



connecticut GUARDIAN

VOL. 17 NO. 11

HARTFORD, CONNECTICUT

NOVEMBER 2016

Director of Air National Guard Visits with Airmen, Tours Facilities

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Lt. Gen. L. Scott Rice, Director of the Air National Guard, and Chief Master Sergeant Ronald Anderson, the Command Chief Master Sergeant for the ANG, visited with Connecticut National Guard Airmen and toured facilities in East Granby and Orange, Conn., Oct. 16.

Col. Frank Detorie, Commander of the 103rd Air Wing, kicked off the Director's visit by briefing him on the changes the Connecticut Air National Guard has undergone since converting from an A-10 unit to a C-130H mission at the Wing Headquarters on Bradley Air National Guard Base in East Granby." Just

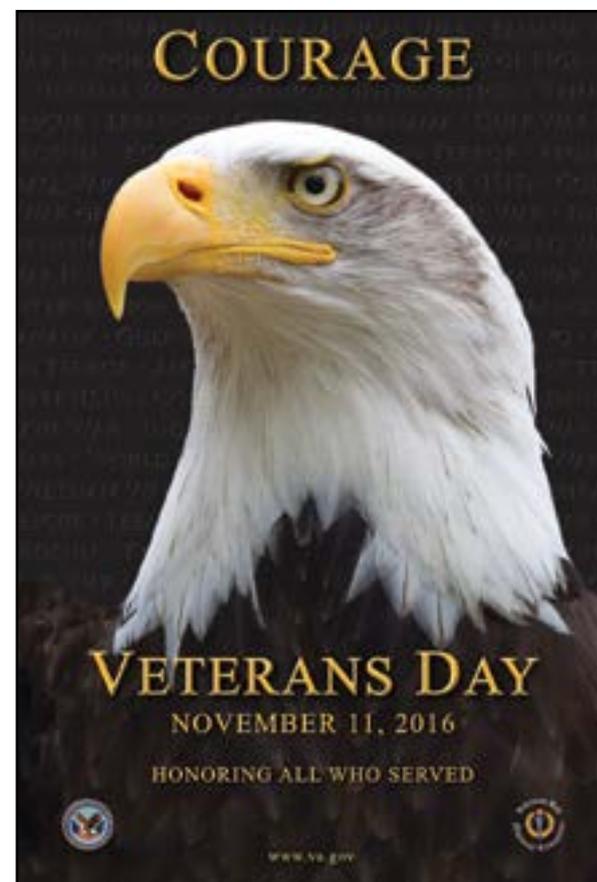
looking at our facilities, you can tell the Connecticut Air National Guard has undergone a tremendous amount of turbulence over the last five years," said Detorie. "To be able to highlight the way the Flying Yankees have truly



Lt. Gen. L. Scott Rice, Director of the Air National Guard visits with Connecticut Air National Guard Leadership and Airmen on the flight line of the Bradley Air National Guard Base in East Granby, Connecticut, Oct. 16. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs)

embraced the C-130 mission and our bright future in Tactical Airlift with our leadership at the national level was a privilege."

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Thank You Veterans!

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Connecticut Army National Guard Critical Information List

The Critical Information List describes a list of critical information that must be protected from adversaries. Release of any information considered critical information must first receive an OPSEC review and will be released by the proper authority.

The following information is considered critical and will be protected accordingly.

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

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



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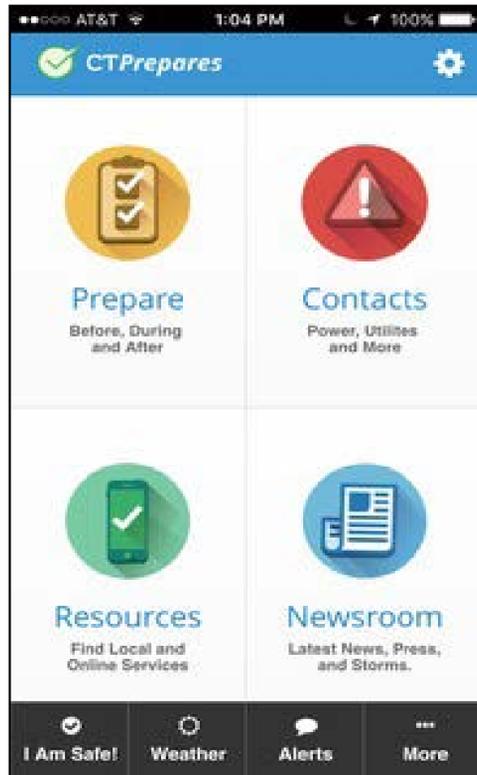
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Bad Weather is on the Way Be Prepared - Download the App

Governor Dannel P. Malloy announced the launch of an emergency preparedness application in August 2016. The app, called CTPrepares, provides Connecticut residents information and alerts in emergency situations as well as helping residents to prepare in advance of an emergency.

CTPrepares incorporates the use of text messaging, email and social networking to allow users 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 through the app providing up-to-the-minute-information to residents.

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

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."

Changing Your Address

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

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

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

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

All others may contact the editor at allison.l.joanis.civ@mail.mil or 860-524-4858.

Young Patriot Seeks to Thank Veterans

STAFF SGT. JEREMY BOWCOCK
 103RD PUBLIC AFFAIRS

On Sept. 10, a determined, young boy came to Bradley with big plans. His chosen mission? He intends to shake hands and thank as many active and veteran members of the military as possible prior to Veterans Day.

Jeffrey Szulc, 10, from Agawam, Massachusetts, came to visit members of the 103rd Airlift Wing at Bradley Air National Guard Base in East Granby, Connecticut. He and his mom, Genevieve, brought flags, pins, a poster and, most notably, his notebook filled with signatures of all the veterans he has met with and thanked for their service.

"I've taught my kids to be respectful of all people, but also to thank veterans when they see them," said Genevieve Szulc.

"We saw a veteran in Stop and Shop and Jeffrey came up to me and asked to go thank him for his service. He was an older gentleman and, by the time he heard Jeffrey, he shook his hand and the older gentleman was crying. After we got in the car, I asked him, 'why not see how many veterans' hands he can shake by Veterans Day,' and this project just grew from there."

Before meeting with the Airmen here, Jeffrey had met and thanked roughly 230 veterans at other locations and plans to meet many more.

Senior Master Sgt. Mark Benedetto, 103rd Logistics Readiness Squadron Fuels Superintendent, was among those honored by Jeffrey's visit.

"I think it's awesome," said Benedetto. "It is good to see Jeffrey was brought up in a nice home and that he was willing to give his time to thank everyone for their service. I think that's awesome and it makes me feel appreciated as a veteran."

Jeffrey, whose longer-range plans include becoming a Navy SEAL or playing in the National Football League, intends to continue his adventure in the coming weeks at Barnes Air National Guard Base, the state house, the Soldier's Home in Chelsea and the Soldier's Home in Holyoke.



Ten-year-old Jeffrey Szulc from Agawam, Mass., stands with Flying Yankee members of the Connecticut Air National Guard's 103rd Airlift Wing at Bradley Air National Guard Base, East Granby, Conn., Sept. 10, 2016. Jeffrey is on a self-appointed mission to shake hands and obtain the autographs of as many active and veteran members of the military as possible prior to Veterans Day. (U.S. Air National Guard photos by Staff Sgt. Jeremy Bowcock)



Ten-year-old Jeffrey Szulc from Agawam, Mass., stands with Flying Yankee members of the Connecticut Air National Guard's 103rd Airlift Wing at Bradley Air National Guard Base, East Granby, Conn., Sept. 10, 2016. Jeffrey is on a self-appointed mission to shake hands and obtain the autographs of as many active and veteran members of the military as possible prior to Veterans Day. (U.S. Air National Guard photos by Staff Sgt. Jeremy Bowcock)

WOCS Class 16-001 Graduates - Eight Connecticut Soldiers Complete Course

CHIEF WARRANT OFFICER 3 MICHAEL MOTTOLO
WOCS BATTALION COURSE MANAGER
169TH RTI, CTARNG

It was a clear cool night out at Forward Operating Base Warrior, Camp Atterbury, Indiana, when Warrant Officer Candidate School Class 15-001 decided its successor's class color and motto.

"Perfection through Proficiency, Sir!" would be their battle cry, under the Imperial charge of a Purple guidon; the framework of Class 16-001 had taken shape and the class would officially begin its journey to WO1 in the spring of 2016.

Over the next six months, potential applicants for Class 16-001 submitted predetermination packets through their Military Occupational Specialty branch proponents, in order to obtain the qualification become a Warrant Officer Candidate.

Candidates begin WOCS with a Distance Learning phase of training comprised of over 80 hours of classes, two essays and two examinations. The DL phase can be difficult for some, but is a requirement before the candidate can subsequently attend Phase II. In addition, the DL Phase introduces the expectation of workflow that will be required of them over the next six months of candidate school, as a WOC in Inactive Duty Training status.

Almost as soon as the DL requirements were completed, Phase II of the Reserve Component Warrant Officer Candidate School began in April of 2016. Conducted annually at Camp Niantic, Connecticut since 2006, 1st Battalion, 169th Regiment is home of one of



Connecticut's graduates of the Connecticut Warrant Officer School Program, 1st Battalion, 169th Regiment at their graduation ceremony at Johnson County Armory in Franklin, Indiana, September 24. From left to right, Warrant Officer Eric Sanchez (USAR), Warrant Officer Matthew Simas (USAR), Staff Sgt. Tammy Foular (CTARNG), Chief Warrant Officer 3 Michael Mottolo, CT WOCS Battalion Course Manager, Staff Sgt. Nicholas Ciullo (CTARNG), Warrant Officer Anthony Fusco (USAR), Warrant Officer Courtney Watts (USAR), Warrant Officer Adam Soderberg (CTARNG), Warrant Officer Danny Desilva (USAR). (Photo courtesy of Chief Warrant Officer 3 Michael Mottolo, Connecticut WOCS Battalion Course Manager)

The Class 16-001 graduation ceremony held at the Johnson County Armory, Franklin, Indiana, September 24. Graduates of Warrant Officer School Program completed a six-month course consisting of three phases of mental and physical training. Connecticut graduated eight candidates to include three from the CTARNG. (Photo courtesy of 1-169 Regional Training Institute, CTARNG)



four Regional WOCS Battalions.

Class 16-001 began their WOCS journey as gray class, with nine WOCs reporting for Phase II. Like all Professional Military Education, the course began by ensuring the candidates were compliant with the Army's standard for height and weight, followed by an Army Physical Fitness Test. In a welcome letter received far in advance of their report date, candidates are urged, "to arrive in top shape for the course."

The welcome letter continues: "Stress management is the key to being successful in WOCS. If the body is not in top physical condition, stress whether externally or internally driven will deteriorate it further." Chief Mottolo adds, "This undertaking will no doubt be challenging, but the Army demands the best from its Warrant Officers, and as such we hold our candidates to those high standards in their training; if it was easy, everyone would do it however, the rewards for completion are immeasurable."

WOCS is one of the Army's premier leadership development courses and over the duration of Phase II, the candidates were placed into a number of scenarios designed to test their critical thinking, analysis and execution of their collective leadership



Class 16-001 stands in formation in downtown Indianapolis, Indiana during Phase III WOCS. The formation followed a staff ride to the Indianapolis War Memorial. Class 16-001 graduated WOCS in September, out of the class, eight candidates were from the Connecticut National Guard or Reservists from Connecticut. (Photo courtesy of Chief Warrant Officer 3 Michael Mottolo, Connecticut WOCS Battalion Course Manager)

experience to this point. As prior mid-level to senior Non-Commissioned Officers, there is a fundamental level of squad and platoon-based leadership that should be evident. Candidate school leans heavily on those prior leadership experiences as for the foundation that their eventual career as a warrant officer will be built upon. It also evaluates their technical and tactically aptitude, as well as their ethically decision and reasoning abilities.

WOCs must develop a strong understanding and adherence to the Honor Code which states, "A candidate will not lie, cheat, steal, nor tolerate those who do." The Honor Code is a pivotal component in a candidate's transition from Enlisted Member to Professional Military Officer, as the citizens of our great nation view and hold military officers in prominent regard for their strict adherence to highest ethical and moral standards.

Throughout the duration of Phase II, candidates would digest more than 40 hours of academic lessons. The course material provided by the Warrant Officer Career College, and taught using a combination of Instructors that implement the Army Learning Model, and Training, Advising and Counseling Officers, or TACs, who employ a combination of Small Group Discussions, Leadership Development Processes, and ALM style classroom instruction. During Phase II, candidates take two written examinations, prepare

and conduct candidate lead training such as class lead Physical Readiness Training, as well as TAC-lead performance evaluations such as a succession of Foot Marches, culminating in a required 6.2-mile foot march.

