

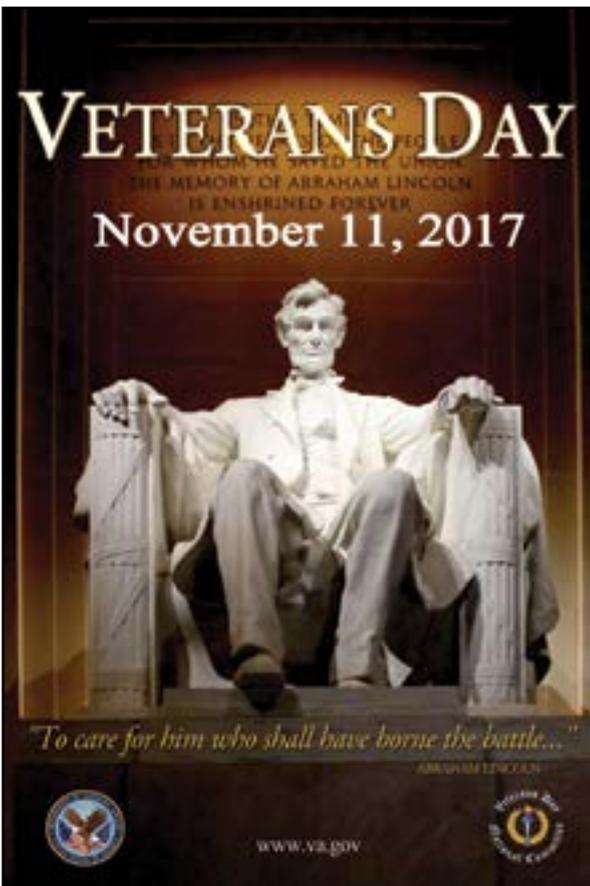


Connecticut GUARDIAN

VOL. 18 NO. 11

HARTFORD, CONNECTICUT

NOVEMBER 2017



Thank You Veterans!

Connecticut Guardsmen Continue to Provide Non-Stop Hurricane Relief



Master Sgt. Seth Garceau carries cases of water along with his fellow Connecticut Guardsmen to communities affected by Hurricane Maria in Puerto Rico. In addition to establishing a Joint Incident Site Communication Capability, Connecticut Guardsmen helped deliver food and water to local communities around their base of operations. (Photo courtesy of Maj. Alan Bolduc, 103rd Communications Flight, CTANG)

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Critical Infrastructure Security and Resilience Month

FROM THE U.S. DEPT. OF HOMELAND SECURITY
SUBMITTED BY 1ST LT. PATRICK E. HEVEY
PROGRAM COORDINATOR
CTARNG EMERGENCY MANAGEMENT

November is Critical Infrastructure Security and Resilience Month, an opportunity to highlight the efforts between Federal, State, local, territorial, and tribal governments and private sector partners to protect and secure our Nation's critical infrastructure and enhance infrastructure resilience.

What Critical Infrastructure Means To You

The Nation's critical infrastructure provides essential services that underpin American society and sustain the American way of life. We know critical infrastructure as the power we use in our homes and businesses, the water we drink, the transportation systems that get us from place to place, the first responders and hospitals in our communities, the farms that grow and raise our food, the stores we shop in, and the Internet and communication systems we rely on to stay in touch with friends and family.

Protecting and promoting the continuity of our Nation's critical infrastructure is essential to our security, public health and safety, and economic vitality. Through a series of initiatives, Critical Infrastructure Security and Resilience Month reinforces the importance of critical infrastructure to America's homeland security and economic prosperity and reiterates the Department's commitment to keep our critical infrastructure, and the communities that depend on them, safe and secure. This requires a nationwide effort, with public and private partners working together toward a common goal.

Critical Infrastructure Security and Resilience Month activities can focus on several key areas to enhance security and resilience:

- Highlighting interdependencies between cyber and physical infrastructure.
- Pointing small and medium-sized businesses to the free tools and resources available to them to increase their security and resilience through Hometown Security and the four steps of Connect, Plan, Train, and Report (www.dhs.gov/hometown-security).
- Promoting public-private partnerships.
- Fostering innovation and investments in infrastructure resilience.

Risks to Critical Infrastructure

Critical infrastructure is increasingly at risk from a variety of risks, both natural and man-made, that continue to evolve—including climate change, extreme weather, aging and failing infrastructure components, cyber attacks, pandemics, and acts of terrorism. In particular, physical and cyber infrastructure have grown inextricably linked, meaning both cyber and physical measures are required to guard against the full array of threats. Growing interdependencies among infrastructure sectors and lifeline functions also impact the management of infrastructure risk. Understanding and mitigating these risks is a key element of our national security, resilience, and economic prosperity.

The Role of DHS

The Department of Homeland Security's Programs Directorate Office of Infrastructure Protection leads the coordinated national effort to manage risks to our Nation's critical infrastructure. NPPD leads the national effort to protect and enhance the resilience of the Nation's physical and cyber infrastructure. IP



focuses on protecting critical infrastructure from all hazards by managing risk and enhancing resilience through collaboration with the critical infrastructure community.

The Department leads this national effort by working with critical infrastructure partners to achieve the aims articulated in the National Infrastructure Protection Plan. The NIPP envisions critical infrastructure that is secure and able to withstand and rapidly recover from all hazards. It focuses on a set of lifeline functions—communications, energy, transportation, and water management—to support preparedness and continuity of operations.

How You Can Get Involved

- Visit www.dhs.gov/cisr-month to get more information.
- Share stories and information about your efforts in support of infrastructure security and resilience with your customers, constituents, partners, residents, and employees through newsletters, websites, emails, blog posts, and tweets.
- Reinforce the role your organization or office plays in infrastructure security and resilience by incorporating references to Critical Infrastructure Security and Resilience Month in speaking engagements and events.
- Follow @DHSgov on Twitter or Department of Homeland Security on Facebook, and post infrastructure security and resilience efforts, tips, news, and resources

See Critical Infrastructure on Page 11

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Militia Members: Contact your chain of command or unit admin.

Current Members: Contact your chain of command or unit admin.

Any other questions about the Guardian, contact the editor directly.

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Have a Chat and Grab a Coffee with Rebekah Avery at the Eastern Conn. State University VETS Center

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Prior to World War II, U.S. Military Veterans' education benefits were limited to a small government-sponsored vocational education program and intermittent cash bonuses.

To combat the spasmodic nature of these programs, President Franklin Roosevelt signed the Servicemen's Readjustment Act, (The GI Bill of Rights) into law, June 22 1944. Veteran matriculation at colleges and universities around the nation, as could be expected, skyrocketed.

The majority of colleges and universities in the United States now employ Veteran service officers, Veteran representatives, or at a minimum, an assistant bursar, whose duties include handling the processing of Veteran education benefits. This job is not easy, and due to the ever-changing nature of these benefits, developing a natural rapport with service members can help someone in this profession. Being a Veteran can really help.

Sgt. 1st Class (Ret.) Rebekah Avery, a retired Connecticut Army National Guardsman, now serves the Veteran community as the Eastern Connecticut State University Veterans Education and Transition Center Coordinator. She is part of a small team of professionals charged with a mission to assist the school's approximately 225 Veterans and National Guard members with their Veteran and education benefit needs. Of course, Veterans and Service Members can just stop by the school's VETS Center to chat and for coffee, or to simply just relax.

"The first step is coming in to see us," Avery said. "We want to help you, but we can't if we don't know who you are."

She said that one of her priorities is to reach the Veterans and Service Members at Eastern who aren't fully aware of their benefits, like new National Guard members and older retirees.

"There's a lot of confusion, and for some vets the process can seem overwhelming. We're here to make the process a little less daunting."

Avery does in fact know a great deal about her position.

The Windham native joined the CTARNG in 1991 to pay for college. She attended Eastern while serving in the 2nd Battalion, 126th Aviation Regiment and 248th Engineer Company. During her career, her military occupation

specialties included, Legal Specialist, Carpentry Masonry Specialist, Nuclear, Biological and Chemical Specialist, and Human Resources Specialist.

In addition, Avery is currently pursuing an advanced college degree at Eastern and is utilizing the Veterans Affairs Vocational Rehabilitation Program, which pays all



Retired CTARNG Sgt. First Class Rebekah Avery is Eastern Connecticut State University's new VETS Center Coordinator. Avery served 22 years in the CTARNG, and is also a current student at Eastern. She said the Eastern VETS Center, located on the second floor of the Wood Support Services Center, is open to all student Veterans and Service Members. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

of her tuition, fees and school expenses.

She said she truly understands the degrees of aggravation that Veterans experience, especially when numerous life variables amass often in conjunction with civilian life transitions.

"I want us to become the liaison for Veteran students at Eastern," she said. "If we don't know the answer to a question, we will work to get it for you. I understand how much help it can be to be able to get a lot of questions answered at one source."

Deciphering eligibility for certain benefits can be tricky and the minutia, Avery said, of the various bills and benefits can be frustrating to figure out.

"That's why we're here," she said. "That's why I have my job. I'm here to assist Veterans and military students navigate through all of this, and point them in the right direction."

The spacious and brightly lit Eastern VETS center contains comfy couches, cozy chairs, a television, coffee maker, and cabinets filled with snacks. The center also has a number of computers and printers dedicated for the use of the Eastern's student Veteran and Service Member population.

Eastern student Veteran, Ismael Gutierrez works in the VETS Center with Avery. He said he's proud to help his fellow Veterans and Service Members, mostly due to his having experienced the, "return to school," process himself. Gutierrez and Avery both cited the importance of soft-skill cultivation in Veterans, and how interacting



Ismael Gutierrez (center) works to get the Eastern VETS Center coffee machine running, while other student veterans tackle their schoolwork and quietly laugh at his expense, in the school's VETS Center, Sept. 18. Gutierrez works in the center and is also a student at Eastern. He said he personally understands the process that Veterans and Service Members experience when they return to college, and will do his best to help Eastern students through their transitions. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

See ECSU VETS Center on Page 11

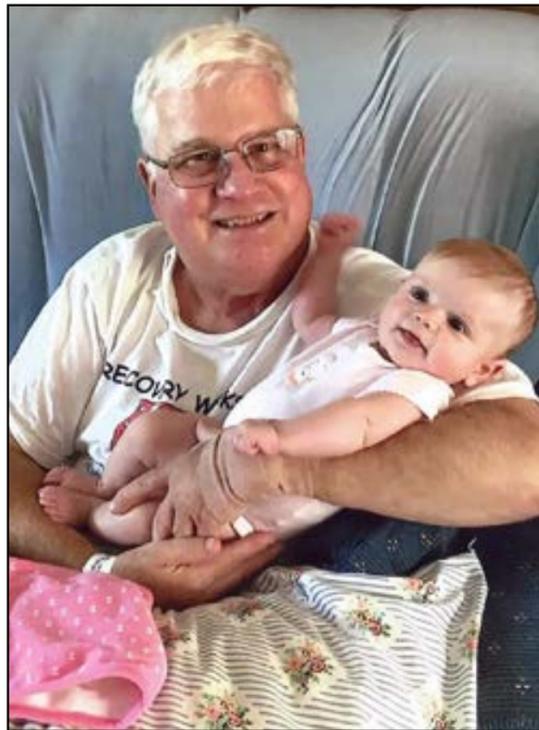
Remembering Fran Simcic: Veteran, Counselor, Friend

MAJ. JAVIER ALVARADO
CTARNG BEHAVIORAL
HEALTH OFFICER

It is often said that, "the value of a man is not measured by what he does for himself to make his life easier, but measured by what he does for others to make their lives easier."

Francis "Fran" Simcic, Jr. spent most of his life helping others in his own humble way. Fran was known for having a high-standard work ethic, but he preferred to work in a low-profile manner. He never asked to be congratulated or recognized by others for what he simply felt was doing his job.

Most of those in the Connecticut Army National Guard knew him as a soft-spoken gentleman with glasses and white hair, but others, who were fortunate



Left: Fran Simcic's U.S. Marine Corps portrait. Simcic served in the Marines during the Vietnam War from 1971-1973. His experiences in Vietnam led him to dedicate his life to helping others, especially those in uniform. Following his military career, he worked as a clinician for the Connecticut Department of Mental Health and Addiction Services Military Support Program, making himself readily available to Connecticut Service Members to include many members of the Connecticut Army National Guard. Right: Fran Simcic with his granddaughter, Harper. Simcic passed away at the age of 66 surrounded by his family. In addition to his granddaughter, he is survived by his wife of 34 years, Karen, a daughter and son-in-law, Ashley and Christopher, and a son, Cole. (Photos courtesy of Maj. Javier Alvarado, CTARNG Behavioral Health Officer)

enough to spend time with Fran, knew him as the champion of all who were or had been in uniform. Very few knew that Fran Simcic served his country in the United States Marine Corps during the Vietnam War from 1971 to 1973. It was this experience that motivated Fran to return home and dedicate his life to helping others.

In 1972, Fran flew into Vietnam under the cover of darkness. He recalled having, "an eerie feeling," when he arrived, not knowing what to expect. As he ran out of the aircraft, he encountered his first fire fight with the enemy. Even after this combat encounter, Fran talked about how most of the Veteran Marines avoided him when he initially arrived, as he was considered the, "cherry that didn't know what he was doing."

After some time and many patrols later, Fran gained acceptance and established a strong bond with his fellow Marines that lasted a lifetime. Fran described this bond as a feeling of oneness, sharing a singular purpose and

a willingness to sacrifice his life for the benefit of the country, the Marine Corps and his fellow Marines.

At age 22, Fran was honorably discharged from the U.S. Marine Corps, and he returned home to New Britain, Connecticut. He described this transition to civilian life as difficult, "I was much too serious at the time, and didn't know if I liked myself."

This feeling was not uncommon among our Veterans. For example, as a young specialist, I recalled meeting an older non-commissioned officer serving with the U.S. Army's First Mechanized Infantry Division out of Wurzburg, Germany. The NCO had served in Vietnam as an infantryman and I asked him when he had returned from Vietnam. He replied, "I never have."

Some experiences are so traumatic that they never leave your mind, they stick with you like a menacing shadow, always there, always present," and everyone finds their own way to deal with these, "menacing shadows."

We all experience trauma differently, and in Fran's case this trauma propelled him to attend to others, to serve and help our men and women in uniform. It took years before Fran could fully transition to civilian life. He drew upon his experiences in a positive way and made the decision that good things can come from bad experiences.

Most recently, Fran worked as a clinician for the Department of Mental Health and Addiction Services' Military Support Program. MSP provides information and referral to outpatient counseling for Operations New Dawn, Iraqi and Enduring Freedom Veterans and active Service Members and their Families.

He was always available to Connecticut National Guardsmen, answering the phone anytime; day, night, weekends and holidays. On those rare times when he couldn't work, Mrs. Karen Simcic, his wife of 34 years, would answer the phone for him. He attended drill weekends, Yellow Ribbon events, send offs and homecomings. He reached out to all service members in need and met them face to face. He advocated tirelessly on the behalf of others and even when his health was poor, he continued to serve these people to whom he had dedicated his life.

