A Welcome Home on the Fourth of July

Major Matthew Deardorff, 103rd Airlift Wing, Connecticut Air National Guard, embraces his daughter on the flight line of the Bradley Air National Guard Base, East Granby, Connecticut, July 4. Deardorff, along with nearly 100 members of the Airlift Wing, returned from deployment the first week of July. This deployment marked the beginning of a new era for the 103rd Airlift Wing: it was the first time the unit had ever deployed the C-130H Hercules overseas as part of its new tactical airlift mission. The Airmen deployed to multiple locations in Southwest Asia and supported Expeditionary Combat Support operations that included tactical airlift, maintenance, security and logistics support. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center, Volunteer)

Full Story on Page 14-15

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Page 6
If You See Something, Say Something

Dangerous signs:
• People drawing or measuring important buildings
• Briefcase, backpack, suitcase, or package left unattended
• People in restricted areas

Innocent-looking signs:
• People purchasing supplies or equipment that can be used to make bombs
• Chemical smells or fumes that worry you
• People asking questions about security forces, security chain of command:

What to Report
• Where activity occurred
• What type of activity
• How many people were involved

Reporting Suspicious Activity at a CTNG Facility
When you decide to call the police, you will be asked to report the suspicious activity.

• In the event of an emergency, call 911
• Report other concerns about suspicious activity to the Connecticut Intelligence Center (CTIC) - 1-866-457-8477
• Contact the CTARNG Antiterrorism Officer at (860) 524-4913
• Contact the Force Protection Branch Manager at (860) 524-2175

CTARNG Honor Guard: Paying Tribute to Those Who Served

Connecticut National Guard Honor Guard team is currently looking for more members. If you are a current member of the CTARNG interested in becoming a member of the Honor Guard, talk to your chain of command and call 203-568-1741 for more information.
New SPP Director and BAO Introduce Engineers to First-Out-of-Country Visit

After spending four years as a C-130H Mobility Combat Systems Officer at Bradley Air National Guard Base, Connecticut Air National Guard Maj. Mike Jaworski assumed the role of State Partnership Program Director from Army National Guard Capt. Nicholas Raphael, July 7.

For over 15 years, the Connecticut National Guard has engaged in multiple events with Uruguay as mutually-beneficial exchanges that have shown subject matter experts in multiple fields the chance to validate their knowledge.

Since its inception, there have been over 40 engagements with Uruguay over the past 14 years, both here at home and abroad. Raphael moved on after a lengthy tenure at the program’s helm, but Jaworski isn’t coming into the position with zero experience. During past engagements in Connecticut, he served as a linguist, which gave him an in-depth look at the incredible attention to detail that goes into putting an event together from start-to-finish.

“The amount of work Raphael put into this program was tremendous, and I look forward to maintaining that same level of excellence,” Jaworski said.

Jaworski recently returned from his first engagement in Uruguay, led by Lt. Col. Charles Jaworski, (right), Commander, members of the 192nd Engineer Battalion, Connecticut National Guard, on their visit to the South American nation. Lead by Lt. Col. Charles Jaworski, Commander, members of the 192nd Engineer Battalion, Connecticut National Guard, Uruguayan Army Th, Lt. Col. Octavio Gomez, Commander, 5th Engineer Construction Battalion, Uruguayan Army, in Montevideo, Uruguay. In July, members of the 192nd Engineer Battalion made their first engagement to Uruguay as part of the State Partnership Program. The Connecticut National Guard Engineers spent time planning and providing briefings on Engineer equipment and capabilities. (Photo by Sgt. Zachary Havens, 248th Engineer Detachment, Connecticut Army National Guard)

Some of these demonstrations took Connecticut Guardsmen to the field, where they viewed multiple Engineer tasks in action during project exercises. Throughout the week, they saw displays and exercises, with an in-depth look into the capabilities of equipment, demobilization equipment, firefighting and more.

“Was one incredible thing in Uruguay,” Jaworski said. “From demining techniques, to underwater welding by their divers to the historical and cultural briefings we received, it was truly an eye-opening experience.”

