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School's in for Summer

RTI's Busy Season in Full Swing

MAJ. MIKE PETERSEN &
ALLISON L. JOANIS
STATE PUBLIC AFFAIRS OFFICE

Most schools look forward to the 90-day break that typically comes with the summer months.

The 169th Regiment (Regional Training Institute) looks forward to the summer because it means the schoolhouse is in full swing, with National Guard and Army Reserve Soldiers from all over the country putting their skills to the test.

In seemingly every corner of Camp Niantic and Stones Ranch Military Reservation, you'll find a training event occurring, and it isn't just the National Guard. Local high school football teams and the Boy Scouts of America are just a few of the organizations that have found Camp Niantic a more-than-suitable space for their summer activities.

Along with the Officer Candidate School, which graduated and commissioned five Second Lieutenants, Aug. 20, the most prominent courses on post have been Military Occupational Specialty Transition courses, or MOS-T for short.

In August, the RTI wrapped up two Military Occupational Specialty Transition, or MOS-T, courses.

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Members of the 68W Healthcare Specialist MOS Transition Course medically evacuate a patient during a simulated field training exercise at Stones Ranch Military Reservation in East Lyme, Conn., Aug. 11. The exercise was one of the culminating events of the eight-week course hosted by the 169th Regiment (Regional Training Institute) at Camp Niantic and SRMR. Upon completion, the 17 graduates became qualified medics for the National Guard and U.S. Army Reserve. (Photo by Allison L. Joanis, State Public Affairs Office)

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Connecticut Prepares

Gov. Malloy Announces Launch of Emergency Alert Mobile App

OFFICIAL RELEASE
OFFICE OF GOVERNOR DANNEP P. MALLOY
STATE OF CONNECTICUT

Governor Dannel P. Malloy announced the launch of a new emergency preparedness mobile application for Connecticut residents that provides information and alerts in emergency situation, and also helps residents prepare in advance of an emergency.

The "CT Prepares" app, which can be downloaded to most smartphones, incorporates and integrates text messaging, email, and social networking, allowing residents to communicate with family members during an emergency. Real-Time notifications including emergency news, state office closings, and public safety messages can be sent directly to the device, providing up-to-the-minute information for residents.

"We are constantly planning and constantly preparing to remain one step ahead of potential emergency situations. This is yet another tool in our goal to be as resilient as we can be as a state. As we have seen in past storms and emergency situations, communication is critical. The CT Prepares app will no doubt help us in that effort by providing residents with critical information during emergencies. I encourage residents to download this app to their mobile devices," Governor Malloy said.

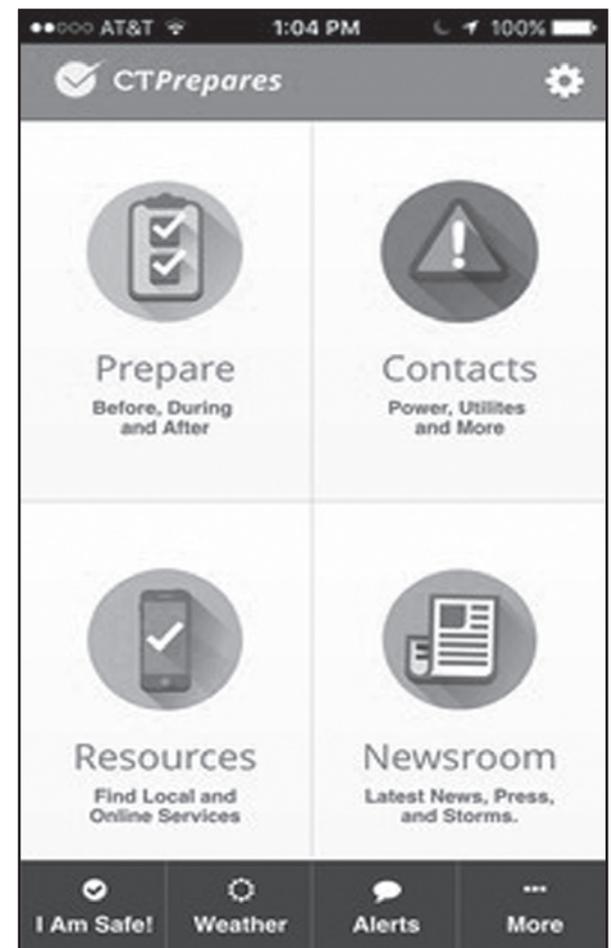
"With just a keystroke, anyone can download the CT Prepares app to their mobile devices and in a matter of a minute, be better prepared for any disaster or emergency they may face," Connecticut Department of Emergency Services and Public Protection (DESPP) Commissioner Dora Schriro said. "And that's especially important as we approach the height of this year's hurricane season in Connecticut."

Other features of the app include:
Send an "I'm Safe" message to contacts via email, text, and social networks

- View real-time alerts for emergencies, weather and traffic.
- View current and extended National Weather Service forecasts based on current location.
- Access Connecticut Emergency Management Agency news and events.
- View emergency preparation guides for different types of emergencies.
- Locate Connecticut Emergency Management contacts and other useful emergency resources.

Download the App!

The app can be downloaded for free from the iTunes Apple Store for Apple devices and Google Play for Android devices by searching the key phrase, "CT Prepares."



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(Front Page American Flag photo by Buddy Altobello)

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Guard Critical To Total Force, Carter Says at Change of Responsibility Ceremony

TERRI MOON CRONK
DoD NEWS, DEFENSE MEDIA ACTIVITY

Citizen-warriors and the entire National Guard family are vital to the security of the United States, Defense Secretary Ash Carter said at the National Guard Bureau change-of-responsibility ceremony at the Pentagon, Aug. 3.

The secretary swore in Air Force Gen. Joseph L. Lengyel, who received his fourth star just before taking the oath, as chief of the National Guard Bureau, succeeding Army Gen. Frank Grass, who is retiring. Lengyel had served as bureau vice chief, and Grass was the first Guard Bureau chief to serve as a member of the Joint Chiefs of Staff.

Guard Essential to Total Force

The days of the National Guard serving exclusively as a strategic reserve that was called up only in emergencies are over, Carter said.

“The post-9/11 environment has proven the Guard is an indispensable component of the Total Force, in day-to-day activities and large-scale operations, in planning and execution, and in conventional conflicts and novel threats,” he said.

The more deeply integrated the Guard becomes, the better prepared the nation becomes, the secretary said.

“The presence, skill and readiness of citizen warriors across the country give us the agility and flexibility to handle unexpected demands, both at home and abroad. It is an essential component of our total force, and a linchpin of our readiness,” Carter said.

That critical element the Guard brings to the Total Force is one reason why the Guard bureau chief position was elevated in 2012 to the Joint Chiefs of Staff level, the secretary pointed out.

“General Frank Grass has led this historic transition with character and skill,” Carter said.

“He’s helped increase our rapid deployment capability to respond to any crisis,” the secretary added, “and strengthened the Guard’s partnerships at the local, state, federal - and international - levels. He has been a strong and steady voice at the table for the men and women of the National Guard.”

Guard Responds Quickly

The Guard keeps the skies free from danger, responds to disaster with compassion and professionalism at a



Defense Secretary Ash Carter (left) administers the oath of office to incoming National Guard Bureau Chief Air National Guard Gen. Joseph Lengyel, Aug. 3, 2016, at the National Guard Bureau change of responsibility at the Pentagon. (DoD photo by Navy Petty Officer 1st Class Tim D. Godbee)

moment’s notice and stands watch at home and abroad, Carter said, telling Guard members, “You responded when we needed you during the conflicts in Iraq and Afghanistan all those years.”

Those qualities have been the spirit, mission and enduring commitment of the Guard through the centuries, “and never more so than over the past 15 years,” Carter noted, adding, “Since Sept. 11 [2001], the men and women of our Army and Air National Guard, and their families, have answered the nation’s call to deploy over 787,000 times.”

Today’s Guard is battle-tested and is an agile, flexible, deployable force with combat experience and a broad range of skills gained both on the battlefield and in civilian life, and confronts the challenges of today’s complex world, the secretary said.

“As history has shown that we can never perfectly predict the strategic future, we must also be flexible and agile in preparing for unknowns that we can’t anticipate today,” Carter said.

Grass ‘Seized Opportunity’

“As chief of the National Guard these past four years,” he told Grass, “you’ve been a courageous and skillful

leader — exactly the one the nation needed, and you’ve seized every opportunity to make progress, and our Total Force is stronger as a result.”

The National Guard family will remain in the good hands of another proven strategic thinker in Grass’ vice chief and new bureau chief, Lengyel, the secretary said.

Perhaps most importantly, Carter said, Lengyel “knows what it means” to be a military family member after his military pilot father was shot down in Vietnam and became a prisoner of war in 1969, only to return to service there as just one of two former POW pilots in 1975.

Unpredictable Global Events

“We cannot predict how, or when, or where, the men and women of our National Guard will be called on to serve their fellow citizens,” the secretary said, adding that because of Grass’ strong leadership, the National Guard is an indispensable force, trained and ready to respond wherever it’s needed.

“We know that General Lengyel will lead this force with certainty, clarity and the full confidence and trust of myself and the president,” Carter said, thanking both leaders and all National Guard members for remaining “Always Ready, Always There.”

Practice Makes Perfect in Tight Spaces for CT Flying Yankees

SENIOR AIRMAN EMMANUEL SANTIAGO
103RD PUBLIC AFFAIRS, CTANG

During the 103rd Airlift Wing's June drill, Flying Yankee fuel systems maintenance personnel conducted a confined space training exercise at Bradley National Guard Base, East Granby, Connecticut, where they simulated the extraction of an injured Guardsman out of the fuel bay of one of their recently-acquired C-130 Hercules aircraft.

The exercise is an annual requirement for the Wing. According to Master Sgt. Jonathan Shepard, Fuel Systems Shop Chief assigned to the 103rd Maintenance Group, the Guardsmen are making milestones with the new aircraft by familiarizing themselves with these types of worse-case scenarios.

There are multiple hazards within the fuel bay that an individual can encounter when conducting routine maintenance. While inside the fuel bay, workers have to be properly equipped with the right safety gear, considering they're in low-level oxygen environments. Maintenance workers have to wear full-faced respirators which can fatigue the individual faster than usual. Another hazard that is possible is an individual can be rendered unconscious if he or she manages to accidentally bump their head within the confined space.

In the event that a maintenance worker needs to be extracted from confined space, the workers around him are expected to be first responders. They are also relied upon to radio the maintenance operations center which

will initiate the 911 protocols, notifying the fire department and other responders at Bradley International Airport. The responders show up to the scene within minutes and utilize collective efforts to rescue the individual from the fuel bay.

The Flying Yankee team isn't the only one working hard to familiarize themselves with the new aircraft. First responders from Bradley International Airport as well as the Connecticut State Police are also adding various tools from their arsenal in the event of an incident.

"It's pretty important to know that we have the great fire department behind our back," said Shepard. "Should something happen, they're here to rescue us which is why we do the training every year."

During the exercise, the fire department also took advantage of the opportunity to use one of their recently-acquired ladders to aid in the extraction. For the first time, they devised a pulley system that allowed them to use the ladder as a high point to safely lower a stokes basket off of the wing of the C-130 that held the simulated-injured individual.

"It's incredibly beneficial to us," said Staff Sgt. Gustavo

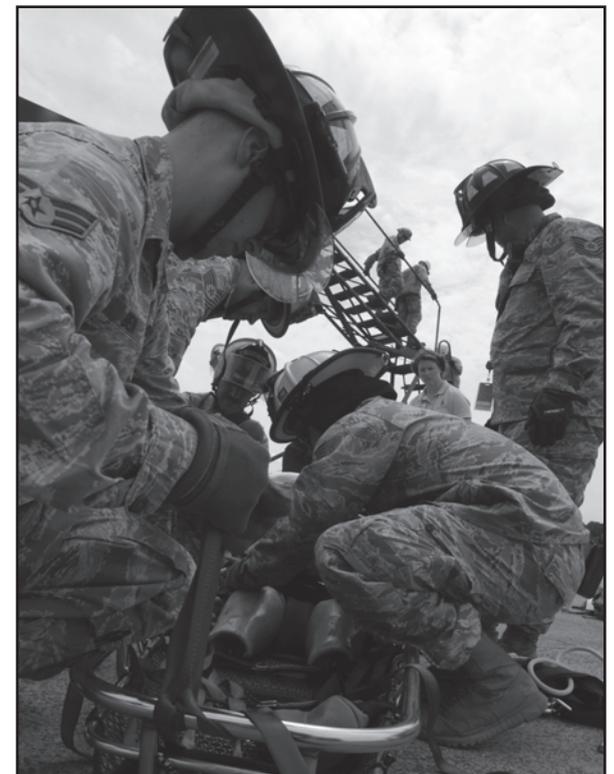
Claudio, a firefighter assigned to the 103rd Civil Engineer Squadron. "The fact that we get to train in worse-case scenarios



During the 103rd Airlift Wing's June training assembly, first responders from Bradley International Airport and Connecticut State Police aided 103rd Maintenance Group fuel systems maintenance personnel in a confined space exercise. The exercise featured a simulation of an individual who needed to be rescued from the fuel bay of a C-130 Hercules. (U.S. Air National Guard photo by Senior Airman Emmanuel Santiago)



(Photo above and right) During the 103rd Airlift Wing's recent training assembly, first responders from Bradley International Airport and Connecticut State Police aided the fuel systems maintenance personnel assigned to the 103rd Maintenance Group in a confined space rescue exercise. The training exercise featured a simulation of an individual who needed to be rescued from the fuel bay of a C-130 Hercules. (U.S. Air National Guard photo by Senior Airman Emmanuel Santiago)



E Co, 1-169 Aviation Battalion Gets Cooking To Win Philip A. Connelly Award Regionals

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

The Philip A. Connelly Award provides recognition for excellence in the preparation and serving of food in Army Troop dining facilities and field kitchen operations.

The Connecticut Army National Guard proved they deserved that recognition.

Echo Company, 1-169 General Support Aviation Battalion represented Connecticut and won the July 16 regionals against Massachusetts, New York and New Jersey. The competition was held during the unit's drill weekend at Camp Hartell in Windsor Locks, Conn.

The three judges were retired Army NCOs who are experts in dining operations. One of the judges, retired Master Sgt. Dale Demouy of Louisiana, said that Echo Company has made big improvements in the last three years.

The program breaks awards down by component:



Pfc. Theresa Taylor of E Co, 1-169 Aviation Battalion prepares to make brownies during the Philip A. Connelly Award competition at Camp Hartell, July 16. (Photo by Maj. George Duggan, 143rd RSG Public Affairs Officer)



Pfc. Holly Kidder prepares the beans and Spc. Ryan Jones stirs the gravy during the Philip A. Connelly Award competition at Camp Hartell, July 16. (Photo by Maj. George Duggan, 143rd RSG Public Affairs Officer)

Regular Army, Army Reserve and the National Guard. Like the Best Warrior Competition, National Guard units compete to win the right to represent their state at regionals with regional winners advancing to compete for the national award.