On Tuesday, September 19, 2017, at the age of 66, Fran passed away in his home surrounded by his loving family. Fran truly embodied the motto, "leave no Soldier behind," helping countless Veterans and their families. On behalf of the Service Members of the Connecticut Army National Guard, we want to thank Fran and his family for his years of service not only to Connecticut Service Members but also, his service to this country.

Military Reserve Exchange Program 22 Days With the British Infantry

1ST. LT. PATRICK SZCZESIUL
HHC, 1-102ND INFANTRY BATTALION

Motivation was on tap and flowing freely when I boarded my flight out of Connecticut for an adventure I had waited six months to begin.

I applied to take part in the Military Reserve Exchange Program and was happily accepted. I began my journey meetin up with the 3rd Battalion, Royal Anglian Infantry Regiment at a British Reserve Center in Bury St. Edmunds, England, followed by a two-week field exercise on a small British-controlled portion of the Island of Cyprus called Akrotiri.

As rigorous as any annual training I have taken part in, our allies across the pond challenged me with training and provided me with great opportunities to establish bonds of friendship with my fellow Infantrymen.

Taking part in a 12-kilometer movement (equivalent to nearly 7.5 miles) and a company level raid on a dam were just two of the highlights of my experience.

While soaking it all in and trying to embody the professionalism of the American Soldier, I realized that our British counterparts in the reserves have as much variety in their daily lives and experiences as the men and women I serve alongside in the 1-102nd Infantry Regiment.

Learning more and more every day about the lives of some of these Soldiers, I felt compelled to tell their personal stories.

Cpl. John Hurst joined the British Army Reserves after leaving service in the Active Duty British Army. While not training with his reserve unit, he works as a home cable installer and enjoys boxing and European football. During his combined Army experience, he has deployed five times total, doing three tours in Afghanistan, two tours in Iraq and one in Bosnia.

Capt. Rhys Little joined the reserve force to add a challenge and variety to his daily life. He works full time as project manager for Mitsubishi Electric and practices fencing in his spare time. He has deployed one time to Afghanistan as a platoon leader.

Both Capt. Little and Corporal Hurst were the embodiment of what we look for in Infantrymen; physically fit, honest, tactful and a tremendous depth of knowledge. I was happy to serve alongside them and any leader would be proud to look out and see these two men in his or her formation.

My experience with the Military Reserve Exchange program taught me how much we as Soldiers have in common.

The MREP program was a fascinating and trying experience that I highly recommend to anyone interested in learning more about the world around them.

To my fellow Soldiers - don't miss this opportunity! Apply for the MREP program and see the world, you will not be disappointed.

If you are interested in participating in the Military Reserve Exchange Program, contact your chain of command.



Members of the 1-102nd Infantry Battalion conducted a road march as part of a field training exercise with the 3rd Battalion, Royal Anglian Infantry Regiment on Akrotiri, a the British-controlled portion of the Island of Cyprus. The Connecticut Infantrymen trained with the British Army as part of the Military Reserve Exchange Program, an international exchange program with NATO militaries to help develop cultural understanding, regional expertise and interoperability. Members of the 102nd spent 22 days training alongside the British Soldiers. (Photo courtesy of Staff Sgt. Riaan Roberts, Bravo Company, 1-102nd Infantry Battalion, UPAR)



Members of the 1-102nd Infantry Battalion participated in Military Operation on Urban Terrain training with the 3rd Battalion Royal Anglian Infantry Regiment on a small British-controlled portion of the Island of Cyprus called Akrotiri. The CT Infantrymen trained with the British Army as part of the Military Reserve Exchange Program. (Photo courtesy of Staff Sgt. Riaan Roberts, Bravo Company, 1-102nd Infantry Battalion, UPAR)

Get social with the CONNECTICUT NATIONAL GUARD

Official Pages - Managed by the CTNG PAO

FACEBOOK
@ConnecticutNationalGuard
<http://facebook.com/ConnecticutNationalGuard>

TWITTER
@CTNationalGuard
<http://twitter.com/CTNationalGuard>

INSTAGRAM
@CTNationalGuard
<https://www.instagram.com/CTNationalGuard>

FLICKR
<http://www.flickr.com/Photos/CTNationalGuard>

Official Unit/ Leadership Pages

MAJ. GEN. THAD MARTIN
Twitter - @TAGCTMG MARTIN

State Command Sgt. Maj. John Carragher
Facebook - @CTCommand SgtMaj

CTARNG Recruiting Battalion
Facebook - @CTArmyGuard
Instagram - @CTArmyGuard

CTANG Recruiting Team
Facebook - @CTAirGuard

103rd Airlift Wing
Facebook - @103AW

102nd Army Band
Facebook - @102dArmyband
Instagram - @102d_army_band
Twitter - @102dArmyband

HHC, 169th Aviation Battalion
Facebook - @HHC169AVN

1-169th Regiment (RTI)
Facebook - @169REG

1109th TASMG
Facebook - @1109thTASMG

Joint Force Headquarters
Facebook - @CTJFHQ

CTATNG Recruit Sustainment Program
Facebook - @ConnecticutGuardRSP

CTNG Service Member and Family Support
Facebook - @CTNGFamilies

CT Employee Support of Guard and Reserve
Facebook - @CTESGR
Twitter - @CT_ESGR

Don't see your unit's page here? Make sure it is registered with the CTNG PAO. Want to start a public page for your unit? Call the CTNG PAO for information. 860-524-4857

KEYS TO SOCIAL MEDIA SAFETY

110,000,000
HALF OF AMERICAN ADULTS have had personal information exposed by hackers in the last 12 months.

TIPS TO PROTECT YOURSELF

- DO NOT accept friend requests from anyone you don't know.
- DO NOT use the same password for multiple accounts.
- Manage who can view your posts, photos, and personal information.
- Keep anti-virus software up-to-date.
- Create strong passwords with a combination of letters and numbers.

80% of terrorist research is collected through open source material

66% of active adult facebook users don't know about or how to use privacy controls

15% of Americans have never checked their social media privacy or security settings

26% of Americans are sharing more information on social media today than one year ago

Graphic: Spc. Lauren Wanda, 1st Armored Brigade Combat Team Public Affairs

Celebrate National Unfriend Day Check Your Social Media Settings

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

In 2017, social media has become more of a way of life than a fringe method of communication.

According to the U.S. Army's Social Media Handbook, over 80 percent of all Americans have/manage at least one social media account. Many of us use those accounts to get our news, keep in touch with old friends, or share funny pictures of animals.

But thanks to late-night talk show host, Jimmy Kimmel, November 17th, 2017 has been deemed, "National Unfriend Day," and what may have started as a joke can always serve as a good reminder to check your social media settings.

If your Facebook "friend" list is getting a bit too crowded, it may be time to scroll through and identify individuals you have "friended" in the past who you may not know so well. Are those individuals really worthy of your personal updates?

Here's a couple of tips from the Public Affairs Office that we like to give out:

Always be cautious when posting about the CTNG! The CTNG Public Affairs Office encourages the use of social media, especially to share the great work you, your battle buddies/wingmen and your units are doing! But always remember OPSEC, and refrain from posting bits of information like unit movement times, training

schedules, troop strength and other key critical elements that can help adversaries plan attacks. Be sure to talk to you family members as well about the importance of OPSEC in the online realm!

Don't accept friend requests from individuals you don't know! A pretty woman you've never met sent you a random friend request? It might be your lucky day, but it probably isn't. Be very wary of ANYONE trying to gain access to your information through a friend request.

Think, Type, Post! The Army's Social Media Handbook uses this simple mantra to help you stay out of trouble. Think about what message is being communicated and who could potentially view it. Type messages that are consistent with our U.S. Army Values. Post if the message demonstrates dignity and respect for self and others.

If you see something, say something! The Connecticut National Guard fully encourages the reporting of online misconduct, with certain offenses punishable by Army Regulation 600-20. Report anything you see that can be deemed as misconduct through the chain of command, or call the Public Affairs Office if you aren't sure and want clarification.

Beware of Geotagging! Geotagging is when a geographical location is added to anything posted online (pictures, videos, messages, etc.). If you aren't careful and checking your social media settings, you could very easily.

Questions about social media?
Call the CTNG Public Affairs Office
860-524-4857

Legal Affairs

Protecting the Rights of the Accused

CAPT. KYLE B. WILKINSON
TRIAL DEFENSE COUNSEL
524TH TRIAL DEFENSE TEAM, CTARNG

A Soldier accused of misconduct may stand to lose everything: family, career, reputation, even the very liberty they vowed to defend for others. It is essential that every Soldier's Constitutional rights are protected by those who are involved in the military justice system.

Soldiers vow to defend the Constitution of the United States of America against all enemies foreign and domestic. They defend it for others at great cost to themselves. Ironically, Soldiers are often unaware of their own Constitutional rights when putting on the uniform.

To deprive any Soldier, including one accused of unseemly misconduct, of their Constitutional rights is patently unjust. Perhaps the most likely instance where abuse of a Soldier's Constitutional rights can occur is the violation of their right to remain silent when accused of misconduct that may violate the Uniform Code of Military Justice, the Connecticut Code of Military Justice, or civilian criminal law. This is especially troubling, given that the Department of the Army provides a clear Rights Warning Statement and Waiver Form for Investigators and others to use when interviewing witnesses who may become suspects.

It is important for Commanders, Investigating Officers, and others involved in the military justice system to bear in mind that Soldiers accused of misconduct are only accused, nothing more and nothing less. Someone might be rightfully or wrongfully accused of anything at any time. Charges and accusations are merely allegations unless and until they are proven to have violated particular legal standards.

In politically charged or higher profile scenarios, such as sexual assault or sexual harassment for instance, it may be more likely for the rights of an accused Soldier to be overlooked. Yet, it is especially important to safeguard the Constitutional rights of the accused in those instances. Ensuring fairness by protecting the Constitutional rights of all parties is a primary way to ensure justice is being done within our system. Protection of the rights of the accused protects the rights of all parties involved, to include alleged victims, by strengthening the rule of law.

If you or a fellow Soldier you know in the Connecticut National Guard is accused of misconduct, the Connecticut National Guard's 524th Trial Defense Team can be reached at (860)250-3215.

Become a UPAR: Tell Your Unit's Story



Twenty-three members of the Connecticut Army National Guard's Recruit Sustainment Program prepare for their graduation ceremony at the Regional Training Institute, Camp Niantic, Connecticut, Jan. 29. On day two of the CTNG PAO UPAR Course, students put their new knowledge to the test by covering events taking place on Camp Niantic, to include RSP graduation. (Photo by Sgt. Sabrina DiBenedetto, Unit Public Affairs Representative, 1109th Theater Aviation Sustainment Maintenance Group, Connecticut Army National Guard)

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

In January 2018, the Public Affairs Office will host a one-day, Unit Public Affairs Representative training – a comprehensive, hands-on, course scheduled for January 27, 2018.

The goal of the course, which will take place at the Hartford Armory, is to qualify at least one Guardsman per company-sized element in how to help the command deal with some aspects of public affairs.

Although the Connecticut National Guard has limited full-time Public Affairs professionals, there are still an overwhelming number of requests from units to cover training events. There just isn't enough time or resources to cover everything the way we want to.

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

An example: In March 2016, winter continued to hang on and blanketed the state of Connecticut with a biting cold that saw temperatures dip well below freezing. The 1-102nd Infantry Regiment – one of the many units drilling that particular weekend – took advantage of the cold weather to continue honing their skills as

men and women capable of performing their jobs under any conditions. Two UPARs assigned to the 1-102nd Infantry Regiment were able to capture their units in action, working with equipment that was still new to many of the Soldiers.

That sort of flexibility and quick thinking only enhances us as a National Guard – by telling our audience what we are capable of in a very timely manner.

The UPAR program can make a great addition to any resume, as well. Not many people can say they have had a byline in a monthly newspaper with a circulation near 7,500 with very minimal interruptions to training.

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

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

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

Connecticut Rider Education Program for Motorcycle Safety

CONNECTICUT DEPARTMENT OF MOTOR VEHICLES

Basic Rider Course (BRC) - General Information

The introductory course requires no experience and we provide a motorcycle for you. You cannot ride your own motorcycle, even if you have one. In the event that a participant has a disability that requires the use of a "modified" motorcycle, riders will be welcomed to use their own street legal motorcycle/scooters (250 cubic centimeter engine or under) during the course with pre-approval; contact the training facility for more information.

The course consists of six hours of classroom and at least eleven hours of on-cycle instruction. The sessions are usually held on Thursday or Friday night in the classroom and Saturday morning riding, or Saturday morning in the classroom, Saturday afternoon riding. Schedules vary to meet a variety of needs.

All course sessions must be completed to pass the class.

A knowledge test and an on-cycle skills test are also required for passing the class in Connecticut. When you pass, the Connecticut Department of Motor Vehicle will waive their on-cycle test! However, you still have to pass their knowledge test and pay the fee.

An official course description of the Basic Rider Course-Novice Class can be obtained from the Motorcycle Safety Foundation.

Prerequisites

In order to participate, CONREP requires every rider to be prepared; specifically you must:

- Be able to ride a bicycle
- Provide a signed waiver or a signed

- parental permission slip if under 18
- Possess a valid driver's license (does not have to be motorcycle license)
- Wear a DOT approved helmet in class, with eye protection (built in or glasses)

- Wear full fingered gloves, preferably leather
- Wear long sleeved shirts or jackets
- Wear sturdy pants (no shorts)
- Wear footwear that covers your ankles
- Be in a proper state of mind
- All training sites in Connecticut loan helmets to participants for class. Since the class I conducted in ALL weather conditions (except for icing or snow), you are advised to bring:

- Wet weather gear-rain jackets, rain pants, etc.
- Cold weather gear-warm jackets, sweaters, etc.
- Water or other beverages
- Lunch/snacks as necessary

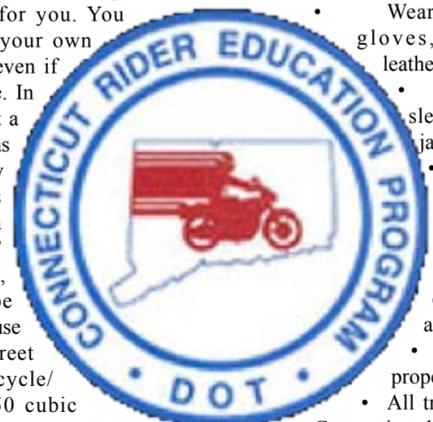
- Please note that any unsafe acts will result in dismissal of the student.

- Benefits

Besides learning how to ride, may entitle students with passing grade to receive an insurance discount on their motor-cycle insurance of 10 percent. (See your agent for specific details.)

The Connecticut DMV will waive the riding portion of your Motorcycle License application after you pass the course. You don't need to own (or borrow) a bike to get your license!

For more information about the CT DMV BRC, visit <http://www.ct.gov/dot/cwp/view.asp?a=2855&q=259436> and <http://www.ct.gov/dot/cwp/view.asp?a=2094&q=272958> or call the Connecticut Army National Guard Safety Office at 860-292-4597, or 860-292-4599.







Get Reimbursed for Your Motorcycle Safety Course

All Soldiers in the Connecticut National Guard who ride a motorcycle will need to complete a Motorcycle Safety Foundation certified safety course. Go to <https://www.msf-usa.org/> to find a course near you. After completing the MSF course you are eligible for reimbursement, follow the steps below. For more information and supporting documentation go to the GKO CT State Safety page: https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/Safety/SitePages/Home.aspx or contact the CTARNG State Safety Office at 860-292-4597 or 860-292-4599.