For Jaworski, the engagement was just as rewarding, fitting in the overall picture of the Connecticut National Guard. Relaying information about operations both overseas and right here at home, Jaworski and his staff worked to enhance Connecticut’s Guard’s flexibility.

The Uruguayans reciprocated with briefings of their own, to include extensive information on military history refitting divisions into how engineer forces are structured, as well as courses offered at the nation’s Engineer school. Throughout the week, the group was informed on information that included well drilling and water purification systems. Throughout the week, they saw displays and exercises, with an in-depth look into the capabilities of equipment, demobilization equipment, firefighting and more.

“The benefit of a home station AT is flexibility,” said Capt. Michael Vaughan, Company Commander of the 141st. “You can focus solely on providing real world medical care for realistic Soldier injuries.”

During the exercise, the Connecticut Guardsmen serving as combat medics operated in ambulance teams of three and were dispatched to locations at Camp Niantic and SRMR to treat simulated injuries. Ambulance teams were dispatched to a central training area of SRMR where they were faced with patients simulating injuries resulting from an aircraft evacuation to a burning C-17 Globemaster.

Members of the 14th Combat Engineer Battalion, Uruguay Army, demonstrated combat elements for members of the 192nd Engineer Battalion during a State Partnership Exchange in Malvinas, Uruguay. In July, members of the 192nd Engineer Battalion made their first engagement to Uruguay for the first time in the State Partnership Program. The Connecticut National Guard Engineers spent their visit providing and receiving briefings on Engineer equipment and capabilities. (Photo by Lt. Col. Charles Jaworski, Commander, 192nd Engineer Battalion, Connecticut Army National Guard)

Medics assigned to the 141st Medical Company (Ground Ambulance) treats approximately 15-20 simulated injuries per day while participating in an annual training exercise at Stones Ranch Medical Reserve (SRMR) as the major training event of the unit’s annual training period. (Photo by Allison L. Joanis, State Public Affairs Office)

Medics assigned to the 141st Medical Company (Ground Ambulance) treats approximately 15-20 simulated injuries per day while participating in an annual training exercise at Stones Ranch Medical Reserve (SRMR) as the major training event of the unit’s annual training period. (Photo by Allison L. Joanis, State Public Affairs Office)

Realistic Medical Care for Realistic Soldier Injuries

Medics of the 141st Get a Dose of Reality During Annual Training

Annual Training in 2017 took Connecticut Soldiers to various states across the U.S., but the Soldiers and Medics of the 141st Medical Company (Ground Ambulance) didn’t need to travel far to get the valuable, realistic training that they were looking for.

More than 50 Soldiers assigned to the 141st Medical Company and other companies that provided support participated in a three-day Field Training Exercise, culminating in a Mass Casualty Exercise at Camp Niantic, Connecticut and Stoners Ranch Military Reservation, East Lyme, Connecticut June 24-26.

“We can focus solely on providing real world medical care for realistic Soldier injuries,” said Capt. Michael Vaughan, Company Commander of the 141st. “You can focus solely on providing real world medical care for realistic Soldier injuries.”

As ambulance teams (consisting of a driver, squad leader and treating medic) performed care, they were guided and evaluated by Senior Noncommissioned Officers at each scene. The NCO’s adjusted each scenario based on the abilities and performance of the treating team.

“The evaluators are there to make it more difficult for Soldiers who have mastered certain tasks or in order for them to utilize more of their Soldier and medical skills,” said Vaughan.

The medical skills were tested and validated during week one of annual training at Camp Niantic. Each year, U.S. Army medics are validated on what is known as a “TABLE VIII,” eight critical tasks that demonstrate individual competence and medical evaluation of Soldiers with the military occupational specialty of a combat medic.

The three-day FTX culminated with an unexpected mass casualty exercise. All ambulance teams were dispatched to a central training area of SRMR where they were faced with patients simulating injuries resulting from the in-air evacuation of a burning C-17 Globemaster.

We had no idea who was coming,” said Spc. Anthony Jackson, also assigned to the 141st. “You think you can relax, and then you have to jump back into the medical mode to ensure patient safety and focus on teamwork to provide care to each patient.”