Like many cooking competitions aired on television, teams do not compete side-by-side. Echo Company was scored individually in Connecticut, just like their fellow competing states.

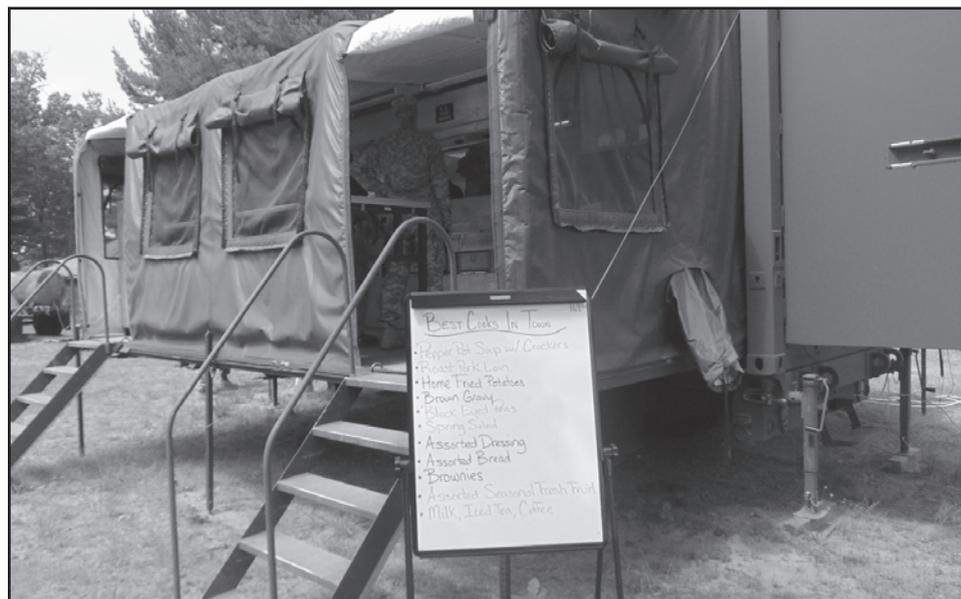
Morale was high as Echo Company's team worked through hot, humid conditions. Hot lunch was prepared for the soldiers of the 1-169 GSAB and the 192nd Engineer Battalion who were training nearby. Teams do not have the luxury of cooking out of a comfortable,

indoor dining facility, but are graded on their ability to cook out of a Containerized Kitchen, or CK, to simulate the field environment.

In preparing the meal, Spc. Ryan Jones was reminded of a simpler time and smiled while stirring the gravy.

"This is just how Nana used to make it," Jones said.

Master Sgt. Davis Foster, the Senior Operations Sergeant of the 143rd Regional Support Group, was on hand to offer his support. Davis said he was a member of the national championship winning team from the 712th Maintenance Company in 2000 and is excited to see if Echo Company can bring another national title back to Connecticut.



"Best Cooks In Town," was a well deserved title for E Co, 1-169 Aviation Battalion, who won the regional Philip A. Connelly Award competition at Camp Hartell, July 16. Soldiers were graded on their ability to cook out of a containerized kitchen to simulate a field environment. E Co, will go on to compete at the national level. (Photo by Maj. George Duggan, 143rd RSG Public Affairs Officer)

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Students of the Regional Training Institute's Basic Military Police Course arrive at J.B. Gates Prison in Niantic, Conn., Aug. 16, to conduct realistic training as part of the four-week course for those transitioning to a 31B (Military Police) Military Occupational Specialty (U.S. Army Photo by Capt. Mike Petersen, State Public Affairs Officer)

On Aug. 16, 2nd Battalion, 169th Regiment graduated 17 brand new medics from their 60-day Combat Medic course and on

"The courses we offer here are not only cost-effective options for the reserve component, but are held to a standard that rivals or betters our Active Duty counterparts," said Col. Ralph Hedenberg, Commander of the 169th Regiment (RTI). "We are sending qualified, ready Soldiers back to their units both here in Connecticut and nationwide, and that is something my staff and instructors take great pride in."

The BMPC also held training at a third location: J.B. Gates Prison in Niantic. The prison – which Connecticut's 192nd Military Police Battalion has also utilized in the past – provided a realistic and convenient venue for

spent the day in teams of four, responding to possible active shooter scenarios they may face on the job.

After dry runs to help translate individual skills to a team exercise, the 29 students were then expected to execute the scenario for a grade, complete with role players serving as victims, innocent bystanders and the threat themselves.

"At the end of the day, it is about sending these students back to their units with not just the skills, but the confidence to make the right decision at a moment's notice," said Sgt. 1st Class Gabriel Rosario, instructor for 3rd Battalion, 169th Regiment. "Being able to use (Gates Prison) helps add realism that these future MPs can draw on if ever called into such a scenario."

Not to be outdone, the RTI's 68W Healthcare Specialist

prospective MPs to train in a number of different scenarios.

"The training here gets a high grade and compares to what I received on Active Duty," said Spc. Jeffrey Nielsen of the CTARNG's 143rd Military Police Company, a Night Vision Repair Specialist who joined the Guard after finishing his Active Duty commitment. He is also a West Haven Police Officer.

"(The training) definitely helped me out on the civilian side," he said.

With RTI instructors Staff Sgts. Dave Roy and Kevin Arrojoado at the helm, students



A student with the 68W Healthcare Specialist MOS Transition Course treats play actor patient, Pfc. Tyler Kyllonen of the 1109th TASMG, CTARNG, for simulated shrapnel wounds during a simulated field training exercise of the 68W MOS-T course at Stones Ranch Military Reservation in East Lyme, Conn., Aug. 11. The exercise was one of the culminating events of the eight-week course hosted by the 1-169th Regional Training Institute at Camp Niantic and SRMR. Upon completion, the 17 graduates became qualified medics for the National Guard and U.S. Army Reserve. (Photo by Allison L. Joanis, State Public Affairs Office)

MOS Transition Course also provided realism.

On Aug. 11 at Stones Ranch Military Reservation, 17 68W hopefuls feverishly moved around their simulated aid station they set up in support of a combat mission. After assigning jobs and roles to each Soldier, they stood ready at their stations to receive a slew of role playing patients in full moulage, exhibiting a variety of combat related injuries and issues.

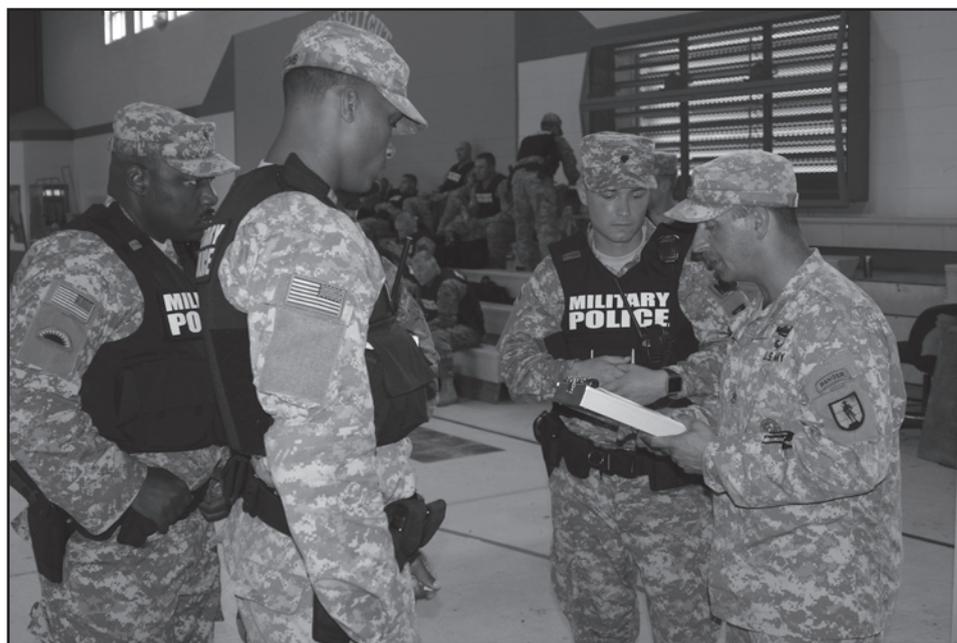
This field training exercise came at the tail end of the 8-week course. Separated into three phases, Soldiers worked through both classroom and hands on practical training to prepare them to be qualified as U.S. Army Healthcare Specialists, otherwise known as combat medics.

"They throw us into a scenario and try to create the stress of a battle environment," said Spc. Arnulfo Hernandez, a U.S. Army Reservist from San Diego, Calif. "You have to move quickly because once you are down range anything can happen. You need to be able to move fast and be confident in what you are doing because it's your job provide medical care as best you can to save Soldiers."

As the "injured" Soldiers limped or were carried in, 68W students evaluated and triaged their conditions and sent them to one of four stations.

"The aid station is broken down into four

Staff Sgt. Dave Roy (right), Basic Military Police Course Instructor assigned to the 3rd Battalion, 169th Regiment (Regional Training Institute), briefs students on the task, conditions and standards before a dry run through an active shooter exercise at J.B. Gates Prison in Niantic, Conn., Aug. 16. The Connecticut National Guard has utilized the now-closed Gates Prison to enhance training for Military Police since 2012. (U.S. Army Photo by Capt. Mike Petersen, State Public Affairs Officer)



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Want to be the Next Best Warrior?

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Sgt. 1st Class David Earle of the 169th Regiment (Regional Training Institute) said he's ready to relish the remainder of his summer and ready to catch up on his civilian life routines.

His work, relationships and home improvement projects were put on hold so that he could focus, train and complete in three 2016 Best Warrior competitions. Earle won Connecticut's 2016 Best Warrior NCO Competition as well as the 2016 Region I Best Warrior NCO Competition. He is only the second Connecticut National Guard Soldier in the past decade to compete in the National Guard Best Warrior Competition, held this year at Joint Base Cape Cod, Massachusetts.

Earle left the national competition at Joint Base Cape Cod in good spirits and in a little pain, but not without a few helpful tips for Connecticut National Guard members who may choose to compete in future best warrior events.

1. Have a great mentor. All Soldiers competing in state, regional and national best warrior competitions are required to have mentors assigned to them at all times. The job of the mentor is to help prepare competitors and to help coach them through competition events. Earle said the key to his success in recent competitions was having a mentor who worked full-time in an Active Guard Reserve capacity. Earle said, his mentor and fellow 169 Regiment Soldier, Sgt. 1st Class Gabriel Rosario, helped him access the resources and information he needed prior to the competitions, to include schedules, fragmentation orders and the processing of their personal orders. "Without an AGR mentor, it would have taken me a lot longer to prepare. I wouldn't have been able to focus on studying and getting ready," Earle said.

2. Be fit. Soldiers who are out of shape should not take part in physically high demanding competitions. Earle said that even older Soldiers who are physically fit are at a disadvantage due to the extended length of their recovery times. Earle said competitors should prepare for physical competition events (should they get the schedule in advance) and train for them relentlessly, but to also prepare for mystery tasks. "Put on your rucksack and jump on a treadmill. Experiment with different running methods. Make sure you can complete a long road march, a rigorous land navigation course and get a high Army Physical Fitness Test score," he said.

3. Have a good relationship with your civilian employers. Earle said that if his civilian employer had not been flexible, and perhaps had not had a high appreciation for the military, that he would have been less successful at the Best Warrior Competitions. He missed weeks of work in order to compete. He also took additional time off from his job in order to study and prepare. Earle said he's grateful that his employer was open to his being away from his job but knows that not all employers are as likeminded. "If you want to compete in the future, put the groundwork in now. Explain to your bosses that you may take part in a high-level military competition. If you do compete, get your work done

2016 Winner Shares Competition Tips



Sgt. 1st Class David Earle of the Connecticut National Guard drags a mock casualty across a landing zone during the National Guard Best Warrior Competition at Joint Base Cape Cod, June 22. During the five-day challenge, Soldiers and NCOs faced with a variety of tasks and obstacles designed to test the depth of their military knowledge and experience. (US Army National Guard photo by Sgt. Kyleen Rose Kelleher, 65th Press Camp Headquarters)

before you leave so that someone else doesn't have to do it. At the end of the day, you can't be fired from your civilian job for going on military orders but it's in your best interest to be on good terms with your employers," he said.

4. Have as much fun as possible. On the final day of the National Best Warrior competition, Earle said he taught the Command Sergeant Major of the Army National Guard, Command Sgt. Maj. Christopher S. Kepner, the correct way to eat lobster. Command Sgt. Maj. Kepner joined the competitors at Joint Base Cape Cod for a dinner marking the end of the National Best Warrior competition. Lobster was served, and Earle was one of the only Soldiers there who had experience eating the marine crustaceans. "It wasn't just the Command Sgt. Maj.," Earle said, "there were Soldiers there from the Midwest and Central U.S. who had no idea how to eat them either. We started with the claws and went from there." Earle said one of the most rewarding parts of competing was getting to know so many other Soldiers from around the state, region and country. He said the higher someone advances in the competitions, the lower their chances are of winning, so it is in the best interest of all the competitors to enjoy the fun process and to make friends with as many people as possible. "It's a small Army world and you're likely to see them again," he said.

5. Learn as much as possible. The United States military is still engaged in the Global War on Terror, and National Guard units are currently deployed in combat zones. Earle said he learned many new skills during the recent competitions, which he may have to apply in the field in the future. He is sure, however, that he will pass the new

skills he retained to the Soldiers he's responsible to train in the 169th RTI. "Learn as much as you can at these events so that you can teach others. There's always something new to learn and always someone new to teach. If you know the best method to slice bread, you'll meet someone that does it better. Learn from them and teach others," he said.

6. Over prepare for the mental events. "You can't over-study," Earle said. "Memorize your NCO and Soldier's Creed as soon as possible. Memorize your field manual and army regulation numbers. Read as much as you can," he said. The National Guard Best Warrior competitors were required to write personal essays on a number of topics. Earle said that although he had not practiced essay writing during his preparation, he was able to draw from his past experiences in school. "Definitely make sure you practice writing," he said. "And also, too much mental training and studying is a good thing, but too much physical training can be a bad thing. Don't treat working out like studying for a test. Give your body time to recover, especially if you're older like me."

7. Medical tape. Earle said that during his training he got to know his body fairly well, to include his feet. Following the Connecticut Best Warrior Competition, he knew where his foot hot spots were and where he was likely to develop blisters. "I wrapped my feet in medical tape and it kept me from getting blisters. It really kept me going in the regional and national competitions," he said. "Use it and don't be shy about it. If you have a sore knee, bring an athletic brace. Bring the stuff you need to hold your body together. Medical tape is one of your best friends," he said. "Medical tape and a great mentor."