Find a MSF certified motorcycle course and sign up. You will have to pay for it up front, but you can get reimbursed. SAVE YOUR RECEIPT.

After you complete the course, fill out an SF-1199A and submit it to your readiness NCO with the receipt and your certificate. Follow the GKO link above for a step-by-step power point.

Your readiness NCO will fill out an SF-1034, open a help desk ticket through FootPrints, Pay and Travel and submit both forms, your receipt, and certificate.

After the SF-1199A, SF-1034, course receipt, and course certificate are submitted, you can expect your payment in four to six weeks.

Questions?
 Contact the CTARNG Safety Office
 860-292-4597
 860-292-4599

Senior Leader Training Calls For Fresh Perspectives

Maj. Mike Petersen
State Public Affairs Officer

NIANTIC, Conn. – Over 200 Connecticut Army National Guard senior leaders gathered at Camp Niantic's Nett Hall for a developmental training workshop, Sept. 23.

The workshop was designed for Officers in the rank of Major and above, Warrant Officers in the rank of Chief Warrant Officer 3 and above and Noncommissioned Officers in the rank of Master Sergeant and above.

As attendees gathered for the day-long seminar, Brig. Gen. Fran Evon, Assistant Adjutant General of the Connecticut National Guard, provided his opening comments and welcomed participants.

He began by publicly recognizing First Sgt. Wilhelm Yungk, on his 40 years of service to the nation, which led to a standing ovation. Yungk is assigned to Headquarters and Headquarters Company, 1/169 General Support Aviation Battalion.

Evon then asked all in attendance to rhetorically question why they raised their right hand to serve the nation, citing that the Army as a whole needs leaders better prepared to train, manage and lead today's Soldiers.

"The enemies the United States faces today requires leaders able to think outside-the-box," Evon said. "The Guard's leaders bring a lot of different talents to the fight, like civilian careers. We need to capitalize on our differences to bring fresh perspective to how we do business."

Evon was followed by keynote speaker Dr. Jeffrey Magee, an author, magazine publisher, and professional speaker, who delivered a seminar entitled, "Performance Execution: Leadership Engagement of the Hearts, Minds and Souls of Today's Human Capital Talent!"

Magee's referred to his presentation as an educational

workshop, insisting that drill weekends need to be about education and training. He identified keys to efficient management, highlighted by accountability of one's self.

The theme of accountability came up several times throughout the seminar, as Magee challenged attendees to raise their own bar before raising the bar for others.

"The National Guard is at a crucial point, and we need everyone's A-Game," Evon said.

"If our senior leaders can bring new, exciting approaches to the way we do business, then I truly believe we will see that motivation trickle down to our junior Soldiers."

Leaders who plan and execute training that focuses on MOS training and sends everyone home exhausted at the end of drill will help find that greater desire and higher motivation, according to Magee.

"It may seem like simple common sense, but there is a lot that goes into planning effective, engaging training," Evon said when asked about Magee's comments.

"Soldiers join to perform the (Military Occupation Specialty) they signed up for. Our leaders need to account for other training responsibilities by planning far enough ahead to ensure all required training is fairly balanced with MOS-specific training that helps units



Dr. Jeff Magee speaks to over 200 senior leaders of the Connecticut Army National Guard at an educational workshop at Nett Hall, Camp Niantic, Sep. 23. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

progress forward."

Evon closed the presentation out by thanking Magee for giving attendees a lot to think about, and then challenged each leader present to get acquainted with two individuals from outside their chain of command during a luncheon held at The Point on Camp Niantic.

"Effective leaders in the Connecticut National Guard need to understand the sub-organizations around them to fully realize what options are available, both in training and in real-world scenarios," Evon said. "If you command an infantry battalion, but have no idea what Soldiers assigned to the (Theatre Aviation Sustainment Maintenance Group), then you're doing yourself and your Soldiers a disservice."



1st Battalion (OCS/WOCS), 169th Regiment (RTI) OCS & WOCS OPEN HOUSE INFORMATION BRIEF



January 27, 2018

**Report Time: 10:00 a.m.
RTI, Camp Niantic**

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

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



Please RSVP through your chain of command and to:
**Capt. Eric Roy - eric.s.roy.mil@mail.mil
 Chief Warrant Officer 3 Michael Mottolo - michael.v.mottolo.mil@mail.mil**






Third Annual Veteran's Holiday Drive

This year help us continue to support two local organizations, **the Soldier On group from the VA Hospital in Leeds, Massachusetts and the Veterans Home in Rocky Hill, Connecticut.**

We are looking for general items to donate to these men and women to include:

- new winter clothes, outerwear and boots,
- bed linen and comforter sets (twin size), robes and slippers.
- Basic toiletries and entertainment items are also welcome.
- Past donations have included digital radio/alarm clocks,
- local pro/college team gear, books (reading or puzzle/activity) and movies.

They fought for us; please help us fight for them!

Thank you in advance for your support!

ACCEPTING NEW ITEMS ONLY

Collection Dates are from October 6th thru December 8th

CTANG Contacts/Drop Off Locations

Drop offs must be pre-coordinated for business hours, Monday - Friday.

All individuals subject to facility security procedures.

Master Sgt. Kristina Owren
860-292-2572 or 860-331-1220
103rd Airlift Wing Building 2 (FSS)
100 Nicholson Road
East Granby, CT

Senior Master Sgt. Kendra Ross
860-986-1591
103rd Airlift Wing Building 24 or
Hartford Armory - Room 214
360 Broad Street, Hartford, CT

Connecticut Veterans Day Events

The following events are free and open to the public.

- Nov. 5 10:15 a.m.** **26th Annual Red, White & Blue Mass**
The Cathedral of Saint Patrick
213 Broadway, Norwich, CT
- Nov. 9 11 a.m.** **Veterans Day Ceremony**
Western Connecticut State University
181 White St., Danbury, CT
- Nov. 11 8 a.m. - 12:15 p.m.** **Rededication of 11 Veterans Monuments**
General Patterson Memorial Plaque
East & Allen Streets
New Britain, CT
(for a schedule of all rededications, visit, <http://newbritainct.gov/services/community/veterans/default.htm>)
- Nov. 11 10:30 a.m.** **Manchester Veterans Day Parade**
Step off - American Legion Drive
Ceremony - Lawn of Manchester Memorial Hospital
Manchester, CT
- Nov. 11 11 a.m.** **Berlin Veterans Day Ceremony**
Berlin Veterans Memorial Park
58 Lower Ln., Berlin, CT
- Nov. 11 11 a.m.** **Bridgeport Veterans Day Parade & Ceremony**
Col. Mucci Memorial Green
Corner of Broad & State Streets
Bridgeport, CT
- Nov. 11 11 a.m.** **Veterans Day Ceremony**
Veterans Memorial Park
575 Pleasant St., South Windsor, CT
- Nov. 11 12 p.m.** **Stamford Veterans Day Parade**
Step off at Hoyt and Summer Streets
Stamford, CT
- Nov. 11 2:00 p.m.** **Naugatuck Veterans Day Parade & Ceremony**
Naugatuck Town Green
21 Maple St., Naugatuck, CT
- Nov. 11 1:00 p.m.** **Dept. of Veterans Affairs**
Veterans Day Ceremony
Middletown Veterans Cemetery
317 Bow Ln., Middletown, CT
- Nov. 17 1 p.m.** **Tri-Town Veterans Parade**
Route: Deep River Elementary School to
Veterans Memorial on Main Street,
Deep River, CT
- Nov. 30 5 p.m.** **Veterans Hall of Fame Induction Ceremony**
Legislative Office Building
300 Capitol Ave., Hartford, CT

If you don't see your town event listed, contact the editor with the details!

Critical Infrastructure from Page 2

on social media sites using #infrastructure.
•Request a Critical Infrastructure Security and Resilience Month Toolkit to help spread the word by visiting www.dhs.gov/cisr-month or emailing infrastructure@hq.dhs.gov.

Americans can do their part at home, at work, and in their local communities by being prepared for all hazards, reporting suspicious activities, and learning more about critical infrastructure security and resilience.

The Critical Role of Partnerships

Securing critical infrastructure and ensuring its resilience is a shared responsibility of Federal, State, local, tribal, territorial, and private sector partners, as well as individual citizens. Just as we all rely on critical infrastructure, we must all play an active role in keeping it strong, secure, and resilient. To this end, the Department works with Federal, State, local, tribal, and territorial agencies and the private sector to address critical infrastructure national security imperatives to secure vital assets, ensure continuity of operations, and prepare for response to and recovery from all hazards.

Public-private partnerships, in particular, are vital to this effort. Because the majority of our national critical infrastructure is owned and operated by private companies, both the government and private sector have a common

incentive to reduce the risks of disruptions to critical infrastructure. Strengthening public-private partnerships focused on critical infrastructure protection is both a national security and business imperative.

•Information Sharing: DHS facilitates information sharing across infrastructure stakeholders. This includes sharing sensitive information regarding critical infrastructure, threats, and best practices to strengthen owners' and operators' decision-making capabilities.

•Training and Education: DHS facilitates collaborative exercises and provides training materials, courses, and consultation to sector partners across the Nation and internationally, augmenting the critical infrastructure community's awareness, preparedness, and response capabilities.

•Partnerships: DHS facilitates partnerships across Federal, State, local, tribal, and territorial entities and the private sector that enable comprehensive response and collaborative engagement throughout the critical infrastructure community.

•Assessments, Analysis, and Regulatory Compliance: DHS supports critical infrastructure partners in achieving regulatory compliance and managing risk based on threat, vulnerability, and potential consequence assessments. Risk assessments and analysis helps identify requirements for security programs and resiliency strategies.

ECSU VETS Center from Page 3

with other service members can help them on their journey through the college environment and into the civilian world.

"We help each other transition," Guitierrez said while troubleshooting the center's new coffee maker at the request of a handful of other Veterans in the room. "Don't be afraid to come in to talk to us. We were in your shoes too. We can help you."

Avery said her work at Eastern has really just started. One of her goals is for the campus' student Veteran population to develop its own organization, like the state's larger universities. She said a student Veterans organization could host and organize campus events and broaden the size and role of the Veteran and Service Member community on the Eastern campus.

In honor of Veterans Day, Avery's office is scheduled to host the school's annual

Veterans Day Ceremony in honor of the region's expanding veteran population, Nov. 10, 2017. Avery said she hopes the celebration can serve as a springboard for spreading the word about the school's VETS Center to increase traffic to her office.

"Come on up, tell your friends about us and have a coffee," Avery said. "We want to give you some tools to use to become successful at Eastern and out in the world after you graduate."

Avery said Eastern Veterans and Service Member students can call or email her with questions they may have about their benefits: 860-465-0401 or averyre@easternct.edu.

"If we don't have an answer, we'll help you get one," Avery reemphasized. "We want to help you get your benefits to work for you," she said.

For more information about the Eastern VETS Center, visit, www.easternct.edu/studentaffairs/vets-center.

Health & Fitness

Maximize Your Next APFT/PFT Score

STAFF SGT. SILAS HOLDEN
1109TH TASMG,
MASTER FITNESS TRAINER

It is annual physical fitness test season for most units in the National Guard, and gyms are swarming with activity as Guardsmen get ready.

Waiting until the last minute to prepare for the APFT/PFT is the norm for many, but on test day, the score certainly reflects the effort they put forth. For those who fail to meet the standard in one or more events there is the self made burden of "remedial physical training." Even just 20 minutes a day could help get this burden off of their back and improve overall scores.

In my time in the Army National Guard, I have seen so many individuals memorize the minimums needed to pass the annual physical fitness test. For a large percentage of them, this technique was adequate until we came to our current military education system where the APFT is held to very high standards per FM 21-20.

So what are some simple routines and habits that can combat this cycle? This month, I will cover some very easy changes that can help raise the bar with physical fitness test scores. In no way is this a fix all, it pays to do your research and come up with what works best for you. But it is important to stay consistent year round to maintain your ability to pass.

Mentally it is imperative that we stop focusing on our minimum. Try instead to memorize what you need to maximize each part of the test. What you tell your mind over and over again will eventually become the physical results you train toward. Once you memorize the maximums needed and you fall just short on test day, you will see the score may be much higher than your average.

What is the best training to do for push ups? Push ups! At least three days a week, you should perform pushups to standard to stay on target for passing a test at any given time. To target different muscles utilized within the pushup event you can do close hand to target your

How to Crush the APFT! 30 days to GO!

Pick the cardio and strength plans that match your current fitness level. Rest two days prior to the test.

CARDIO
Keep your running endurance up to speed by completing long runs and sprints.

LEVEL 1 WILLING TO SWEAT
Run 3 to 4 times a week for 20 to 25 minutes.
Do an interval run once a week.
• Warm up by jogging for 10 minutes.
• Sprint for 60 seconds, jog for 2 minutes.
• Repeat sprint 3 times.

LEVEL 2 OCCASIONAL ATHLETE
Run 3 to 4 times a week for 20 to 25 minutes.
Do an interval run once a week.
• Warm up by jogging for 10 minutes.
• Sprint for 60 seconds, jog for 2 minutes.
• Repeat sprint 3 times.

LEVEL 3 GYM RAT
Run 3 to 4 times a week for 20 to 25 minutes.
Do an interval run once a week.
• Warm up by jogging for 10 minutes.
• Sprint for 60 seconds, jog for 2 minutes.
• Repeat sprint 4 times.

TIP
Increase your confidence by substituting one workout per week with a 2-minute timed "test" of your push-up and sit-ups and a 2-mile run and compare the results to your goal.

STRENGTH
Complete as many push-ups and sit-ups as you can within the time. Rest for 1 minute between each set.

LEVEL 1 WILLING TO SWEAT
Switch to modified push-ups if needed (knee push-ups).
Week 1: 7 sets, 30 seconds each set.
Week 2: 4 sets, 30 seconds each set.
Week 3: 4 sets, 45 seconds each set.
Week 4: 1 sets, 60 seconds each set.

LEVEL 2 OCCASIONAL ATHLETE
Week 1: 3 sets, 45 seconds each set.
Week 2: 4 sets, 45 seconds each set.
Week 3: 2 sets, 60 seconds each set.
Week 4: 4 sets, 60 seconds each set.

LEVEL 3 GYM RAT
Week 1: 4 sets, 60 seconds each set.
Week 2: 7 sets, 75 seconds each set.
Week 3: 4 sets, 75 seconds each set.
Week 4: 3 sets, 90 seconds each set.

TIP
Improve your push-up and sit-up score by doing this strength workout three times a week leading up to the test.

GUARD YOUR HEALTH

triceps, wide hand to target your chest (pectoral muscles), and PRT-style push ups (hands shoulder width apart) which will bring all push up muscles into play. So how many should be done? A good rule of thumb to follow is to do whatever your maximum is and do one-third of that number for each style. In doing this you will build balance between all the muscles that are involved for push ups.

To improve upon sit ups you need to target your core muscles and continually challenge them so that they become accustomed to the stress they are put under. Once again, the best way to build toward your sit up maximum

needed. As a tactical athlete we must be able to meet those demands every day or every year. Until next month, stay fit, stay hydrated, and stay active!