About 30 medics took to the scene to triage, treat and transport nearly 40 simulated injuries acted out by support elements of the 141st Medical Company.

“It’s hard to keep training fresh,” said Niles, who participated in his fifth annual training with the 141st and his seventh with the Connecticut National Guard overall. “Having the element of surprise is important, it adds additional communication and teamwork challenges and forces you to adapt.”

“You never know what can happen in the field, and exercises like this one prepares you for when someone’s life is really in your hands,” said Jackson. “This is what we will get with training.”

Following the FTX and MASALC, the 141st Medical Company finished annual training with an after action review and follow-up requirements to identify how to better training and their unit’s skills.

“You can’t put a price on the value this type of training provides our entire unit,” said Capt. Vaughan. “It really tests the technical skills of our medics in a high-pressure environment, and I couldn’t be prouder of how hard everyone has worked.”

Contact your chain of command for more information or to express interest in the State Partnership Program. The Connecticut National Guard Engineers spent time planning and providing briefings on Engineer equipment and capabilities. (Photo by Sgt. Zachary Havens, 248th Engineer Detachment, Connecticut Army National Guard)
Bridges With the Local Community

NEW LONDON, Conn. – It is a little known fact that the 250th Engineer Company (Multi-Roll Bridge Company), does some of their best work on the water.

The unit’s Soldiers showed off their skills, deploying their boats on maneuvers across a body of water that may be too wide to accommodate a bridge, or in a location where a bridge is not practical.

The Improved Ribbon Bridge, used as the raft, is powered across the water by two bridge erection boats and guided by a bridge commander located on the raft.

While that is the norm for the 250th, this operation was not about a military personnel, troop movement or overall strategy. It was about coming together as a community.

This year’s Sailfest was the 40th year the festival has taken place, and it has grown into quite the extravaganza.

A three-day festival, there are carnival rides, multiple food vendors, live music throughout, and a world-class fireworks display.

A three-day festival, there are carnival rides, multiple food vendors, live music throughout, and a world-class fireworks display.

“The 250th definitely considers itself part of that community, so the unit is based just minutes away from Sailfest’s location, so it was more than appropriate that they come out and take part in the festivities,” said Maj. Jon Milanesi, the 250th’s commander.

This year, the engineer company participated by assembling an Improved Ribbon Bridge off the dock at the state boat ramp, loading up with personnel and a HMMWV Utility Truck, pushing the whole thing down the river and docking it at a pier at the festival.

It seemed everyone enjoyed the display.

“Sailfest is basically about pulling our community and all the surrounding communities to just enjoy a great fireworks display, great music, great food – just an overall great festival,” said Andre Danford, entertainment coordinator for the event.

The 250th definitely considers itself part of that community, so the unit is based just minutes away from Sailfest’s location, so it was more than appropriate that they come out and take part in the festivities.

This year, the engineer company participated by assembling an Improved Ribbon Bridge off the dock at the state boat ramp, loading up with personnel and a HMMWV Utility Truck, pushing the whole thing down the Thames River with two bridge erection boats, and docking it at a pier at the festival. It seemed everyone enjoyed the display.

Of course the display could not have happened without and experienced and skilled Rally Commander. The rally commander is the person in charge of the whole operation from assembly of the raft and directing the movement of the raft.

For Sailfest, the role of Rally Commander was left to Staff Sgt. Nathan Turner from Woodstock, the noncommissioned officer in charge of retention for the 250th. Overall, he thought the operation was a success.

“I think this is good because it’s very rare that the public gets to see what we do, so it gives us an opportunity to show what we do,” Turner said. “On top of that, it also provided an opportunity for the younger kids to see what they could do in the guard and get them excited to maybe do something like this in the future.”

All in all, the Troops and the local community did seem to enjoy the experience. The 250th were able to show their neighbors a little of what they do, and according to the community enjoyed the display.

The 250th usually deploy their Improved Ribbon Bridge in order to ferry personnel and equipment across a body of water that may be too wide to accommodate a bridge, or in a location where a bridge is not practical.

The Improved Ribbon Bridge, used as the raft, is powered across the water by two bridge erection boats and guided by a bridge commander located on the raft.