As a leadership development course, candidates are placed in varying leadership roles and critically evaluated on their ability to effectively communicate with each other, conceptualize challenges in a heavily task-saturated



Connecticut WOCS Candidates meet with Senior and Primary Teach Advise Counsel (TAC) Officers during Phase III WOCS at Camp Atterbury, Indiana. (Photo courtesy of Chief Warrant Officer 3 Michael Mottolo, Connecticut WOCS Battalion Course Manager)

environment, and successfully lead their peers. In addition, candidates must also demonstrate a strict understanding and adherence of the Warrant Officer Candidate Standing Operating Procedure, and conduct themselves as the Professional Military Officers they aspire to become, throughout.

In addition to the normal Phase II activities, 2016 was also a Training and Doctrine Command Accreditation year for the 169th Regional Training Institute, and more specifically the Connecticut WOCS Battalion. During the third IDT, key personnel from the Warrant Officer Career College came to visit Camp Niantic in order to evaluate Connecticut's WOCS program. The WOCC Commandant, Deputy Commandant and TAC Officer Certification Course Director from Fort Rucker took a close, collective look at the Instructors, TACs, facilities, training and instruction based upon the Army Enterprise Accreditation Standards during their visit to the 169th Regiment. The WOCC Proponent reported its observations back to TRADOC, and the Connecticut WOCS program received an Institution of Excellence rating, the highest rating given during a TRADOC

assessment.

As Phase II came to a close and the candidates prepared to head to their next phase of training, the class lost another classmate as a two-time performance event failure of the foot march. This loss brought the class down to eight as they prepared to depart for Phase III at Camp Atterbury.

Unlike Phase II, which is comprised of candidates that are regionally and geographically aligned, Phase III is a centralized of all the Phase II states within that region's organizational alignment.

This meant that the size and scope of the class was set to change greatly. Phase III began with 149 candidates from all across the nation. The new consolidated class was comprised of the full complement of leadership positions listed within the WOCSOP; an official Candidate Staff, and two companies each with respective subordinate class leadership positions. The candidates are also exposed to a new layer of evaluators as the class was now comprised of six platoons consisting of a Primary TAC officer and three Squad TACs per platoon. At the top, a Senior TAC and Commander rounded out the compliment of 26 total TAC Officers for the class. This utter saturation of

MEDEVAC Unit Officially Activated

STAFF SGT. RICHARD WRIGLEY
JFHQ, CTNG, PUBLIC AFFAIRS

Soldiers and civilians alike gathered to witness the beginning of a new chapter in the storied history of the Connecticut National Guard.

Detachment 2, Company C, 3rd Battalion, 126th Aviation Regiment, held their official activation ceremony here in one of the hangars at the Army Aviation Support Facility Oct. 16.

The 2nd DET is one of the three detachments of C Co., 3-126th AVN, which are spread out across Vermont, Massachusetts, and now Connecticut. The new unit is the first and only Aerial Medical Evacuation asset within the CTNG.

The ceremony not only served to commemorate the official activation of the unit, but also served to symbolize through ceremony the assumption of command for the unit's first commander, Capt. Christopher Gibb, commander, 2nd DET, C Co., 3-126 AVN.

"I am just very thankful for the opportunity to take command of this new MEDEVAC detachment and to serve with these great Soldiers," said Gibb. "I'm truly honored and humbled by this opportunity, and look forward to the challenges ahead."

It is a steep climb ahead as the pilots and crews of the new unit scramble to train and certify as "mission-ready" on the new airframes they possess.



Capt. Christopher Gibb, Commander, Detachment 2, Company C, 3rd Battalion, 126th Aviation Regiment, hands off the new guidon to Sgt. 1st Class Stefanie Jennings, senior enlisted leader of the 2nd DET at a brief activation ceremony of the unit at the Army Aviation Support Facility in Windsor Locks, Connecticut, Oct. 16. Throughout the last five months the 2nd DET has been fielding three new HH-60M Blackhawk Medical Evacuation Helicopters. These new airframes bring a MEDEVAC asset to the Connecticut National Guard that it has never had before. (Staff Sgt. Richard Wrigley, JFHQ, CTNG, Public Affairs)



One of three of Connecticut's new HH-60M Blackhawk Medical Evacuation helicopters parked inside of the Army Aviation Support Facility in Windsor Locks, Connecticut following the activation ceremony of Detachment 2, Company C, 3rd Battalion, 126th Aviation Regiment, Oct. 16. The HH-60s will be flown and crewed by the new unit that is tasked with providing aeromedical evacuation, extensive en-route critical care and medical support while moving patients. For the past five months, the 2nd DET has been fielding these new airframes that bring a MEDEVAC asset to the Connecticut National Guard that it has never had before. (Staff Sgt. Richard Wrigley, JFHQ, CTNG, Public Affairs)

The 126th AVN was the first unit in the country to receive the new HH-60M Blackhawk Medical Evacuation helicopter, the 2nd DET's fleet consist of three of these new aircraft.

The HH-60M is one of the newest generations of the Blackhawk, and differs from the older generations in many ways. One of the most significant ways that the HH-60M is different is that it is solely made to function as a medical asset, whereas older generations were a modular airframe made to be able to handle vastly different missions. This singular focus makes the airframe a much more efficient and powerful MEDEVAC asset that is built with the sole purpose to evacuate those in need of emergency medical attention.

The focus of the new aircraft is not lost to the Soldiers of the 2nd DET.

"From day one, every single person in this formation bought into the mission, which is ultimately to save lives," Gibb said.

Having such dedicated Soldiers within the ranks of the Connecticut Guard will surely prove to be a boon to its citizens, an estimation Gibb alluded to at the end of the ceremony.

"I believe Connecticut is lucky to have the men and women in this formation serving the state, and I'm lucky to be able to serve alongside of them."

Lady Flying Yankees Pave the Way for Future Women in Aviation



More than 100 girls aged 8-14 visited the Bradley Air National Guard Base in East Granby, Connecticut for the Women of Aviation International's Girls in Aviation Day, September 26. Girls in Aviation Day is a nationally recognized day in which you girls are exposed to opportunities in the career fields of aviation and aerospace. Girls visiting the base in September viewed displays from the CT Air and Army National Guard, the Society of Women Engineers, the Civil Air Patrol, the 99's and WAI. (Photo courtesy of Master Sgt. Amy Robinson, NCOIC, Command Staff Office, 103rd Maintenance Group)

MASTER SGT. AMY ROBINSON
NCOIC, COMMAND STAFF OFFICE, 103RD MAINTENANCE GROUP

The gate opened wide as volunteers hosted a Girls in Aviation Day event at the Connecticut Air National Guard's 103rd Airlift Wing in East Granby, Connecticut, September 26.

When I first started working in aircraft maintenance back in 1997, I was the only female in my shop. Over the last 18 years, I've seen the number of females increase, but I believe we can do better. We need to spread the word and let girls know that aerospace and aviation careers are great choices for females. These are the type of jobs at which women can and do excel. The issue is that career fields such as these may be intimidating to girls because, unless they know a female that currently works in aviation, they may feel they can't do it or it's just not an option for them.

This is exactly why events such as Women in Aviation International's Girls in Aviation Day are so crucial for our youth. It is a great way to showcase aviation and aerospace careers and to present opportunities that young girls may not be regularly exposed to.

This year, we were lucky enough to host the event right here at the 103rd Airlift Wing. More than 100 girls aged 8-14 along with their parents and 47 adult volunteers came together to learn about careers in aviation.

Those facilitating the event included the Connecticut Society of Women Engineers, the New England Air and Space Museum, Women in Aviation International, the

99's and Civil Air Patrol and the Connecticut National Guard. Together, they were able to educate the next generation of women on the many opportunities available to them in the aerospace and aviation career fields.

The whole event was a success according to the many volunteers and attendees who commented on the professionalism and hospitality of the Connecticut Army and Air National Guard.

When asked about her experience as a volunteer at the Girls in Aviation Day event, Tech. Sgt. Lizette Rovaldi from the munitions flight said that she was very happy to volunteer and felt it was a great event. She emphasized the importance that girls showing an interest in following in her footsteps feel capable of doing so.

"I would like to encourage girls to not shy away from careers in aviation," she said. "I would like them to be confident and pursue these professions, because they will gain experience and knowledge with the training they receive. This experience and knowledge will lead to many accomplishments and positive opportunities that they can be proud of."

Master Sgt. Dara Febres, 103rd Maintenance Operations Flight, said, "I feel it's important to inspire the women of tomorrow about their unlimited possibilities. I want to express that they shouldn't let social standards dictate the career options they choose."

Lt. Col. Kristen Snow, 103rd Aircraft Maintenance Squadron commander and C-130 Pilot, was one of the members responsible for bringing the event to Bradley. Snow gave special recognition to Capt. Lindsay

Jacobson, a C-130 pilot with the 118th Airlift Squadron, for introducing her to the program and getting the ball rolling, leading to the event being held at the air base.

"I was thrilled to have the opportunity to present aviation careers to the next generation of women. I wasn't familiar with many careers in aviation until I was 20-years-old; I got a ride in a T-38 training aircraft and that opened my eyes to a whole new world. In my aviation and military career, I have more often than not been the only woman pilot or crewmember and, at the most, I've worked with three or four other women in a squadron of 75 or more members. I think there are a lot of talented women who may have missed their calling not realizing what opportunities were out there in aviation related fields. Encouraging, educating and supporting girls to focus on STEM (Science, Technology, Engineering and Math) will hopefully open up career opportunities to a whole new generation," Snow said.

"In the aviation career field, only six percent of all pilots are women. In aerospace engineering, air traffic control, aircraft maintenance and nearly every other aviation occupation, women make up less than 20 percent of those in the field," said Snow.

By all accounts, the 2016 Girls in Aviation Day was a success! It was a fun, educational and encouraging way to spend the day; celebrating the women of today's aviation and aerospace careers and allowing the future women of aviation to see a little bit of what is available to them.

May they carry our encouragement with them and prosper!

DANG VISIT from page 8

Detorie noted the massive undertaking by every Airman to get the Connecticut Air National Guard to where it is today – stressing that none of this would have been possible without the motivation and dedication of the nearly 1,200 men and women serving today.

Meeting and greeting those Airmen was a big focus of the day, as Lt. Gen. Rice reenlisted Staff Sgt. Amber Nonnamaker of the 103rd Maintenance Group immediately after Detorie's briefing.

As they toured from facility to facility at Bradley Air National Guard Base, Lt. Gen. Rice, the former Adjutant General of the Massachusetts National Guard, spoke to Airmen of different backgrounds to learn more about what they do. Tech Sgt. Steven Sevigny of the 103rd Maintenance Group gave the leadership a tour of the propulsion shop, Maj. Matt Dearthoff of the Operations Group showed the duo an up-close look at the C-130H simulator, Airman 1st Class Eugene Motovilov was coined on the flight line for his efforts as a Loadmaster.

"There is nothing better in the world than to be able to hand the coin to somebody," Lt. Gen. Rice said. "To see that light of fire in their eyes about doing something for somebody else – that is just so honorable. It's really what drives me."

Col. Francis Evon, Assistant Adjutant General of the Connecticut National Guard, was one leader who was impressed with the time and energy the Director and Chief spent listening to Airmen.

"From the moment (they) arrived, you could tell Lt. Gen. Rice and Chief Anderson wanted to engage with as many of our Airmen as possible," said Evon.

The duo got a look at the Fuel Cell and Corrosion Control Facility currently under construction. The project broke ground on the \$14.3-million facility in



Tech Sgt. Steven Sevigny of the 103rd Maintenance Group, CTANG gave Lt. Gen. L. Scott Rice, (center), Director of the Air National Guard, and Chief Master Sergeant Ronald Anderson (far left), the Command Chief Master Sergeant for the ANG, a tour of the propulsion shop at the Bradley Air National Guard Base in East Granby, Connecticut, Oct. 16. This stop was one of many that the ANG leadership made during their tour of CTANG facilities in East Granby and Orange. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Airlift Wing Public Affairs)

August 2015.

"As I said before the groundbreaking, these construction projects are an acknowledgement of everything the Connecticut National Guard is doing to modernize our facilities and become a state-of-the-art member of the C-130 community," said Maj. Gen. Thad Martin, Adjutant General for the Connecticut National Guard.