143rd CSSB Joins Indiana Guard for AT

Sgt. ALICIA M. BROUGLIO
130TH PUBLIC AFFAIRS DETACHMENT, CTARNG

Annual training is a summertime ritual when Army National Guard Soldiers get opportunities to train and validate their military occupational specialties within their units and respective higher levels of command in their states.

This summer, the Connecticut Army National Guard's 143rd Combat Sustainment Support Battalion seized the opportunity to work with units from the Indiana National Guard, joining the 38th Sustainment Brigade and 76th Infantry Brigade Combat Team to participate in a large-scale training exercise over three military training sites to validate platoon level training with the Exportable Combat Training Capability program.

XCTC is an instrumental brigade field training exercise designed to certify platoon proficiency in coordination with 1st Army.

This relationship began three years ago when the 143rd was deployed to Kuwait, falling under the 38th Sustainment Brigade of the Indiana National Guard.

The mission required logistical support to the 76th IBCT during all phases of the exercise, and provided an opportunity to foster relationships with staff and other units while exercising real time logistics and support operations.



Soldiers from the 38th Sustainment Brigade, Indiana Army National Guard, load a container on a train car during rail head training at Camp Atterbury, Ind., August 8. Soldiers from the 143rd helped provide the training and the 38th was one of several units that the Connecticut Army National Guard's 143rd Combat Sustainment Support Battalion provided logistical support to during the Annual Training period. (U.S. Army photo by Sgt. Alicia Brocuglio, 130th Public Affairs Detachment, Connecticut Army National Guard)

"We are not in a full tactical role here, it is predominantly an administrative move for us," said Maj. Dawn Works-Dennis, Executive Officer assigned to the 143rd CSSB. "In addition to our staff section we also have the [assets] to support external missions. We are getting training in individual skill sets from personnel to supply, communications and intel. We are actually training internal and external support control measures.

"These are real life logistic provisions," Works-Dennis continued. "They need their fuel, and they need their water and food. If we do not provide that in a timely manner they are real-world at-risk. This is not just training: this is a real life mission."

The 143rd's trip to Camp Atterbury was part of the walk phase of the crawl, walk, run training method to prepare the sustainment battalion to again respond if needed for any contingency

operation. In addition, this was the first rotation to utilize the recently-reconstructed training area at XCTC.

"This is an outstanding training site in itself," said Works-Dennis. "Only recently it became demobilized and became a training site only. Accessing this resource is good for Indiana and Connecticut. Not just the opportunity to form these relationships and continue to be strong for upcoming deployment needs that our nation has, but also to keep each other's training programs strong and use each other's facilities like this is really an outstanding opportunity."

While supporting the IBCT's mission, the 143rd set up at a new facility at Camp Atterbury. From their forward operating base, the unit communicated with the 38th to coordinate with subordinate units such as a truck company or a troop movement company to move and deliver the resources needed to different locations throughout Camp Atterbury and Fort Knox, Kentucky.

To ensure sustainment throughout both locations, the 143rd also provided the 76th with Soldiers on the ground at Fort Knox to collaborate and assist with the mission, supporting more than 100 opposing forces personnel from the 101st Airborne Division and more than 600 total Soldiers for the mission at Fort Knox.

Soldiers in the command tents and tactical operations center worked directly with members of other units from the Indiana National Guard to make sure Soldiers receive quality training while remaining safe throughout the training exercise.

It is not often that two National Guard elements from different states get to work together at this stage in the



Soldiers from the 76th Infantry Brigade Combat Team, Indiana Army National Guard, roll out on a mission as part of their annual training at Fort Knox, Ky. The 76th was one of several units that the Connecticut Army National Guard's 143rd Combat Sustainment Support Battalion provided logistical support to during the AT period. (U.S. Army photo by Sgt. Alicia Brocuglio, 130th Public Affairs Detachment, CTARNG)

Continued See 143rd CSSB on Page 16

102nd Band Partakes in Moving Tribute to Gold Star Families

STAFF SGT. TREVOR O'REILLY
102ND ARMY BAND

Students from the Dance Arts Centre in Bristol, Conn. and the Connecticut Army National Guard's 102d Army Band from Rockville, Conn. performed in honor of the Bristol Gold Star families, June 11 in Bristol.

The ceremony featured the moving Vietnam Memorial Wall that Heals, temporarily located on Memorial Boulevard in Bristol. Surviving family members of U.S. Servicemen who lost their lives in the Vietnam War, are considered Gold Star Families.

The event was hosted by the American Legion Post 2 of Bristol. The Vietnam Memorial Wall that Heals is a half scale replica of the Vietnam Veterans Memorial in Washington, D.C. It stands about 250 feet in length and is comprised of twenty-four individual panels.

Due to inclement weather, the ceremony was moved to an indoor venue. Students of the Dance Arts Centre, owned and directed by Mark Simpson, honored Gold Star Families with a moving dance routine that also included their own replica of the Vietnam War Memorial.

Karen Vibert explained this routine as a learning experience for the girls who performed, recalling how

Simpson instructed the students at their first rehearsal to pick a name from the Wall and to research it. The students then shared their findings with each other at their next rehearsal.

Vibert described this dance routine as, "far more than just a dance, it has been a life-altering experience," for the students. She added how touching this routine has been to the students, adding that it was far more than a choreographed routine; it has taught the students history.

Prior to their performance, students from the Dance Arts Centre found the names they researched on the Vietnam Memorial Wall that Heals and honored them, reflecting with prayer and reverence. Vibert described this routine as a very powerful experience for the students.

The 102nd Army Band, under the direction of Chief



Milli Vibert views the Vietnam Memorial Wall That Heals – a half-scale replica of the Vietnam Veterans Memorial in Washington, D.C. during a ceremony honoring Bristol, Connecticut's Gold Star Families, June 11. The 102nd Army Band performed a patriotic-style concert honoring the Gold Star Families in attendance (U.S. Army Photo provided by the 102nd Army Band, CTARNG)

Warrant Officer 2, Christopher Baillargeon followed the Dance Arts Centre with a patriotic concert that included a variety of songs honoring the Gold Star Families in attendance. The band also performed a flag folding ceremony seen at military funeral services, bestowing honor and respect upon those U.S. Servicemen who have made the ultimate sacrifice for their country.

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AROUND OUR GUARD

*A Glimpse at Connecticut
Guardsmen and Events*



Maj. Mark Wilkes, of the 190th Medical Group, Kansas Air National Guard (front left) and Senior Airman Marissa Ruiz, 103rd Medical Group, Connecticut Air National Guard, carry the front of a litter with a mannequin representing a human medical patient away from a UH-72 Lakota helicopter near the Expeditionary Medical Support area of National Guard training exercise PATRIOT North 2016 at Volk Field Air National Guard Base, Wisc., July 20, 2016. PATRIOT is an annual exercise held at Volk Field to test the National Guard's capabilities and develop working relationships with first responders and government agencies. (U.S. Air National Guard photo by Senior Master Sgt. David H. Lipp, North Dakota National Guard Public Affairs)

SAVE THE DATE

35th Annual Senior NCO/CPO Formal Dining-in

**Thursday, October 6, 2016
6:00 p.m.**

**Aqua Turf Club
Southington, CT**

Tickets: \$60.00 per person

Who's Eligible?

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

Required Uniform:

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

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

Military Protocol requires prompt response. No responses accepted after September 29, 2016

To make your reservation and to receive the official NCO/CPO dining-in flyer, please contact State Command Sgt. Maj. John Carragher at (860) 524-4826 or john.s.carragher.mil@mail.mil.

Health & Fitness

Achieve Your APFT Goals With This Simple Plan

1ST SGT. COREY LEWIS
D COMPANY, 1-102ND INFANTRY BATTALION

After a summer of enjoying barbecues and vacations, you may have found yourself putting on a few pounds and slacking on your physical fitness training routine. Not to worry, there is still time to reset the clock and shape up for your annual Army Physical Fitness Test.

Some National Guard units routinely conduct the APFT in the first quarter of the training year (specifically, during October or November drill). If you want to achieve a passing score or better, this simple two-month plan will get you back on track. There is no time like the present, so start today.

The beauty of this plan you don't need a gym or equipment, just space to get moving.

Phase One

Phase one will be for one month and you should begin at least two months before your scheduled APFT.

Pushups and situps.

The goal is to accumulate 100 pushups and 100 situps every day for five days per week. Split them up in whatever increments that suit your current fitness status. It doesn't matter if you do 10 sets of 10 or five sets of 20, as long as you complete 100 by the end of your day. Continue to complete your 100s for five days per week for each week of your phase one month.

The run.

On the first day of each week in phase one, run a timed two-mile run at an APFT or race pace. Your first timed run of this plan will determine your current baseline time. Each week, strive to beat that time. Set a realistic goal for your APFT run time and attempt to achieve it. Running is a game of seconds and every second counts.

Don't run on the second day, but complete your pushups and sit-ups. Add cross training or rest as needed.

Day three of your week is for 400-meter intervals. Begin with a 10-minute light jog to warm up.

Next, run 400 meters as hard as you can, then walk to rest for three minutes before running your next 400. Repeat this interval 4-6 times. It's a great idea to run this workout

on a track to determine the accurate distance. If a track isn't available, there are plenty of smart phone applications available to record your distance in meters.

Rest from running on day four. On days five and six, go for a 25-35 minute light jog.

Helpful hints: Get off the treadmill. Run outside on the pavement or at a track. Bring your battle buddy. Running with company always makes the time pass and you can help to time and motivate each other. Remember to hydrate!

Phase Two

Phase two immediately begins after phase one and is the month before your APFT.

Pushups and situps.

Follow the phase one program, but accumulate 200 pushups and 200 sit-ups per day. Challenge yourself and try to make up the difference by adding to your separate intervals. If you were doing 5 sets of 20, try eight sets of 25.

The run.

Continue to do a timed 2-mile run at race pace and track your time and progress. Are you improving? Are you closer to your goal APFT time? Continue to rest on days two and four of your week.

On your second running day, you will now do 6-8 400 meter intervals with 3 minutes of active rest.



Spc. Nathan Havens, HHC, 1-102nd Infantry Regiment, CTARNG, completes the pushup event of the Army Physical Fitness Test at the 2016 State Best Warrior competition at Camp Niantic, April 3. (Photo by Staff Sgt. Jerry Boffen, 130th Public Affairs Detachment, CTARNG)

Running days five and six jog for a minimum of 25-35 minutes.

Nutrition

You will run faster if you shed that beer belly! Stick to whole foods and avoid alcohol, and processed food. Stick to fruit, vegetables, meat, nuts and drink plenty of water. Refer back to my article in the January issue of the Guardian, *New Year, New You – Get Back on Track with your Diet*, for a great sample meal plan and some simple nutrition tips and hints. Past Guardians can be found on the Connecticut National Guard's website at <https://ct.ng.mil>.

The bottom line is this, follow the plan, challenge yourself and you will pass your APFT. Since you have put in the hard work and effort, keep it up. You will continue to improve and you will feel better about yourself. Having a passing APFT score is paramount to being a Soldier in good standing in the CTARNG, and living a fit and healthy lifestyle will contribute to your overall wellbeing.

Good luck on your APFT.

Editor's Note: The fitness plan outlined here is the opinion of the author, and may not fit your needs and abilities. Always consult your physician and scale your workouts according to your needs.

 **Critical**
101st Days of Summer Safety
Think Before You Drink

Stay Safe on Labor Day
*You work hard year round and deserve a day to relax.
Follow the low-risk guidelines to ensure your long weekend is safe
and enjoyable with no regrets!*



If you will be on a boat, remember that alcohol will increase feelings of intoxication and lack of coordination.



If you will be operating a grill, be responsible to ensure that you don't start a fire or harm anyone.

Low Risk Guidelines

One Standard Drink = 1.5 oz. of 80-proof spirits; 5 oz. of wine with 7-12% alcohol content or 12 oz. beer with 4-6% alcohol content.





- if you are underage, pregnant, at risk for alcoholism or operating a motor vehicle
- 1 is the maximum number of standard drinks in one hour
- 2 is the maximum number of standard drinks in one day for daily drinkers
- 3 is the maximum number of standard drinks in one day for occasional drinkers

For more information, call Robin Tanguay (ADCO) /Shaneka Ashman (PC) at 860-549-2838/401-391-1189 Army Substance Abuse Program

How Do You Stay Active and Fit ?
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.

Governor's Horse and Foot Guards

Revolutionary Encampment Celebrates Military History

CPL. LOUISA KRAUSE
1GHG UPAR

On July 16, the Troopers of the First Company Governor's Horse Guard of Avon set out on an extended seat training ride to the Farmington Polo Grounds.

The six-mile ride brought them to the site of a weekend-long revolutionary encampment held by the Farmington Historical Society with Sheldon's Horse, The Second Continental Light Dragoons. The members of Sheldon's Horse portrayed a unit that served as George Washington's mounted guards.

With Elisha Sheldon commissioned as Colonel-Commandant, from March 1777 until January 1781, the regiment consisted of six troops, drawn mostly from Connecticut, including 21 men from Farmington. The regiment relayed messages along a string of express stations between Washington's headquarters and the northern colonies. This led to the special courier service using the Second Dragoons as the communications link between George Washington and Count Rochambeau at Newport.

1GHG troopers and horses stopped and met with a gathered crowd, eager to hear about the tradition and training of the unit, along with a bit of the history of America's oldest continually mounted cavalry unit. The troopers stayed for a cannon and libation ceremony, toasting those who have served, and sacrificed, from the early days of our nation through today. Following the ceremony, the troopers returned to headquarters, rewarded by an extended ride and the chance to honor and relive a few moments of our military history.



Members of the 1st Governor's Foot Guard lead the way during a ceremonial parade at the Revolutionary War Encampment held by the Farmington Historical Society with Sheldon's Horse and The Second Continental Light Dragoons at Farmington Polo Grounds, July 16. (Photo courtesy of Cpl. Louisa Krause, UPAR, 1GHG)



Participating reenactors fire a cannon during a Revolutionary War reenactment held by the Farmington Historical Society with Sheldon's Horse and The Second Continental Light Dragoons at Farmington Polo Grounds, July 16. (Photo courtesy of Cpl. Louisa Krause, UPAR, 1GHG)

(right) Sgt. Christina Meador, 2nd Lt. Jennifer Jeandell and horse of the First Company Governor's Horse Guard visit with spectators during Revolutionary War reenactment held by the Farmington Historical Society with Sheldon's Horse and The Second Continental Light Dragoons at Farmington Polo Grounds, July 16. (Photo courtesy of CPL Louisa Krause, UPAR, 1GHG)



The Final Five:

CTNG's Newest Commissioned Officers

Maj. Mike Petersen
State Public Affairs Officer

The five newest commissioned officers of the Connecticut National Guard donned their shoulder boards and rendered their first salute in front of friends, family and their fellow Guardsmen at the Officer Candidate School, Class 61 Graduation and Commissioning Ceremony at Camp Niantic, Aug. 20.