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A three-day festival, there are carnival rides, multiple food vendors, live music throughout, and a world-class fireworks display.

The 250th participated in the 40th annual Sailfest event, a three-day festival that included raft displays, carnival rides and a fireworks display on the waterfront of New London. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, Connecticut Army National Guard)
Connecticut Guardsmen Support National Scout Jamboree in the Name of Readiness

By Sgt. Ondirae H. Abdullah-Robinson

Connecticut Army National Guard (U.S. Army photo)

AUGUST 2017

Connecticut Army National Guard (U.S. Army photo)

GLEN JEAN, W.Va. - The National Jamboree provides the opportunity for joint teams of military emergency medical services and civilian agencies to use their experience and years of cross training to increase their level of readiness.

Security and support are at the heart of the Jamboree as it accommodates over 40,000 youths, troop leaders, volunteers, professional staff and around 15,000 visitors on the Summit Bechtel Reserve.

"It’s important for the Army to do this, especially the West Virginia National Guard because it helps us to work in conjunction with our state and federal partners in cases of disasters and in a state of emergency," said Army Maj. Paul T. Vaughan, a representative from the State Surgeon’s Office of the West Virginia National Guard. "We are in a state of preparedness which is just a day of a state of emergency, and it helps us exercise a lot of training in support of these events."

Minor injuries are inevitable during the next 10 days, as approximately 50,000 scouts and visitors will participate in rigorous competitive sporting activities in temperatures above 80 degrees over 10,000 acres of property.

In response to the influx of people on the property, a fleet of Field Lift Ambulances (FLA) will be spread out to different locations 24-hours a day during the Jamboree. All emergency calls will be dispatched to the closest FLA team to respond, treat and transport the injured.

An injured person may end up receiving aid from Army Lt. Col. Michael Mystenski, a physician assistant assigned to the 142nd Area Support Medical Company, Connecticut Army National Guard and Army Staff Sgt. Mario Bustos, a combat medic assigned to the 28th Combat Support Hospital, 44th Medical Brigade, Fort Bragg, North Carolina.

"This is my first time with the Army National Guard because it helps us to work really well in future large as this, but it would work really well in future cases of responding to disasters."

The preparations for the 2017 National Jamboree and the National Jamboree as an opportunity to train and test the state’s emergency resources and capabilities.

"There are training venues throughout the state where military and civilian agencies can help us prepare to respond to disasters in the state, so we take advantage of such events and use it as a training opportunity," said Army Staff Sgt. Brian Vassak, a combat medic with 28th Combat Support Hospital, 44th Medical Brigade, Fort Bragg, North Carolina.

"My role is important here because I think it gives the medics a person to go to with experience in trauma-related cases," said Mystenski.

"I have worked with Army National Guard in Afghanistan but have never worked with civilian counterparts," said Bustos, a combat medic with 28th Combat Support Hospital, 44th Medical Brigade, Fort Bragg, North Carolina.

"This is my first time with a civilian population as large as this, but it would work really well in future cases of responding to disasters."

West Virginia has seen in its share of natural disasters in recent years and the National Jamboree is an opportunity to train and test the state’s emergency resources and capabilities.

"There are training venues throughout the state where military and civilian agencies can help us prepare to respond to disasters in the state, so we take advantage of such events and use it as a training opportunity," said Army Staff Sgt. Brian Vassak, a combat medic with 28th Combat Support Hospital, 44th Medical Brigade, Fort Bragg, North Carolina.

"This is great training to respond to natural disasters, especially for the multifunctional medical battalion because these are more than likely the type of operations they will be performing," said Vassak.

By working together, military and civilian first responders are building channels of communication, improving inter-agency coordination and are creating a safer, more secure environment for everyone involved.

Staff Sgt. Christine Johnson, assigned to the 142nd Area Support Medical Company, Connecticut Army National Guard, discusses the First Responders’ route with Roger Ellison, the Deputy Director of Rescue and Emergency Services, Lt. Col. Michael Mystenski.

"It’s important for the Army to do this, especially the West Virginia National Guard because it helps us to work really well in future large as this, but it would work really well in future cases of responding to disasters."

