seventh summer, is a collaborative effort between the Department of Defense, the National Endowment for the Arts, Blue Star Families and participating museums. The Blue Star Museums initiative expands your Morale, Welfare and Recreation benefits by providing even more ways for you and your family to explore your community, spend time together and share adventures. Your challenge is to find a way to choose from all of your options.

### Be in the know

Here are some helpful things to know about the Blue Star Museums initiative:

- **You'll be in good company.** More than 2 million military families have enjoyed Blue Star Museums since the program launched in 2010. Join their ranks, if you haven't already.

- **Your ID card is your ticket to the museums.** Just show your common access card, or DD Form 1173 or

1173-1 identification card.

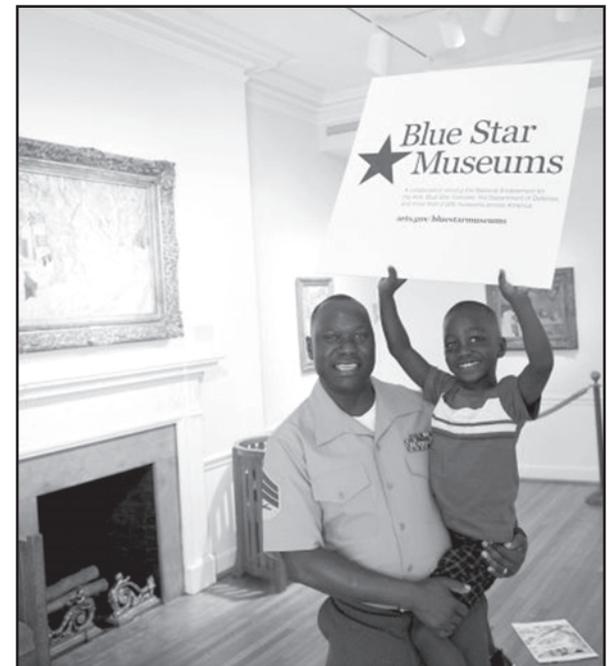
- **Your admission is free, so there's no need to limit yourself.** Explore fine art, history, science, children's museums, arboretums, historical parks, nature centers and more. Find participating museums near you or along your travel route.

- **Your Information, Tickets and Travel office can add to your fun.** As you map out your museum visits this summer, check with the office to find additional attractions in your area.

- **You can enjoy a staycation in your new community.** If you're settling into a new duty station, take a break from unpacking and explore. Blue Star Museum visits will help you get to know the place and its people. Knowledge and friendship await.

Make it a blockbuster summer. Go play. See how many Blue Star Museums you can explore — and be sure to take advantage of the other great opportunities your Morale, Welfare and Recreation program offers.

**For a complete listing of more than 2000 Blue Star Museums nationwide, including over 50 in Connecticut, visit <https://www.arts.gov/national/blue-star-museums>**



Marine Sgt. Jimmy Ochan and his son William enjoy their visit to the Phillips Collection at the 2015 launch event for Blue Star Museums. (Photo by James Kegley, [www.arts.gov](http://www.arts.gov))



July 25-29, 2016

Windsor Locks Readiness Center  
85-300 Light Lane, Windsor Locks

9:00 AM to 3:00 PM

(Lunch, drink and snacks provided)

\$20 Registration Fee per Camper

Military Youth in grades K-5 are welcome to participate in this week long day camp. Each day will include a variety of fun activities that will make learning fun! Activities include, health and fitness, science and technology, a field trip to the CT Science Center and MORE! Most importantly you will be with other military kids just like you!

Registration is **REQUIRED** by **July 11th** in addition to completed registration paperwork prior to the start of the program! Please register your child at the link below using the password: MCITSE16

<https://mcit-se-2016.eventbrite.com>



"5 DAYS OF FUN!"





CATHERINE  
GALASSO-VIGORITO

## The Odds May be Against You, but God is For You

“Hardships often prepare ordinary people for an extraordinary destiny.” - C.S. Lewis.