As each Candidate was called to the stage of the Regional Training Institute Auditorium, family and friends helped them put the bars of a Second Lieutenant on each shoulder of the Army Service Uniform. After shaking hands with the official party, which included Brig. Gen. (Ret.) Mark Russo, former Land Component Commander of the Connecticut National Guard, and Col. Ralph Hedenberg, Commander of the 169th Regiment (Regional Training Institute), each Candidate met with an NCO of their choosing to render their first salute. The NCO chosen typically represents a mentor and Soldier that had a positive impact on the career of the newly-minted officer.

Over a year ago, the five were a small part of a much larger class, enduring the mental and physical stressors of Phase I. At the time, Candidate Melissa Maciag summed it up best in an interview with The New London Day when she said, "Just because you're in the (OCS) Program doesn't mean you're going to make it to the end."

She did, and now 2nd Lt. Melissa Maciag will join Fox

Company, 186th Brigade Support Battalion in Southington, Conn. as a platoon leader.

"It's surreal. I can't believe we're at this point," Maciag said following her commissioning. "It's been a long haul, but it's been worth it. We really succeeded together as a team, and that's why we're here together...you can't do this as an individual, it's a team event."

Another Candidate-turned-Officer was interviewed that day: Distinguished Honor Graduate 2nd Lt. Anthony Croce.

During a speech that was self-deprecating and insightful, he teased and praised his fellow graduates (and himself), highlighting the funnier moments of the group's 17 months together. Croce also offered advice to the Candidates of OCS Class 62, who sat in the audience and offered their congratulations when the ceremony ended – hoping they would be the ones receiving congratulations in a year. Class 62 is currently in OCS Phase II.

Croce, along with 2nd Lt. Andrew Solari, are assigned to Charlie Company, 1-102nd Infantry.



Maj. Alyssa Kelleher, Commander of Alpha Company, 1st Battalion, 169th Regiment (Regional Training Institute), sits to the right of the graduates of Officer Candidate School Class 61 during their Graduation and Commissioning Ceremony at the RTI Auditorium on Camp Niantic, August 20. The five graduates will be assigned to a unit in the Connecticut National Guard, and will attend the Basic Officer Leader Course in their respective branch. (U.S. Army photo by Maj. Mike Petersen, State Public Affairs Officer, CTARNG)

The other two graduates were 2nd Lt. Noah Blanco (Charlie Company, 572nd Brigade Engineer Battalion) and 2nd Lt. Edwin Escobar (192nd Military Police Battalion).

Their next step will be the Basic Officer Leader Course – branch-specific training required of every Lieutenant at an Active Duty post to help hone their skills.

RTI on from page 6

categories," said Staff Sgt. Justin Bridgelal, RTI Instructor and Phase 3 NCOIC. "Immediate, delayed, minimal and expectant for the already deceased. It is then their job to treat the patients, provide as much intervention and care as possible before they prepare them to be medically evacuated to a high level of care."

In this particular scenario, a field ambulance would arrive to take patients to a helicopter for evacuation.

In other scenarios that the 68W participated in during phase 3 included one of Connecticut's new HH-60M Blackhawk helicopters and Soldiers assigned to Detachment 2, Charlie Company, 3rd Battalion, 126th Aviation Regiment, the CTARNG new MEDEVAC aviation unit.

"It was great to get a full grasp of what it's like to perform a MEDEVAC with an actual helicopter," said Sgt. John Harrington a member of the 1-102nd Infantry Regiment and the only 68W student from Connecticut. This was his first MOS-T course with the RTI, but he has attended other courses during his six years with the 102nd. "Courses like this one make sure that we are always and able to fight the fight," he said. "As combat medics, it's making sure that we are trained up to be effective in saving Soldier's lives on the front lines."

On Aug. 20, the 17 students were officially awarded

their new 68W MOS at a graduation ceremony in the RTI Auditorium on Camp Niantic, with their Military Police counterparts graduating on Aug. 26 in the same room.

Armed with their new skills, these students will travel back to their states and units prepared to take on new challenges, providing higher levels of readiness by completing and graduating from courses that took less time than would have on Active Duty.

"That's just another great benefit of the courses we offer here at the RTI," said Hedenberg. "Reserve component Soldiers are often going back to civilian careers that don't provide the most

flexible of schedules. Here, Soldiers can train and transition to a new MOS in a compressed time frame that doesn't sacrifice quality, professionalism or instruction."



Members of the 68W Healthcare Specialist MOS Transition Course check a play acting patient's vital during a simulated field training exercise at Stones Ranch Military Reservation in East Lyme, Conn., Aug. 11. (Photo by Allison L. Joanis, State Public Affairs Office)

For more information on the courses offered at the 169th Regiment (Regional Training Institute), contact your Training NCO today.

Bridge Collapse Training Provides CTARNG Engineer Company Valuable Experience

STAFF SGT. ASHLEY HAYES
172ND PUBLIC AFFAIRS DETACHMENT, VTARNG
(COURTESY OF DVIDS)

Soldiers assigned to the 250th Engineers Company, Connecticut National Guard, in conjunction with the Vermont Agency of Transportation came together for a simulated bridge collapse exercise in Berlin, Vt., July 29, 2016.

This training provided an opportunity for both groups to gain knowledge, while bringing together two entities who don't often get to train together as a group.

Vigilant Guard is a national level emergency response exercise that is co-sponsored by the National Guard and NORTHCOM. It's designed to provide National Guard units an opportunity to improve cooperation and relationships with regional civilian, military and federal partners, in preparation for emergencies and catastrophic events.

"Having an exercise where you have National Guard units working with civilian agencies is great," said U.S. Army Capt. Eric Roy, 192nd Engineer Battalion Operations Officer, Connecticut National Guard. "Furthermore, having a National Guard unit not even organic to the state of Vermont up here working with your civilian agencies is certainly a plus."

The 192nd Engineers are the higher headquarters for the 250th Engineers.

The simulated scenario included an earthquake washing a bridge out. The unit was notified of the need for assistance by the Vermont AOT. Roy stated that they have military bridges of their own they train with, but the bridge used for this exercise was one more commonly



Hobie Gates, special project supervisor for the bridge crew, Vermont Agency of Transportation, instructs Soldiers assigned to the 250th Engineer Company, Connecticut National Guard, on how to assemble the Mabey Logistic Support Bridge in part of a simulated bridge collapse exercise during Vigilant Guard 2016, Berlin, Vt., July 29, 2016. Vigilant Guard is a national level emergency response exercise, sponsored by the National Guard and NORTHCOM, providing National Guard units an opportunity to improve cooperation and relationships with regional civilian, military, and federal partners in preparation for emergencies and catastrophic events. (U.S. Army National Guard photo by Staff Sgt. Ashley Hayes)

Soldiers assigned to the 250th Engineer Company, Connecticut National Guard, learn to assemble the Mabey Logistic Support Bridge under the direction of the Vermont Agency of Transportation as part of a simulated bridge collapse during Vigilant Guard 2016, Berlin, Vt., July 29, 2016. Vigilant Guard is a national level emergency response exercise, sponsored by the National Guard and NORTHCOM, providing National Guard units an opportunity to improve cooperation and relationships with regional civilian, military, and federal partners in preparation for emergencies and catastrophic events. (U.S. Army National Guard photo by Staff Sgt. Ashley Hayes)



used by civilian authorities. This training provided the soldiers and the AOT the chance to offer up mutual information and expertise. Roy went on to say that he wanted to fill in gaps of expertise, especially for junior enlisted soldiers and those who haven't had much hands-on experience.

"Establishing this relationship in a simulated scenario, I think is great," said Roy. "We get to work hand in hand, kind of learn how your AOT does things, how we would do things, how we can finesse our future training to meet how the two of us would mesh together in a real world scenario. It would cut down on some of those hiccups that we might have, had we not met or worked together."

Filling in training gaps was very important to U.S. Army Specialist David Christofani, a heavy construction equipment technician with the 250th Engineers from the Connecticut National Guard. He said that this exercise has given him the opportunity to train on something new and



U.S. Soldiers assigned to the 250th Engineer Company, Connecticut National Guard, learn to assemble the Mabey Logistic Support Bridge under the direction of the Vermont Agency of Transportation as part of a simulated bridge collapse during Vigilant Guard 2016, Berlin, Vt., July 29, 2016. Vigilant Guard is a national level emergency response exercise, sponsored by the National Guard and NORTHCOM, providing National Guard units an opportunity to improve cooperation and relationships with regional civilian, military, and federal partners in preparation for emergencies and catastrophic events. (U.S. Army National Guard photo by Staff Sgt. Ashley Hayes)

U.S. Army Sgt. Rashid Osmanu, left, and Spc. Paul Repasi, bridge crew members assigned to the 250th Engineer Company, Connecticut National Guard, learn to assemble the Mabey Logistic Support Bridge under the direction of the Vermont Agency of Transportation as part of a simulated bridge collapse during Vigilant Guard 2016, Berlin, Vt., July 29, 2016. Vigilant Guard, is a national level emergency response exercise, sponsored by the National Guard and NORTHCOM, providing National Guard units an opportunity to improve cooperation and relationships with regional civilian, military, and federal partners in preparation for emergencies and catastrophic events. (U.S. Army National Guard photo by Staff Sgt. Ashley Hayes)

different than his typical job role.

“My role is a technician, so I fix the equipment, but it’s good to know how to do this stuff,” said Christofani. “I’m not always going to be in the motor pool working on trucks or construction equipment. This is perfect for me because I’ve never done this before. Now I have an idea how to do something like this if I’m pulled off of my normal job.”

Roy also stated that a bridge of this type realistically should be set up over the course of a day. With the AOT leading the training, the construction was completed quickly and seamlessly. The 250th Engineer Company had the opportunity to construct the Mabey Logistic Support Bridge in both Iraq and Afghanistan, but have not had many opportunities since. If needed, this type of bridge is durable, dependable and low maintenance, lasting anywhere from a day to years.

“It’s temporary bridging primarily used in Iraq and Afghanistan, because it’s lighter than what was used previously. It’s portable and it’s pretty easy to put together,” said Roy.

The training also included classroom education and training at a staging site where different types of bridge parts are kept. For Christofani, this training is new, but also an exciting opportunity. “Everything has surprised me,” said

Christofani. “I roll with it because I like doing new things. I know how to do my job and I do it well. At this point in my life, I want to learn how to do other stuff and that’s why I wanted to come here to Vermont to do this.”

Roy said he felt the training experience was positive and was happy to exploit the hands-on training experience that allowed the unit to conduct bridging training that they don’t always get to do. This training also provided the unit the ability to build a foundation with the Vermont National Guard and the civilian groups, opening the door for further training opportunities and a better knowledge basis to assist in future emergency situations.

“The fact that we’re here and we’re actually putting our hands on the equipment, putting our hands on the bridge pieces, and helping construct, I think it’s worthwhile,” said Roy. “I think that leaving here, if we could have established a foundation to where we could build upon for future training opportunities with the Vermont AOT and Vermont Army National Guard, I think that would be the ultimate goal.”



Soldiers assigned to the 250th Engineer Company, Connecticut National Guard, learn to assemble the Mabey Logistic Support Bridge under the direction of the Vermont Agency of Transportation as part of a simulated bridge collapse during Vigilant Guard 2016, Berlin, Vt., July 29, 2016. Vigilant Guard is a national level emergency response exercise, sponsored by the National Guard and NORTHCOM, providing National Guard units an opportunity to improve cooperation and relationships with regional civilian, military, and federal partners in preparation for emergencies and catastrophic events. (U.S. Army National Guard photo by Staff Sgt. Ashley Hayes)

Continued 143rd CSSB from Page 8

training cycle. It is more common to see this in the run stage, which will be at the Joint Readiness Training Center, Fort Polk, Louisiana, in 2017.

“This has been a unique opportunity,” said Maj. Works-Dennis. “The units have readily accepted our leadership and are performing exceptionally well. There are very talented members of the National Guard here. We are lucky, we have two years to train and get to know the Soldiers, form the relationships and have that opportunity for us to access them for where their skill sets are and need to be by JRTC.”

The 143rd provided logistical support to over 2,500 Soldiers during this exercise, and this real life training demonstrated how resourceful the units like the 143rd and Soldiers of the National Guard can be when they are needed to collaborate with outside units.

The 143rd was originally asked to be part of next summer’s JRTC rotation and decided that providing support for the XCTC platoon level validation would be beneficial for all involved.

“We have been working on our relationships between supporting units to provide sustainment to all Soldiers of the 76th IBCT,” said Command Sgt. Maj. Timothy Eviston, 113th Brigade Support Battalion, Indiana Army National Guard. “They have different approaches on [logistics] that we can use and integrate that help how we run and we have things we can offer them. This creates a better force structure.”

This relationship is critical for the end result of all National Guard units to be proficient in basic Soldier skills and individual job skills to work as a unified front. The next step for the 76th will also require the help of the 143rd.

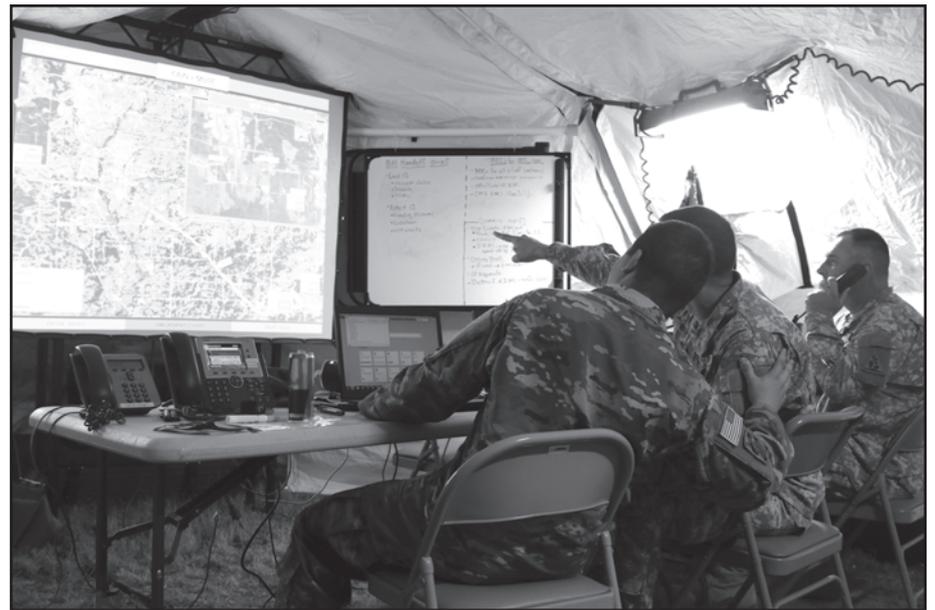
JRTC is the culminating simulated training event that determines the readiness of units at a brigade level. Readiness ensures that National Guard units are prepared for real world missions both at home and abroad.