Staff Sgt. Holden is a newly-trained Master Fitness Trainer eager to share his knowledge with those wanting to learn. The thoughts expressed in this column are his. Always do research and consult your doctor before undergoing any physical fitness regiment. Request a topic, or ask Staff Sgt. Holden a direct question by emailing him at silas.k.holden.mil@mail.mil.

is to do sit ups. A key with sit ups is to set a timer and get your body to memorize a pace needed to accomplish your maximum in two minutes. Once you get your body in tune with the proper pace it will become easy to build on your sit up event score. It is important to also focus on keeping your core tight when doing sit ups, this way you will not exhaust your hip flexors before the run.

To improve your score on the run event, you have to get out and run. Mix it up: Interval training such as 30:60s and 60:120s build speed, which over time will improve your pace. Squats and dead lifts will build up your legs and lower back which will help strengthen the muscles most used in running.

One key factor individuals miss when trying to improve their run event is running longer distances than what is expected on your physical fitness test. When you get your body used to running three to five miles, it makes it far easier to succeed during the run event both physically and mentally.

It is also important to look over the entire PRT system to see what drills and exercises will benefit your test score improvement. The push up/sit up drill will certainly bring about changes, as will the military movement drills and intervals for running. It is in our best interest as Soldiers to remember that no matter what our MOS or civilian career we are also tactical athletes who need to meet mission requirements when

"IT PAYS TO STAY"
FY-18 ARMY NATIONAL GUARD RETENTION PROGRAM

STAY GUARD

Re-Enlist for 2 Years
Receive a \$4,000 Bonus and a waterbottle or hydration pack

Re-Enlist for 5 Years
Receive a \$12,000 Bonus and a Garber or tactical flashlight

CONNECTICUT NATIONAL GUARD

CONTACT YOUR RETENTION NCO FOR MORE INFO
*photos are representations only, actual items and bonuses are subject to funding and availability.

CONNECTICUT NATIONAL GUARD

Leads to Enlistments Awards Program
Effective 01 Oct 17 - 30 Sept 18

1st Lead to Enlistment
Shaker Bottle & T-Shirt**

2nd Lead to Enlistment
Tactical Backpack**

3rd Lead to Enlistment
Fleece Jacket or Hoodie**

4th Lead to Enlistment*
AAM & Garber Multi-Tool**

5th Lead to Enlistment*
ARCOM, Tactical Flashlight & "Honorary RRNCO" plaque**

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO
*Leads are subject to verification of enlistment and state lead tracker SOP. **photos are representations only, actual items are subject to availability and funding. ***Must be eligible to receive AAM or ARCOM. One award per person given at the end of the fiscal year based on number of enlistments.

Camp Niantic

An Affordable Waterfront Getaway



Reserve Rooms at the RTI or Building 32
Single, Full and Queen Bed Options
Private or Shared Bathrooms

Who's Eligible?

All current CTNG Soldiers and Airmen and their dependents
Active Duty Military and their dependents
DOD employees
Retired Military
State Militia members
State Military Department employees

Post MWR Facilities

Post Exchange Open Tuesday - Saturday
Kayaks, canoes, sailfish and other sporting equipment available
Waterfront picnic areas
Volleyball court
Beach access
Fitness centers

Local Attractions

Nearby State and Local Beaches
Numerous Shopping and Dining Options
Close to I-95

For Rate Information and Reservations
Contact the Billeting Office at (860) 691-4314

Connecticut Soldiers and Airmen Remain Ready to Perform Disaster Relief Missions

TECH. SGT. TAMARA R. DABNEY
103RD PUBLIC AFFAIRS OFFICE
CONNECTICUT AIR NATIONAL GUARD

In the midst of one of the most active hurricane seasons to date, members of the Connecticut National Guard have become experienced rapid-response, disaster relief experts.

The disaster relief missions began for the Flying Yankees of the 103rd Airlift Wing in August, when Hurricane Harvey put the entire region of southeast Texas under water. Just days later, the winds of Hurricane Irma swept through the U.S. Virgin Islands and Florida, flattening entire cities. Then, just as recovery efforts were well underway for Irma, Hurricane Maria struck Puerto Rico, leaving the island completely destroyed. As one hurricane after another has hit the United States and its territories, the Flying Yankees have worked non-stop to provide disaster relief to devastated areas.

In response to Hurricane Harvey, the 103rd provided an airplane and crew to transport a command and control team from Andrews AFB in Maryland to Austin, Texas. It was the first Hurricane Disaster Relief Mission that the unit undertook since converting to a tactical airlift mission. Days later, the Flying Yankees were in the air again, headed to Saint Thomas, U.S. Virgin Islands, with six tons of disaster relief cargo. The fact that hurricane disaster relief was a new undertaking for the 103rd did not preclude the unit from expertly showcasing the Air National Guard's unique ability to respond rapidly and effectively in the event of a natural disaster.

"This operation is on a scale that we have not seen before," said Master Sgt. Joshua Mead of the 103rd Logistics Readiness Squadron. "We've been tasked to perform like a contingency response group. Our response was quick. It usually takes around eight hours to have this amount of cargo ready. We had it packed and ready to go in two hours. We did all of the work in a quarter the amount of time."

"We were put in alert status which means we had to be on standby and ready to go on short notice," said 1st Lt. Brian Hinckley, a pilot with the 103rd Operations Group. "We were ready to fly within three hours. First, we flew down to Saint Thomas, which was one of the more badly-affected islands, with 6 tons of cargo, mostly generators, light stands and air conditioning units. Then



Members of the Connecticut Army and Air National Guard travel door-to-door delivering boxes of food around communities devastated by Hurricanes Irma and Maria in Puerto Rico. The Guardsmen providing aid are members of the 103rd Communications Flight, CTANG, and Charlie Company, 572nd Brigade Engineer Battalion, CTARNG. The 13-member team established a Joint Incident Site Communications Capability mobile trailer, enhancing the communication capabilities of military teams, first responders and FEMA. Since their arrival in late September, the team has established communications and in addition to maintaining the JISCC, they are also assisting communities with additional relief efforts such as distributing food and clean drinking water. (Photo by Maj. Alan Bolduc, 103rd Communications Flight)

we flew to San Juan, Puerto Rico. From there, we took off again with another 15 tons of cargo, but this time it was food and water for the residents of Saint Thomas. We also transported public health personnel, a civilian medical team and Air Force support and logistics personnel who were helping to rebuild the infrastructure on Saint Thomas."

During Hurricane Irma, San Juan was a main staging area for hurricane-relief efforts. That changed after the island was decimated by Hurricane Maria; the Flying Yankees immediately adapted to the sudden change in circumstances and, within a week of Maria making landfall, they were in the air again, delivering disaster-relief cargo to Puerto Rico's most severely-affected areas.

"Every time we were tasked with a new requirement, we were there and we were ready," said Mead. "We had to get supplies, survivability packages, tents, generators—things that we can bring into a bare-base condition that will enable us to survive. Then, we set up an aerial port to bring in supplies, like food and water for the people who live in the disaster area."

In addition to relief supplies, equipment, food and water, a 13 member team comprised of members of the 103rd Communications Flight and the Connecticut Army National Guard, Charlie Company, 572nd Brigade Engineer Battalion is currently working to provide communications solutions through its Joint Incident Site Communications Capability mobile trailer. The JISCC will enhance the capabilities of military teams, first responders and FEMA workers to communicate with one another which, as a result, will help to ensure timely and adequate joint-rescue efforts moving forward.

Since the JISCC team's arrival in late September, they continue to maintain communication operations and are also working with other co-located National Guard units and local first responders to distribute clean drinking water, and door to door delivered boxes of food.

"All the people who we aided were very grateful," said Spc. Matthew Hychko, C Co., 572nd BEB, CTARNG.

As of October 19, about 30 Connecticut Guardsmen continue to provide support in Savannah, Georgia, and various locations in Puerto Rico.

Members of the Connecticut National Guard show their Connecticut pride while performing disaster relief missions in Puerto Rico. The Guardsmen providing aid are from the 103rd Communications Flight, CTANG and Charlie Company, 572nd Brigade Engineer Battalion, CTARNG. The 13-member team established a Joint Incident Site Communications Capability mobile trailer, enhancing the communication capabilities of military teams, first responders and FEMA. Since their arrival in late September, the team has established communications and in addition to maintaining the JISCC, they are also assisting communities with additional relief efforts such as distributing food and clean drinking water. (Photo courtesy of Maj. Alan Bolduc, 103rd Communications Flight)



Above: Members of the Connecticut Army and Air National Guard work to maintain communications as part of the Joint Incident Site Communications Capability mobile trailer that they established in Puerto Rico in late September. During the relief efforts, the JISCC enhances the communication capabilities of military teams, first responders and FEMA. (Photo by Maj. Alan Bolduc, 103rd Communications Flight)



Right: Connecticut Army Guardsmen from C Co., 572nd BEB, help to distribute clean water to locals in Puerto Rico as part of Hurricane relief efforts. In addition to establishing and maintaining a Joint Incident Site Communications Capability mobile trailer, Connecticut Army and Air Guardsmen are assisting local first responders and FEMA with auxiliary relief efforts, distributing food and water to communities affected by Hurricanes Irma and Maria. (Photo by Maj. Alan Bolduc, 103rd Communications Flight)

Spotlight on a Recruiter Sgt. 1st Class Carlos M. Ramos

What was your original MOS and who was your recruiter? - I originally enlisted as a Forward Observer, 13F, but I re-classed to Infantryman, 11B, when I volunteered to deploy to Bosnia in 2001 with the 1-102nd Infantry. Sgt. 1st Class Hank Rowland was my recruiter.

Why did you join the military? - I joined the National Guard for the educational benefits. I knew I wanted to go to college and I knew that the Guard was going to be a big help.

Before working in the RRB, what was the most unusual or interesting job you've ever had? - I worked as an ice cream truck driver for three summers.

How many years have you been working in recruiting? - I began working for the CTARNG Recruiting and Retention Battalion in August 2016.

Do you have any children? - I have a 9-year-old son named Adrian. He is in the 4th grade.

Who did you first see live in concert? -The first person I saw in concert was Nas.

Which superhuman power do you wish you had? - I wish I had the power of invisibility.

What was the single-most influential event in your lifetime? - Joining the National Guard has been my most influential experience for all of the experiences and all the people I would have never had a chance to learn from otherwise.

What is your theme song, what would it sound like? - Zac Brown Band, "Chicken Fried" is my theme song.

What was your first car? - My first car was a 1994 Toyota Camry that I traded for my favorite car, a 1991 Honda Civic Wagon.

If you could buy one thing, what would it be? - I would love to own a Tesla so I can show off the insane mode.

What is the most interesting/nicest place you've ever been? - Budapest, Hungary is the most interesting place I have visited.

If you could have dinner with any three people (dead or alive) who would you invite and what would you eat? - They would be Biggie Smalls (my favorite rapper), Egyptian Pharaoh Tutankhamun (to see how they lived), and Albert Einstein.



Get to Know Connecticut's Newest Soldiers

The Recruit Sustainment Program acclimates new Connecticut Guardsmen to their military career both before and after attending their initial entry and advanced individual training. Following their completion of AIT, RSP Soldiers graduate from RSP and continue their careers training with their new CTARNG units.

Graduates of the RSP are briefed on the extensive benefits and programs available to members of the Connecticut National Guard. RSP drills each month at Camp Niantic, Connecticut. Keep up with their training by liking their Facebook page, <https://www.facebook.com/ConnecticutGuardRsp/>



Meet Spc. Ken Arroyo,
Age: 19
31E (Internment/Resettlement Specialist)



Meet Spc. Sierra Flores
Age: 24
68W (Health Care Specialist)

What were you doing before you joined?	Before I joined the National Guard I was a college student studying Criminal Justice and Forensic Science at Manchester Community College.	I was a recent college grad and I had just started working as a supporter instructor for people with intellectual disabilities and training as a volunteer EMT.
Why did you join the Guard?	I joined to get the experience and to have the background.	The work I was doing wasn't fulfilling me, I wanted to do more for the community, and I wanted to further my education using help from the National Guard.
Who is your Recruiter?	Sgt. 1st Class Ray Caron and Pfc. Roberto Franco.	Sgt. Jessica Roman.
What do you tell friends about the Guard?	I tell my friends that it's all about protecting and fighting for your nation's territory.	I tell them that fellow Guardsmen work to make the transition into the Guard easier, and that while things like RSP drills can be challenging, they are worth it.
Do you have any hobbies?	My hobbies are biking, swimming, and traveling.	Going for jogs or seeing my family and friends so we can go out to eat some good food.
What is your dream vacation destination?	My dream vacation destination is Rome, Italy.	I would love to visit a lot of places, but Costa Rica is at the top of my list right now.
What was the most influential life event?	My most influential life event would be the separation of my parents.	Being able to go to college to learn about new subjects and people that challenged me to be more open and accepting.
If you could buy any one thing, what would it be?	If I could buy any one thing, I would buy a beach house.	I'd spend my money traveling with friends and family.
What would be your entrance music?	My introduction music would have to be "Black and Yellow," by Wiz Khalifa.	"Let's Go" by Khalid.

Enlisted Update



COMMAND SGT. MAJ. JOHN S. CARRAGHER

Happy New Year! We successfully closed out another great fiscal/training year.

Every year your Airmen and Soldiers (and their Families!) continue to do amazing work on behalf of State and Nation. The dedication to the organization and the mission is simply amazing. I thank each and every one of you for your hard work.

2017 was a busy year.

In addition to our normal operations, domestic operations in response to several tragedies around the country have dominated our focus. Catastrophic hurricanes in Texas, Florida, Puerto Rico, and the Virgin Islands as well as wild fires in California have seen Guardsmen from around the nation respond to our Citizens in their time of greatest need. Our hearts and prayers go out to those impacted by any disaster, wherever it may be.

As I write this, we have a joint team of Airmen and Soldiers on the ground in Puerto Rico providing critical communications links to emergency responders, as well as aerial port operators supporting air operations on the Island. When tragedy struck in Florida, our Army Aviators responded, providing emergency helicopter support to search and rescue operations. The willingness of our Airmen and Soldiers to immediately respond when called upon is truly remarkable.

We often talk about the sacrifices our people make in responding to no-notice and short-notice missions. It often goes unsaid, but the employers, schools, and other groups that fully support the mission, by willingly giving up an employee to support these operations are truly remarkable.

I would ask each of you to take an extra moment to say thank you to our partners that understand the requirements of our mission and make it possible for us to accomplish that mission. They deserve just as much credit as our service members. Like our Airmen and Soldiers, they do not do what they do for praise or reward. They do it because they are patriotic Americans that understand that when our fellow citizens need help, you are America's military first responders. Although reward is not the motivation, an extra, "thank you," goes a long way to acknowledge the sacrifice.

We do not train for disaster response. We train to fight and win America's wars. The manning, training, equipping, and organizing provided by the Army and Air Force are intended for the war fight. We apply the warfighting resources we have to domestic operations as directed by our Governors. You have probably heard the phrase, "Warfighting Capable and Governor Responsive," used to describe the National Guard. That is the essence of the dual mission of our Guard.