For more information and photos - Like 169th Regiment on Facebook
CT ESGR Boss Lift Program Connects Civilian Employers with Citizen Soldiers

To get a glimpse of the life of a Guardsman or Reservist, 10 local civilian employers toured multiple Connecticut National Guard training facilities via ground and air transport during the Employer Support of the Guard and Reserve Boss Lift, July 18. Participants included representatives from the Town of Avon, Connecticut; Branford’s, Inc., Comcast, the University of Connecticut, and United Technologies Aerospace Systems.

The Boss Lift’s main objective is to express gratitude for the support and cooperation employers show to Guardmen and Reservists. It also provides civilian employers an inside look at what their Citizen Airman or Soldier does during drill weekends and annual training. Beginning the day at the Army Aviation Support Facility in Windsor Locks, employers visited with aviation maintainers and pilots, followed by a Meal Ready to Eat for lunch.

Topping off the event, the group flew to Camp Niantic, for a tour of the Combined Surface Maintenance Shop that included an inside look at the maintenance bay, where wheeled vehicle mechanics working full-time provide service for the Connecticut National Guard’s fleet of vehicles.

Before flying back to the AASF, members of the group utilized the Engagement Skill Trainer. The EST provides Soldiers the opportunity to train on target accuracy without ever firing a live round from a weapon. This exercise also taught the employers a few basic fundamentals of firing a weapon and safety procedures, like the proper loading of a magazine into the weapon, familiarity with weapon recoil, proper breathing and trigger squeeze techniques, and how to safely clear the weapon after firing.

The ESGR is a Department of Defense program established to promote cooperation and understanding between Reserve Component Service Members and their civilian employers. The ESGR also assists in the resolution of conflicts arising from an employer’s military commitment. If you are a National Guardman or Reservist who is interested in having your company’s dedication to your service recognized, you can contact Sean Brittell, who is interested in having your company’s dedication to your service recognized, you can contact Sean Brittell, who is interested in having your company’s dedication arising from an employee’s military commitment.

A group of local civilian employers and members of the Connecticut Employer Support of the Guard and Reserve (ESGR) with a UH-60L Blackhawk Helocopter at the Army Aviation Support Facility in Windsor Locks, Connecticut, July 18. The employers toured Connecticut National Guard facilities as part of the ESGR Boss Lift Program, an initiative designed to express gratitude for the support and cooperation employers show to Guardmen and Reservists.

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A group of local civilian employers and members of the Connecticut Employer Support of the Guard and Reserve (ESGR) get hands-on with the Engagement Skill Trainer (EST), at Camp Niantic, Connecticut, July 18. The employers toured Connecticut National Guard facilities as part of the ESGR Boss Lift Program, an initiative designed to express gratitude for the support and cooperation employers show to Guardmen and Reservists.

During the tour, employers visited facilities in Windsor Locks and flew on a CTARNG Blackhawk to Camp Niantic. (Photo by Spc. Erikka Lemieux, D Co., 1-156th Aviation Battalion (GSAR) UPRAR)

The 102nd Army Band will play their summer tour, July 24 – August 3 at locations throughout the state. See their schedule on page 12, and follow them on Facebook for updates and future performance information. https://www.facebook.com/102ndArmyBand/ (Photos by Allison Joons, State Public Affairs Office)