“Moving forward it’s the Super Bowl of training,” said Command Sgt. Maj. Mark Dentzau, 143rd CSSB. “They are going to war fighter training and we will be providing sustainment along with the Indiana National Guard. Without sustainment the 76th could not make their mission. [We are there] to ensure all their requests for sustainment are fulfilled.”

As the annual training mission for the 143rd neared its end, the planning and preparation continued for next year’s training in Louisiana.

Lt. Col. Lesbia Nieves, commander of the 143rd CSSB, has been one of the planners and key leaders for the collaboration of the different guard units working together under the mission of the 76th IBCT.

“We come together during deployments or national



Soldiers of the 143rd Combat Sustainment Support Battalion, Connecticut Army National Guard, provide logistical and operational overview to convoy operations from their Tactical Operations Center during annual training at Camp Atterbury, Ind., Aug. 8. The 143rd supported more than 2500 Soldiers from the Connecticut and Indiana National Guard during the training exercise and will convene with those Soldiers again next year at Joint Readiness Training Center in Fort Polk, La. (U.S. Army photo by Sgt. Alicia Brocuglio, 130th Public Affairs Detachment, CTARNG)

disasters, let it be regionally or nationally,” said Nieves. “We are able to look at how we operate and adhere to standard operating procedures. We are able to learn from each other: it’s one Army, one fight, one team and we are able to come together collectively to be able to execute and complete our mission.”

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102nd INFANTRY REGIMENT ASSOCIATION 23rd ANNUAL REGIMENTAL MUSTER THURSDAY, OCTOBER 20, 2016

The Officers' Club at the Hartford Armory,
360 Broad Street, Hartford, CT
6:00 p.m. - Sign in, Social Hour
7:00 p.m. - Dinner Served

Please send your check for \$30 (Includes \$5.00 annual dues)
by October 10, 2016
Payable to the 102nd Infantry Regiment Association to:

DAVID JURENKA
142 WESTVILLE AVE EXT
DANBURY, CT 06811-4417

With your check, please include your name, address and email.

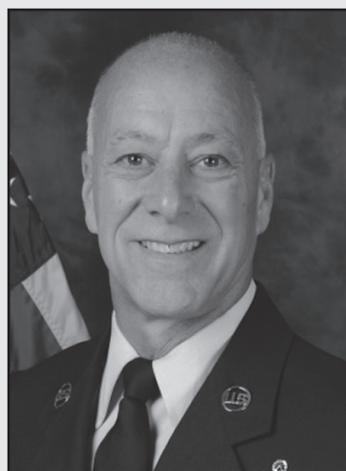
ELECTION YEAR!

This is an election year for the Association. There will be a floor election during the Muster to solidify the new Association staff. Your participation is highly encouraged.

Contact Frank Tantillo frank.a.tantillo.mil@mail.mil or
William Warner william.s.warner1.mil@mail.mil for more information.

Enlisted Update

September: A Significant Month to Acknowledge our Military Heritage



CHIEF MASTER SGT.
ROBERT GALLANT

Welcome to all Airman and Soldiers of the Connecticut National Guard.

By the time you read this article it will be back-to-school time with the challenges of school buses and kids headed for the classroom in the morning, so be cautious and safe.

I hope everyone had a safe, fun

summer. It is a great opportunity to enjoy the weather and be with your families and friends, or enjoy a relaxing vacation. The summer time is also when the members of Connecticut National Guard spend some time away from their families to complete their training activities, enhancing their knowledge and skills to be the best, ready force in the military. I hope all training this year was successful and safe.

When I sit down to write these articles, I struggle because I want to make sure that I discuss interesting topics that involve all members of the CTNG. This time, it came a little easier because September is loaded with moments significant to military heritage and history that I think we sometimes fail to give the proper attention.

There are three key dates in September that are very important to us as Americans as well as being military members in the Connecticut National Guard.

Patriot Day (Sunday, September 11th)

Remembered globally as the anniversary of the catastrophic terrorist attack on the United States, Patriot Day is recognized by U.S. law as the official date of remembrance. It has been observed every year

since the 2001 attacks on our soil. The shock and grief experienced in response to the attacks did not stop at American borders, but was shared throughout the world, and Patriot Day 2016 – on the 15th anniversary of the attacks - will be observed globally. Many of those throughout the ranks of the Connecticut National Guard have served and continue to serve in Global War on Terror to preserve the freedom of our people and nation, either at home or globally. As I mentioned at the beginning of my article, we continue to train and dedicate ourselves to be the best ready force in the military to win this war on terrorism.

POW/MIA Recognition Day (Friday, September 16th)

– In the United States, National POW/MIA Recognition Day is observed on the third Friday in September. It honors those who were prisoners of war and those who are still missing in action. As of April 2009, the Department of Defense's POW/MIA Office lists 1,741 American personnel as missing and unaccounted for from the Vietnam War. The original date of recognition was observed on July 18, 1979 and changed several times, until in 1986, when the date has been officially on the third Friday in September.

The National League of Families' POW/MIA flag symbolizes the United States resolve to never forget a POW or those who serve their country in conflicts and are still missing. The flag features a white disk bearing a silhouette of a man's bust, a watch tower with a guard on patrol, and a strand of barbed wire. "POW" and "MIA" are typed in white, with a white five pointed star in between, above the disk. Below the disk is a black and white wreath above the motto, "You are not forgotten," printed in white.

There are six days Congress mandates flying the POW/MIA flag: POW/MIA Recognition Day, Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. In the military, we remember and honor our POWs and MIAs at functions during the Empty Chair Ceremony, with physical symbolizations of our brothers and sisters that cannot be with us today. In the Air Force

we have an Airman's Creed. The last statement in the creed summarizes the commitment we all have to each other.

I am an American Airman
Wingman, Leader, Warrior
I will never leave an Airman Behind
I will not falter
And I will not fail

U.S. Air Force's 69th Birthday (Sunday, September 18th) - The Air Force was initially part of the United States Army and was officially formed as a separate branch of the military on September 18, 1947 under the National Security Act of 1947.

Before it became the Air Force we know today, the service went through a series of designations: Aeronautical Section, Signal Corp (1909); Aviation Section, Signal Corp (1914); United States Army Service (1918); United States Army Air Corp (1926); United States Army Air Forces (1941).

World War II illustrated the value of air power and the need to change the basic organization of U.S. Military Forces. The result was a single Department of Defense with a strong Joint Chiefs of Staff with the Army, Navy and Air Force. In 1947, President Truman signed the National Security Act which established the new defense organization. Gen. Carl Spaatz became the first Chief of Staff for the Air Force on Sept. 26, 1947. When Spaatz assumed his new position, the first Secretary of the Air Force, W. Stuart Symington, had already been on the job, swearing in on Sept. 18, 1947. The current and 21st Chief of Staff of the Air Force is Gen. David Goldfein, who assumed the position on July 1, 2016.

The United States Air Force is the greatest Air Force in the world, and I am proud to have served for almost 40 years.

Inspiration of the Month:

"Leadership is not a rank or a position, it is a choice - a choice to look after the person to the left of us and the person to the right of us." Simon Sinek

CONNECTICUT AIR NATIONAL GUARD COMMISSIONING OPPORTUNITIES

Qualified candidates may email resumes/CVs to:

Senior 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
14N3 - Intelligence Officer



Legal Affairs

Get to Drill - Satisfactory Participation, Excused Absences and Civil Authorities

CAPT. ERICH HEINONEN
CTNG OFFICE OF THE STAFF JUDGE ADVOCATE

Commanders and leaders have an inherent responsibility to ensure the Soldiers under their command or supervision satisfactorily participate in Unit Training Assemblies, Annual Training periods, and other periods of duty when so ordered.

In fact, under federal statute, individual units of the National Guard and their members are required to "assemble for drill and instruction . . . at least 48 times each year" and to "participate in training at encampments, maneuvers, outdoor target practice, or other exercises, at least 15 days each year." The "48 times per year" and "15 days per year" generally refer to 12 standard "MUTA 4" drill weekends and a full two-week Annual Training period. Satisfactory participation by all unit members not only ensures the units of the Connecticut National Guard properly comply with federal law, but also ensures that our respective Soldiers achieve a satisfactory year toward their military retirement.

Commanders and leaders understand that there are unforeseen circumstances which prohibit attendance to previously scheduled or ordered duty. However, the range of acceptable circumstances, in light of our statutory duty, is narrow. In order to maintain compliance with fiscal and personnel accountability standards, attendance and

duty performance must be accurately entered into strength reporting systems.

Excused absences are not the same as Rescheduled Training Assemblies, commonly referred to as "SUTAs." Excused absences are not appropriate for the circumstances in which a SUTA may be authorized by a commander. SUTAs are generally appropriate when military necessity requires rescheduling of duty. Such circumstances include preemption by higher command of alternate duty, unavailability of equipment necessary for the scheduled training, or other compelling or extenuating circumstances. "Compelling or extenuating circumstances," are determined at the commander's discretion. However, they should also be construed as narrow set of non-recurring, special, foreseeable events in which the scheduled training can be accomplished by the Soldier within 90 days without detriment to the unit's readiness.

Excused absences also apply to a very narrow set of circumstances subject to a commander's discretion. Excused absences, are appropriate for unforeseen emergency situations of a personal nature, such as sickness, injury, death in the immediate family or some other circumstance beyond a Soldier's control. In order to comply with federal law and enable the Soldier to achieve a satisfactory year, Equivalent Training or a

Rescheduled Training Assembly may be authorized by a commander within 30 or 90 days, respectively.

Excused absences are inappropriate for reasonably foreseeable events for which a Soldier should have planned around scheduled duty. Employment conflicts, overtime, schooling, loss of income, and arrest, detention or confinement by civilian authorities are not normally considered valid reasons for absence from training.

With regard to confinement by civil authorities, National Guard Regulations provide a specific code which Soldiers in such a predicament must be coded as it concerns reporting performance. Nonetheless, this situation must also be read in concert with other Army and National Guard regulations concerning satisfactory performance. Therefore, commanders should only use this code when civil authorities confine a Soldier while en route to or during a Unit Training Assembly.

Proper accountability and coding of performance of Soldiers by commanders is critical to compliance with federal law and Army and National Guard regulations. Failure to do so may result in fraud, waste, and abuse or even criminal violations. If commanders or leaders have questions with regard to proper accountability of Soldiers or performance coding, please contact the Office of the Staff Judge Advocate.

WE'RE HIRING!

Join Our Team and Help Shape the
Future of the Connecticut National Guard

Current R&R AGR Vacancies:

- ★ Recruiting and Retention NCO
- ★ Warrant Officer Strength Manager

View Current and Upcoming Job Postings

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

Check Often For More Recruiting Opportunities



WE WANT YOU
TO JOIN THE RECRUITING AND
RETENTION BATTALION TODAY!



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

Inside OCS

OCS Class 62 is Ready for Phase Two

OC FABIOLA ARANGO
CLASS 62 OFFICER CANDIDATE SCHOOL
1-169TH REGIMENT, RTI

July 8, 2016 marked the beginning of a 14-month-long journey for many of us.

Now referred to as “candidates,” we hail from all over New England, New York, New Jersey, Virginia, Ohio, and Iowa to challenge ourselves mentally and physically as we reported to Phase I of Officer Candidate School at Camp Niantic in the hopes of one day earning our commission as an officer in the United States Army.

For two weeks, the Connecticut National Guard’s Regional Training Institute became our home. During Phase I, we were constantly tested on our leadership abilities and proficiency on basic soldier skills such as land navigation, general military knowledge, and squad and platoon tactics – all while being in a very stressful and physically demanding environment.

Our training started with a six-mile ruck march at Stones Ranch Military Reservation. Candidates were required to complete the course in an hour and 45 minutes. Dressed in full battle rattle to include a 35-pound ruck sack, some of our Platoon Training Officers/Cadre joined us on the ruck march, as well as the OCS battalion and company leadership. The march definitely took a toll on some of us, and some required retesting.

Our next major training event was land navigation. Heat and humidity were the story of the week we spent at Stones Ranch Military Reservation learning the ins and outs of map reading, compass usage and point plotting. We were tasked with finding five of seven points for the day land navigation test, and two of five points for the night land navigation test. Land navigation is a perishable skill – one that isn’t retained easily without a lot of practice. It also requires a degree of physical fitness, as the terrain of SRMR is difficult to navigate. This event disqualified a lot of candidates who were unable to find the necessary points at the time of the re-test.

Back in garrison, the tempo was always high. Just going to the dining facility meant enduring the famous, “Lines of Knowledge,” which is a test of mental aptitude while performing physical fitness. It is designed to see how well you can retain the information learned throughout Phase I.

It may sound simple, but after several hours of

instruction in mentally and physically demanding conditions, even the easiest of answers may escape you. I very much enjoyed the classroom time, receiving blocks of instruction on army leadership, training, and cultural awareness. Our instructors were knowledgeable, easy to approach and eager to share their experiences with us.

Completing Phase I is an accomplishment in itself: a number of prospective officers failed to successfully complete tests throughout the two-week period. But for those who are moving forward: We are now full-fledged members of OCS Class 62.

It will be a challenging year, to say the least, but this is a once in a lifetime opportunity we have been given to better ourselves. We can become better Soldiers, better leaders, and contribute positively to our society. We have great instructors that we can

learn a lot from, and I am really looking forward to the feeling of accomplishment that will come with completing the program and commissioning in August of 2017 as a Second Lieutenant.

There is a saying, “Nothing worth having comes easy.” Going through and completing this mentally and physically rigorous program is the perfect example of it.



Become an Officer in the Connecticut Army National Guard

Do you have what it takes to stand up to the mental and physical challenges of the Connecticut Army National Guard Officer Candidate Program?

For information and requirements, contact your chain of command or Capt. Ulrick Brice, RRB Officer Strength Manager ulrick.g.brice.mil@mail.mil.

September Marks World Suicide Prevention Month

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

Suicide: The “S” word. The three syllables that continue to plague the Army National Guard.

Despite the amount of research, resources, and time put into trying to mitigate the risks, suicide continues to be the “s” word that no one wants to hear. September is Suicide Prevention Awareness month and nationally it marks a time where suicide should be discussed openly, honestly, and without fear of stigma.