The cornerstone to all that we do to remain, "Warfighting Capable and Governor Responsive," is readiness. Everything that we do must revolve around building readiness. Organizational readiness is built on the foundation of individual readiness. Over the last couple of months I have had the opportunity to hear from several senior defense officials ranging from the Secretary of Defense, to the Chief of Staff of the Army, to the Sergeant Major of the Army talk about readiness. The common theme is two-fold: We must be ready to, "fight tonight," and individual readiness is a prerequisite to collective readiness. The idea that individual readiness must come first may seem self-evident, but we sometimes miss it. If an Airmen or Soldier cannot get on the plane to deploy, it does not matter how well his team performs collective tasks. Additionally, if that same Airman or Soldier is not medically fit to respond when disaster strikes at home, it does not matter how well she can do her job.

The good news: You have done amazing things to achieve and maintain individual readiness. A couple of years ago, the Connecticut Army National Guard took

on the challenge to focus our efforts towards sound individual readiness practices.

I am not usually a big fan of using comparisons versus other states to illustrate a point. I think is usually better to simply strive for excellence and let everyone else compare themselves to us. That is exactly what is happening because of your hard work! In just about every objective measure of personnel readiness Connecticut has achieved a distinct status, recognized as a top 10 performer out of the 54 states, territories, and the District of Columbia in numerous different metrics.

Although we have made significant improvements, we continue to be challenged in the professional military education area, particularly the Advanced Leader Course. PME is part of personnel readiness. Leaders must be trained in order to lead. If leaders are not qualified to lead, collective training cannot take place. In addition, Soldiers that have not completed the appropriate PME for their current grade lock out the Soldiers below them from advancement. I ask that everyone take a hard look at where you are individually and organizationally with PME and continue to get your Soldiers to school. Individual readiness (including PME) is a prerequisite to collective readiness.

I will not have the opportunity to speak with you again until after the holiday season. Please enjoy the holidays responsibly. Take advantage of the season to spend time with family and friends. Please consider safety as you make your travel plans and use good risk management practices. Don't drink and drive. All it takes is one bad decision to permanently destroy a life. Have a plan, pick up the phone! I guarantee leaders will be there to help.

Thank you for all you do!

Quote of the month:

"If it is not documented, it did not happen. If it is not evaluated, it was not performed to standard."

"FIGHT TONIGHT!"

Command Sgt. Maj. Carragher

CONNECTICUT

AIR NATIONAL GUARD

COMMISSIONING OPPORTUNITIES

12M - Mobility Combat Systems Officer (Navigator)

38F - Force Support Officer

44K - Pediatrician

42E3 - Optometrist

48A - Aerospace Medicine Specialist

48R - Flight Surgeon

43H3 - Public Health Officer

45G3 - OB/GYN Physician

42G3 - Physician Assistant

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

Today's Graduates, Tomorrow's Technical Experts Class 17-001, WOCS, Completes Phase III, Graduates

CHIEF WARRANT OFFICER 3 MICHAEL MOTTOLO
WOCS COURSE MANAGER, CTARNG

Continuing a tradition that began in 2006 at the 169th Regiment (RTI), 10 Candidates from Class 17-001 reported in April to begin their six-month journey to become the Army's newest Warrant Officers.

Warrant Officer Candidate School is considered one of the Army's premier leadership development courses. Throughout Phase II, the Candidates were placed in numerous scenarios designed to test their critical thinking, analysis and execution of their collective leadership experience to this point.

In addition, the training is designed to further develop and exploit their leadership potential. As prior mid-level to senior Non-Commissioned Officers, there is a fundamental level of squad and platoon based leadership that should be evident. WOCS leans heavily on those prior leadership experiences as the foundation that the eventual career of a Warrant Officer will be built upon. Candidate school evaluates their technical and tactical aptitude, as well as ethical decision making and reasoning abilities.

As candidates begin their journey to becoming Warrant Officers, they receive a welcome letter far in advance from the Battalion Course Manager urging each of them to arrive in top shape for the course. They are reminded that stress management is the key to being successful in WOCS and if the body is not in top physical condition, stress whether externally or internally driven will



Graduates of the 169th Regiment, RTI, Warrant Officer Candidate School are visited by CTARNG senior leadership as they graduated Phase III, WOCS at Camp Atterbury, Indiana, September 23. Of the six graduates of the Connecticut class, four are members of the Connecticut Army National Guard, one is a member of the New Jersey National Guard, and one is a member of the U.S. Army Reserve. The class began their journey to becoming Warrant Officers in April of 2017. (Photo courtesy of Col. Gerald Lukowski, Chief of Staff, CTARNG)

Chief Warrant Officer 3 Michael Mottolo (left), WOCS Course Manager, CTARNG, briefs members of Class 17-001 Warrant Officer Candidate School during a drill weekend at Camp Niantic, Connecticut. Warrant Officer Candidates go through three phases of training over a six-month period before graduating as Warrant Officers. Class 17-001 began in April, 2017 with 10 candidates and through natural attrition of the course six graduated WOCS Phase III in September. (Photo courtesy of Chief Warrant Officer 3 Michael Mottolo (left), WOCS Course Manager, CTARNG)



deteriorate it further. The letter further reads that taking on WOCS will no doubt be challenging, but the rewards for completion are immeasurable.

As Phase II wrapped up at Camp Niantic, candidates prepared to head to their next Phase of training located at Camp Atterbury, Indiana. Ten candidates began training as part of WOCS Phase II Class 17-001 in April, and through natural attrition of the course six graduated WOCS Phase III in September. Three of the Connecticut candidates, Warrant Officer Peter Bedard, Warrant Officer Timothy Brodeur and Warrant Officer Jonathan Snyder met the requirements to be recognized as part of the Commandant's List.

Connecticut Graduates from Class 17-001 include: Warrant Officer Peter Bedard (CT), Warrant Officer Timothy Brodeur (CT), Sgt. 1st Class Roberto Pauleus (CT), Staff Sgt. Joseph Mingoia (CT), Warrant Officer Manshen Lin (USAR) and Warrant Officer Jonathan Snyder (NJ).

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@mail.mil or 860-691-5905, or the Connecticut Warrant Officer Strength Manager, Chief Warrant Officer 2 Lisa Chipman at lisa.a.chipman@mail.mil or 203-410-0828.

Getting Used to the OCS "Game Face" OCS, Class 63 Hits the Ground Running

OC MATTHEW MURDOCK
OCS CLASS 63
1-169 REGT (RTI)

In the Army, you are expected to have the ability to make quick, often crucial decisions.

Each month, the quick thinking abilities of the Candidates of Officer Candidate School Class 63 are put to the test during training at Camp Niantic. Many people visualize OCS as a paper pusher's dream, but that could not be further from the truth.

We arrived at 1 p.m. on a Friday to meet our 5 p.m. deadline. Knowing we were still pressured for time, the game was on as soon as we reached the Camp Niantic front gate.

As soon as our boots hit the floor, we knew that we were in training mode once more. At first, it was difficult to shift into that "game face" mode OCS demands, but we are starting to get used to it, even though we all recognize there is still so much to learn.

Attention to detail ought to be our motto with how much it is stressed. The pressure to be in the right uniform and pay attention to everything does not just come from the cadre, either. The largest part of it comes from your fellow candidates who are desperately trying to prove their merit. After a few hours of setting up our bunks and wall lockers to a critical eye of uniformity, we put our rucks, fighting load carrier, and Kevlar on and make our way over to the classrooms with haste. This is where we ensure every Candidate is on the same page when it comes to the upcoming schedule and the key components of training that will set us up for success.

After about four hours of instruction in the classroom, we headed back to the barracks (again, with haste) and conducted personal hygiene prior to lights out.

Early Saturday morning, we prepared for a timed nine-mile road march. After arriving at Stones Ranch in East Lyme, we step off. You can judge how well you're doing by your position with cadre. Almost every cadre member is out on the course and spaced out to stay with groups of candidates, but they are consistent, and if you weren't within distance to the minimum pace, you were

doing well. After a few turns, some hills and a little back pain, it ends. Everyone pulls their boots off to inspect the damage to their feet and for many, those favorite pair of socks and cup of foot powder didn't work as well as they hoped.

It's time to move on, though, as there's never a minute to waste at OCS. We return to Camp Niantic's classrooms for our next primary task: military history. We are fortunate to have cadre members so enthusiastic when teaching such a subject.

We cover every American war and begin to learn how to analyze these wars for benefit. We learn that every battle has value and a lesson that can be applied to improve your plans.

After evening chow, we were tested on a multiple choice exam, which everyone passed. To achieve a 100 percent pass on the ruck march and the military history exam is no small feat, and we reveled in our collective accomplishment.

On Sunday, we conducted a Physical Training session and then headed back to the classroom until lunch chow. Before long, it is time to clean and turn in our supplies and barracks to conclude our training. Two days after arrival, another drill in the books for Class 63.

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@mail.mil.*

R3SP - Resilience, Risk Reduction & Suicide Prevention

Don't Jump to Conclusions, Ask Critical Questions, Find Solutions

COMMAND SGT. MAJ. JAMES A. SYPHER
R3SP PROGRAM MANAGER / STATE RESILIENCE
COORDINATOR

The art of problem solving is to accurately identify the cause(s) of the problems and develop solution strategies. Mental agility (flexible - accurate thoughts, different perspectives) is the MRT competency that we target when using problem solving strategies.

The key to problem solving is to understand the issue. Focus on the facts of the matter and ask Critical Questions and consider all of the evidence. Develop solutions that will bring about positive change. Use these six critical questions when problem solving:

1. What is the problem? Describe the problem objectively (who, what, when, where)
2. What caused the problem? List your heat of the moment thoughts.
3. What did you miss? What did others do? What did you do? What specific behaviors contributed to the problem?
4. What's the evidence? List critical evidence that supports and contradicts your thoughts.
5. What REALLY caused the problem? Compare your heat of the moment thoughts with the critical evidence.
6. What can you do about it? Based on your new and more accurate understanding of the problem, develop positive, constructive strategies that target the controllable aspects of the issue.

Confirmation bias is when an individual selects

specific facts that only support their opinion rather than using all of the facts in order to get to the bottom of the issue. The confirmation bias causes us to notice, seek out and remember the evidence that supports our thoughts. We fail to recognize, seek out, or remember evidence that does not support our thoughts. This is the Velcro/Teflon effect. When we find evidence that fits our thoughts, it sticks (velcro). When we find evidence that does not fit our thoughts, it slides off (teflon).

Confirmation bias can be used for both negative and positive situations. People often waste time and energy on problems due to confirmation bias because they have not accurately identified the cause of the problem in the first place.

Take the time to uncover all of the evidence; look inward (how did you contribute?), look outward (how did others contribute) and consider all of the facts.

Accurately identify what caused the problem and identify solution strategies.

Problem Solving **Master Resilience Training Skills**

Ask yourself:

- Step 1: What's the problem you're trying to solve?
- Step 2: What caused the problem?
- Step 3: What did you miss?
- Step 4: What's the evidence?
- Step 5: What really caused the problem?
- Step 6: What can you do about it?

<http://www.usar.army.mil/Featured/Resources/master-resilience-training/>

Don't fall into a thinking trap and jump to conclusions. Find out all the facts and solve problems in a positive, constructive and productive manner.
Command Sgt. Maj. James Sypher is the R3SP Program Manager and the State Resilience Coordinator for the Connecticut Army National Guard. He can be reached by email at james.a.sypher.mil@mail.mil.

Supporting the Survivors of Suicide

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

On November 18, 2017, people all over the world will come together to celebrate surviving one of the most unimaginable losses: death of a loved one to suicide.

International Survivors of Suicide Loss Day is a time for all of those affected by suicide to find support in each other and the many resources available to guide them through their grief process. Suicide often causes a ripple effect through communities. The feelings of loss and grief are often widespread and lasting to the extent that experiencing the suicide of a friend or loved one is considered a risk factor for additional suicide tragedies.

Building coping skills and resiliency through participation in support groups, seeking counseling or therapy to process feelings of grief, and exploring positive outlets for stress help to counterbalance the risk factors survivors face. In the Connecticut National Guard there are multiple avenues for Soldiers and their families to access resources to help them cope with a loss from suicide. In addition to talking to Chaplains or Behavioral Health, Soldiers can access 24/7 support and referrals through the Behavioral Health Careline (855-800-0120)

and the National Guard Peer Support Line (844-357-PEER).

Suicide Prevention Programs offers trainings throughout the year to educate Soldiers on how to identify the risk factors and warning signs of suicide as well as how to intervene when someone is thinking about suicide. The next courses will be Dec. 1-3, 2017 at the Middletown Armed Forces Reserve Center in Middletown, Connecticut. Additional training dates and locations are available on Guard Knowledge Online.

Throughout this month while you are reflecting on the things you are most thankful for take a moment to hold those survivors of suicide in your mind and familiarize yourself with the resources available to them. Let us

Thousands of survivors of suicide loss gather together around the world on this day for mutual support & practical guidance on coping with grief.

"Before today, I didn't realize that there are others out there who feel exactly the way I feel."
- Survivor from Alberta, Canada

EVERY 40 SECONDS SOMEONE IN THE WORLD DIES BY SUICIDE.

EVERY 41 SECONDS SOMEONE IS LEFT TO MAKE SENSE OF IT.

INTERNATIONAL SURVIVORS OF SUICIDE DAY

be thankful that on November 18 these survivors won't have to face their grief alone.

For questions about Suicide Prevention or the courses please contact Meagan MacGregor, Suicide Prevention Program Manager at meagan.e.macgregor.ctr@mail.mil or 860-524-4962.

R3SP - Resilience, Risk Reduction & Suicide Prevention

Did You Read the Label?

SGT. CHRISTOPHER J. WICHROWSKI
DRUG TESTING COORDINATOR

According to the Centers for Disease Control and Prevention, 48.9 percent of Americans were on at least one prescription medication in the last 30 days. Chances are, you or your battle buddy was one of those people.

Prescription medication has become a normalcy in our culture with legitimate use treating infections, disease, mental health issues, and scores of other ailments.

While the prescribed medication aims at treating symptoms and diagnosed illnesses, many of the most commonly prescribed medications like antibiotics, have lengthy lists of side effects.

The side effects of medication can range from minor inconveniences such as dry mouth to serious impairments such as dizziness, sleepiness, and inability to operate vehicles and machinery. Soldiers are not immune to these potentially hazardous side effects. Soldiers take on all different roles from moving a truck to working on a mission down range and these side effects could cause potentially devastating accidents or injury. It is imperative that leadership is informed of any prescription use as to mitigate the risk to the Soldier, fellow Soldiers, and the mission as a whole.

Soldiers in the Connecticut Army National Guard are held to a high standard and the same is true in their use of prescription medication. Per the Adjutant General Policy Memorandum 14, any Soldier who is prescribed medication is required to disclose that information to their Unit Commander at the earliest possible opportunity which must be before their next training period. Soldiers should be prepared to provide a legitimate prescription for any medication used to facilitate the Medical Review Officer's process should they test positive for that substance. Soldiers will have 30 days from notification to provide supporting documentation of their medication positive to Drug testing coordinators office, otherwise a positive test will be deemed illicit use. Any use of prescription medications without a proper prescription and documentation will be treated the same as any illicit positive drug test.