Brig. Gen. Ron Welch Honored at Retirement Ceremony

Brig. Gen. Ron Welch (left) is presented with the Legion of Merit Medal by Maj. Gen. Todd Martin, Adjutant General and Commandant of the Connecticut National Guard, during Welch’s retirement ceremony at the Regional Training Institute, Camp Niantic, Connecticut, July 20. Welch retired after serving his state and nation for more than 39 years, 35 of those years with the Connecticut Army National Guard, finishing his career as the Director of Joint Staff. Welch served with distinction as a company commander, battalion commander, and as the Adjutant General of Connecticut. Welch’s military career included stints in the Middle East and Central America. (Right) Brig. Gen. Ron Welch (right), with his son, 1st Lt. Stephen Welch at Brig. Gen. Welch’s retirement ceremony at the Regional Training Institute, Camp Niantic, Connecticut, July 20. In addition to presentations from the Joint Staff of the Connecticut National Guard, as well as each of the Major Commands and the Aviation Joint Staff. (Left) The 102nd Army Band, Pop Band, provides the entertainment at the Connecticut Automobile Retailers Association (CARA) Barbecue for the Troops kick off event at the William A. O’Neill Armory, July 14. (Right) The 102nd’s Rock Band performs before the fireworks at Riverfest on the Riverfront at the Waterfront Plaza stage in downtown Hartford, Connecticut, July 8. (Left) The 102nd Army Band will play their summer tour, July 24 – August 3 at locations throughout the state. See their schedule on page 12, and follow them on Facebook for updates and future performance information. https://www.facebook.com/102ndArmyBand/ (Photos by Allison Joons, State Public Affairs Office)
Camp Niantic
An Affordable Waterfront Getaway

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
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• 4th Lead to Enlistment
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Connecticut National Guard

Re-Enlist for 2 Years
Receive a $1000 Bonus and a waterbottle or hydration pack

Re-Enlist for 8 Years
Receive a $2500 Bonus and a Garmin or Tactical Flashlight

Contact Your Local Recruiter and Retention NCO for More Info

Reserve Rooms at the RTI or Building 32
Single, Full and Queen Bed Options
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The 102nd Army Band, CTARNG,
prudly presents its
2017 Summer Concert Series

Date: Location: Time: Group:
JULY 24 Walnut Hill Park, New Britain 7-9:00 P.M. Full Band
JULY 25 Norton Park, Plainville 6:30-8 P.M. Pop Band
JULY 27 Sound View Beach, Old Lyme 7-8:30 P.M. Rock Band
JULY 27 Mill Pond Park Gazebo, Newington 6:30 P.M. Pop Band
JULY 28 Yale Hospital Green, New Haven 12-1:00 P.M. Pop Band
JULY 29 Town Green, Lebanon 7-9:00 P.M. Full Band
JULY 31 MCC Band Shell, Manchester 7-9:00 P.M. Full Band
AUGUST 1 Town Green, Naugatuck 7-8:30 P.M. Rock Band
AUGUST 2 Brodie Park, New Hartford 6:30-8 P.M. Rock Band
AUGUST 2 45 S. Main St., Wallingford 7-8:30 P.M. Pop Band
AUGUST 3 Mills Pond Park, Canton 6:30-8 P.M. Rock Band

Guests are invited to bring lawn chairs and picnic baskets as we perform for you a variety of patriotic, rock and today’s pop tunes.

All shows are FREE AND OPEN to the public. Interested in joining us? We have openings and are taking auditions. For more information please visit our FB page 102ndArmyBand or contact SFC Tom Durkin at 860-375-1801

Camp Niantic
An Affordable Waterfront Getaway
A Significant Deployment for Connecticut Ends on a Significant Day for America

CTNG Begins Welcome Home Celebration on the Fourth of July

EAST GRANBY, Conn. – There is an air of excitement and pride at Bradley Air National Guard Base.

After months of anticipation, military families and friends celebrated the return of more than 100 Connecticut Air National Guardmen of the 103rd Airlift Wing from overseas deployment.

The deployment, which mobilized the Guardsmen for service in various locations across Southwest Asia, was significant as it marked the beginning of a new era for the 103rd Airlift Wing. It was the first time the unit had ever deployed the C-130 Hercules overseas as part of its new tactical airlift mission. In today’s world, the C-130 is just as important as it was 60 years ago.

“The type of mission is new to the 103rd and it has been a very high ops tempo,” said Lt. Col. Stephen Gwinn, 103rd Operations Group Commander. “The most important role that the C-130 plays now is supplying front-line operators with the supplies that they need, when they are on the ground. Our work was definitely highlighted during this deployment. Whenever the threat reached very high levels, the C-130 was the only aircraft that could be sent to deliver necessary supplies to troops on the ground.”

According to Gwinn, the Airmen of the 103rd Airlift Wing performed their jobs with remarkable proficiency during the deployment; they made mission accomplishment look easy. However, despite how effortless the deployment may have appeared, the new mission presented tough challenges.