For the Connecticut National Guard, Suicide Prevention Awareness Month is a time to educate ourselves and our community partners of the continued threat of suicide within our ranks and to find ways to promote resiliency. Statewide suicide is the second leading cause of death for individuals ages 15-24 and annually over three times as many people die by suicide than homicide.

In April, the Pentagon released its most recent data citing a decrease in suicide amongst active duty components, but a 23% increase in suicide amongst Reserve and National Guard units nationally.

Suicide Prevention programs, in conjunction with other Connecticut National Guard programs, will be offering a number of opportunities throughout the month to provide education on the risk factors unique to Guardsmen and resiliency activities to increase coping skills.

Some such events include:

-ACE-SI/Postvention, a suicide intervention course at the Middletown Armed Forces Reserve Center on Sept. 13, 2016.

-Wellness Day – An event at the Army Aviation Support Facility on September 21

-Applied Suicide Intervention Skills Training Course at the 928th Military Police Facility, September 27-28 (15 Wildlife Drive, Newton, Conn.)

For more information on Suicide Prevention Programs or the events for Suicide Prevention Awareness month contact Meagan MacGregor, SPPM at 860-969-7061 or meagan.e.macgregor.ctr@mail.mil. For information on the Wellness Day contact Shaneka Ashman, PC at 860-548-3291 or Shaneka.ashman@accenturefederal.com.



CTNG Wellness Day

SAVE THE DATE

Come out and enjoy a morning of relaxation and stress relief activities including acupuncture, yoga and massage.

Everyone is welcome!

September 21, 2016

10:00 a.m.—3:00 p.m.

Army Aviation Support Facility

(Bradley International Airport), Bld 152

Windsor Locks, CT

Any questions, contact:
Army Substance Abuse Program
Robin (ADCO): 401-465-4947
Shaneka (PC) 860-548-3291 (O)
860-549-2838 (C)

Special Thanks To :
Connecticut Acupuncture for Veterans
CT National Guard Family Program
Studio Ascend



Resilience



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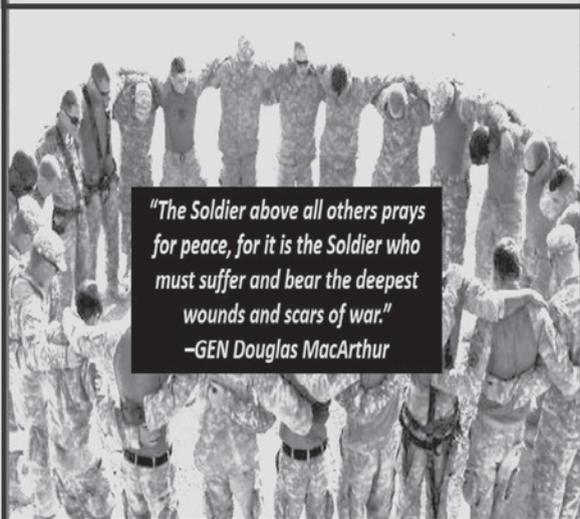
Resilience: "Spiritual Dimension"



CSM James A. Sypher
R3SP Program Manager
james.a.sypher.mil@mail.mil

Spiritual Dimension

Identifying one's purpose, core values, beliefs, identity, and life vision. These elements, which define the essence of a person, enable one to build inner **strength**, make meaning of experiences, behave ethically, **persevere** through challenges, and be resilient when faced with adversity.



*"The Soldier above all others prays for peace, for it is the Soldier who must suffer and bear the deepest wounds and scars of war."
-GEN Douglas MacArthur*

Opportunities for Spiritual Growth



Identifying Personal Core Values

Our core values influence our everyday behavior, so knowing what they are can act as a guide both professionally and personally. Using these steps to help identify your personal core values:

1. **Write down a situation that evokes a really strong reaction in you.** List what happened to you, how you felt and what principle coincides with it.
2. **List your highs and lows.** Recall several situations when you were the happiest and saddest and why. This establishes not only what you feel fulfilled, but what might be missing that you may not have been aware of before.
3. **Identify moments of pride and disappointments.** While the previous step is more influenced by environment and situation, this one helps reveal strengths and weakness in our character. Acknowledging when we have let out ourselves down can be uncomfortable, but is also the most helpful.

Once they've been identified, the key to **core values** for individuals is committing to them. **Practicing them and living them is what gives core values their strength and their ability to provide insight into even the most difficult situations and decisions.**

Resilience Resources:

Outward Bound

www.outwardbound.org/veterans

Strong Bonds

Contact Chaplain Nutt at 800-858-2677

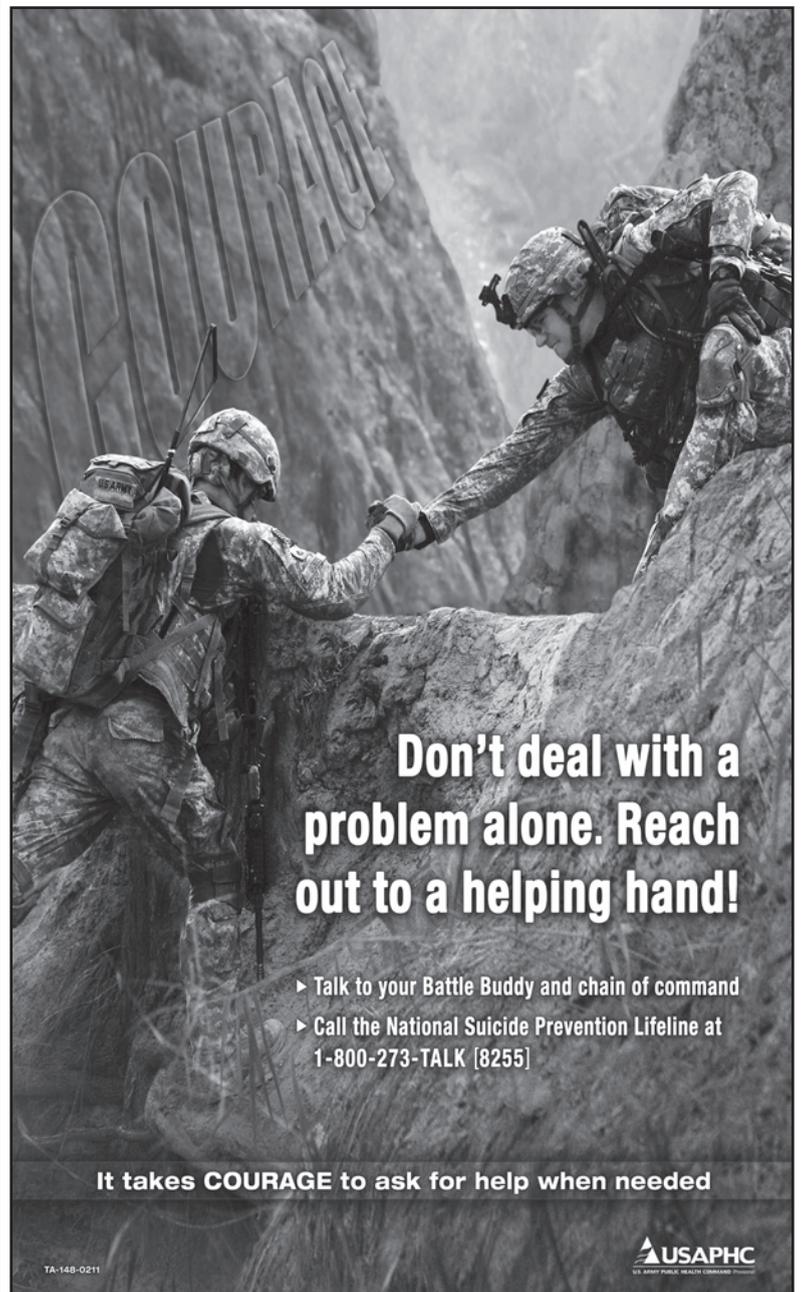
Connecticut Veteran Affairs

Newington: 860-666-6951

West Haven: 203-932-5711

Military One Source

www.militaryonesource.mil



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

TA-148-0211



Life Lines

Emergency - **911**

CTNG Behavioral Health Help Line -

1-855-800-0120

Wounded Soldier and Family Hotline -

1-800-984-8523

www.armyfamilysonline.org -

1-800-833-6622

www.militaryonesource.com -

1-800-342-9647

National Suicide Hotline -

1-800-SUICIDE

www.suicidepreventionlifeline.org -

1-800-273-TALK (8255)

Off the Bookshelf

Pudd'nhead Wilson Tells The Truth

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

Langston Hughes wrote in his introduction to Mark Twain's, "Pudd'nhead Wilson," that the novel paralleled "Uncle Tom's Cabin" in detailing the realities of antebellum America. "Pudd'nhead Wilson" differs from Stowe's popular work, however, due to Twain's use of ironic overtones and his seemingly natural and what Sigmund Freud referred to as, tendentious wit.

In his writing, Twain used satire to comment on American social, political, and historical conditions, without inserting subjective and bombastic commentary. The reason "Pudd'nhead Wilson," is not as esteemed as "Uncle Tom's Cabin," is because Twain's ingenious use of objective tongue-in-cheek humor in critique of the antebellum United States is contemporarily considered politically incorrect.

Mark Twain (Samuel Clemens) wrote his most popular novels while living on Farmington Avenue in Hartford, Connecticut. "The Adventures of Tom Sawyer," "The Adventures of Huckleberry Finn," "A Connecticut Yankee in King Arthur's Court," and "The Prince and the Pauper," were all published while the Clemens family lived in their Hartford home, which is now part of the Mark Twain House Museum. Ironically, the Stowe family home is only a stone's throw away from the Clemens' house.

"Pudd'nhead Wilson," was published while the family lived in Europe in 1894. The novel can almost be considered a re-telling of "The Prince and the Pauper," as it concerns the changing at birth of two infants, one born to a slave, and one born to slave owners in a fictional Missouri town. Pudd'nhead Wilson is a lawyer in the novel who receives his nickname by children making fun of his lawyer-like idiosyncrasies. One of his eccentric habits solves the novel's mystery. For decades, Wilson collected the fingerprints of the town's inhabitants. The plot is not hard to piece together from there.

The Mark Twain House and Museum in Hartford is

dedicated mostly to showcasing Twain's more popular work, "The Adventures of Tom Sawyer," and "The Adventures of Huckleberry Finn," as well as Twain's numerous recollections and anecdotes of his experiences on the Mississippi River in Missouri. Some of the museum workers dress in Twain Garb to include mustaches, and some recite his popular maxims and one-liners: "No one but the dead have free speech." "Do your duty today and repent tomorrow," "Geological time is not money," etc.

"Pudd'n head Wilson" is not openly on display at the museum. The politically incorrect novel has been lumped into a, "those other Mark Twain books," category, with some of his other later novels. The humor in his later writing is more biting, darker, and the subjects are more revealing of the world's social and political absurdities than in his earlier more popular writing. And this is why "Pudd'nhead Wilson" is refreshing to read. It's honest.

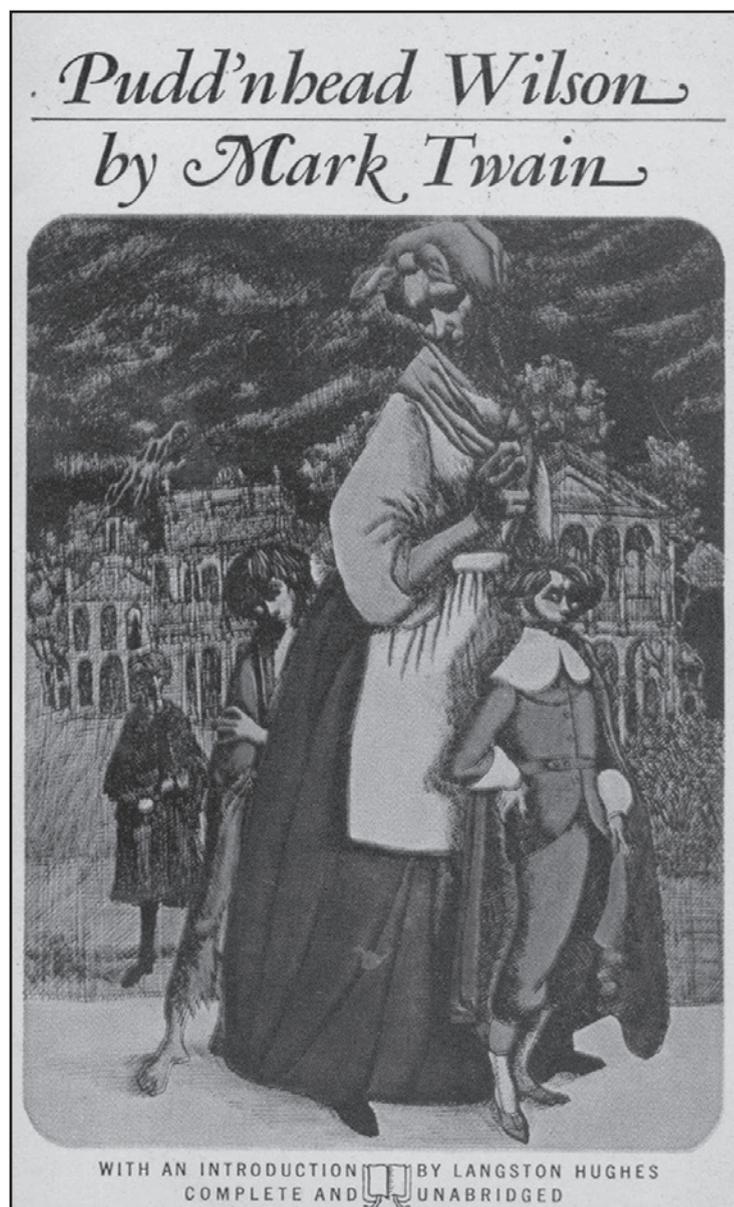
"Honesty was the best policy."

"Honesty: the best of all the lost arts."

"Tell the truth, or trump—but get the trick."

Do you know of a Military or Connecticut related book that you would like reviewed? We are always looking for suggestions!

**Email the editor at
allison.l.joanis.civ@mail.mil**



**CONNECTICUT
NATIONAL
GUARD**

IS YOUR SOCIAL MEDIA SAFE?

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

Be sure to check and adjust your settings!

Military History Maj. Gen. Clarence R. Edwards

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

I recently attended freshman orientation at Fordham University with my daughter, Katelyn. Looking at a map of the campus I noticed that the quadrangle in front of the main administration building was named, "Edwards Parade."

At first, I thought "parade" was an odd name for a Jesuit university's lawn. Straying from the group as I usually do, I saw a plaque on a nearby building dedicated to none other than Maj. Gen. Clarence Ransom Edwards – the Commanding General of the 26th "Yankee" Infantry Division during the First World War. It turns out that as a young officer, Edwards taught military science at Fordham. Throughout my National Guard career, it seemed my second home was the camp on Cape Cod that bears his name.