Lt. Gen. Rice and Chief Anderson got a peek of what that commitment has led to when they toured the hangar, a facility that underwent major renovations after conversion. Capable of housing two C-130H aircraft at a time, the facility provides shelter for maintainers and crews working on repairs.

The day continued with lunch at the base dining facility, where Lt. Gen. Rice and Chief Anderson dined with the Outstanding Airmen of the Year winners before traveling to Orange,

Conn., where they met with members of the 103rd Air Control Squadron.

Lt. Col. John Sorgini, Commander of the 103rd ACS, briefed the Director on the unit's upcoming deployment, where more than 100 members of the ACS will head to the Middle East.

He then handed it off to Capt. Fred Bond as the group toured the unit's radar capabilities and got an in-depth look at what services the unit provides both in state and overseas.

"Having Lt. Gen. Rice spend an entire day with our Airmen was an absolute honor," said Detorie. "To watch him take time out of his busy schedule to sit and hear the Connecticut Air National Guard's story from the men and women that make this organization so great is a true testament to his desire to take care of Airmen first."

Before departing, Chief Anderson held his second Town Hall of the day – the first being earlier in the morning at Bradley Air National Guard Base - to speak directly to the enlisted men and women of the ACS, and Lt. Gen. Rice wrapped it up with a heartfelt thanks to everyone in the room for their efforts, wishing those deploying in the near future luck.

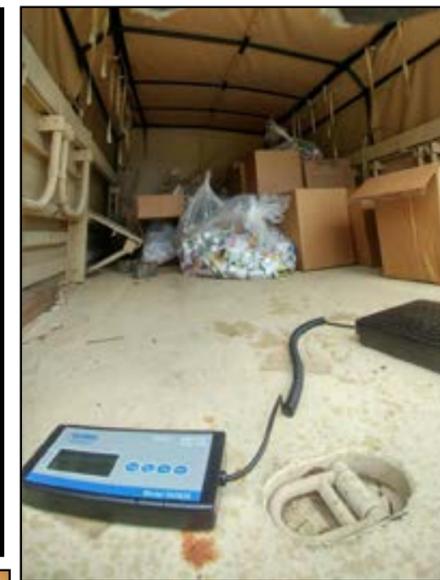
"Connecticut has somehow, somehow, been able to capture the esprit de corps of dedication to service... and this is the epitome of service to our country," Rice said. "I saw that through all those changes that were thrown at Connecticut, and specifically this unit here at the 103rd. To see how well they managed all that and move only into the future to get them to the place they are now, where there is a mission that's going to be here for many, many years...it's a wonderful place to be."



Lt. Gen. L. Scott Rice, Director of the Air National Guard spoke to Airmen during a town hall meeting at the 103rd Air Control Squadron in Orange, Connecticut, Oct. 16. Rice toured the ACS as part of a day long tour of Connecticut Air National Guard Facilities. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

AROUND OUR GUARD

A Glimpse at Connecticut Guardsmen and Events



Connecticut National Guard Works with DEA for Drug Take Back Day
Members of the CTNG supported the Drug Enforcement Administration's Drug Take Back Day with vehicles and personnel at locations in Norwich, Rocky Hill and Bridgeport, Connecticut, Oct. 22. Drug Take Back Day is a DEA program to help those wishing to rid their homes of potentially dangerous expired, unused, and unwanted prescription drugs, free of charge and anonymously. (Photo by Staff Sgt. Riaan Roberts, CTARNG Counterdrug)



1-102nd Holds 23rd Annual Muster

Col. Fran Evon (left), the Assistant Adjutant General of the Connecticut National Guard is presented an award by Maj. William Warner, Executive Officer, 1-102nd Infantry Battalion, CTARNG, at the 23rd Annual 1-102nd Infantry Association Muster at the Officer's Club at the William A. O'Neill Armory in Hartford, Connecticut, Oct. 20. Evon, who was also the guest speaker at the event, was honored for his continued support of the 1-102nd. More than 90 past and present members of the Infantry Battalion attended the event that focuses on building camaraderie and celebrating the legacy of the storied history 1-102 Infantry Regiment. (Photo courtesy of Capt. Stephen Blanda, 1-102nd Infantry Battalion)



CTNG Supports 100th Year of Connecticut Day at the Big E

Members of the Connecticut Air National Guard Honor Guard, the 1st and 2nd Companies Governor's Horse Guard and 1st and 2nd Companies Governor's Foot Guard present the colors at the opening ceremonies of the Connecticut Day parade at the Eastern States Exposition in West Springfield, Massachusetts, Sept. 21. The parade, led by Lt. Gov. Nancy Wyman, escorted by Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard, marched down the Avenue of States ahead of local high school marching bands, Connecticut organizations and businesses and the Connecticut Army National Guard Recruiting and Retention Battalion Monster Truck and Ambulance. This year marks 100 years of the Big E as a New England tradition. (Photo by Tech Sgt. Erin McNamara, 103rd Airlift Wing Public Affairs)

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The 2017 Nomination Season Is Open Nominate Your Employer for the Secretary of Defense Employer Support Freedom Award

[HTTP://WWW.FREEDOMAWARD.MIL](http://www.freedomaward.mil)

The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their support of their employees who serve in the Guard and Reserve.

Nominations must come from a Guard or Reserve member who is employed by the organization they are nominating, or from a family member.

The award was created to publicly recognize employers who provide exceptional support to their Guard and Reserve employees. It is the highest in a series of employer recognition awards given by the Department of Defense.

Almost one-half of the U.S. military is comprised of the Guard and Reserve. The Department of Defense shares

these citizen warriors with their civilian employers, many of whom provide significant support to their employees who serve in the Guard and Reserve. This award recognizes employers who provide the most outstanding support for their Guard and Reserve employees and is presented annually by the Secretary of Defense.

Nomination season closes at the end of December!

For more information about how you can nominate your employer, visit,

<http://www.freedomaward.mil/>.

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 Contact: Benjamin A. Beaudry
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Almost half of our military force serves in the National Guard and Reserve. Guardsmen and Reservists, along with their civilian employers, form an alliance essential to our national security. ESGR, a Department of Defense program operating since 1972, seeks to foster a culture in which all employers support and value the employment and military service of members of the National Guard and Reserve. Your support helps ensure the readiness of Service members, the viability of the All-Volunteer Force, and guarantees our national security.

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- **Ombudsman:** Assist in preventing, reducing, and resolving employer or Service member misunderstandings regarding employment rights and responsibilities under USERRA.
- **Public Affairs:** ESGR Public Affairs volunteers work with military and civilian media organizations to promote public understanding of the ESGR mission and support joint ESGR and Yellow Ribbon Reintegration Program events.

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 Phone: 860-524-4970



National Native American Indian and Alaska Native Heritage Month Celebrating Their Contributions to the United States Armed Forces

MASTER SGT. BARBARA PEPIN
JFHQ-CT EQUAL OPPORTUNITY ADVISOR

Annually we celebrate the contributions, achievements and sacrifices of National American Indian and Native Alaska Alaskans during the month of November.

This year, we should remember the American Indians and Alaska Natives that have proudly served this country as a part of our Armed Forces. From the American Revolution to recent conflicts including Operation Iraqi Freedom and Operation Enduring Freedom and during peace time operations, they have played a vital part in the security of our nation.

One of the most memorable examples of Native American contributions to the Armed Services was the famous use of their native languages. The Native American, "code talkers," transmitted military messages in an unbreakable code that arguably saved the lives of countless servicemen and advanced freedom throughout the world.

However, that is one of many contributions and sacrifices that have been made. Since the 17th century, the National Guard has provided units for the first-line defense of the nation. The Scout Battalions of the 297th Infantry, Alaska Army National Guard, were composed mostly of Alaskan Natives. Supported by the 176th Tactical Airlift Group, Alaska Air National Guard, the Scout Battalions patrol the vast Alaskan tundra to this day.

The battalions were organized during World War II and given the mission of providing early warning in case of an enemy landing. The Scouts operate from small villages in Northern and Western Alaska, constantly observing the Bering Sea coastline and often providing significant intelligence information. Like their colonial predecessors, the Scouts of the 297th Infantry and the Airmen of the 176th Tactical Airlift Group continue to defend their community, state, and nation.

Today there are over 137,000 American Indian and Alaska Native Veterans living in the United States. Native Americans have the highest record of service per capita when compared to other groups. Ten percent of these veterans are women. On April 4, 2016, Brig. Gen. Joane Mathews of the Wisconsin Army National Guard made history when she became the Army National Guard's first female Native American general officer. She promised to give, "110 percent," to her new assignment of Assistant Adjutant General for Readiness and Training.

To this day, 24 Native Americans have received the Medal of Honor for their conspicuous gallantry and bravery. On March 3, 2008, Master Sgt. Woodrow W. Keeble became the first full-blooded member of the Sioux Nation to be awarded the Medal of Honor. Keeble was a U.S. Army National Guard veteran of both World War II and the Korean War. President George W. Bush presented the Medal of Honor posthumously to Keeble's step-son and great nephew. This is but a snapshot of the history and legacy of the invaluable service Native Americans veterans have given this country.

For more information about American Indians and Alaska Natives who have served, visit the online Library



Master Sgt. Woodrow "Woody" W. Keeble (Photo Credit: Vets Incorporated, Wahpeton, N.D.)

of Congress. As part of the "Veterans History Project," The Library of Congress currently contains 276 names of United States Veterans who identified themselves as either American Indian or Alaskan Native. The Veterans History Project database honors all those military Veterans and civilians who have been interviewed for the Veterans History Project, or whose personal accounts have been donated to the project.

Governor's Horse and Foot Guards

The Community Honors 1GHG & Cavalry History

CPL. LOUISA KRAUSE
1GHG UPAR



After a year of planning, the history of the cavalry unit of the First Company Governor's Horse Guards was duly honored at the Avon Free Public Library this fall.

Rarely seen artifacts from the private collection of the 1GHG were on view

from September through October with a five-week photography exhibit. Troopers and horses highlighted the event, rallying on-site for a meet and greet with supervised pony rides, Sept. 17.

Avon residents were treated to a special opportunity to be close to the horses and chat with troopers about how they train and care for the horses. Young and old partook in the pony rides.

Maj. Chris Miller, unit commandant, reviewed 238 years' worth of highlights tracking the famous history of the 1GHG, with a specific focus on the unit's time in Avon, its current role, and the duties of a trooper. The culmination of the day was a three year photo documentary by photographer Deb Key of Deb Key Imagery.

The display of cavalry memorabilia was curated by Capt. Robert Mazzara (Ret.),



Top Photo: Sgt. Brigitte Soucy, Capt. Robert Mazzara, and 2nd Lt. Jennifer Jeandell attend a presentation of rare cavalry artifacts at the Avon Free Public Library, September 17.

Bottom Photo: Members of the First Company Governor's Horse Guard interacted with the community at an event at the Avon Free Public Library, September 17. The event was held to honor the history and to raise awareness about Connecticut's cavalry units. In addition to pony rides, the library hosted a photography and artifact exhibit through October. Selected items from the exhibit will also be on display at the library as part of a World War II exhibit in early 2017. (Photos courtesy of Cpl. Louisa Krause, UPAR, 1GHG)



2GHG Hosts Charity Run

The Second Company Governor's Horse Guard held its inaugural Iron Horse 5K Trail Run at the 2GHG Facility in Newtown, Sept. 24.

More than 50 runners of varying ability and age groups supported the 2GHG, running the trails over hill and dale, field and forest, and back again on an officially-timed, 3.15-mile course. Troopers cheered on the runners as they came across the finish line. Certificates were then awarded to the winners of each category: Men's, Women's, and Children Under 12 Years. For more information on the Second Company Governor's Horse Guard visit www.TheHorseGuard.org. (Photo by Pfc. Jodi Fay, Second Company Governor's Horse Guard)

and Maj. Steven Meltzer (Ret.). With over 30 years of combined experience of U.S. Army service plus his time with both the 1GHG and 2GHG, Mazzara drew on his extensive, detailed knowledge of military equipment.

Working closely with Maj. Meltzer, another long-serving officer with 28 years of experience in the GHG, they assembled a collection of rarely seen saddles, sabers, uniforms, photographs and artifacts, some dating back to the 1870s.

"The Horse Guards are a unique part of Avon's story, and we were proud to have helped raise awareness to keep them based in our town when their funding was threatened," said Terri Wilson, President of the Avon Historical Society.