A while back, I read about Dave Thomas, the founder of the fast-food restaurant, Wendy’s. He was adopted when he was a baby, but his adoptive mother died when he was five years old and Dave and his adoptive

father moved frequently as his father looked for work.

With many struggles, it was a lonely childhood. Then, in the 10th grade, Dave left high school to work full-time at a restaurant. Since he didn’t have the right education, background or resources, Dave could have felt like an underdog. He might have developed feelings of inadequacy, for he even was told that he’d never amount to anything.

Yet, Dave was determined and resolute in his causes. He demonstrated grit and steadfast tenacity and he set goals for his future. In Dave’s heart, there was a burning desire to succeed. Dave had an entrepreneurial flair and believed that one day he’d run the best restaurant in the world. He did not become complacent, thinking, “It’s not going to happen.” Nor did he focus on the negative. For sometimes, the only limits in life are the limits we place on ourselves.

So Dave challenged himself to be the best that he could be. With full-hearted faith in God, hard work and integrity, he did all he could to follow his dream forward. For God can work in amazing ways through our faith.

In 1969, Dave opened his first Wendy’s restaurant, and in the years that followed, Dave began to franchise the concept. Wendy’s became a household name and one of the largest hamburger fast food chains with over 6,000 locations worldwide.

Additionally, Dave started a Foundation for Adoption. Raising awareness for the cause, he helped to promote law simplification and to reduce adoption costs in the

United States.

Dave has made a supreme difference in the lives of others. He strongly believed in giving back to the community and countless organizations benefited from Dave’s kindness, generosity and philanthropic efforts. Moreover, an education advocate, after 45 years, Dave went back to school. He studied for and earned his GED. “It wasn’t easy, but it was worth it,” Dave once said in an interview. He proved to himself and to others that it’s never too late to accomplish what you really want to do.

You may not be the most qualified. Perhaps, you have been overlooked. You might be facing obstacles. Or, you’ve suffered in the past. And yet, like Dave Thomas, in your heart there is a belief that in some way you can succeed. Regardless of what you’re going through or are trying to achieve today, hold fast and don’t quit. Keep helping others. God knows what you have been through. The odds may be against you. But God is for you. So pray, and trust God to do what you can’t do.

Last Easter Sunday, Mother Angelica passed away. A Roman Catholic nun, Mother Angelica solely relied on God. And His perpetual light shined upon her.

Mother Angelica had no experience in construction, financial planning, or television operations. And beginning with just \$200 and working out of the garage in her Birmingham, Alabama monastery, she began to build a religious worldwide television, radio and publishing empire. She was guided by a firm faith and placed her trust in the providence of God.

In an interview, Mother Angelica described how a visit to a network studio ignited her entrepreneurial vision. “I walked in, and it was just a little studio, and I remember standing in the doorway and thinking, it doesn’t take much to reach the masses,” she uttered. “I just stood there and said to the Lord, ‘Lord, I’ve got to have one of these.’”

Scripture tells us, “Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” (Matthew 17:20)

Mother Angelica acted on God’s invitation to do the

impossible. Her faith moved the mountain, for God did the miraculous. And through Him, a broadcast center was built that today has become the largest religious media network in the world. EWTN transmits programming 24 hours a day to more than 118 million homes in 127 countries worldwide.

God can use unlikely people, in overlooked places, to do remarkable things and to show His extraordinary goodness. The hand of God works in unexpected ways. Therefore, keep the faith and don’t underestimate what God can do for you.

I recall one afternoon at dance class, my daughter misplaced one of her ballet slippers. She inquired at the studio, and the dance teacher told her to check the lost-and-found box. My daughter explained to me that she had to go through dozens of ballet shoes, and some of them were the same size as hers, until ultimately, she found her shoe.

“Well, if there were so many shoes the same size, how did you know which ballet slipper was yours?” I asked. Quite matter-of-factly, she replied, “My initials were written on it.”

In the same way, that aspiration that has been taking a long time to happen has your initials written on it. There is an opportunity to come with your initials written on it. There’s healing with your initials written on it. And an abundant future has your initials written on it.