Drug use in the military is no laughing matter. There

PRESCRIPTION DRUG USE, MISUSE, AND ABUSE: IT'S A THIN LINE.

KNOW THE DIFFERENCE BETWEEN

USE Taking medication as directed by a health provider	MISUSE Taking more medication than prescribed or sharing yours with someone else	ABUSE Misusing your medication or taking another person's prescription to get "high"
--	--	--

are severe consequences if Soldiers test positive for an illicit substance. Consequences can range from a Soldier being flagged for up to twelve months, unable to be promoted or attend military schools, all the way to being discharged from the Army National Guard. Soldiers who test positive may be offered the chance to attend a rehabilitation program but a second time positive will not receive leniency.

Discuss courses of treatment with your doctor to insure any prescriptions you're taking are evaluated for their safety as it relates to your duty in the Army and be sure to always keep your leadership in the loop to ensure the safety of yourself and those who serve alongside you.

Substance Abuse Issues? Get Help Now

Call 911 in the event of an emergency.

National Helpline for
Substance Abuse Prevention -
1-800-662-4357

CTNG Substance Abuse Program Staff

Mr. Denis Tomczak
Alcohol and Drug Control Officer
860-729-9745

dennis.tomczak@accenturefederal.com
Sgt. Chris Wichrowski
CTARNG Drug Testing Coordinator
(860) 549-3298

christopher.j.wichrowski.mil@mail.mil

Keep Holiday Celebrations Under Control

MR. DENNIS TOMCZAK
STATE ALCOHOL AND DRUG CONTROL OFFICER

As the holiday season quickly approaches, our thoughts turn to turkey carving, gift purchases and New Year's Eve festivities.

These times usually consist of celebrations with family, friends, and co-workers – people we need to watch out for (along with policing ourselves) to ensure celebrating doesn't get out of control.

Driving while under the influence of alcohol is not tolerated by the Connecticut National Guard. Not only is it illegal and dangerous but it brings along with it expensive consequences through the criminal justice system. In addition to that there are consequences to your military career under Army Regulation 600-85 and The Adjutant General Policy Memorandum No. 15.

Holidays represent a green light for many people to let their guard down and cut loose, which could play a factor in those that engage in binge drinking or drugging. Whether it's an attempt to cope with some type of pain or the personal choice to try and keep the party going, the consequences can lead to harsh and unintended disruptions in life such as domestic and relationship discourse, DUI charges, other legal consequences and life or career-ending outcomes.

If we take the time to stop and reflect on how important our presence and interaction with others truly is, we can realize how many lives we touch. We are important to our family, friends, neighbors, co-workers, the men and women we serve alongside, and all the people we touch daily who sometimes may count on us.

If we give it some thought, most all of us have helped others turn from otherwise bad situations and to shift toward positive outcomes helping them back on the track to an improved, positive life path. Perhaps some of us have maybe even saved someone's life. What if we weren't there for them due to alcohol and/or drug use?

The Army is committed to the 0-1-2-3 Low Risk Guidelines promoting responsible alcohol use with zero tolerance for illicit drug use to include medical marijuana and abuse of prescription medications. The aim is to curb high risk behaviors and to be ensure troop preparedness and readiness.

The Army also provides treatment assistance by way of the Limited Use, 'Self-Referral' Policy so that a Soldier struggling with substance use can get the help they need to overcome their addiction.

We're counting on you, be committed!

Find additional R3SP resources on Guard Knowledge Online
https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/G1/Resilience/SitePages/Home.aspx

Off the Bookshelf

with Staff Sgt. Simon

The Sorrows of Young Werther

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

Germany did not become the historically recognizable nation as we know it today until 1871, at the conclusion of the Franco Prussian War when French Emperor Napoleon III surrendered to Prussian forces.

After the Treaty of Frankfurt was signed, a portion of France was annexed into the new German empire, resulting in Germany's transformation into one of the world's first true nation states. German power and influence would continue to grow substantially and fruitfully until 1914.

The unification of Germany did not occur within a vacuum, and while many international, social and political variables played a role in its metamorphosis (so to speak), the work of the region's artists and authors, like Johann Wolfgang von Goethe, had held a strong cultural influence over the literate German population.

Goethe and his contemporary artists of the late 18th and 19th centuries objected to what they considered to be the blandness of rationalist and objectivity-centered Age of Enlightenment rhetoric. Goethe and others conveyed their belief in the artist's right to fully communicate emotion, subjectivity and epicurean pursuits in their work. Their movement, which would later broadly encompass a revitalization of German paganism, Richard Wagner's symphonies, and perhaps Arthur Schopenhauer's philosophies, helped water the idealist and romantic seeds of German nationalism.

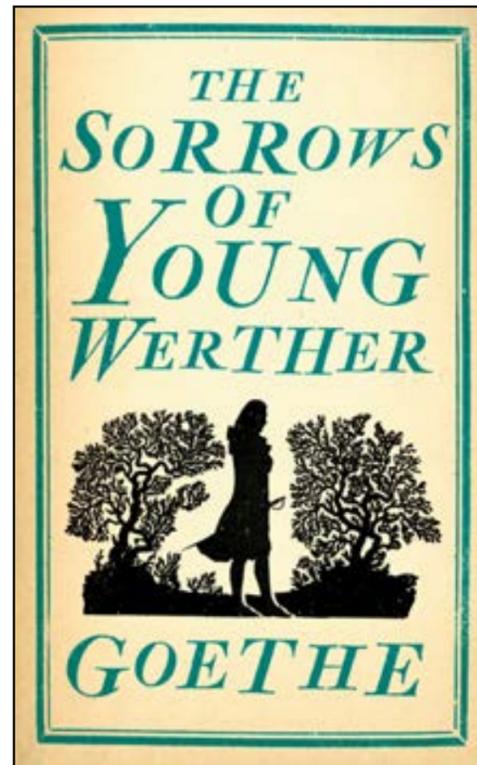
Goethe's, "The Sorrows of Young Werther," is a novella written in a series of letters. Although Goethe purportedly wrote the book to reflect his own romantic failings, the story can also be viewed as an allegory of the

rise and fall of a nation or empire. Goethe's short novel was extremely popular. Napoleon Bonaparte is reported to have read, "The Sorrows of Young Werther," seven times, but Napoleon Bonaparte is also reported to have ordered his Soldiers to shoot the nose off of the Egyptian Sphinx during his army's occupation of the country.

Put simply, "The Sorrows of Young Werther," is one of the world's most famous, saddest novels. A young man named Werther is hopelessly in love with his friend's flighty fiancé, Charlotte. Charlotte does not share Werther's idealism or validate his romantic and pagan spirit. The novel's inevitable and painful ending is foreshadowed in its first pages, if not in its title.

Goethe has often been considered the Shakespeare of Germany, and his most popular character, Faust, is routinely referenced in modern media, television and film. It was through Werther, however, that Goethe truly became famous. Werther's immeasurable melancholy, hedonist and subjective view of romantic love highly resonated with his German readers, as would the full onslaught of remainder of the Romantic and Victorian Age's subjective philosophies and artwork. ["The Sorrows of Young Werther," is also one of the novel's that Mary Shelley's Dr. Frankenstein's monster reads during his educational metamorphosis.]

Sadly, Werther's idealism, like German nationalism, is all for naught in Goethe's story. The short novel, however, does provide a peak into the romantic heart of its author and the fiery and deeply emotional spirit of its readers. If you do give, "The Sorrows of Young Werther," a read, make sure to have a box of tissues on hand, and try not to blame Charlotte.



Would you like Staff Sgt. Simon to review a book?
Send in your suggestions!
Email allison.l.joanis.civ@mail.mil

Join Tomorrow's Battlefield
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For more information, contact:
1LT Tyler Sams
tyler.j.sams4.mil@mail.mil

Military History

Connecticut's 29th Regiment

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

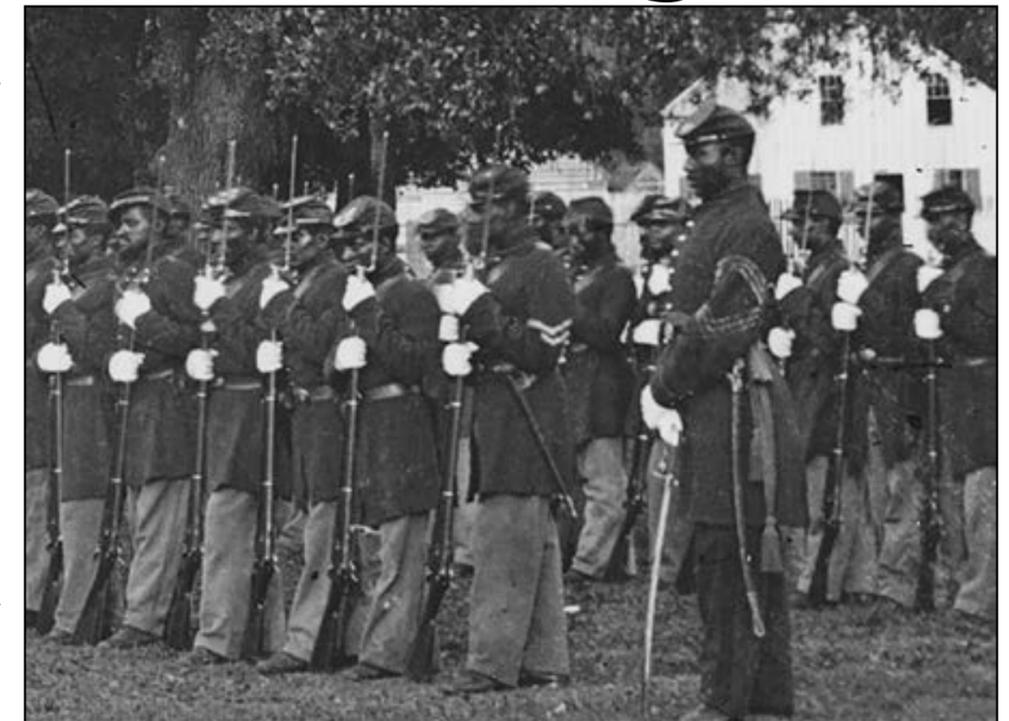
Abraham Lincoln's Emancipation Proclamation of 1863 called for the freeing of all slaves in the states in rebellion and the recruitment of free blacks and freed slaves to support the Union fight against the Confederacy.

The United States War Department issued General Order No. 143, which created the Bureau of Colored Troops to oversee this ambitious plan. By war's end, 190,000 African Americans served in the Army and Navy. In Hartford, a special session of the General Assembly was convened on Nov. 13, 1863 and 10 days later, Governor William Buckingham signed the bill creating the 29th Regiment Colored Volunteers.

By January, the regiment had 1,200 African American Soldiers filling 11 companies standing in its formation at its training camp in the Fair Haven section of New Haven. Another 500 would serve in other regiments, such as the 30th and 31st - impressive numbers, considering Army pay and bonuses were less than what these men received as laborers. Between 1863 and 1867, 1,764 men of color from Connecticut served in the military, 78% of the total number of African American men between the ages of 15 and 50 in the state.

In January of 1864, Frederick Douglass addressed the regiment at their camp. He told the assembled troops:

"You are the pioneers of the liberty of your race. With the United States cap on your head, the United States eagle on your belt, the United States musket on your



Detailed view of the 29th Regiment Connecticut Volunteers, Beaufort, South Carolina. (Photo courtesy of Library of Congress, Prints and Photographs Division)



The monument to the Connecticut 29th Colored Regiment stands at Crisco Park in New Haven, Connecticut. It includes an eight-foot tall polished black granite obelisk centerpiece, flanked by eight complimentary stones arranged in an arch. A detailed description of the monument can be found at <http://www.ctfreedomtrail.org>. (Photo courtesy of <http://www.ctfreedomtrail.org>)

shoulder, not all the powers of darkness can prevent you from becoming American citizens. And not for yourselves alone are you marshaled — you are pioneers — on you depends the destiny of four millions of the colored race in this country."

In March 1864 the 29th Regiment paraded through New Haven, led by Col. William Wooster of Derby and set sail from Long Wharf to serve in South Carolina. By the end of that summer, the Twenty Ninth was in Virginia. There, the Colored Troops

participated in the long sieges of Petersburg and Richmond — a total of 44 battles, until the Confederacy capitulated. Two companies of the 29th Regiment, C and G, were sent forward as skirmishers and were the first Union soldiers to enter the Confederate capital of Richmond on April 3rd, 1865.

A total of 198 29th Regiment Soldiers did not return to Connecticut when the war was over. Forty-five were killed or mortally wounded and 153 died from disease. In 2008, a group of descendants of the 29th Regiment dedicated a permanent memorial, costing more than \$300,000 in private and public money, at the site of the regiment's New Haven encampment in Crisco Park where the Mill and Quinnipiac rivers meet. The nine-piece black marble monument commemorates the contribution and bravery of the members of the 29th Regiment. Two marble benches also are in place for people to reflect on the past.

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

Training Circulars for TY18 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffery Colvin	9-Nov-17	9-Nov-17
Range Control Operator Course	350-17-02	1st Sgt. Michael Nugent	13-Nov-17	17-Nov-17
Casualty Notification Office/Assistance Officer Training (CNO/CAO)	350-17-05	Sgt. 1st Class Michael J. Cardozo	14-Nov-17	16-Nov-17
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Christopher Wichrowski	18-Nov-17	19-Nov-17
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Meagan MacGregor	1-Dec-17	1-Dec-17
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	2-Dec-17	3-Dec-17
American Heart Association (AHA) Heartsaver AED Certification	350-17-18	Staff Sgt. Sara Landon	10-Jan-18	10-Jan-18
Army National Guard Annual Substance Abuse Prevention Training Course for AGR & FTSP	350-17-04	Dennis Tomczak	11-Jan-18	11-Jan-18
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	16-Jan-18	18-Jan-18
68W Sustainment Course	350-17-06	Sgt. 1st Class Megan Authier	21-Jan-18	30-Jan-18
Engagement Skills Trainer II (EST II), Laser Marksmanship Training System (LMTS)	350-17-22	1st Sgt. Corey Lewis	25-Jan-18	28-Jan-18
Unit Public Affairs Representative Training Course	350-17-09	Maj. Michael Petersen	27-Jan-18	27-Jan-18
High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	1st Sgt. Corey Lewis	10-Feb-18	10-Feb-18
Digital Training Management System (DTMS) Course	350-17-30	Sgt. 1st Class Richard Reynolds	14-Feb-18	14-Feb-18
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffery Colvin	22-Feb-18	22-Feb-18
Basic Life Support (BLS) Refresher for 68W Personnel	350-17-10	Sgt. 1st Class Megan Authier	25-Feb-18	25-Feb-18

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 also be eligible to perform Range Control support in a paid, FTNGDOS Status (pending available funds). 13-17NOV17; 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. 18-20 April 2017; 25 Seat Max per class; See you unit training NCO for current availability.

Engagement Skills Trainer II (EST II) Training Course: This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II, and the LMTS. These individuals may have Active Duty Operational Support (ADOS) opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating and taking responsibility of the system to provide training their own units. This is a (4) day course available twice during TY-2018. Attendees must attend both days of instruction to be considered certified on any Training Aids, Devices, Simulator and Simulations (TADSS) device. 25-28 January 2018; 10 Seat Max per class; See your unit training NCO for current availability.