Deb Key, who is an Avon-based professional photographer and native-born Australian, was intrigued to find out why someone joins the cavalry in this era. She started documenting the progress of a class of recruits in

September 2013. It was meant to be a 16-week personal project, but three years later, her camera is still capturing formal and informal moments behind the familiar white fence of the 1GHG. Key's images of the Horse Guards were displayed for a month at the Bushnell Theater in early 2014 coinciding with the sold-out season of the play, "War Horse," viewed by over 25,000.

"It is an honor to help document part of this unique organization's story. We are so fortunate to have the Horse Guards headquartered in Avon because their history is significant for Connecticut and this Nation," said Key. "The cavalry is an enduring symbol that catches our imagination so it's a privilege to photograph the Horse Guards for future generations."

Selected items from the Avon Free Public Library display will be included as part of a World War II exhibit at the Avon Free Public Library in January and February of 2017.

Health & Fitness

How to Help Your Diet Survive the Holidays

ARNG GUARD YOUR HEALTH

For healthy eaters, the holidays can be a minefield. Holidays dedicated to eating piles of food make for a perfect storm to pack on the pounds.

So, what's wrong with ditching your diet for a few days of the year? Besides inducing a food coma and an unattractive gut, feasting on rich food during one sitting can cause heart attacks, stroke, and gallbladder problems.

Read on for tips to help you enjoy your holiday meals without the guilt.

Don't Arrive Hungry

Arriving on an empty stomach is a bad idea for two reasons. First, you'll be more likely to fall prey to appetite triggers, such as seeing other people eat in front of you or the desire to try every dish on the table. Second, going more than five hours without food can lower the hormone that tells your brain when you're full.

To avoid this double whammy, eat breakfast and a light lunch before dinner. Drink a glass of water or nibble on fruits and vegetables if hunger pangs set in before dinner.

Think Before Your Next Bite

We're all guilty of eating after we're full because food is nearby. You may not even realize you're still grazing.

When your spread offers lots of tempting food choices, remember that you can easily misjudge portion sizes. Serve yourself portions that leave room on the plate. Better yet, use a salad plate.

And if you catch yourself reaching for second helpings take a minute to evaluate. Are you just reacting to seeing more food or other people eating? If your stomach feels full, fight the urge to eat more.

Watch the Liquid Calories

Calories in wine, beer, and soda add up quickly. Plus, alcohol can make you eat even more. Drink slowly, and for every alcoholic beverage or sugary drink, have one full glass of water.

Tricks to Help You Resist

- Get moral support: let everyone know you're working hard to keep your diet in check.
- Eat slowly to give your stomach enough time to tell your brain that you're full.
- Eat vegetables first. The fiber will help you feel full faster.
- Take food home to enjoy the next day. If you're hosting, suggest guests bring take-home containers.
- Distract yourself from eating by catching up with friends and family around you.

Try, Try Again

If after all your good intentions, you end up eating more than you should, don't wallow in guilt. Just get back to eating right and increase your level of physical activity the next day.

Your future beach body will thank you.



Connecticut Guardsmen Staying Active in Sporting and Community Events



Flying Yankees Turned Rugged Maniacs

Above: Members of the 103rd Airlift Wing, CTANG, ran the 2016 New England Rugged Maniac Race in Southwick, Massachusetts, Sept. 25. The Rugged Maniac is an obstacle course race where participants run a 5 kilometer (3.11 mile) course consisting of 25 obstacles from wall climbs to muddy water slides. Members of the team: Airman 1st Class Annie Thibault, Master Sgt. Chris Grizzle, Courtland LaFleur, Lt. Col. Dan Janusz, Master Sgt. Elizabeth Toth, Casey Janusz, Master Sgt. Frankie Rodriguez, Jacqui Maxon, Jose Rivera, Lynne Thibault and Michelle Meace. (Photo courtesy of the 103rd Airlift Wing Public Affairs Office)

Army Guardsmen Rows the Connecticut River

Left: Lt. Col. Jim McLean, State Force Protection Specialist, prepares to remove his single scull rowing boat out of the Connecticut River following his race at the 2016 Head of the Riverfront Regatta at Riverside Park in Hartford, Connecticut, Oct., 2. McLean prepared for the race all summer, participating in the Riverfront Recapture Learn to Row Program in Hartford. The race features a 2.25 mile course up the river finishing at Riverfront Mortensen Plaza. McLean took second place in his Men's Novice 1x event. (Photo courtesy of Lt. Col. Jim McLean)

The Connecticut National Guard Celebrates Honorary Pilot

TECH. SGT. ERIN McNAMARA
103RD PUBLIC AFFAIRS

Simon Getter, a local 15-year-old, was recently honored as Pilot for a Day by the 118th Airlift Squadron, receiving a hero's welcome from the moment he arrived at Bradley Air National Guard Base, Sept 30.

The Pilot for a Day program started in the 1990s at Randolph Air Force Base, Texas, and began in 2005 at JBA known as P4D, the Pilot for the Day program, and is designed to give terminally ill children the opportunity to live out their dreams for a day and for their families to enjoy time out-side the challenges of everyday living.

Simon is recovering from intensive cancer treatments that he received at Connecticut Children's Medical Center. The staff there helped identify Simon as a great candidate for the day's festivities.

1st Lt. Jarrett Gran, a C-130 pilot, escorted Simon and his parents on a tour of the 103rd Airlift Wing's facilities, meeting Airmen and hearing about the jobs that they perform in support of the airlift mission.

Their first stop was the briefing room of the 103rd Operations Group where aviators had gathered to

welcome Simon. Col. Roy Walton, Vice Wing Commander, acknowledged his bravery and presented him a wing coin.

Simon was briefed by the squadron's intelligence staff on his mission for the day.

Appropriately equipped for his day as an Air Force pilot, Simon launched his visit to the base with a ride in a "Humvee," or High Mobility Multipurpose Wheeled Vehicle, driven by operators from the 103rd Air Control Squadron.

Following the base tour by Humvee, Simon stepped to his C-130 Hercules on the flight line. Also there to greet him were Connecticut Army National Guard Blackhawk

pilots with one of their aircraft on display.

Airmen from the wing's aircrew flight equipment shop, the base fire department and security forces squadron also introduced Simon to the responsibilities of their respective career fields. One of the day's highlights was the C-130 flight simulator, in which Simon piloted his Here to the 158th Fighter Wing, the Vermont home of the Green Mountain Boys.

For Simon's parents, the experience was obviously a welcome diversion from the



Simon Getter sits in the 118th Airlift Wing flight simulator at the Bradley Air National Guard Base in East Granby, Connecticut, September 30. Getter participated in the Pilot for A Day program, an Air Force program designed to give terminally ill children the opportunity to live out their dreams for a day. Getter, 15, is recovering from intensive cancer treatments. During his visit, he also sat in a C-130H and a CTARNG Blackhawk helicopter. (Photo by Tech. Sgt. Erin McNamara, 103rd Airlift Wing Public Affairs)

realities of their child's illness and treatment. Simon's father, upon being coined by Chief Master Sgt. Steven Seaha, who felt it was necessary to salute the parents' fight in a child's illness, was nearly speechless.

"This—this is everything. Thank you so much. You have no idea how much this means to all of us," he said.



Simon Getter sits inside a CTARNG Blackhawk helicopter on the flight line of the Bradley Air National Guard Base in East Granby, Connecticut, Sept. 30. Getter participated in the Pilot for A Day program, an Air Force program designed to give terminally ill children the chance to live out their dreams for a day. Getter, 15, is recovering from intensive cancer treatments. During his visit, he also sat in a C-130H and operated the 118th AW flight simulator (Photo by Tech. Sgt. Erin McNamara, 103rd Airlift Wing PA)



Simon Getter sits in the flight simulator with members of the 118th Airlift Wing at the Bradley Air National Guard Base in East Granby, Connecticut, Sept. 30. Getter participated in the Pilot for A Day program, an Air Force initiative designed to give terminally ill children the opportunity to live out their dreams for a day. (Photo by Tech. Sgt. Erin McNamara, 103rd Airlift Wing Public Affairs)

86th Brigade Dons 10th Mountain Division Patch CTNG's 1-102nd Infantry Regiment Follows Suit



The men and women of the 1-102nd Infantry Regiment stand tall as Lt. Col. David Pickel, battalion commander, leads a re-patching ceremony at Stones Ranch Military Reservation, Oct. 15. As part of the Associated Units pilot program, the 86th Infantry Brigade Combat Team - the 1-102nd's higher headquarters - officially fell under the 10th Mountain Division. Now, the largest battalion in Connecticut will proudly wear the crossed bayonets of the 10th Mountain on their left sleeve. (Photo by 1st Lt. Andrew Bartlett, 1-102nd Infantry Battalion UPAR)

SPC. AVERY CUNNINGHAM
172ND PUBLIC AFFAIRS DETACHMENT
VTARNG

The Vermont Army National Guard's 86th Infantry Brigade Combat Team (Mountain) aligned with the U.S. Army's 10th Mountain Division (Light Infantry) during a re-patch ceremony at Camp Ethan Allen Training Site, Jericho, Vermont, Oct. 15.

"The primary function is to officially recognize that we have been realigned for training authority purposes under the 10th Mountain and as part of that we removed our beloved mountain patch and replaced it with the storied and well respected 10th Mountain patch on our left sleeve," said Col. Andrew Harris, commander of the 86th IBCT (MTN), Vermont National Guard.

During the ceremony Soldiers stood at attention in formation as the history of the 10th Mountain Division (Light Infantry) patch was read while leadership from the 86th IBCT (MTN) began switching Soldiers' old patches for the new. Behind the formation, on a tall

wooden tower, a curtain was lowered, simultaneously revealing the 10th Mountain Division (Light Infantry) full-color patch.

Originally developed as the first Mountain unit in the Army in 1941, the 10th Mountain Division received its current name in 1944 before being deployed to Italy during World War II.

The aligning of the 86th IBCT (MTN) to the 10th Mountain Division (Light Infantry) is part of the Associated Units Pilot Program.

"This is a step forward into the future for the 86th aligning with the 10th Mountain and formalizing an already developed training partnership," said Maj. Gen. Steven Cray, the adjutant general, Vermont National Guard. "The purpose of this total force integration is to help enhance our capabilities and readiness."

While changing patches does have an effect on the unit as a whole, it does not uproot the unit or alter their course.

"For us it means steady as we go, with the difference being that our training will be reviewed and evaluated by



Lt. Col. David Pickel, Battalion Commander of the 1-102nd Infantry Battalion, applies the patch of the 10th Mountain Division to Capt. Patrick Montes, Commander of Alpha Company, 1-102nd Infantry Regiment during a battalion formation at Stones Ranch Military Reservation in East Lyme, Oct. 15. (Photo by 1st Lt. Andrew Bartlett, 1-102nd Infantry Battalion UPAR)

the 10th Mountain Division, so the staff at the division headquarters will sign off on our training calendars, they'll look at the training we have planned, they'll tell us if they think it meets their needs," said Harris. "All with the aim of making us more ready than we have been in the past, getting us at a higher level of technical competence and a higher level of ability to do our job as an infantry brigade."

There is a mutual benefit, allowing the 10th Mountain Division to incorporate more mountain training and expertise into the division while allowing the Vermont National Guard units better access to good training.

"It'll provide us with the opportunity and resources to do more active duty training," said Spc. Jordan Peterson,



A closeup of the 10th Mountain Division patch, now worn by the 1-102nd Infantry Regiment. (Photo by 1st Lt. Andrew Bartlett, 1-102nd Infantry Battalion UPAR)

Charlie Troop, 1st Squadron, 172nd Cavalry Regiment, 86th Infantry Brigade Combat Team (Mountain), Vermont National Guard.

The opportunities in this re-alignment affords the unit to set goals to better themselves.

"My goal is that we come out of this better trained, better resourced, better equipped and better able to be responsive to the needs of our nation and of course the needs of the State of Vermont," said Harris.

Despite all that the unit will receive, as part of the 10th Mountain Division, the Soldiers of the 86th IBCT (MTN) will always be Green Mountain Boys.

"Mine [86th IBCT Patch] is going off my left sleeve and right into my breast pocket over my heart and that is where it's going to stay," said Harris. "It remains the visual image of who we are as a brigade, and it tells the story of our lineage better than any other patch and having said all that, part of progress, part of becoming a better thing is recognizing when it's time to step up, step forward and that's what we're doing by putting on the 10th Mountain (Division) patch."

Editor's Note: The 1-102nd Infantry Battalion and its nearly 600 Soldiers also took part in a local re-patching ceremony at Stones Ranch Military Reservation in East Lyme, Conn., Oct. 15.