This is going to be a year that God does great things in your life. Believe it. It will happen. When you look back, you will say that 2016 was the turning point. Don’t give up and keep blessing others. The time is coming soon where you’ll see yourself living out your God-inspired dreams. God is going to take you further, in every good area, way beyond what you can imagine.

So wait with joyful expectation and certainty for God’s blessings. Watch for big and small miracles. Make no mistake. You are next in line for some of God’s loving, wonderful grace. Stay faithful. You’re going to be richly rewarded for your faithfulness and goodness to His people.

*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](mailto:cgv@anewyouworldwide.com). Visit her website at [www.anewyouworldwide.com](http://www.anewyouworldwide.com). © Catherine Galasso, 2016*

## CONNECTICUT NATIONAL GUARD HELPLINE

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

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

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**

**William A. O'Neill Armory**  
360 Broad St. RM 112  
Hartford, CT 06105

**Service Member and Family Support Center**  
(800) 858-2677  
Fax: (860) 493-2795

**Child and Youth Program**  
(860) 548-3254

**Yellow Ribbon Reintegration Program**  
(860) 493-2796

**Military OneSource**  
(800) 342-9647  
(860) 502-5416

**Survivor Outreach Services**  
(860) 548-3258  
Open Mon.-Fri.

**Windsor Locks Readiness Center**  
85-300 Light Ln.  
Windsor Locks, CT 06096  
(860)292-4602  
Open Mon.-Fri.

**Veterans' Memorial Armed Forces Reserve Center**  
90 Wooster Heights Rd.  
Danbury, CT 06810  
(203) 205-5050  
Open Mon.-Fri.

## CONNECTICUT NATIONAL GUARD

### Family Assistance Center Locations

Family Assistance Centers are an information and referral hub for all Branches of Service

**Our Programs Include:**

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

**Support is available 24/7 by calling (800) 858-2677**

\*Centers are open part-time on a regular, weekly schedule.  
Please call ahead to confirm times or to make an appointment.

**New London Armory**  
249 Bayonet St.  
New London, CT 06320  
(860) 772-1422  
Open Mon.-Fri.

**103<sup>rd</sup> Airlift Wing**  
100 Nicholson Rd.  
East Granby, CT 06026  
(800) 858-2677  
Open Tues.-Fri.

**103<sup>rd</sup> Air Control Squadron**  
206 Boston Post Rd.  
Orange, CT 06447  
(800) 858-2677  
\*By Appointment\*

**Niantic Readiness Center**  
38 Smith St.  
Niantic, CT 06357  
(800) 858-2677  
\*By Appointment\*

**Norwich Armory**  
38 Stott Ave.  
Norwich, CT 06360  
(800) 858-2677  
\*Wednesday or By Appointment\*

**Waterbury Armory**  
64 Field St.  
Waterbury, CT 06702  
(800) 858-2677  
\*By Appointment\*

# Dept. of Defense Summer Camp Experiences

## MILITARY ONE SOURCE



When school's out for summer, it's helpful to have some activities planned to keep your kids busy, engaged and having fun. Department of Defense summer camps may be a great addition to your child's summer lineup. Make it a summer to remember by checking out these potential camping experiences:

**Teen adventure camps**  
These camps can be a great option for a teen interested in adding some excitement to their summer.

- Teens ages 14-18 can enjoy adventure camps partnered with universities around the country.
- There are multiple camps to choose from.
- Camps include fantastic wilderness excursions like sailing, kayaking and survival camp.
- Camps aren't just for summer anymore. There are winter camps, too, if your summer schedule is already slammed.

**Deployment support camps**  
The camaraderie of deployment support camp might be just what your children need to deal with having a deployed parent.

- Deployment can be an adjustment for military kids, so deployment support camps can provide a safe space while teaching skills to navigate the ups and downs.
- Your child can build a support network of other military youth who may have similar experiences.
- These camps support all military youth, regardless of service branch, whose parents are deployed, deploying or recently returned from a deployment.