Clarence Edwards was born in Ohio. His father, William Edwards, established the Edwards food store chain. The younger Edwards desired a military career from a very early age. He attended a military high school in Ohio and graduated from the United States Military Academy at West Point in 1883 at the very bottom of his class of 52 (known as, the "Goat").

For two years, 2nd Lt. Edwards commanded the guard at the grave of the assassinated President James A. Garfield, 1884-1886. In 1890, he became a professor of military science and tactics at St Joseph's College in New York, now Fordham University. With the outbreak of the Spanish-American War in 1898, 1st Lt. Edwards was ordered to New Orleans for mobilization preparations. However, his unit could not secure transportation, so



A statue of Maj. Gen. Clarence R. Edwards stands on the west side of the Connecticut State Capitol building in Hartford, Conn. (Photo by Allison L. Joanis, State Public Affairs Office)

they did not participate in the invasion of Cuba. He then served in the Philippines in campaigns against the Spanish at Santa Cruz, San Rafael, and Guadalupe Ridge.

After the American declaration of war on Germany in April 1917, Edwards went to Boston to organize the defenses of New England as head of the Northeastern Department. In August, he was given command of the 26th Division and authorized to gather National Guard troops from the region. After having organized the division, General Edwards commanded it with distinction during all but 18 days of its active service at the front. The 26th Division was one of the most decorated divisions and one of the longest under fire during the war. It was the first complete division to arrive in France and the first complete division to go into combat.

In 1922, he retired from the army after 40 years of service and lived out his retirement at a farm in Westwood, Mass. He died February 14, 1931. He was posthumously awarded the Distinguished Service Cross in 1937. Gen. and Mrs. Edwards had one daughter, Bessie, who died in 1918 from influenza at the age of 21 while at Camp Meade, Maryland training to be an Army Nurse. Gen. Edwards, his wife and daughter are buried at Arlington National Cemetery.

Today, Camp Edwards makes up the largest part of Joint Base Cape Cod. The camp opened in 1940 and was the site of a mock German village, constructed to help train soldiers in fighting in an urban environment. The site was built by German Prisoners of War. A short walk from the Hartford Armory stands a statue of General Edwards on the grounds of the Connecticut State Capitol.

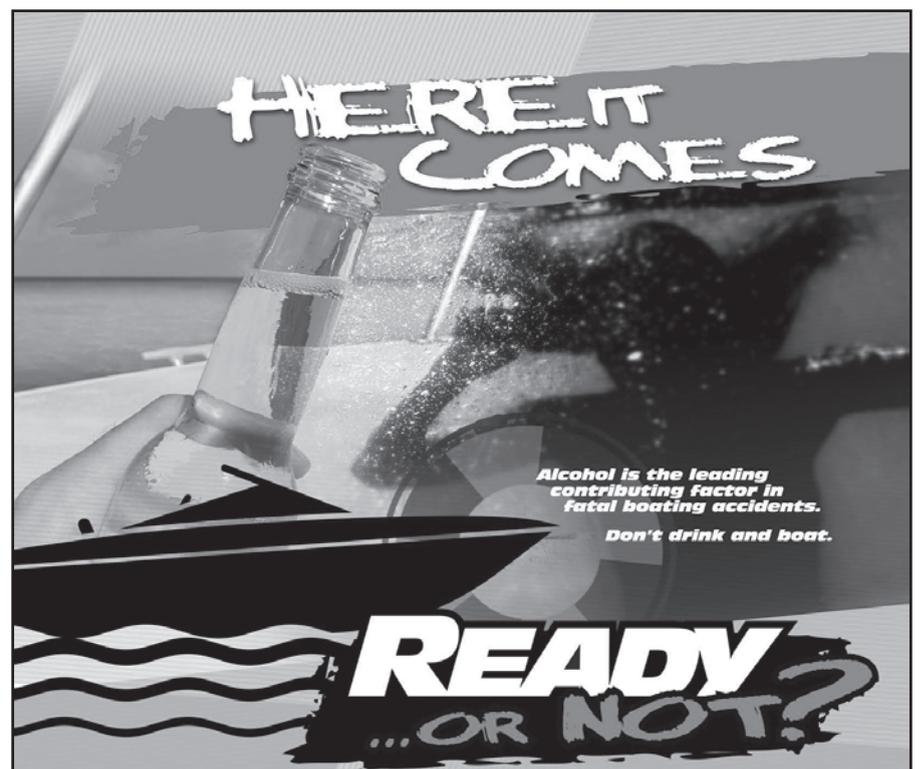
Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th grade Humanities in Stamford. He may be reached at rmcody@snet.net.

CONNECTICUT NATIONAL GUARD SAFETY FIRST

Consider Safety in all Seasons

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

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



THE DA PHOTO PROCESS DO YOU NEED A DA PHOTO?

- 1** MUST BE SSG OR ABOVE And at least one of the following:
- No photo on file
 - Current photo over 5 years old
 - Promoted since last photo
 - Received ARCOM or higher

REVIEW YOUR ERB/ORB

- Check records for accuracy
- Determine which awards you are authorized to wear for your photo
- DO NOT Wear awards not listed in your record
- ERB/ORB accuracy is an individual responsibility

PREPARE YOUR UNIFORM

Ensure your uniform is up to AR 670-1 standards *before* scheduling an appointment.

- 3**
- Uniform preparation is an individual responsibility.
 - Last minute cancellations due to incomplete uniforms waste available slots. Be considerate of fellow Soldiers and only schedule an appointment once your uniform is 100% to standard.
 - Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment.

SCHEDULE AN APPOINTMENT IN VIOS www.vios.army.mil

- 4**
- Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details.
 - Only available time slots are shown. If your first choice is unavailable, choose another time.

SHOW UP AT SCHEDULED TIME

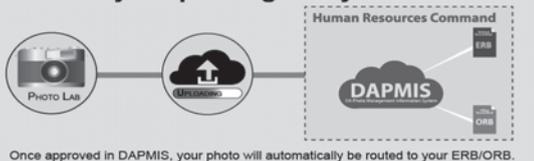
- 5**
- MG Maurice Rose
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322
- Be on time and fully dressed at the scheduled time
 - Locker rooms available on the first floor if you wish to carry your uniform on a hanger.

IMAGE MANIPULATION

DA photos WILL NOT be digitally altered. DO NOT ASK.

- Per AR 640-30: Photographers will not alter the photograph, to include adding new rank, ribbons, stars or erasing waistlines or wrinkles. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 640-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier.

How Does your photo get to your ERB/ORB?



What to Wear for a DA Photo

- Must Wear Unit Crests (Enlisted)
- NO Infantry cords or blue discs
- NO Green leadership tabs
- Wear RDI if affiliated
- Wear only Unit Citations that PERMANENT and listed in your individual records
- Nameplate must be worn
- Wear ONE CSIB, if authorized
- Only wear PERMANENT awards listed in your records
- Wear Marksmanship Badges
- Identification badges worn on left pocket, if authorized
- No headgear worn for DA photo

FOR MORE INFORMATION, VISIT: WWW.ARMYG1.ARMY.MIL/HR/UNIFORM/

Training Circulars for TY17 Are Now Available Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
ASIST Class 08	16-08-08	Ms. Padilla	10-Sep-16	11-Sep-16
ACE SI Class 04	16-39-04	Ms. MacGregor	13-Sep-16	13-Sep-16
Army Substance Abuse Prevention (ASAP)	16-07-04	Ms. Gonzalez	14-Sep-16	14-Sep-16
Pre-Command / 1SG Course	16-38-01	Maj. Jakobson	16-Sep-16	18-Sep-16
Digital Training Management System Course	350-17-30	Sgt. 1st Class Reynolds	12-Oct-16	12-Oct-16
Final Formation	350-17-13	Sgt. 1st Class Quintero	15-Oct-16	15-Oct-16
Bus Driver Training Course	350-17-21	Master Sgt. Ahearn	17-Oct-16	21-Oct-16
Unit Finance Course	350-17-34	Sgt. 1st Class Bennett	18-Oct-16	20-Oct-16
Heartsaver AED Certification	350-17-18	Sgt. 1st Class Stanley	19-Oct-16	19-Oct-16
Intelligence Section Working Group and Training Workshop	350-17-28	Sgt. Maj. Trouern-Trend	5-Nov-16	6-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Richard	7-Nov-16	8-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Richard	9-Nov-16	9-Nov-16
Range Control Operator's Course (RCOC)	350-17-02	Master Sgt. Nugent	14-Nov-16	18-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Richard	14-Nov-16	15-Nov-16
Casualty Notification / Casualty Assistance (CNCA)	350-17-05	Sgt. 1st Class Cardozo	15-Nov-16	17-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Richard	16-Nov-16	16-Nov-16
OIP Workshop	350-17-03	Maj. Caisse	18-Nov-16	18-Nov-16
UPL Course	350-17-12	Staff Sgt. Prochnicki-Fitzgerald	19-Nov-16	20-Nov-16

Highlighted Courses: Pre-Command and First Sergeant's Course: The objective is to provide current and future Company Commanders and First Sergeants with basic information to successfully perform company/detachment command. This course is required for selection of future Company Commanders and for First Sergeants currently with less than one year of time in current position or E-8s projected for future assignment to a First Sergeant position. 25 Seat Max; See your Training NCO for current availability.

Digital Training Management System (DTMS) Course: This training event will feature the DTMS NGB representative. Training on standard DTMS Version 7 functions, working through common issues, and training on specific issues identified by the CTNG DTMS working group. This training provides unit trainers with the knowledge and skills necessary to perform Training Management Operations in DTMS Version 7. It is highly recommended that unit, Battalion and MSC DTMS operators attend. 60 Seat Max; See your Training NCO for current availability.

Unit Finance Course: This training ensures that the unit Readiness Non-Commissioned Officer (RNCO) or designated individual are provided with the knowledge on how to increase soldiers' financial readiness and overall unit auditability. Training will emphasize regulations, reports, preventative and reconciliatory measures, and key supporting documents/entitlements. In addition, it will cover interconnected departments, applicable systems, schedules, inspections, submittal procedures and inquires. Full Time RNCOs or designated individuals responsible for payroll submittal at the Unit/Battalion/MACOM level are highly encouraged to attend. Multiple Classes; 25 Seat Max per class; See your Training NCO for current availability.

Retiree Voice Document Preparedness

Sgt. 1st Class (Ret.) Stephanie Cyr
Retiree Affairs Columnist

September is designated National Preparedness Month and a time to think about being prepared for a natural or man-made disaster, sudden illness, or unexpected accident, which can happen anytime or any place. Most of us think of a disaster plan and emergency supplies to have on hand just in case. In New England, we think of hurricanes and bad storms, especially with long power outages which may require evacuation.

Often overlooked is the need to have an up-to-date document preparedness kit. A complete document kit should include documents in four categories: legal documents, important financial documents, medical information and personal property/ home inventory.

It is surprising how many different documents we take for granted in our everyday lives. When we don't have ready access, an emergency can become more complicated and stressful than necessary. An easy way to have a document kit is to put copies of all necessary documents into a binder, and store the originals away from the copies in a fireproof safe or safe deposit box.

Depending on your personal status, legal documents should include copies of birth certificates, adoption papers, marriage license and divorce decrees. Original copies can be obtained through the appropriate state agency where these events occurred. You should also

have copies of your driver's license and other Identification cards needed to access services, Social security card, passport, and naturalization papers if born outside of the United States. Hopefully, not needed but be sure to include are copies of your will and testament, power of attorney in case you are incapacitated. Finally, copies of deeds, titles, and appraisals of property should also be included.

Important financial documents that should be included are tax statements, insurance policy summary pages, and financial institution statements which include bank statements, credit card statements, retirement accounts, investment accounts and any other financial information you might need.

Medical information should include Medicare cards, current health insurance ID cards for all household members, and records of immunizations. In case of needing medical care from other than your normal provider, a fact sheet for each family member which includes chronic health conditions, allergies, and medications will assist in receiving proper care.

Home inventory or a list of your "stuff" and its value is an important list to prove what you have or had and its value. You will need this to recover payments from your insurance company or provide tax documentation of loss. This should include not only the contents of your home, but any outside things such as boats, cars and outdoor

items. To this properly, you should make a list which includes a description, date of purchase, model or serial number where necessary, and update the value of big ticket items like electronics, computers, and vehicles every six months. You can also make a video or take pictures of your property and put on a CD or DVD to be kept in your binder.

Other documents to include based on individual circumstances are child custody agreements, old family photos, stocks and bond certificates, DD 214, diplomas, living wills or any other documentation that you might need in a disaster or emergency to get help or prove you qualify for services.

This may all seem like a lot of work, but it is well worth it. Once the binder is completed, you just need to update it regularly as things change. In an emergency when time is of the essence, you'll only need to grab the binder rather than searching files or your house. There are many websites including FEMA, Militarysource.com, and independent groups which have lists, checklists, and suggestions for organizing your document preparedness kit/binder.

It is always better to be safe than sorry. Like a Boy Scout, you need to always be prepared. You may never need a documents preparedness kit, but if you do, having it organized ahead of time will save you a lot of time and trouble.



Save the Date

CT Trees of Honor Memorial Public Dedication Ceremony & Connecticut 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

THE 102D ARMY BAND



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TO AUDITION!

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

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Get the chance to perform at Community and Guard events, honor ceremonies, concerts, sporting events and much more!

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

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

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

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

For information on vacancies and requirements, please contact Sgt. 1st Class Jordan Werme
jordan.e.werme.mil@mail.mil or (203) 568-1730



Veterans Services and Where to Find Them

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the VA.

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started.

http://www.va.gov/opa/publications/benefits_book/

Health Care

VA's health care offers a variety of services,

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

Benefits & Services

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

Burial and Memorials

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

Veterans Benefits Fact Sheets

<http://www.vba.va.gov/VBA/benefits/factsheets/#BM1>

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Carballofigueroa, Cristal
Wilke, Benjamin J.
Michaud, Kevin A.
Angelucci, Adam N.
Privitera, Salvator R.
Hazel, Sylvia M.
Madore, Cody J.
Golding, Johnny R.
Collins, Jahmal T.
Landin, Omar Jr.
Johnson, Michael R.
Feliz, Coraima E.
Bromley, Lauren G.
Garcia, Alex M.
Okifo, Okeroghene G.
Ssonko, Emmanuel K.

Santiago, Edgard J.
Croll, Benjamin D.
Perkins, Dandre M.
Swider, David
Phipps, Amir S.
Cadieux, Gavin S.
Doucette, Corey M.
Uresti, Wesley J.
Kozo, Michael G.
Creaven, Nicholas P.
Szentkuti, Meaghan N.
Smutnick, Lee W.
Deschamps, Chad M.
Schneider, William J.