35th Annual Senior NCO/CPO Dining In

More than 300 members of Connecticut's enlisted force attended the 35th Annual NCO/CPO Dining In at the Aqua Turf Club in Southington, Connecticut, October 6, 2016. The guest speaker for the event was Sgt. Maj. (Ret.) Tom Gills, Senior Director, Military Programs and Education, JTilley, Inc., and representative of Kaplan University in Strategic Relationships. In that role, he is responsible for assisting in the development of numerous College programs tailored to the military. Tom is the President of the Sergeant Maj. Larry Strickland Educational Leadership Award Foundation, established in honor of the senior enlisted person lost in the attack on the Pentagon on 9/11. Gills is currently rewriting the Enlisted Soldier Guide, to be published in Post Exchanges throughout the Army in February of 2017. Gills is a retired active duty Sergeant Major with 30 years of service, capping his military career as the Army G-1 (Human Resources) Sergeant Maj. for the U.S. Army. The event also honored the Connecticut Army and Air National Guard Soldier, Airman and NCOs of 2016. Spc. Nathan Havens and Sgt. 1st Class David Earle, CTARNG Soldier and NCO of the Year, and Senior Airman Robyn Miller and Master Sgt. Nicole Pease, CTANG Airman and NCO of the Year.



Guest Speaker, Sgt. Maj. (Ret.) Tom Gills, Senior Director, Military Programs and Education, JTilley, Inc., speaks to a room filled with more than 300 members of Connecticut's enlisted force at the 35th Annual NCO/CPO Dining In at the Aqua Turf Club in Southington, Connecticut, October 6, 2016. (Photo by Master Sgt. (Ret.) Gary Espelin)



Top Left: Sgt 1st Class David Earle (right) is congratulated by Command Sgt. Maj. (Ret.) Robert Moeller, Past President of the Connecticut Chapter, AUSA, at the 35th Annual NCO/CPO Dining In at the Aqua Turf Club in Southington, Connecticut, October 6, 2016. Earle was honored during the event for earning the title of CTARNG 2016 State and Regional NCO of the year. Photo by Master Sgt. (Ret.) Gary Espelin

Top Right: Senior Master Sgt. Christopher Fannelli, CTANG (center) accepts the honor on behalf of Senior Airman Robyn Miller, 2016 CTANG Airman of the Year, from Col. Fran Evon (left), Assistant Adjutant General, Connecticut National Guard and Sgt. Maj. (Ret.) Tom Gills, Senior Director, Military Programs and Education, JTilley, Inc., and 2016 Dining In guest speaker. (Photo by Master Sgt. (Ret.) Gary Espelin)

Bottom Left: Members of the Connecticut Army National Guard Military Funeral Honors provided the honor guard during the opening ceremony of the 2016 NCO/CPO Dining In at the Aqua Turf Club in Southington, Connecticut, October 6. (Photo by Master Sgt. (Ret.) Gary Espelin)



Enlisted Update Celebrating Service Members, Families and Togetherness



CHIEF MASTER SGT. ROBERT GALLANT

Greetings Airmen and Soldiers! Happy November: A month when we celebrate the service of all military members, past and present, and the month when we celebrate Thanksgiving with our friends and family.

First and foremost I would ask that each of us take a moment and pause to think of those who are deployed

away from their home and their loved ones. Let's all silently thank them for their service and wish them a speedy, and safe, return home.

The reason we commemorate Veterans Day on November 11th of each year is because the holiday was originally known as Armistice Day. The armistice that ended World War I was signed at 11 a.m., on the 11th day of the 11th month in 1918.

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

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

of arms.

Many of us will participate in the Veterans Day parade in Hartford, Nov. 6. Others will have friends and family along the parade route to show their appreciation for your service. This year's Veterans Day poster, available to download at <http://www.va.gov/opa/vetsday/gallery.asp>, carries the theme of, "Courage - Honoring all who served."

So how do we honor all who served in times of war and peace? I'm sure many Airmen and Soldiers reading this have extended their hand of gratitude to that proud World War II or Vietnam Veteran donning a ball cap. I have found that the Veterans of the, "Greatest Generation," love nothing more than a warm thank you and a patient ear to listen to the stories of their glorious youth - A time when their bodies were strong, their minds clear and their convictions rooted in the greater good.

Or maybe it is your family member that served in Korea, or your co-worker or supervisor, who served in Vietnam or Desert Storm. But is a simple thank you enough? Can we ever do enough to show our gratitude, our compassion and our empathy for our brothers in arms?

I believe the answer is: No, we cannot, because the intangible reward of freedom in our country is hard to measure by the sacrifices our veterans have endured throughout history.

Many of us wearing the uniform today have had to endure the challenges of being deployed and protecting our nation and freedom numerous times. I have had the honor and privilege as the State Command Chief to attend many ceremonies for the Soldiers and Airmen getting ready to embark on yet another deployment. These men and woman answer the call of duty to do what they do best - protect and defend this great nation and the people of the United States. I also get to enjoy the Homecoming Ceremonies for our Veterans when they return home safe to their families, loved ones and friends after a successful mission.

At this time, many of our Airmen are preparing to again deploy to answer the call for our Nation. Unfortunately,

this will not be the last time the Connecticut National Guard will be called to fight with our sister services around the world to join in the fight in the War on Terror. The way we fight our conflicts has changed drastically from the battles of the past.

The Active Duty, National Guard and Army Reserves join together as one component today to fight and are deployed multiple times in different locations around the world. Though different times and different circumstances the result is still the same - happily welcoming home our Veterans with open arms.

Last year, I was asked to attend a Veterans Day ceremony at my granddaughter's school, along with many other Veterans from all branches of service (active and retired). The students gathered in the school gymnasium and all of the Veterans paraded in and sat in a special section to be honored. The teachers prepared a slide show presentation and the students made posters and sang songs to those in attendance. If that does not make you feel proud to wear the uniform, I don't know what does. After the ceremony, I got to go back to my granddaughter's kindergarten classroom to sit with the students and talk about what I do and to answer any of their questions. It is very difficult trying to explain things to kindergartners. My lesson learned and advice to those of you who may be placed in a similar situation this November; bring visual aids to keep their attention. It was nice to see the young generation being taught the value of freedom and seeing the men and woman in their own community that wear the uniform.

Remember during this month of November, when we celebrate and honor our Veterans, and gather with our families and friends let's all give thanks for the Veterans whose generations preceded us and thanks for all who have continued to answer the nation's call to serve both past and present.

Inspiration of the Month:

We should never let reality interfere with our dreams. Reality can't see what we can see. -Simon Sinek

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COMMISSIONING OPPORTUNITIES

44K - Pediatrician

47G - Dentist

48A - Aerospace Medicine Specialist

48R - Flight Surgeon

46Y3A - APRN Nurse

45G3 - OB/GYN Nurse

42G3 - Physician Assistant

14N3 - Intelligence Officer



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



**1st Battalion (OCS), 169th Regiment (RTI)
Officer Candidate School**

**OCS OPEN HOUSE
INFORMATION BRIEF**

December 10, 2016

**Report Time: 9:00 a.m.
9-11:00 a.m. RTI, Camp Niantic**



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



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



**Please RSVP through your chain of command and to:
Capt. David Lord - david.m.lord.mil@mail.mil
Chief Warrant Officer 3 Michael Mottolo - michael.v.motollo.mil@mail.mil**

WOCS From Page 5

Training, Advising, and Counseling Officers offered the candidates the deep level of evaluation ability needed to fairly and firmly develop a class this size.

Throughout the duration of Phase III, candidates were again put to the test. First, with a final course APFT; resulting in one failure that brought the class size down to 148. From there, candidates were forced to use all the experience they had amassed during Phase II as the foundation to build upon. The task would be daunting but attainable; quickly and accurately assimilate into this new location amidst a plethora of new personalities and leadership challenges.

As Phase III progressed, the candidate academic regiment culminated with Exam 3-1. Class 16-001 received a first time 100 percent GO, making them the first RC WOCS class in the history of the Camp Atterbury Phase III site to do so. Over the course of the two weeks spent at Camp Atterbury, candidates were exposed to an additional 20+ hours of academic curriculum designed to develop their collective perspective as future warrant officers. This included a staff ride to the Indianapolis War Memorial. The takeaway from this specific location, due to its specific historic significance was to outline the history of our military lineage as well as the importance

that their ethical decision making processes as future warrant officers will ultimately have on the future of our cohort, and the Army profession as a whole.

In addition to the academic and leadership requirement, candidates were also put to the test on numerous other performance evaluations to include: Situational Training Exercise Lanes, Entry Control Point Operations, Tactical Operations Center Operations, Leadership Reaction Course, Day-time Land Navigation, and Class Victory Run.

After a long six months of planning, coordination, and execution, graduation day had finally arrived. Held at Johnson County Armory in Franklin, Indiana, the graduation ceremony was comprised of a ceremonial oath of office and pinning ceremony. In addition, the top 20 percent of the class distinguished themselves by graduating with Honors. Two of the Connecticut candidates, Warrant Officer Adam Soderberg, and Staff Sgt. Nicholas Ciullo met the requirements to be recognized as part of the Commandant's List, averaging in the top 20 percent of their class. Candidates that scored a cumulative average within the top 20 percent of the entire class comprised of all five examinations and both APFTs, and were recognized during the graduation ceremony as part of the Commandant's List (15 percent, Honor Graduates (four percent) or The Distinguished

Honor Graduate (one percent). Additionally, an overall Leadership awardee was chosen by his peers, and recognized as well.

All candidates scheduled to take appointment to WO1, or receive a certificate of eligibility participate in the graduation ceremony, to honor their hard work, perseverance and personal sacrifice in completing all WOCS course requirements in order to become a Warrant Officer One.

At the conclusion of the ceremony, the leadership awardee was charged to dismiss the class. Connecticut Graduates from Class 16-001 include: WO1 Adam Soderberg (CT), SSG Nicholas Ciullo (CT), SSG Tammy Foular (CT), WO1 Anthony Fusco (USAR), WO1 Courtney Watts (USAR), WO1 Matthew Simas (USAR), WO1 Eric Sanchez (USAR), WO1 Danny Desilva (USAR).

For more information on the Connecticut Warrant Officer School Program, please contact the Battalion Course Manager, Chief Warrant Officer 3 Michael Mottolo at michael.v.mottolo.mil@mail.mil or 860-691-5905, or the Connecticut Warrant Officer Strength Manager, Chief Warrant Officer 3 John Nerkowski at john.v.nerkowski.mil@mail.mil or 860-613-7503.

Inside OCS

Experience Can Be a Double-Edged Sword

**OC DAVID VALLI
OCS CLASS 62
D Co 2/417 Rgt.
U.S. ARMY RESERVE**

I have been in the Army for 16 years.

During that time I've served on both active duty and reserve status. I've achieved the rank of Sgt. 1st Class and served as an acting 1st Sergeant for a year. I've earned the respect of my peers and my subordinates. The knowledge and experience I've gained during my time in the military has been invaluable. I've become experienced enough to feel confident sharing my knowledge with others, but still wise enough to know that I have a few things to learn.

Or at least I thought I was wise enough.

Then I went to Officer Candidate School.

Joining OCS feels like starting over. Aside from one special encounter with a Sergeant Major a few years ago, no one has made me do this many pushups since basic training. The constant need to exercise extreme military bearing makes me hyper vigilant, even more so then when I was overseas. Somehow, the wrath of a TAC officer that noticed my shoelace was slightly untucked is infinitely scarier than an RPG whizzing over my head. Maybe it's because you can take cover from an RPG. There is no cover from an angry TAC officer. Absolutely none.

OCS has awoken a part of me that I did not realize was dormant. For all the knowledge I'd gained, I'd somehow forgotten how to move with absolute purpose.



OCS is a very difficult course and there is a constant sense of urgency in everything we do. The standards are high and uncompromising. Our instructors are quick to remind us that seemingly insignificant mistakes can be the difference between a mission's success or failure. We are all treated as new trainees, regardless of our previous rank.

At first, I wasn't sure I could deal with the course. Years of being the one in charge made it very difficult for me to take orders in that particular fashion.

It's not just that it hurts my pride (which, it turns out, is extremely fragile), it is that I have developed my own way of doing things. There is a constant struggle to hold back and be

a trainee again, and I know it will continue to be a struggle for the rest of my time in the OCS program.

The hard part of having experience is that it separates you from your roots. The person I was in basic training is vastly different from the person I am today and it is difficult to channel that earlier, more humble self. My drive to improve had faded and was replaced by a drive to succeed. It was a subtle change that I am sure many of us go through as we advance in our military careers.