Years of training, extended work days and working with limited resources and facilities are just a few of the obstacles that the unit had to overcome to ensure the success of the deployment.

“Training the Airmen for the new mission without some of the resources and facilities that we have now was very challenging,” said Gwinn. “90 percent of the credit goes to the Airmen who did all of the work to get us to our first C-130 deployment. Our training office and our maintainers in the unit were able to get us ready and practice the mission to perfection. Other units are now trying to emulate what we do. We had to work to make ourselves better than what we were. We did an amazing job of accomplishing the mission.”

“The reward is in mission completion,” said Gwinn. “Every one of our Airmen who deployed and returned in 16-hour days, flying into hostile environments—they all came home even more motivated and is because of the training we did at home station. That’s the reward. We finished school by going to the desert of the training we did at home station. This is like our graduation. We’re going to continue getting better.”

Members of the 103rd Airlift Wing, Connecticut Air National Guard are greeted by Gov. Dannel P. Malloy, Lt. Gov. Nancy Wyman and Maj. Gen. Thad Martin, at a homecoming celebration at the Bradley Air National Guard Base, July 4. More than 100 members of the Airlift Wing returned from deployment over three days the first week of July. This deployment marked the beginning of a new era for the 103rd Airlift Wing. It was the first time the unit had ever deployed the C-130 Hercules overseas as part of its new tactical airlift mission. (Photo by Harold Bernstein, Connecticut National Guard Service Member and Family Support Center, Volunteer)

Staff Sgt. Baebee Grauwiler of the 103rd Airlift Wing, Connecticut Air National Guard is embraced by her family upon her return from deployment at the Bradley Air National guard Base, East Granby, Connecticut. July 4. More than 100 members of the Airlift Wing returned from deployment over three days the first week of July. This deployment marked the beginning of a new era for the 103rd Airlift Wing. It was the first time the unit had ever deployed the C-130 Hercules overseas as part of its new tactical airlift mission. (Photo by Tech. Sgt. Aramara R. Naylor, 103rd Public Affairs Office, CTANG)
I would like to thank our personnel and their families as our Connecticut National Guard personnel are returning from deployment. So many of you have given great credit for our military mission and state. As they return, we see a lot of the issues are already overwhelming the services here. To ensure we continue to do the right job, we have resources here to help you. If you want to know your families will be taken care of. I would like to thank our education service officer for the phenomenal contributions they have made for our benefit. I believe that the Connecticut National Guard has prevailed only because we have a product for our leadership to justify why our Connecticut National Guard cannot survive without the Connecticut National Guard.

We all need to maintain minimum standards with limited amounts of time. We need to improve our active duty as we get closer to a percentage of our active duty contributions to the global fight against terror and I am always committed to improving our ASVAB score.

Connecticut Career

Exceeding Expectations, Not Maintaining the Minimum

I have the distinct honor to announce that we are in a unique situation today. I will see you all again next year and I am looking forward to seeing all of you! Our senior leadership and I are grateful for all that you do! Be safe!

Enlisted Update

Improve Your ASVAB GT Score; Advance your CTNG Career

Eligible Update

Improving your Vocational Aptitude Battery General Classification Battery General Vocational Battery

Improve

Connecticut Guard Command Chief Master Sergeant Maj. Derek J. Musgrave - Incentive Manager

Sgt. 1st Class Eduardo Foster - Education Service Specialist

Mr. Sam Salmeron - Education Service Specialist

https://vabenefits.vba.va.gov/vonapp_ssl/login.asp

https://www.dmdc.osd.mil/milconnect/

samuel.s.salmeron.civ@mail.mil derek.j.musgrave.mil@mail.mil

Connecticut GuARDIAN

September 15, 2017 8:30 - 12:00

Central Connecticut State University Constitution Room

FREE EVENT

OPEN TO SERVICE MEMBERS, VETERANS, CLINICIANS and THE PUBLIC

339 W 18th Street • New Britain, CT 06050 • 860-824-9973

Panelists:

Albert Guillen, Lithia – Connecticut Clinical Military Support Program, DAMHAS and Vetsnow USA

Lt. Col.uckman, 55th SFS – Suicide Prevention Counselor, Department of Veteran Affairs

Sgt. Maj. Devitt, 147th Security Forces – Supervising Officer and Officer Candidate Program

If you are interested in improving your Army

Career, you can schedule an appointment to take the Armed

Forces Classification Test in the Hartford Army Armory. With pilot coordination, processes are available most weekdays at 8:00 a.m.