**Installation camps**  
However, you may not have to go far to give your children a positive camp experience. In fact, camp fun may be just around the corner on your local installation. To find a camp or summer activity on your installation, visit [www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil) and select Youth Programs/Centers from the drop-down menu.

**For information about Connecticut National Guard Family Program Summer programs for kids, contact Michelle McCarty at 860-548-3254 or [michelle.m.mccarty.ctr@mail.mil](mailto:michelle.m.mccarty.ctr@mail.mil)**

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

# WE WANT YOU

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

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

<http://www.ctpurplepages.com/publications/forms/ctng-service-member-and-family-support-center-customer-feedback/>

# 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)

## JULY 4TH: MISSING LETTERS

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

- INDEPEND\_\_NCE \_\_AY
- DECLARA\_\_ON OF IN\_\_PENDENCE
- COOKOUT\_\_S
- FIRE\_\_ORKS
- THIR\_\_EEN COLONI\_\_S
- GREA\_\_BRITA\_\_N
- AMERIC\_\_N REVO\_\_UTION
- PURS\_\_IT OF HAPP\_\_NESS
- BOST\_\_N T\_\_A PAR\_\_Y
- FLA\_\_S
- CONTINENT\_\_L CON\_\_RESS
- PATR\_\_OTISM
- BARBE\_\_UE
- LIBER\_\_Y



- Answers**
1. Independence Day
  2. Declaration of Independence
  3. Cookouts
  4. Fireworks
  5. Thirteen Colonies
  6. Great Britain
  7. American Revolution
  8. Pursuit of Happiness
  9. Boston Tea Party
  10. Flags
  11. Continental Congress
  12. Patriotism
  13. Barbeque
  14. Liberty

## SUMMER WORD SEARCH

See how many words related to summer 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.



- BARBECUE
- BEACH
- BICYCLE
- BUCKET
- CAMP
- CAMPING
- COTTAGE
- FLOWERS
- GARDEN
- GARDENING
- GRASS
- HIKING
- LAWN
- MOSQUITO
- PORCH
- ROLLER SKATES
- SAILBOAT
- SANDALS
- SANDCASTLE
- SHORTS
- SPRINKLER
- POOL
- SUNSHINE
- SWIMMING



## Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 Fax: (860)493-2795</i>		<i>Open Monday-Friday</i>	
Director, Service Member and Family Support Center	Kimberly Hoffman	kinberly.jhoffman.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyenne.c.baber.mil@mail.mil	(860) 548-3276 (desk) (860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.s.reed.ctr@mail.mil	(860) 524-4938 (desk) (860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	lenita.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 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) (860) 538-5639 (cell)
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	jm.ead.ctesgr@live.com	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
<i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096</i>		<i>Open Monday-Friday</i>	
Family Assistance Center Specialist	Joshua Hamre	josua.j.hamre.ctr@mail.mil	(860) 292-4602 (desk) (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 292-4601 (desk) (860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810</i>		<i>Open Monday-Friday</i>	
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk) (860) 883-2746 (cell)
<i>New London Armory: 249 Bayonet Street, New London, CT 06320</i>		<i>Open Monday-Friday</i>	
Family Assistance Center Specialist	Vanessa Foster	varnessa.n.foster.ctr@mail.mil	(860) 772-1422 (desk) (860) 883-2720 (cell)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026</i>		<i>Open Tuesday-Friday</i>	
Airman and Family Readiness Program Manager	Currently Vacant		
Family Assistance Center Specialist	Joshua Hamre	josua.j.hamre.ctr@mail.mil	(860) 292-2730 (desk) (860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 292-2730 (desk) (860) 922-2746 (cell)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 (800) 858-2677</i>		<i>Open By Appointment</i>	
Family Assistance Center Specialist	Timothy Hesney	timothy.j.hesney.ctr@mail.mil	(860) 221-5540 (cell)
<i>103rd Air Control Squadron: 206 Boston Post Road, Orange, CT 06477 (800) 858-2677</i>		<i>Open By Appointment</i>	