OCS is a challenge not only because it is physically and mentally tough, but because it forces each Officer Candidate to become someone new. And for the more experienced among us, that challenge is all the more difficult. This course has taught me that to become a better Soldier, it is sometimes best to leave experience behind.

At least for a little while.

**Become an Officer in the
Connecticut Army National Guard**

**Do you have what it takes to withstand
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.**

**OCS OPEN HOUSE DECEMBER 10, 2016.
See flyer on page 18 for details.**

WARRANT OFFICER

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

CONNECTICUT NATIONAL GUARD

TAKE THE CHALLENGE TODAY, CONTACT:
CW3 JOHN NERKOWSKI
WARRANT OFFICER STRENGTH MANAGER
203.410.0828
john.v.nerkowski.mil@mail.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention

Misuse of Prescription Medication- How Can You Avoid It?

STAFF SGT. PROCHNICKI-FITZGERALD
CTNG DRUG TESTING COORDINATOR

Abuse of prescription medication has sadly become prevalent in our society.

Prescribed medication that is no longer needed presents a risk for Soldiers and their families. Doctors will prescribe medication to a patient based on need, but often times, the patient will stop before the prescription is depleted, leaving an excess.

This leftover supply of medication could lead to misuse outside of what the doctor's original orders intended. Patients and their family members using prescription medication outside of the original medically prescribed reasoning, according to AR 600-85, the Army Substance Abuse Program, are doing so illegitimately.

If a Soldier submits a urinalysis and states that they are under the influence of a medication that was not intended for or prescribed, it could subject him or her to administrative action.

In order to avoid situations of misuse such as this, the U.S. Department of Justice in conjunction with the Drug Enforcement Administration (DEA) have set up the National Take-Back Initiative. This National Take-Back Initiative gives citizens the opportunity to anonymously turn in their unused or expired medication to various convenient drop off sites to be destroyed.

The effort's goal is to decrease the risk of substance abuse and misuse. Take-Back days are held semi-annually, with the CTNG's Counterdrug Department assisting officials in the most recent Prescription Take-Back Day on October 22, 2016.

If you have a prescription you are looking to get rid of between now and the next Take-Back event, many local and state Police Departments have set up anonymous drop boxes for turn in. Make the smart choice, and avoid misuse.

Turn in your unused and expired medication!
To find a drop box near you, visit the Department of Justice Website at www.deadiversion.usdoj.gov/drug_disposal/takeback/



CTARNG SAP Hosts Wellness Day in Windsor Locks

Nearly 40 Soldiers supported the Substance Abuse Program Wellness Day in Windsor Locks, Sept. 21. Attendees participated in yoga classes, as well as massage and acupressure sessions while learning about different community providers in Connecticut to include Veteran Affairs, Family Services, Military One Source and Tricare.

It was clear Soldiers were very appreciative of the event. Massages were booked in 15 minute increments throughout the entire day, showing that the stress relief was much needed and appreciated. The SAP is beginning to coordinate future Wellness Day events for Guardsmen throughout the state. (Photo by 1st Lt. Shaneka Ashman, Prevention Coordinator, Substance Abuse Program, CTNG)

Army National Guard Substance Abuse Program

We hope you celebrate Thanksgiving with your friends and family while staying safe. Remember to always have a sober driver and to follow the low-risk guidelines:

Happy Thanksgiving

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.

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

For more information, contact your SAP office:
 Robin Tanguay, Alcohol and Drug Control Officer (ADCO) | Shaneke Ashman, Prevention Coordinator (PC)
 Accenture Federal Services | Accenture Federal Services
 robin.j.tanguay@accenturefederal.com 401-465-4947 | shaneke.ashman@accenturefederal.com 860-549-2838

R3SP - Resilience, Risk Reduction & Suicide Prevention

Suicide Fact or Fiction

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER, CTNG

Even with the amount of research and resources dedicated to understanding the prevalence of suicide, it still remains a very confusing and misunderstood occurrence.

Each suicide is very individual. The decision, reasons, and precipitating factors can never be fully understood. However, one mission of the Connecticut Army National Guard Suicide Prevention Programs is to disseminate the information we do know and understand. Let's look at some of the more common thoughts about suicide and see if they're fact or fiction.

Suicide rates increase during the holidays. FICTION: While stress levels are reported to increase, the occurrence of suicide actually decreases during the winter months associated with the holiday season. Suicides tend to increase in the spring and fall months.

Asking someone if they are considering suicide will put the thought in their head. FICTION: This is a statistical anomaly; it just does not happen. Clearly and directly asking and communicating about suicide is the only way to know for sure if someone is considering suicide and to break down the stigma that surrounds it.

Suicide is linked to mental illness and substance abuse. FACT: Research continually shows that the majority of suicides were by people previously diagnosed with mental or behavioral disorder. Over 75 percent of people who suicided were found to have drugs or alcohol in their system. New research shows that problem use of alcohol is a stronger risk factor for suicide than any other risk factor.

If someone is serious about suicide there is nothing you can do to help them. FICTION: Less than 1 percent of suicides have no warning signs or failed intervention. While every case is individual and different showing care and respect for the person who is in crisis is the first and most important thing you can do to help them choose to remain safe.

Military suicide rates are higher than civilian rates. FACT: Since 2008, the rates of suicide in the military have surpassed those of civilians. The National Guard has the highest suicide rates of any branch of the military.

What does this all mean? Anyone can be at risk for suicide, but we know that it is happening at higher rates within the National Guard. We need to be aware of the resources available to help a Soldier in need. By continuing to educate ourselves on the prevalence of suicide and the risk factors and warning signs we can all become resources for our fellow Soldiers.

If you or someone you know needs assistance please contact the Behavioral Health Care Line 24/7 at 855-800-0120.

Resilience: "Skill of the Month"

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

PUT IT IN PERSPECTIVE

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

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

WATCH OUT!
Triggers of Catastrophic Thinking

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

Then you could be at...

RISK RISK RISK

What's My Plan?!

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

LEARN ABOUT HELPING YOUR UNIT

#BETHERE

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) | gveanhour.org | guardyourhealth.com

Off the Bookshelf

with Staff Sgt. Simon

Leadership 101: Sonny Carson says, "Don't Waste Time"

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

The most interesting section of civil rights activist Sonny Carson's autobiography, "The Education of Sonny Carson," is the brief chapter on his U.S. Army deployment to fight in the Korean War with the 82nd Airborne Division.

Carson was shot during one of his first missions in Korea. He received a medical discharge, returned home to Brooklyn, New York, and began utilizing his veteran's benefits to attend college.

Following his military service and college attendance in the 1960s, Carson jumped into the Civil Rights Movement. He marched in the streets of southern cities, attended sit-ins, bus-ins, and took part in other peaceful forms of activism and protest that would contribute to the eventual passing of the Civil Rights Act of 1964.

Carson, an avid reader, has a writing style in his autobiography that is evocative of his fellow military veteran and author, Kurt Vonnegut. Both authors utilized dark irony and off-color non-sequiturs as story telling tools. Carson makes light of death, violence, gender, ethnicity, religion, and other sensitive topics, which may go under appreciated by his civilian readership. As a result of his pugnaciousness as a writer and speaker, he has often been labeled as a polarizing and controversial social figure.

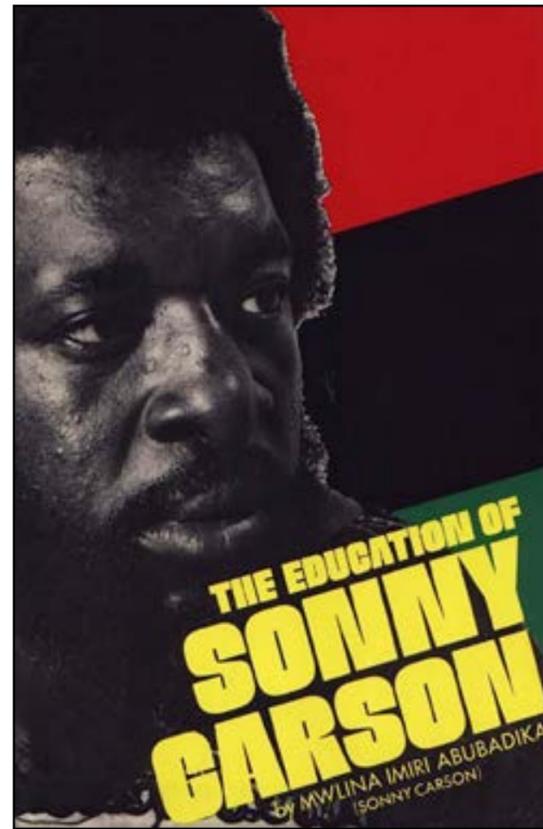
Carson's autobiography was made into a popular 1974 film of the same name. The movie focuses

on his youth in Brooklyn, but ends before he joins the military. Fans of 1990s hip hop music may be familiar with some of the film's sound clips as it has been sampled by various artists and groups, like the Fugees and the Wu-Tang Clan.

In the 1970s, Carson worked with Brooklyn's Congress of Racial Equality (CORE), a civil rights organization that utilized pacifist and non-violent protest tactics to bring attention to the poor conditions urban children faced at schools in Brooklyn. Carson and Brooklyn's CORE did succeed in bringing national attention to some of their initiatives, and as a result of their actions, according to Carson, conditions did improve for New York City students.

The message Carson repeats in his autobiography that may go unnoticed by his civilian readers, but should read loud and clear for military members and veterans, is that time is not promised. Carson had an insatiable drive, but limited time, for transforming himself into a popular rhetoricist, social rights activist and leader in his community. Labeled talented and gifted in primary school, he ironically (and comically) became a leader of one of the largest gangs in Brooklyn. He then passed from the U.S. Army to college student, to civil rights leader, to best-selling author in less than two decades.

Carson continued to organize and lead civil and social activist movements in New York City, until his death at age 66, at the Manhattan Veterans Affairs Hospital. Although his autobiography has been mostly forgotten contemporarily, it is a fast and encouraging read on the power and importance of time management, work dedication and resilience.



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

"Above and Beyond the Call of Duty" – Pfc. Daniel Shea

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

To date, there have been 3,515 Medals of Honor awarded to U.S. service members. Fifty six of those heroes were born in Connecticut. Two Marines, an Airman and one Soldier earned our nation's highest award for valor for their actions in the Vietnam War.

The lone Soldier earned it posthumously.

Daniel John Shea was born in Norwalk, Conn. on Jan. 29, 1947. He graduated from Norwalk High School in 1967 and immediately enlisted in the Army as a medic. On May 14, 1969 he was accompanying his platoon on a patrol in the Quang Tri Province of Vietnam when they were ambushed.

Private First Class Shea's official Medal of Honor citation notes that during a combat patrol mission that was ambushed, he bravely left his defensive position to assist the wounded under heavy fire. He paid the ultimate price, but his efforts saved several Soldiers.

The former Ram Island in Long Island Sound was renamed Shea Island. A popular campsite, at low tide,



this 45-acre island is connected to the larger Sheffield Island. A permanent memorial to Shea and Norwalk's other posthumous Medal of Honor recipient, Pfc. John McGrath, is at the town's Calf Pasture Park.

It is fitting that the memorial for this former Boy Scout and outdoor enthusiast faces the island that now bears his name. Also, the Norwalk High School sports complex also honors both of these hometown heroes. Pfc. Shea was laid to rest in St. John's cemetery in Norwalk. His name is on Panel 24W of the Vietnam Veterans Memorial in Washington, D.C.

Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th grade Humanities in Stamford, Connecticut.
Email him at rmcody@snet.net.

Pfc. Daniel Shea's official Medal of Honor Citation reads: For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. Pfc. Shea, Headquarters and Headquarters Company, 3d Battalion, distinguished himself while serving as a medical aidman with Company C, 3d Battalion, during a combat patrol mission. As the lead platoon of the company was crossing a rice paddy, a large enemy force in ambush positions opened fire with mortars, grenades and automatic weapons. Under heavy crossfire from 3 sides, the platoon withdrew to a small island in the paddy to establish a defensive perimeter. Pfc. Shea, seeing that a number of his comrades had fallen in the initial hail of fire, dashed from the defensive position to assist the wounded. With complete disregard for his safety and braving the intense hostile fire sweeping the open rice paddy, Pfc. Shea made 4 trips to tend wounded soldiers and to carry them to the safety of the platoon position. Seeing a fifth wounded comrade directly in front of one of the enemy strong points, Pfc. Shea ran to his assistance. As he reached the wounded man, Pfc. Shea was grievously wounded. Disregarding his welfare, Pfc. Shea tended his wounded comrade and began to move him back to the safety of the defensive perimeter. As he neared the platoon position, Pfc. Shea was mortally wounded by a burst of enemy fire. By his heroic actions Pfc. Shea saved the lives of several of his fellow soldiers. Pfc. Shea's gallantry in action at the cost of his life were in keeping with the highest traditions of the military service and reflect great credit upon himself, his unit, and the U.S. Army.