To Specialist

Peterman, Alexander S.
Taylor, Theresa T.
Singh, Vikas
Chowyen, Ryan
Hernandez, Daniel
Bailey, Drevaun O.
Williams, Shaquille A.
Brown, Hunter D.

Lallman, Matthew B.
Mead, Sean M.
Nadeau, Shaun L.
Pagan, Juan R.
Cubilla, Robert J. III
Doyle, Morgan A.
Leavens, Eugene W.

To Sergeant

Melendez, Isai J.
Mozzochi, Daniel P.
Struck, Nelson J. II
Selden, Jeremy M.

To Staff Sergeant

Richards, Philip J.
Fletcher, Thomas M.
Carney, James K. Jr.
Mcaulay, John D.

To First Sergeant

Barber, Zane J.

To Sergeant First Class

Paoli, Joseph III
Miano, Sebastian L.

To Sergeant Major

Colvin, Jeffrey T.

To Chief Warrant Officer 2

Simeth, Rachel L.

To Chief Warrant Officer 5

Terlisner, John M.

To Major

Berry, Thomas E.

To Private First Class

Varano, Emily A.
Jacobson, Michael R.
George, Joseph T.
Bernadel, Allen P.

AIR

To Airman

Cruz, Ashley M.

To Senior Airman

Siksay, Alexander C.
Copeland, Donavan S.
Pyrdol, Richard A. Jr.
Cintron, Joshua

To Staff Sergeant

Carrero, Alexis E.
Smith, Christopher R.
Savino, Domenic III
Girnius, Jack R.

To Technical Sergeant

Searle, Amanda R.
Case, Joshua A.
Kirkland, Kieran W.
Lambert, Richard C. Jr.

Congratulations to All!



Promotions as of August 1, 2016

Coming Events & Holidays

September

September 2

NGACT Golf Tournament

September 5

Labor Day

September 7

October Guardian Deadline

September 11

Patriot Day

September 16

POW/MIA Recognition Day

September 17

CT Trees of Honor Dedication

September 18

U.S. Air Force Birthday

October

October 3

Rosh Hashanah

October 11

November Guardian Deadline

October 12

Columbus Day

October 12

Yom Kippur

October 13

U.S. Navy Birthday

November

November 6

Connecticut Veteran's Day Parade

November 8

December Guardian Deadline

November 11

Veteran's Day

November 17

CT Veterans Hall of Fame

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NATIONAL GUARD 

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Connecticut FAMILY Guardian



VOL. 17 NO. 9

HARTFORD, CONNECTICUT

SEPTEMBER 2016

CTNG Child and Youth Program Hosts Summer Youth Camp

MICHELLE MCCARTY
LEAD CHILD & YOUTH COORDINATOR
CTNG SERVICE MEMBER AND FAMILY SUPPORT CENTER

The Connecticut National Guard Child and Youth Program hosted another successful Operation Military Child Intelligence Training (MCIT) summer day camp at the Windsor Locks Readiness Center, July 25-29.

Military youth began their week going through Super Hero Training Academy. Each camper trained in speed, strength, fire and ice powers and all graduated with honors by the end of the day and took on their super hero name and signature strength!

The rest of the week was filled with several activities that focused around Science Technology Engineering and Math (STEM) from Mr. Jim at Inspire Works Enrichment, where campers learned about electricity, robots and more.

The Hartford Wolf Pack came to camp to teach street hockey, with a special guest appearance by the team mascot, Sonar.

Campers also toured some of the Connecticut National Guard's helicopters, checking out the ins and outs of a CH-47 Chinook and a UH-60 Black Hawk.

Children also enjoyed programming from our 4-H Military Partnership program, learning more about stop-motion photography and healthy living. The week wrapped up with a field trip to the Connecticut Science Center in downtown Hartford, where campers received even more exposure to STEM-related topics, exploring the facility's popular hands-on exhibits.

It was certainly a week full of fun, learning and making great connections with other military children who understand their unique lifestyle.

If you would like more information about Child and Youth Program events and activities – to include Operation MCIT events – please contact Michelle McCarty at michelle.m.mccarty4.ctr@mail.com.



(above) Campers participating in Operation Military Child Intelligence Training check out a Connecticut National Guard CH-47 Chinook Helicopter with Sgt. Christopher Boyle, a CH-47 mechanic with B Company, 2-104th Aviation Battalion, and Sonar and Torpedo, mascots for the Hartford Wolf Pack hockey team. Campers attended the one week camp hosted by the Connecticut National Guard Child and Youth Program at the Windsor Locks Readiness Center, July 25-29. (Photo courtesy of Michelle McCarty, CTNG Service Member and Family Support Center)



(left) Sgt. Christopher Boyle, a CH-47 mechanic with B Company, 2-104th Aviation Battalion, leads a tour of campers to a CH-47 Chinook Helicopter at the Army Aviation Support Facility in Windsor Locks, Conn. The tour was part of Operation Military Child Intelligence Training, a week-long camp for Connecticut military kids. The camp was hosted by the Connecticut National Guard Child and Youth Program at the Windsor Locks Readiness Center, July 25-29. (Photo courtesy of Michelle McCarty, CTNG Service Member and Family Support Center)



CATHERINE
GALASSO-VIGORITO

The God of Miracles is Here For You

It was a quiet weekend morning, as I sat at my desk listening to the tick of my wall clock. Then, I glanced over, and it was 6 a.m. So, quickly, I tossed my sneakers into my gym bag. I got into my car and drove to my exercise class across town at the gym.

While I was waiting for my class to begin, I noticed

a man bench-pressing very heavy weights. Using a palm grip, the man grasped the cold metal bar firmly. His upper back was on the bench for stability.

And the man's feet were firmly planted on the ground. Benching probably 250 pounds, the man was lifting the heavy weight upward, actively pulling the bar straight up and downward, again and again.

After about the 10th rep, with his elbows tucked in to his side, I saw that the man was beginning to struggle to lift the heavy bar of weights in the air. He made attempt after attempt. Yet, he couldn't lift the intensity of it any more.

A few seconds passed, and a trainer saw the man struggling. Swiftly, the trainer scurried over to the man. He put his hands on the bar and helped the man with the heavy burden. With a sigh of relief, the burden was completely taken off of the man's shoulders.

Are you burdened with anxiety, worry or heartache? Have you been weighed down with feelings of hopelessness, worthlessness or with the cares of this life? Or, you might be overwhelmed by the prolonged stress, extreme anxiety, and all you have been carrying alone.

But just as the trainer helped to lift the heavy weight off of the man and the burden was taken off of his shoulders, you do not have to shoulder your difficulties on your own. God is there, right now, to help lift the weight off of you.

Recently, while in a local department store, I noticed the cashiers wore bright yellow-colored tee shirts. On the back of the shirt it read: "I'm here to help you." That's what God is saying to you today, "Look to me... I'm here to help you."

You were never meant to handle everything on your

own. Scripture says, "Turn your burdens over to the Lord, and He will take care of you. He will never let the righteous person stumble." (Psalm 55:22). For God promises that if you do this, that His peace, that surpasses all understanding, will flood your mind as you put your trust in Him. (Philippians 4:7).

Hence, form a picture in your mind of yourself shifting your burdens to God. Hand them over to Him. Let God handle them. When you release your apprehensions, fears, and burdens to God, you can make room for new dreams, new joys, and new blessing to fill your future.

I'm reminded of a narrative I once read about Two Boxes. God asked a woman to put all her worries in a black box and all her joys in a white one. The woman listened to His direction. And as the days went on, the white box became increasingly heavier. But the black box was almost weightless. With interest, the woman opened the black box. At the base of the box, she saw a hole in which all her worries had fallen out.

She showed God the hollow black box and kindly asked, "Where are all my worries?" Gently, God replied, "My dear child, they are all here with me." Next, God said, "The white box is for you to count your blessings; the black box is for you to let go." So, daily:

- Set your mind on the power of God, instead of your problems.
- Pray about challenging situations, in place of worrying about them.
- Dwell on encouraging, uplifting thoughts, rather than the negative.
- Talk about your blessings, more than you converse about your worries.
- Move ahead with faith, rather than being stagnated in fear.

You are not going to continually struggle. You've worried long enough. God is going to ease that burden that you've been carrying.

"This burden will be taken off of your shoulders and the yoke removed from your neck, and the yoke will be destroyed." (Isaiah 10:27).

A while ago, a reader wrote and described how her husband's long-time job was eliminated. It seemed that everything was suddenly at a standstill, and the future looked uncertain.

Rather than worrying about the burden that had come into their life, she decided to be patient and maintain a

sense of calm. She explained how if she found herself worrying, she would stop right in her tracks and say, "I refuse to worry, because God is taking care of it."

While she 'waited in faith,' she decided to 'act in faith' and painted her home to get it ready for sale, as this couple was hoping to move back to the area from which they came. Her letter concluded, "On the day that my husband's severance ran out, a job offer came to him from the area to which I wanted to move back. Currently, my husband is working, and I am thanking God for this new opportunity."

However, there was more, "As I write, our house has been on the market for less than 48 hours, and we have one offer with another one pending. He is an awesome God, and I am awed that He would love me so very much and so very personally."

Perhaps, you've had to endure a burden that you didn't ask for, but it happened. Yet, like this reader, God is going to turn that stumbling block into a stepping stone for something far better.

So if you have found yourself burdened down, anxious, or scared about any area of your life, the God of miracles is here for you.

No matter what you've been through or what you are going through now, it's time to resist fear and worry and look to every new blessing that's in store for you.

You're coming into one of the best times of your life. You are about to be brought to a place of joy, peace and stability. Your hurts will be healed. You'll become increasingly strong. The anxiousness will leave you, and you will become calm, energetic and gregarious.

You're on your way to great health, success and happiness.

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

CONNECTICUT NATIONAL GUARD HELPLINE

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

Going Back to School as a Military Spouse

SUBMITTED BY CHRISTOPHER ROULEAU
MILITARY ONE SOURCE



Many military spouses are jumping at the chance to go back to school. And why not? You can expand your career opportunities, boost your earning power, become eligible for promotions, and find more meaningful and fulfilling work. Going

back to school is an investment in yourself, your career and your future. Check out these tips and resources to help you get back in the education game.

Questions to consider:

Writing down your career goals and planning how to reach them is a great first step toward figuring out what's right for you. And you don't have to do it alone. The Spouse Education and Career Opportunities program can help with all aspects of employment readiness. Talk with the program's certified career counselors about topics like these:

What are my career goals? It's said if you love what you do, you'll never work a day in your life. So figuring out your goals is important. Are you passionate about a

particular field or purpose? Are you looking for financial freedom? Do you want work that's steady and predictable, or are you a risk-taker? As a military family, will you need a portable career that can move with you? Clearly defining your goals will let you focus your efforts.

What are my personal goals? Your career goals might help you achieve your personal goals. Will going back to school give you a sense of pride and accomplishment? Knowing what you hope to gain personally from this experience can also help you tailor your career and educational path.

What new opportunities can more schooling provide? You might have multiple options to consider. Know the educational requirements for your job field.

What's the job market like in my field? Knowing the job market and any restrictions related to state licensing can help you plan your educational needs and find opportunities where you can be competitive. As a military family, you should consider where you'll most likely live and whether there's a market for your career in the area. Make informed decisions by checking the Department of Labor's Career OneStop website for job market forecasts and salary information based on region.

Is this the best time to go back to school? This is a big commitment, so step back and consider how family and work responsibilities might be affected. Also, look at what's down the line for you and your family. If your

spouse is deploying soon, for example, going back to school could add a lot of stress, but it might also be a good distraction for you. Also, you should consider educational benefits that may be available through your spouse (e.g. Post 911 Education Benefit Transfer) and their timeframe for use.

Choosing a program:

Your chosen career path will determine the type of program you'll need to meet your field's educational requirements, which may include a degree, professional license or certification. Certification. Certificate programs focus on specific skills and are typically offered by community colleges or technical schools. The requirements are set by professional and industry organizations. Make sure your school meets the requirements before you enroll.

Associate degree. Offered by community colleges, an associate degree is typically a 2-year degree focusing on entry-level specialization within a field. Most programs are completed in 20 classes.

Bachelor's degree. Four-year colleges or universities award a bachelor's degree in the arts or sciences after completing about 40 classes. Many career fields are open to you with a bachelor's degree. Others (like medicine or psychology) generally require advanced degrees.

Advanced degree. Degrees beyond the bachelor's degree can include master's, specialist, and doctoral degrees.

Help for common obstacles:

Everyone can face obstacles to continuing their education, but military spouses can face extra hurdles. These resources can help you overcome some of these issues:

Frequent relocation. Common obstacles to education for military spouses are PCSing and frequent moves. When choosing a program, find out if your credits will be transferable. You can also review online education options, a route that's increasingly popular with military spouses. Be sure to thoroughly research the legitimacy of any online program. Some universities have satellite campuses for military students, which provides a more traditional school experience while accommodating the mobile military life.

Cost. Going back to school can be a financial burden. Military OneSource is an excellent resource for finding financial aid options. The U.S. Department of Education provides billions of dollars of educational loans and grants for qualifying students each year.

Reap the rewards of going back to school, because you're worth it. Using these resources can help ease your transition.

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

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)

LABOR DAY: MISSING LETTERS

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

1. B__NEF__TS
2. WOR__
3. ORGAN__E
4. MINI__UM WA__E
5. PROT__ST
6. EM__OYEE
7. E__PLOY__R
8. __ABO__
9. UN__N
10. SAL__RY
11. STRI__E
12. EQ__AL OP__ORTUNITY
13. PI__KET



- Key**
1. Benefits
 2. Work
 3. Organize
 4. Minimum Wage
 5. Protest
 6. Employee
 7. Employer
 8. Labor
 9. Union
 10. Salary
 11. Strike
 12. Equal Opportunity
 13. Picket

AUTUMN CROSSWORD

Test your knowledge of terms related to the fall season with this crossword puzzle.

ACROSS

1. During fall, many of these fall off trees
6. Sweep up leaves with this garden tool
7. Crop collection in the fall
9. Fall holiday when we say "Trick or Treat!"
10. Autumn is also called by this name

DOWN

2. This animal can be seen storing nuts for winter
3. The first month of fall
4. Orange-color squash used to make jack-o'-lanterns
5. A popular fall sport in the United States
8. In autumn, we pick this fruit off trees

- Answers**
- Across**
1. Leaves
 2. Squirrel
 3. September
 4. Pumpkin
 7. Harvest
 9. Fall
 10. Fall
- Down**
1. Apples
 2. Squirrel
 3. September
 4. Pumpkin
 5. Football
 6. Apples
 7. Harvest
 8. Apples
 9. Fall
 10. Fall

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@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@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@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	Sean Brittell	sean.r.brittell.ctr@mail.mil	(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>	