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

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 presentation is an individual responsibility
 - Last minute corrections due to incorrect uniform wear available only at the appointment. Be courteous of fellow Soldiers and only schedule an appointment when your uniform is 100% fit.
 - Incomplete or inaccurate uniforms DO NOT qualify a Soldier. 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**

MS Markie Rose
Armed Forces Reserve Center
375 Smith Street
Madisonville, CT 06857
Room 322

 - Be on time and fully dressed at the scheduled time
 - Locker rooms available on the first floor if you wish to carry your uniform on a hanger

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

- Per AR 640-30, Photographers will not alter the photograph to include adding new rank, ribbons, stars or award insignias or symbols. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 640-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of an official DA photo, 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 CAPMIL, your photo will automatically be mailed 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 NDI if affiliated
- Wear only Unit Citations that remain current and listed in your individual records
- Wear ONE Cord, if authorized
- NO headgear worn for DA photos
- NO Green leadership tabs
- Only wear PERMANENT awards listed in your records
- Wear Marksmanship Badges
- Identification badges worn on left pocket, if authorized

For more information, visit: www.army.mil/da/photo

Weapons Safety - A Lesson I Will Never Forget

CHIEF WARRANT OFFICER 4 THOMAS FRENCH
DETACHMENT 26, OPERATIONAL SUPPORT AIRLIFT COMMAND
VIRGINIA ARMY NATIONAL GUARD

I believe you must learn lessons from certain events in your life. Life-changing situations can become blessings when viewed through the right lenses.

When I was about 4 or 5 years old, my grandfather showed me his gun collection. He worked on the railroad and gun collecting was his hobby since returning home from World War II. His collection was his prized possession. Imagine my excitement when he told me I could have a gun of my very own and gave me a .22-caliber revolver that resembled a six shooter from the Old West.

My grandfather explained how to clean and maintain the gun, as well as how to safely handle it. He warned me it was important to not pull the trigger when there were no bullets in the pistol because it could break the firing pin. My grandfather was a big man who always demanded respect but also gave me a lot of love. I looked up to him and always wanted to please him, so I obeyed his warning.

Fast forward about a decade to when I was 14 years old. It was a sunny day and I was preparing to go groundhog hunting on the farm. Hunting was a regular activity on the weekends. My friends and I would hunt until we either ran out of bullets or got hungry. Before hunting, I would always clean and oil my rifle and pistol to make sure they didn't get rusty or malfunction. As I was about to clean my pistol, I heard one of my best friends, Kevin, walking up to my back porch.

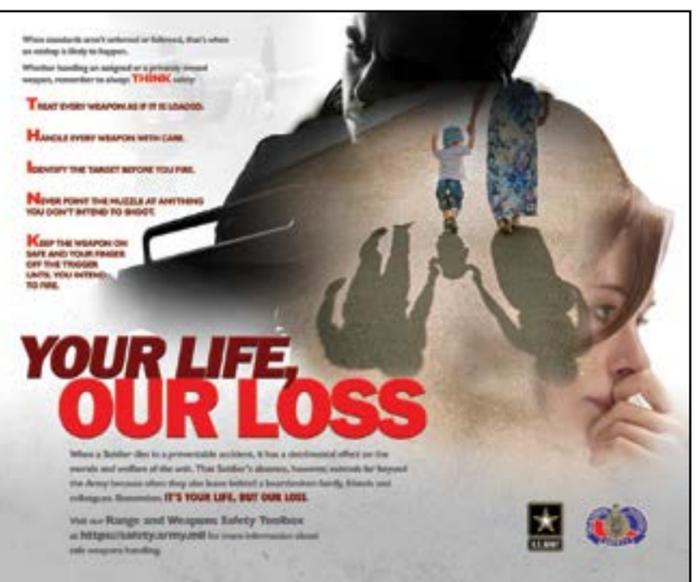
In what can only be explained as a juvenile lack of judgment, I suddenly thought about scaring Kevin. I decided to go out onto the deck and catch him by surprise.

I walked out just as Kevin was stepping onto the porch and, without explanation, pointed my pistol at him.

I still remember seeing the stunned expression on his face as he saw the pistol pointed at him. As he looked at me, I thought, "Maybe I'll pull the trigger just to show him the gun is unloaded." I wanted to scare him, but I also wanted him to know I wouldn't place him in danger. At that point, for some unknown reason, I thought about what my grandfather had told me about pulling the trigger of my pistol on an empty chamber and breaking the firing pin. In that split second, I lowered the pistol and released the trigger without pulling it.

We walked back into my house and I asked Kevin if I had scared him. He said I caught him by surprise, but he knew I was just kidding. We laughed and put on our boots and jackets and got ready to go hunting.

I grabbed my rifle, pistol and a box of .22-caliber bullets. To this day I don't remember what Kevin saw on my face when I opened the cylinder and saw the pistol had been loaded all along. In that instant, my whole life flashed before my eyes. I thought about my friendship with Kevin and my own dreams for the future. I thought of Kevin lying on the ground dead because of



my stupidity. How would I explain the accident to our parents? I even thought about going to prison for taking another person's life due to my negligence. It's a lesson I'll never forget.

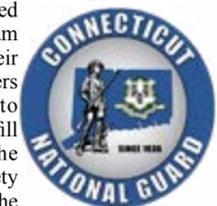
I sometimes think back to that day and what it was that kept me from pulling the trigger. I thank my grandfather for making the type of impression that would cause a split-second memory that prevented a tragedy. I also think of the other impressions he made on me that have guided my life in a positive way. In this case, I know it saved a life.

CTARNG Safety Awards Program

The CTARNG has established a State Safety Awards Program to recognize Soldiers for their contributions in Safety. Leaders and supervisors wishing to nominate a Soldier should fill out the form located at the Connecticut GKO State Safety Page (link below) or email the nomination information to the State Safety Office.

The requirements and types of awards are laid out in detail in the State Safety Standard Operating Procedures, CTNG PAM 385-10, Appendix K and full nomination form can be located on the Connecticut GKO State Safety Page, see link below.

For questions on the State Safety Awards Program, call the CTNG State Safety Office at 860-292-4597 or 860-292-4599 or email matthew.p.soucy@mail.mil. Connecticut GKO State Safety Page: https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/Safety/SitePages/Home.aspx.



CTARNG Excellence in Safety Nomination Information

Find the full form at https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/Safety/SitePages/Home.aspx, or email the following information to Capt. Matthew P. Soucy, matthew.p.soucy@mail.mil

Please nominate for all applicable awards

- CTARNG Unit Accident Prevention Safety Award
- CTARNG Maintenance Facility Safety Award
- CTARNG Certificate of Merit for Safety Award
- CTARNG Safety and Occupational Health Award

Please include, Soldier's name, unit name, unit address, nominator phone number and email address.

Also provide significant contributions and list eligibility requirements met by Soldier up for award.

Eligibility requirements are listed in the CTNG PAM 385-10, Appendix K, found on the Connecticut GKO Safety page. https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/Safety/SitePages/Home.aspx

Questions? Call the CTARNG Safety Office (860) 292-4597

Veterans Affairs – Veterans Day Discounts

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

Veterans Day is the official U.S. public holiday observed November 11th annually honoring military veterans.

Veterans Day celebrates the service of all who have served and should be not confused with Memorial Day, which honors those who died in military service, or Armed Forces Day, which honors those currently serving in the military.

There was a time in this country, especially during the Vietnam War and in the years following, when Veterans were not recognized or respected. Instead, many received a level of treatment that would shock Veterans today, with stories detailing verbal/physical attacks. Gratefully, that is no longer (or very rarely) the case.

In recent years, many businesses have offered special promotions and discount for Veterans. In 2017, there are many ongoing offers for Veterans, some only offered in November, and some only valid on or for a brief time around Veterans Day.

Ongoing offers include discounts for shopping, services, and restaurant meals. Discounts range on average 10-20 percent with proper identification. Remember, you usually need to ask if there is a discount. Often companies have an unadvertised discount that is offered when you ask. If you don't ask, you won't know. There is a caveat that franchise businesses do not all offer discounts; the discount can vary from store to store.

Some of the retail businesses which offer ongoing discounts to veterans, are AC Moore on all purchases, Bass Pro Shops, Bed Bath and Beyond, Cabela's (except firearms), Dick's Sporting Goods, Eddie Bauer, and



Michael's craft stores.

Home Depot and Lowe's offer 10 percent all year around to active duty, active reserve, retirees, disabled veterans, and immediate family. You need to ask for the discount and have a valid ID. All other military veterans qualify for 10% off on Memorial Day, Fourth of July, and Veterans Day with proof of service.

Though this column is focused on retirees, Veterans who did not retire can still get many of the discounts by using a Veteran ID card as proof of service. There are several ways to get a Veteran ID card. Connecticut DMV offers a driver's license or non-driver ID with an American flag symbol to indicate veteran status, Department of Veterans Affairs Veterans Identification

Card for eligible veterans, Service Organization Veteran ID cards such as the American Legion and VFW.

For a complete list of national locations offering discounts in 2017, visit <https://militarybenefits.info/miscellaneous-discounts-veterans-day-deals-veterans/>.

For a local list, contact the Connecticut National Guard Service Member and Family Support Center, at 1-800-858-2677 or follow them on Facebook at <https://www.facebook.com/CTNGFamilies/>.

NOTE: This column is for informational purposes only. Many discounts will be offered to Veterans this month. Be sure to check valid sources in order to verify before making any purchases.

First Company Governor's Horse Guard Welcomes New Graduates



(From left to right) Pvt. Kristen Salmon, Pvt. Rebecca Dunleavy and Pvt. Debra Knox hold the First Company Governor's Horse Guard colors as they are sworn in to the company by Major Christopher G. Miller, Commandant of the 1GHG, at a graduation ceremony in Avon, Connecticut, Sept. 4. The three graduates were sworn in following a 16 week training period where they attend drills to learn horsemanship, horse handling, equitation, military bearing, dismounted drill and unit history. (Photo by Cpl. Bonnie Barile, 1GHG, UPAR)

Learn More About the State Militia



1st Co. Governors Foot Guard
<http://www.governorsfootguard.com/>
1st Co. Governors Horse Guard
<http://www.ctfirsthorseguard.org/>

2nd Co. Governors Foot Guard
<http://www.footguard.org/>
2nd Co. Governors Horse Guard
<http://www.thehorseguard.org/>

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Guzman, Raymond Jr.
Piazza, Anthony F.
Armestofernandez, Silvia
Kao, Charis S.
Scaniffe, Bryan M.
Guaman, Arturo A.
Joseph, Allen
Rivera, Melvin J.
Way, Benjamin I.
Diaz, Franklin A.
Hall, Natahlie K.

To Private First Class

Larrea, Jose M.
Martinez, Brigitte K.
Riddlejohnson, Jacob J.
Riosjuro, Ricardo A.
Hamlin, Alexa M.
Bailey, Jhanelle S.

Caban, Joshua
Riczu, Charles R.
Gullakson, Colby S.
Pettee, David L.
Mudgefisher, Jonathan D.
Taylor, Tyrone L.
Chandler, Devon H.
Rivera, Paulino E.
Jimenezgarcia, Jorge
Clayton, William S.

To Specialist

Riveradiaz, Genesis A.
Mcbear, Kyle E.
Bandeira, Joseph M.
Abner, Brandon S.
Dupree, Evan C.
Fleurimond, Cassandra N.
Gonzalez, Daniel R.
Mccloud, Riley K.

Oliver, Jacob R. III
Peters, Samantha M.
Lyons, David E. III
Garcia, Giovanthony J.
Richardson, Kyle R.
Rodriguez, Isaac D.

To Sergeant

Sheriff, Daniel J.
Christy, Michael A.
Reyes, Joshua J.
Winston, Jessica J.
Tuttle, Jessica L.
Mahoney, Robert M. Jr.

To Staff Sergeant

Martinez, Sergio L.
Castano, Edwin A.
Hein, Jennifer M.
Roman, Miguel A.

To Sergeant First Class

Philibert, Christina M.

To Master Sergeant

Thomas, Richard N.

To Warrant Officer

Bedard, Peter J.
Brodeur, Timothy P.

To 2nd Lieutenant

Regalado, Juan A.
Souffrant, Vladimir W.
Cafazzo, Devon M.

To Captain

Carpanzano, Mario V.

AIR

To Airman 1st Class

Altamirano, Brian L.
Tenorio, Diana A.

To Senior Airman

Sylvia, Brittany M.
Cavanaugh, Caleb P.
Krumenacker, Stephen M.

To Technical Sergeant

Howard, Candi M.
Meyer, Joshua V.

To Staff Sergeant

Gorman, Kelsie L.

Congratulations to All!



Promotions as of October 1, 2017

Coming Events & Holidays

November

November 5

Daylight Savings Ends

November 7

December Guardian Deadline

November 10

U.S. Marine Corps Birthday

November 11

Veterans Day

November 23

Thanksgiving Day

December

December 7

Pearl Harbor Remembrance Day

December 12

Hanukkah Begins

December 12

January Guardian Deadline

December 13

National Guard's Birthday

December 16

National Wreaths Across America Day

December 20

Hanukkah Ends

December 24

Christmas Eve

December 25

Christmas Day

December 31

New Year's Eve

January

January 1

New Year's Day

January 9

February Guardian Deadline

January 15

Martin Luther King Day

January 27

CTNG PAO Unit Public Affairs

Rep (UPAR) Course

THE ONLY SERVICE THAT OFFERS

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IMMEDIATELY UPON ENLISTMENT



CONNECTICUT
NATIONAL GUARD

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Connecticut Family GUARDIAN

VOL. 18 NO. 11

HARTFORD, CONNECTICUT

NOVEMBER 2017

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

COURTESY OF THE CTNG SMFSC

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 no later than December 4, 2017, 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 4.



CATHERINE GALASSO-VIGORITO

Accept Yourself for the Wonderful Person God Made You to Be

Has an unexpected life change thrown you off course?

Are you struggling with uncertainties and failing to see the worth within yourself because of a situation from your past?

Or perhaps, are you feeling unsure about your future and what to do next?

I once heard a fictional story that a friend told me which carries with it an important life message. It was about a gardener who would carry two large pots filled with water a half of a mile up the road to water her neighbor's special plants.

To make carrying the filled pots easier, the gardener hung one green pot on one end, and the other blue pot on the other end of a long pole. So, all through the warm weather months, the gardener would first fill the pots with water, place the pole behind her neck with the two pots attached to either side, and walk to her neighbor's property.

However, the green pot had a small crack in it. And while the blue pot always transported a full portion of water, the green, cracked pot reached its destination, only half full.

For years, the gardener faithfully watered her neighbor's plants with the two pots. But as time went on, the green cracked pot was feeling shame, because of its imperfection. The pot became depressed, since it felt it was able to achieve only half of what it had been created to do.

Finally, the green pot spoke to the gardener, "I have failed you," said the cracked pot. "I am ashamed and I'm sorry that all these years, I have let you down."

Shocked, the gardener questioned, "But why? Why are you so upset?"