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

TOP 8 Safe Driving Tips

FROM THE CTARNG SAFETY OFFICE

- 1 Plan your trip in advance.
- 2 Remember that speeding does not get you there faster.
- 3 Never drink and drive.
- 4 Pay attention to road signs and markings.
- 5 Never drive while tired.
- 6 Keep a 2 second gap between you and the vehicle in front of you.
- 7 Never get distracted by texting, eating, and likewise while driving. Stay focused on the task of driving safely.
- 8 Always reduce your speed while driving through a construction zone.

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
- 2** **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
- 3** **PREPARE YOUR UNIFORM**

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

 - Uniform preparation is an individual responsibility
 - Last minute cancellations due to incomplete uniforms waste everyone's time. Be considerate of fellow Soldiers and only schedule an appointment once your uniform is 100% in standard
 - Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment.
- 4** **SCHEDULE AN APPOINTMENT IN VIOS**
www.vios.army.mil
 - 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.
- 5** **SHOW UP AT SCHEDULED TIME**

1st Muster Room
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 645-32, Photographers will not alter the photograph, to include adding new rank, ribbons, stars or existing medals or awards. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 645-32, 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?

Once approved in DAPMS, your photo will automatically be routed 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
- Only wear PERMANENT awards listed in your records
- Wear only Unit Crests that are PERMANENT and listed in your individual records
- Wear Bar/Aviation Badges
- Nameplate must be worn
- Identification badges worn on left pocket, if authorized
- Wear ONE CSIB, if authorized
- No headgear worn for DA photo

FOR MORE INFORMATION, VISIT: WWW.ARMYS1.LARRY.MIL/UNIFORMS/

Training Circulars for TY17 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
Intelligence Section Working Group and Training Workshop	350-17-26	Master Sgt. Jonathan Trouern-Trend	5-Nov-16	6-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	7-Nov-16	7-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	9-Nov-16	9-Nov-16
Range Control Operator's Course (RCOC)	350-17-02	Master Sgt. Michael Nugent	14-Nov-16	18-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	14-Nov-16	14-Nov-16
Leadership Challenge Program I Course	350-17-31	Maj. Kristina Garuti	15-Nov-16	16-Nov-16
Casualty Notification / Casualty Assistance (CNCA)	350-17-05	Sgt. 1st Class Michael Cardozo	15-Nov-16	17-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	16-Nov-16	16-Nov-16
OIP Workshop	350-17-03	Maj. Daniel Casse	16-Nov-16	18-Nov-16
UPL Course	350-17-12	Staff Sgt. Joshua Prochnicki-Fitzgerald	19-Nov-16	20-Nov-16
Final Formation	350-17-13	Sgt. 1st Class Tarazona Quintero	7-Jan-17	7-Jan-17
Amy Substance Abuse Prevention (ASAP) AGR	350-17-04.a	Ms. Robin Yanguay	11-Jan-17	11-Jan-17
Heartsaver AED Certification	350-17-16	Sgt. 1st Class Jesse Stanley	11-Jan-17	11-Jan-17
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	17-Jan-17	19-Jan-17
68W Sustainment Course	350-17-06	Staff Sgt. Megan Authier	22-Jan-17	31-Jan-17
Unit Public Affairs Rep Training (UPAR)	350-17-09	Maj. Mike Petersen	28-Jan-17	29-Jan-17
Unit Marksmanship Training Course UMTC (Phase I)	350-17-19	Sgt. 1st Class Jonathon Cuevas-Marrero	28-Jan-17	29-Jan-17
EST_LMTS Operator	350-17-22	1st Sgt. Corey Lewis	28-Jan-17	29-Jan-17

Highlighted Courses:

Range Control Operator Course: Attending Soldiers will be trained and certified to properly run the Stones Ranch Military Reservation (SRMR) and East Haven Rifle Range (EHRR) Range Control Operations. These individuals must make themselves available to the Connecticut Training Center (CTC) as operators in support of utilizing units. Upon certification and course completion, Soldiers will be eligible to perform Range Control support in a paid, FTNGDOS Status (pending available funds). November 14-18; 12 Seat Max per class; See you unit 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 you unit training NCO for current availability.

68W Sustainment Course: The training is targeted toward Soldiers who were unable to conduct sustainment training with their units or elsewhere. This course will satisfy all MOS sustainment requirements to include: 48 hours of Continuing Education (CE), 24 hours of EMT refresher training, Basic Life Support (BLS) recertification and Table VIII validation. Duty Status: M-Day Soldiers - Pending Funds Availability/ADOS/AGR. January 22-31, 2017. 30 Seat Max; See you unit training NCO for current availability.

Maj. Michael Jakobson - G3-FTB, Training Specialist - michael.p.jakubson@mail.mil - Phone: 860-493-2774

Retiree Voice November is a Busy Month for Veterans

Sgt. 1st Class (Ret.) Stephanie Cyr
RETIREE AFFAIRS COLUMNIST

TRICARE updates, Veterans Day and the upcoming presidential election are all important subjects to be covered.

TRICARE

Beneficiaries should have recently received a notice of pharmacy benefits; sent out prior to the Medicare Part D prescription drug plan program enrollment period. This period runs from October 15 until December 7. This notification is to inform TRICARE recipients that TRICARE's prescription plan is at least as good as any Medicare drug plan. If you have TRICARE, the notice says there is little or no benefits to purchasing a drug plan. Visit the "Breaking News" section of <http://milconnect.dmdc.osd.mil> and you can find information on how to get proof of credible coverage if you ever lose TRICARE.

In the event you decide to purchase a prescription drug plan, remember that TRICARE pays last after Medicare and other health insurance. You may, as a TRICARE

beneficiary, save money on regular prescriptions by using TRICARE Pharmacy Home Delivery using express-scripts. Details on the TRICARE Pharmacy Program can be found at www.tricare.mil/Pharmacy.

Veterans Day and its History

The origin of Veterans Day has roots in a temporary cessation of fighting in World War I between the Allies and Germany.

The cease fire happened in the eleventh hour of the eleventh day of the eleventh month, seven months before the end of World War I.

Known originally as Armistice Day, it was a day that honored Veterans of World War I. As the United States was involved in more wars, it became a day to honor all Veterans and members of the military. Armistice Day became Veterans Day in 1938 when it was made an official U.S. holiday, and Veterans replaced the word Armistice. Visit the U.S. Department of Veterans Affairs website for a more complete history of Veterans Day.

Veterans are recognized by organizations each year and business have many offers for Veterans on November 11th and throughout the month. Many companies in

Connecticut offer discounts and specials to honor the holiday. For a listing of these discounts, visit <http://militarybenefits.info/military-and-veteran-discounts> and be sure to check your local newspaper for local shop discounts.

Exercise Your Right to Vote!

As members of the military, we swore to protect and defend the Constitution of the United States and our democratic freedoms. One of our greatest freedoms is our right to vote. No matter our political party, our political views, or which political candidates we prefer, you can always exercise your voice through the ballot box. We have the right to make individual choices when we vote. Therefore, it is this author's opinion that all of us should vote every time we have the opportunity.

Thanksgiving

Our national day of Thanksgiving is on November 24th. Let us remember on that day to be thankful for the many gifts of family and freedoms that we have in these United States, and remember not only on Veterans Day, but every day to be thankful for those who step forward to serve, protect and defend our liberties and way of life.

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

connecticut GUARDIAN

Director of Air National Guard Visits with Airmen, Tours Facilities

COURAGE

Thank You Veterans!

Now in full color!

THE CONNECTICUT NATIONAL GUARD
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The Official CT National Guard Flickr

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

THE 102D ARMY BAND



WANTS YOU

TO AUDITION!

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

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

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

Contact a local recruiter or 102nd Army Band RNCO Staff Sgt. Tomasz Durnik tomasz.d.durnik@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@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, domiciliarys, 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

Pollard, Michaila D.
Cedeno, Sabrina M.
Bosco, Sarah K.
Poling, Alexander J.
Thomsen, Conor J.
Venegas, Christian A.
Thomas, Adrian T.
Gonzaleztorres, Stephany
Burgos, Jocelyn T.
Bustillo, Cindy C.
Roberson, Earnest K. Jr.
Brock, Jordan T.
Blizzard, Devon M. Jr.
Plaku, Kristian
Ferriolo, Christopher A.
Wood, Jacob M.

Angileri, Connor D.
Cutler, Cody J.
Castillo, John Jr.
Sarfo, Nicholas T.
Verner, Rashae L.
Mitchell, Johnny G.

Repasi, Nicholas P.
Bello, Enrique A.
Mendez, Jamie J.
Congelos, Anthony J.
Tuttle, Jessica L.
Knoll, Nicole E.

To Warrant Officer (WO1)

Soderberg, Adam M.

To Captain

Hein, Emily E.
Wieczorek, Samuel J.

To Staff Sergeant

Lopez, Isaiah R.
Biggins, Michael W.
Teesdale, Sean R.
Sabo, Scott W.

To Major

Martling, Matthew W.

To Sergeant First Class

Keefe, Timothy D.

To Lt. Colonel

Tinelle, Lauri T.

To Private First Class

Mccollum, Justin M.
Bandeira, Joseph M.
Niles, Kaitlyn M.
Mack, Chris R.
Oliver, Jacob R. III
Jackson, Brandon L.

To Specialist

Dipietro, Kyle S.
Blanc, Patrice D.
Campo, John J. Jr.
Lemieux, Erikka S.
Forbes, Khalil K.
Joy, Brendan M.
Mcdonald, Christian A.
Traceski, Robert C. Jr.
Schweitzer, Erik C.
Lazu, Juan C. Jr.
Warner, Jacob C.
Harmon, Brent P.
Lopez, Laney
Sarracino, Christopher A.

To Master Sergeant

Tripp, Mark E.

To Sergeant

Savvidis, Chrisostomos

AIR

To Senior Airman

Corrao, Jason D.
Pendleton, Jeremiah B.
Lopez, Juan C.
Bedoya, Kevin A.
Evon, Tyler J.
Slocki, William M.

To Staff Sergeant

Bedoya, Andres
Benoit, Ashley H.
Clark, Edward J. Jr.
Orr, John D.
Arango, Jose R.
Murkowicz, Kyle D.

To Technical Sergeant

Figueroa, Brian M.
Savluk, Zachary R.

Congratulations to All!



Promotions as of October 1, 2016

Coming Events & Holidays

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

December

December 7

Pearl Harbor Remembrance

December 13

January Guardian Deadline

December 24

Hanukkah Begins

December 24

Christmas Eve

December 25

Christmas Day

December 31

New Years Eve

January

January 1

New Years Day

January 10

February Guardian Deadline

January 16

Martin Luther King Day

January 20

Inauguration Day

January 28-29

UPAR Training Course

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IMMEDIATELY UPON ENLISTMENT



CONNECTICUT NATIONAL GUARD

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<http://www.nationalguard.com/ct>

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connecticut family GUARDIAN

VOL. 17 NO. 11

HARTFORD, CONNECTICUT

NOVEMBER 2016

Service Member and Family Support Center Gears Up to Provide Holiday Support Through Adopt-A-Family

For many, the holiday season is a time of joy and a time to relish in the company of our close friends and family, but for some it can be a stressful reminder of the absence of a Service Member due to deployment, or the stressful reminder of a hardship. For families experiencing those hardships, the Connecticut National Guard Service Member and Family Support Center is asking for the help of the community.

Adopt-A-Family is a CTNG SMFSC program that seeks to provide food, clothing and essential household needs to currently serving members of any branch of service, or their dependent family members.

Eligible families in need may apply by contacting the CTNG SMFSC at 1-800-858-2677. All applications are confidential.

In addition, the SMFSC is in need of families to "adopt" these in need families in order to provide the most basic human needs, ensuring that Service Members and their families are properly clothed, housed and fed, first and foremost.

If you would like to adopt a family, please contact the SMFSC at 1-800-858-2677.

Applications for enrollment in the program must be submitted no later than Dec. 1.

Please see below for more information and answers to frequently asked questions.

Adopt-A-Family Guidelines

Eligibility:
 Any currently serving member of any branch of service, or their dependent family member, is eligible to make application for adoption.