The green pot was sobbing and replied, "I feel old and useless and inadequate, because of my flaws. The fresh water always leaks out of my pot, and I've only been

able to deliver half the water to your neighbor's garden."

With kindness, the gardener lifted up the green pot and said, "Come with me, I want to show you something spectacular."

The gardener strolled along the familiar half mile up the road to her neighbor's property. As she walked, gingerly holding the green pot, the gardener spoke, "Look over at the beautiful flowers along the path." Indeed, the path was lined with exquisite pink, orchid and yellow wildflowers. "However," the gardener explained to the pot, "Did you notice that there were flowers only on your side of your path?" The green pot was speechless, as the gardener continued, "Each day, while we walk to my neighbor's house, it was you who watered these flowers and helped such beauty to come forth for so many to enjoy."

Likewise, despite minor flaws or shortcomings, and no matter what has happened in your past, you're unique and worthy and God made you the way you are for a special reason. Thus, be happy with the wonderful individual that God created you to be and "run the race that is set before you." Hebrews 12:1.

But many times, we block our own blessings, and the good we can do for others because we don't feel worthy enough. Negative, false beliefs and thoughts of limitations and failures, must be cast out of our lives. Clear out old emotions and old thought patterns. When you undervalue yourself, you end up settling for less than God's best for you. Move beyond self-imposed boundaries that have tried to hedge you in and see the worth in yourself that God sees in you. From God's perspective, you're fully adequate, competent, and valuable; "fearfully and wonderfully made," Psalm 139:14.

- Nurture yourself on all levels; physically, mentally, and spiritually. Carry out at least one enjoyable activity each day that is exclusively for your own self-nurturing.
- Eliminate self-criticism and negative self-dialog, and in their place, express gratitude for the person that you

are and who you are becoming.

- Stop comparing yourself to others. Remind yourself that there's only one 'you' and thus, you have a unique combination of gifts that others do not possess.

Today, value and look at yourself with love and say, "God, I accept your blessings," "I know you created me and I am good." Embrace yourself and ask, "What makes me, me?" Then, write in a diary three qualities you like about yourself. Tomorrow, jot down another quality and so forth. Reread your list often.

Focus on all the positive aspects of your life and the extraordinary things you are looking forward to welcoming into your future. I like this quote from Helen Keller, "I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do."

Live to your highest ideals. You were born to make a difference and to give this world something that no one else can. Keep your mind on thoughts of faith, hope, joy and expectancy. See the possibilities; see solutions. Think about only what you'd like to experience, and speak words that you want to see manifested.

Accept yourself as the person God created you to be. Nothing is impossible for you; you just have to reach for it. Don't be afraid. You can do it. God is with you all the way. With His help and guidance, you will achieve your goals.

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, 2017

How to Be Healthy Through the Holidays



Don't let the hectic holiday schedule and party foods derail your health, nutrition and fitness goals. Sure, you want to have fun, but not so much you regret it come New Year's Day. Stay committed with these tips for a healthier and happier holiday season.

Be committed

There is nothing more important than your health. Without it, you can't do all you need to for your loved ones so make a commitment to set and maintain your health goals.

- Commit to exercising at least 30 minutes a day, every day.
- Commit to eating a healthier diet.
- Choose to make these commitments a priority over the extra events you plan to attend this holiday season.

Be choosy

Instead of thinking of how to cram in the exercise around your schedule, work your schedule around the exercise. You can choose to add in tons of extra activities and run around stressing about getting it all done, or you can choose to do fewer activities well and stress less.

- Say no to events and requests for help that will make your life too busy for healthy living.
- Say yes to the foods that are best for you and eat those first before selecting the less healthy dishes from the buffet table.
- Say yes to smaller portions of the foods with higher fat content.

Be flexible
The holiday season tends to be busier and all the extra events alter your schedule from the norm. If your exercise class is at a specific time and you will miss it because of holiday parties or kid's recitals, then plan for another time and different activity.

- Rework your exercise options. Prepare for the busy times and bad weather with exercise that you can do from home.
- Reshape your workout from your regular 30-minute chunk to two 15-minute exercise sessions.
- Relearn to eat by grazing when presented with a buffet of rich and delicious holiday food. Take small portions of the various dishes so you have a little taste of everything.

Be creative

Find ways to combine your exercise and time with your friends and family. Get support for creative exercising and dining through [your licensed medical care provider or fitness trainer.]

Catch some air. Gather your friends, siblings, parents

or kids for a game of basketball, touch football, catch or kickball.

- Take a hike. If the kids or your significant other have a sports practice or music lesson, take that time to walk around the area instead of reading or gaming from your smartphone.
- Clean the house and stay physically active in one step. Imagine you are at the gym as you vacuum and dust. Have fun with your chores.
- Fuel up before you go. Drink plenty of water and eat some fruits or vegetables before you leave for the party. You won't need to eat as much once you're there.
- Trick your stomach. Use smaller plates when eating at a buffet. Bring sugar-free mints to pop as soon as you are finished with your meal. The mint helps curb the urge to munch.

You're not alone when you make the commitment to stay healthy. Contact a Military OneSource health and wellness coach for help developing a plan for exercise and healthy eating during the holidays. You can make an appointment for a phone, online or video session by calling Military OneSource at 800-342-9647 703-253-7599. Calling instructions for your specific international location can be found below. Simply select your country of origin for specific dialing instructions.

Free online health and wellness coaching can be found on the Military OneSource website, <https://www.militaryonesource.mil/health-wellness-coaching>

CONNECTICUT NATIONAL GUARD HELPLINE

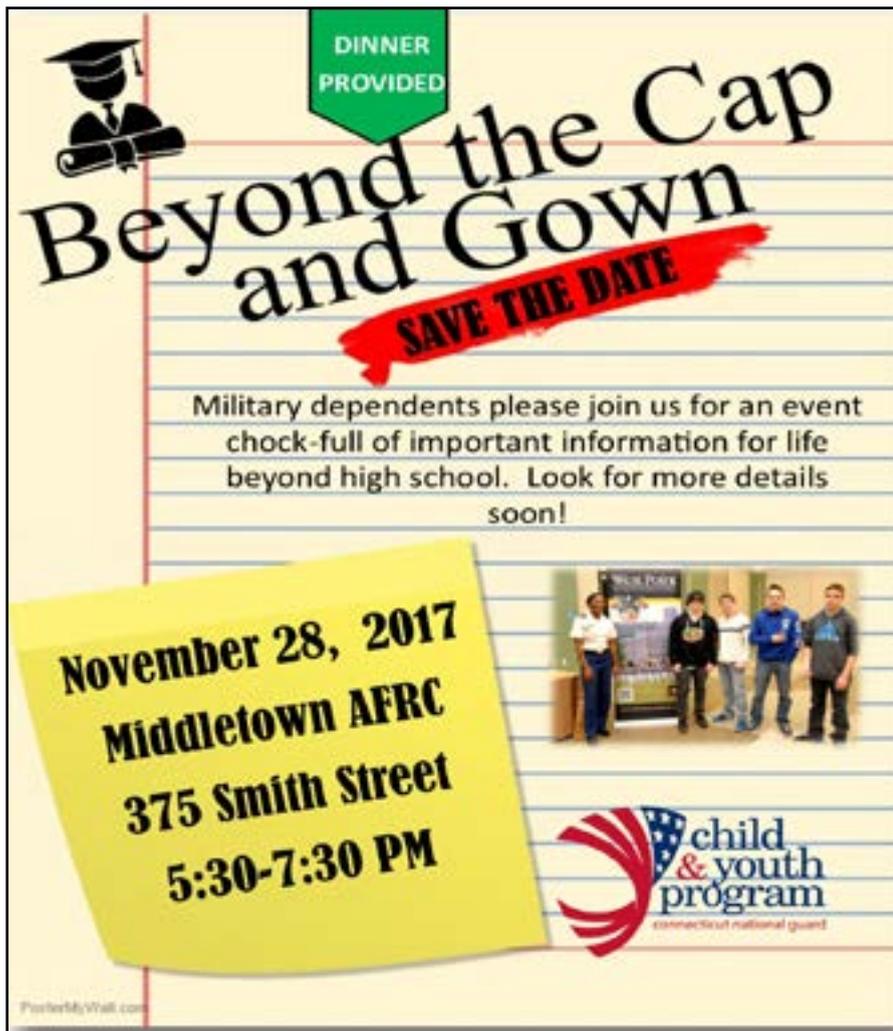
If you or someone you know is struggling with the stressors of life, please contact us at 1-855-800-0120.

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

Your call will be answered by a behavioral health professional. You will receive information and referrals to community resources to support you and your family.

HELPLINE - 1-855-800-0120

William A. O'Neill Armory	CONNECTICUT NATIONAL GUARD <i>Family Assistance Center Locations</i>	New London Armory												
260 Broad St. RM 112 Hartford, CT 06105 Service Member and Family Support Center (800) 258-2677 Fax: (862) 402-2705 Child and Youth Programs (862) 402-2654 Fellow Bible Reintegration Program (800) 402-2758 Military OneSource (800) 342-9647 (800) 503-5435 Survivor Outreach Services (800) 248-2358 Open Mon-Fri		249 Boyner St. New London, CT 06320 (800) 773-1422 Open Mon-Fri 105 th Airlift Wing 100 Robinson Rd. East Granby, CT 06038 (800) 858-2877 Open Tues-Fri 101 st Air Control Squadron 228 Reister Post Rd. Orange, CT 06487 (800) 258-2677 *By Appointment* Atlantic Readiness Center 38 Smith St. Meriden, CT 06457 (800) 258-2877 *By Appointment* Norwich Armory 38 Scott Ave. Norwich, CT 06250 (800) 258-2877 **Wednesday or By Appointment* Waterbury Armory 64 Field St. Waterbury, CT 06702 (800) 858-2677 *By Appointment*												
Windsor Locks Readiness Center 87-300 Light Ln. Windsor Locks, CT 06096 (800) 258-4802 Open Mon-Fri Veterans' Memorial Armed Forces Reserve Center 50 Woodlot Heights Rd. Danbury, CT 06810 (800) 258-2659 Open Mon-Fri	<p>Family Assistance Centers are an information and referral hub for all Branches of Service.</p> <p>Our Programs include:</p> <table style="width: 100%; text-align: center;"> <tr> <td>Budget Counseling</td> <td>Community Support Options</td> <td>Financial Assistance and Relief</td> </tr> <tr> <td>Family Communication</td> <td>Counseling Referrals</td> <td>Morale, Welfare and Recreation (MWR)</td> </tr> <tr> <td>Legal and Pay Information</td> <td>Outreach</td> <td>Family Readiness Groups (FRG)</td> </tr> <tr> <td>TRICARE Assistance</td> <td>Volunteer Opportunities</td> <td>DEERS & ID Card Assistance</td> </tr> </table> <p>Support is available 24/7 by calling (800) 858-2677</p> <p><small>*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</small></p>	Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance	
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Beyond the Cap and Gown
SAVE THE DATE

DINNER PROVIDED

Military dependents please join us for an event chock-full of important information for life beyond high school. Look for more details soon!

November 28, 2017
Middletown AFRC
375 Smith Street
5:30-7:30 PM

child & youth program
 connecticut national guard



2nd Annual Service Member & Child Dinner Dance

SAVE THE DATE
November 18, 2017
Southington Armory
 590 Woodruff Street, Southington, CT
5 pm to 8 pm
 (Dinner begins at 5:30)
Dress Code: Semi-Formal

Photo Area
 Dancing
 Craft Activity
 Door Prizes
 Ages 2 & below are free

Service Member & Family Support Center Staff Directory

Southington Armory: 590 Woodruff Street, Southington, CT 06488 - Fax: (860)994-2795 - Open Monday-Friday			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2477
Deputy Director	SgtC Melody Baber	melody.baber.civ.haber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.reed@mail.mil	(800) 524-4926 (desk)/(800) 883-0924 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.odonnell.civ@mail.mil	(860) 403-2797 (desk)/(860) 883-0940 (cell)
Family Assistance Center Specialist	vacant		
Family Readiness Support Assistant	Linda Rollstone	linda.h.rollstone.civ@mail.mil	(860) 524-4965 (desk)/(800) 883-2209 (cell)
Family Readiness Support Assistant	Wendy Eagen	wendy.m.eagen.civ@mail.mil	(860) 524-4920 (desk)/(860) 883-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	Sgt John Cummings	john.a.cummings.mil@mail.mil	(800) 403-2790 (desk)/(800) 538-5039 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.mccarty4.civ@mail.mil	(860) 548-3254 (desk)/(860) 883-6083 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.oshaughnessy.civ@mail.mil	(860) 548-3250 (desk)/(860) 294-0740 (cell)
Military OneSource Consultant	Chris Rodman	christopher.rodman@mail.mil	(800) 512-5438 (cell)/(800) 403-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nutt	david.e.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 883-7748 (cell)
TERRITORIAL ASSISTANCE ADVISOR	Jay Braca	jonathan.j.braca.civ@mail.mil	(860) 524-4968 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britell	sean.britell.civ@mail.mil	(840) 648-3296 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(800) 524-4968 (desk)
Windsor Locks Readiness Center: 85-200 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday			
Family Assistance Center Specialist	JOSHUA BLANCE	joshua.j.blance.civ@mail.mil	(860) 292-4602 (desk)/(860) 221-5850 (cell)
Family Assistance Center Specialist	Jennifer Romillard	jennifer.m.romillard.civ@mail.mil	(860) 292-4601 (desk)/(860) 883-2704 (cell)
Farmington Military and Armed Forces Reserve Center: 96 Worcester Heights Road, Danbury, CT 06819 - Open Monday-Friday			
Family Assistance Center Specialist	NANCY CUMMINGS	nancy.a.cummings.civ@mail.mil	(203) 215-2050 (desk)/(800) 883-2740 (cell)
New London Armory: 249 Bayonet Street, New London, CT 06320 - Open Monday-Friday			
Family Assistance Center Specialist	Yan-Yuan Foster	yan.yuan.foster.civ@mail.mil	(860) 772-1422 (desk)/(860) 885-2720 (cell)
101st Airlift Wing: 200 Nicholson Road, East Granby, CT 06036 - Open Tuesday-Friday			
Arman and Family Readiness Program Manager	Kasey Timberlake	kasey.k.timberlake.civ@mail.mil	(860) 292-2730 (desk)
Family Assistance Center Specialist	Joshua Blance	joshua.j.blance.civ@mail.mil	(860) 292-2730 (desk)/(860) 771-5836 (cell)
Family Assistance Center Specialist	Jennifer Romillard	jennifer.m.romillard.civ@mail.mil	(860) 292-2730 (desk)/(860) 922-2746 (cell)
Norwalk Readiness Center: 38 Smith Street, Norwalk, CT 06857 - (800) 334-3677 - Open By Appointment			
Family Assistance Center Specialist	Timothy Honey	timothy.j.honey.civ@mail.mil	(860) 221-5540 (cell)
101st Air Cavalry Squadron: 204 Boston Post Road, Orange, CT 06477 - (860) 375-2677 - Open By Appointment			
Plainville Armory: 84 Elm Street, Plainville, CT 06062 - (800) 478-2077 - Open By Appointment			
North & South: 28 West Avenue, North & South, CT 06030 - (860) 478-2077 - Open Monday - And By Appointment			