Adoptions are limited to one per household.

Application:
 Application can be made by contacting the Service Member and Family Support Center directly, at 1-800-858-2677 or at any one of our regional Family Assistance Centers.

The application requires that you provide basic information on your family and the nature of your hardship.

Confidentiality:
 All applications are confidential.

Your name, or any other identifying information, is never shared with the adopting individual or business.

Enrollment Deadline:

Application for enrollment must be made and approved NLT 01 DECEMBER 2016, so as to allow the adopting entity enough time to shop and deliver items to our Center.

How can I adopt a family?

Those interested in adopting should contact the Service Member and Family Support Center at 1-800-858-2677.

Frequently Asked Questions

What types of support does Adopt-A-Family provide?
 Adopt-A-Family seeks to provide for the most basic of human needs and is not designed to provide gifts and services that may be deemed as non-essential.

Food, clothing and household needs are the main tenets of the program. Our goal is to make sure that our Service Members and Families are properly clothed, housed and fed, first and foremost.

If I have participated in the past, can I participate again?

Every application is individually evaluated for enrollment consideration.

The SMFSC staff is responsible for making the most appropriate referral to the most appropriate program or service for all of our Clients. Additionally, the staff is responsible for acting as good stewards of the donations received and distributing them in an efficient, proper and responsible manner.



If you are in need of support or if you want to provide support, please call the Connecticut National Guard Service Member and Family Support Center 1-800-858-2677

Applications must be made and accepted no later than December 1. For information updates visit the Operation E.L.F. website <https://ct.ng.mil/ELF/Pages/default.aspx> Like Operation E.L.F. on Facebook <https://www.facebook.com/ConnecticutOperationELF>



CATHERINE GALASSO-VIGORITO

When Life Closes a Door, God Opens a Window

Some time ago, I heard a story about the Scottish essayist, historian and philosopher, Thomas Carlyle. He had finished a massive undertaking; a manuscript on the French Revolution. When he completed the manuscript, Carlyle sent it to his friend, John Stuart Mill.

But days later, Mill's maid mistook the manuscript for trash and burned it. Years of labor lost. Extremely disappointed, it was so unfair. In a spirit of despair and distraught, he felt that all hope for the future was gone. And with a great sigh, Carlyle wondered, "How can I ever muster the energy to write again?" Carlyle must have had to fight those negative thoughts. For it would have been easy for him to give up on his writing aspirations.

It was purported that thereafter, as Carlyle was walking down the street, he saw a stone mason faithfully building a long, high wall. He stood watching the mason build the wall one brick at a time. The mason stacked the wall one at a time. Filled with inspiration from watching the mason, Carlyle stepped out in pure faith and resolved to just write one page a day... and another page the next day.

He then rewrote the entire manuscript from memory, achieving what he described as a book that came "direct and flamingly from the heart." Carlyle's dream came together. And the end result was better than the first time.

Have you been bombarded with challenges? Are you being tried and tested? Perhaps, you have received discouraging news. Or, you've been struggling with a circumstance for a long time. And you can't see a way out.

Regardless of how disheartening things look, don't give up. All is not lost. Look away from your circumstances and look up to God. No matter how small or large your needs may be, no matter what you have been through in the past, don't get discouraged, God is there for you. For He is saying to you today, "Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?" (Jeremiah 32:27).

So, like Carlyle, resolve to take one step ahead. God is working in your behalf to turn around adverse conditions

for your good. Just as a hot chocolate mix transforms plain water into a new and different entity, God can transform your future and bless you beyond what you can imagine. Thus, pray in faith. Release the weight of your worries and burdens onto Him. You have God on your side. For there is nothing that you are facing that God cannot change for the better. God's specialty is doing the impossible. Remember, if God stopped the sun for Joshua, He can provide the miracle you need. "The sun stopped in the middle of the sky and delayed going down about a full day." (Joshua 10:13). For at the perfect time, the desires of your heart will be brought to fruition.

- Have you suffered a setback? Persevere. Try again. Change your approach from doubt to faith, and positive things can begin to happen. Unexpectedly, you could be offered an amazing opportunity. As God is "able to do above all that we can ask or even think." (Ephesians 3:20).
- Does all appear to be gone? Be on the lookout for someone to intercede. Out of the blue, people will turn up in the most unlikely places and help you, changing the course of your future. So, "Be truly glad. There is wonderful joy ahead!" (1 Peter 1:6).
- Are you going through a tough time right now? Rather than focusing on the difficulty, during the day, utter, "God is directing my steps," "I will prevail over this circumstance," and "I will fulfill God's best plan for me." God knows how to arrange the situations and people that you need to get your life back on track. For "all things work together for good to those who love Him and are called according to His purpose." (Romans 8:28).

Be fearless; be courageous. You have so much more to do, to see, to be. One afternoon, I was at a book signing at a floral and gift shop autographing copies of my new book. After the signing, I was talking to some of my readers, and I recall a woman sharing a simple story with me that she said had a profound impact on her life.

She described how she was an avid gardener, and one day she was planting roses in her garden and a bee was buzzing around her. "I ignored it for a while, and then brushed the insect aside with my hand," the woman declared. "But the bee returned," she grinned, shaking her head from side to side. "So I tried to swat it away again," she explained. "Yet, the bee came back."

While listening to her, I curiously began to wonder

where she was going with this story.

Next, the woman told that the bee landed on a flower right beside her, and she noticed that one of the bee's wings was injured. Fascinated, she bent over to get a closer look. "How could this bee fly with just one good wing?" she asked herself. Nevertheless, the bee overlooked it's seemingly hopeless situation, and persisted. The bee took to the air unflinchingly, flying unhindered from flower to flower, with only one good wing.

"Soon, the bee left my garden, though it left a lasting effect in my heart," the woman confided. Thereafter, she leaned close to me and said, "Through the years, remembering that little bee's persistence helped me to overcome extreme adversity and hardships."

So, continue taking steps ahead. With fortitude and determination, boldly follow the dreams of your heart. Never, ever give up.

To quote an email that a reader once sent to me: "Look back and thank God. Look forward and trust God. Look around and serve God. Look within and find God. And, if you need God to open some windows for you.... ask Him."

Keep looking for that opened window. The reward is coming, and it will be well worth it.

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 Connecticut National Guard, the U.S. Government or the Department of Defense. You may write to Ms. Galasso-Vigorito in care of the Connecticut Guardian, 360 Broad Street, Hartford, CT 06106-3795 or e-mail her directly 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

It's That Time of Year - How to Budget for the Holidays

SUBMITTED BY CHRISTOPHER ROULEAU
MILITARY ONE SOURCE



There's nothing quite like finding that perfect gift. From the purchase, to the unwrapping, to the look of happiness, gift giving is a wonderful way to show how much you appreciate the special people in your life.

However, gift giving shouldn't be at the expense of your own financial well-being. Avoiding holiday debt will mean a lot less stress in the New Year. Luckily, with a little planning and creativity, you can reduce the pressure of gift giving and keep your finances in check. You might even find that taking the focus away from gifts makes the holidays even more meaningful.

How to Set a Holiday Budget

The first step in controlling holiday expenses is deciding how much you can afford to spend. There are

four main areas in which most people spend:

- Gifts: In addition to the actual price, you also need to consider wrapping and shipping costs if you aren't able to deliver presents in person.
- Entertaining: If you're having people over for the holidays, you'll need to consider food and drink costs to accommodate your guests.
- Travel: If you're the one doing the visiting, you'll need to factor in travel costs, like gas money, plane tickets or hotels.
- Decorating: This can be a significant expense if you do a lot of decorating.

Think about your plans for this holiday season and estimate an affordable budget for each category. Then, think about how you can get creative to spend less.

How to Spend Less this Holiday Season

Once you figure out where you'll be spending the most money, you can begin to reduce your budget. Here are a few ideas to help cut costs:

- Go in on a gift with a friend, family member or group to minimize your portion.
- Suggest a gift swap with your friends and draw names out of a hat instead of buying presents for

- everyone.
- Set a price limit for each person so you'll be forced to get creative and won't get carried away. You can ask your friends and family to take part in a price limit to make sure everyone is on the same page.
- Consider making a charitable donation as a group instead of exchanging gifts.
- Get crafty with a thoughtful and homemade gift like baked treats, a photo album or coupons promising child care or a date night.
- Watch for sales and shop around for the best deal on specific items you know you want to purchase.
- Use your Exchange for tax savings, price-matching and special holiday discounts.
- Mail gifts early so you don't have to pay extra for rush shipping, or consider sending items that are less expensive to mail, like gift certificates.
- Make your holiday travel plans early so you can get the best deal.

Above all, remember that you don't have to spend a lot of money to show the people in your life that you care about them. When it comes to gift giving, it truly is the thought that counts.

<p>William A. O'Neill Armory 360 Broad St. RM 112 Hartford, CT 06105</p> <p>Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795</p> <p>Child and Youth Program (860) 548-3254</p> <p>Yellow Ribbon Reintegration Program (860) 493-2796</p> <p>Military OneSource (800) 342-9647 (860) 502-5416</p> <p>Survivor Outreach Services (860) 548-3258 Open Mon.-Fri.</p> <p>Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860)292-4602 Open Mon.-Fri.</p> <p>Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.</p>	<h2>CONNECTICUT NATIONAL GUARD</h2> <p><i>Family Assistance Center Locations</i></p>	<p>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												



Celebrate Month of the Military Family

Wednesday November 16, 2016 - 7pm
 Special \$15 Military Price
 Proceeds will support military families
*Offer Expires November 8

\$5 from each ticket purchase goes to the Connecticut National Guard Foundation, Inc.

MAIL IN FORM FOR TICKETS!

Name: _____ Street Address: _____
 State _____ Zip Code: _____
 Phone: _____
 E-Mail: _____

_____ Tickets @ \$15.00 each = _____

Payment Method CHECK/CASH
*Check made out to Hartford Wolf Pack



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FOR MORE INFORMATION CONTACT Frank Berrian 860-541-4728

Service Member & Child Dinner Dance

November 19, 2016
 Southington Armory
 5-7:00 p.m.
 \$8 per person/\$15 for 3 people
 Ages 2 and below are free
 Dress Code: Semi-Formal







Photo Area Door Prizes

Register at: <https://momf-dinner-dance.eventbrite.com>
 Password: MOMFdinner
Questions or need assistance in registering call: 1-800-858-0677

Service Member & Family Support Center Staff Directory

William A. O'Neill Armory: 369 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.ct@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melody.cheyenne.c.baber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.s.reed.ct@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.m.odonnell.ct@mail.mil	(860) 493-2707 (desk)/(860) 883-6949 (cell)
Family Assistance Center Specialist	Jessica Koehler	jessica.w.koehler.ct@mail.mil	(860) 524-4969 (desk)/(860) 883-6940 (cell)
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ct@mail.mil	(860) 524-4963 (desk)/(860) 580-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ct@mail.mil	(860) 524-4920 (desk)/(860) 883-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.t.cummings.mil@mail.mil	(860) 493-2796 (desk)/(860) 538-5639 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty.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 Roulton	christopher.roulton@militaryonesource.com	(860) 502-5416 (cell)/(860) 493-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nutt	david.c.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britell	sean.r.britell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Windsor Locks Readiness Center: 35-309 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday			
Family Assistance Center Specialist	Joshua Hamre	joshua.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)
Veterans' Memorial Armed Forces Reserve Center: 90 Weaver Heights Road, Danbury, CT 06810 - Open Monday-Friday			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
New London Armory: 219 Bayonet Street, New London, CT 06320 - Open Monday-Friday			
Family Assistance Center Specialist	Vanessa Foster	vannessa.a.foster.ctr@mail.mil	(860) 772-1422 (desk)/(860) 883-2720 (cell)
103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday			
Arman and Family Readiness Program Manager	Currently Vacant		
Family Assistance Center Specialist	Joshua Hamre	joshua.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)
Natick Readiness Center: 38 Smith Street, Natick, CT 06357 - (800) 858-2677 - Open By Appointment			
Family Assistance Center Specialist	Timothy Hensley	timothy.j.hensley.ctr@mail.mil	(860) 221-5540 (cell)
103rd Air Control Squadron: 206 Boston Post Road, Orange, CT 06477 - (800) 858-2677 - Open By Appointment			
Waterbury Armory: 64 Field Street, Waterbury, CT 06702 - (800) 858-2677 - Open By Appointment Norwich Armory: 38 State Avenue, Norwich, CT 06360 - (800) 858-2677 - Open Wednesday And By Appointment			