The GT score is the “General Technical” test area of the ASVAB and a measure of word knowledge, paragraph comprehension and arithmetic reasoning. A GT score of 50 or higher is currently required for Army Officer and Army Officer Candidate programs. If you are concerned about passing the exam, we encourage you to study or you can take online practice exams to prepare you for the test.

If you have any questions about your education benefits, stop by the Education Services office in room 101 of the W.C. G.N. Turner Hall or contact Education Services directly.

Maj. Derek J. Mangrove – Education Services Officer

860-524-0015
derek.mangrove.mil@mail.mil

Mr. Sam Salmeron – Education Service Specialist

860-275-0413

samuel.s.salmeron.civ@mail.mil

Sgt. 1st Class Edward Foster – Supervising Manager

860-524-0017

Edward.foster.mil@mail.mil

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Exceeding Expectations, Not Maintaining the Minimum

I am grateful for your support as we continue to focus on exceeding which we all know how to do without much sacrifice.

As we write this article, I am preparing to attend a four-week professional development course at Maxwell

AFB, we can better serve all of you. With this comes sacrifice, as I have a son who is about to deploy and I will miss him send off as he departs on his first deployment. I take great comfort in knowing my Battle Buddies and Wingmen will have his back as he departs in my absence. You are all the greater thing about our Connecticut National Guard.

I am always open to ideas on how we can better encourage anyone to part of our organizations. I want to know how we can better preserve our legacy. There is a huge difference between 103.50% and strength versus 85.46% effective manning. The differences is between recruiting new people coming into the Connecticut National Guard and retaining the same people to replace our aging force. One of the last results I saw for 2017 enlisted statistics reflected 23% of veteran were resigning or were not reenlisting when their ETS date arrived or another 10% of the personnel were transferring to another unit. We experienced 10% of our force being lost to unemployment, unauthorized leave, demonstrating inefficiency, unsupervised service, misconduct or disciplinary issues. We have also less 10% of our people to retirements doing this same time frame. These percentages actually reflect a total loss of sixty-six personnel however this put a huge strain on recruiting to make up those numbers. We really need to lead by example and exceed the standard in order to keep the quality people we need.

As the state command chief master sergeant I am excited at this opportunity to spend time not only with our Air National Guard but more importantly I want to acknowledge our Command Sergeant Major Cornogher and our Army National Guard. I was a graduate of Military Police Investigation course class 01-79. I met McCallum AL. I have flown on our Blackhawk and Chinooks. I am grateful for your support as I will miss his send off as he departs on his first deployment. I take great comfort in knowing my Battle Buddies and Wingmen will have my back as he departs in my absence. You are all the greater thing about our Connecticut National Guard.

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A Journey Coming to a Close

OCS Class 62

Officer Candidate Michael Dowd

A Journey Coming to a Close

It has been a long year for Class 62. Twelve months ago, we were preparing for Phase 1 and the beginning of our journey through Officer Candidate School. Now, a year later, Phase 2 is in the books, and arguably the most difficult part of OCS is behind us.

Phase 2 tested all of us both physically and mentally. The last 11 months have included timed ruck marches, swim tests, a 3-mile run, 8 exams, PT tests, harassment inspections, adulating out, and countless hours of planning and preparation before each drill weekend.

Looking back, it seems like this journey flew by. I attribute that to the friendships I have made with my fellow candidates because OCS is truly a team effort. We all worked to motivate and encourage each other when things were getting tough. Whether it was cheering someone on during a ruck march or helping tutor someone struggling before an exam, we supported each other to stay focused and complete the task at hand.

Our last drill was no different, as we finally executed our culminating event – a platoon mission against an opposing force, or OPFOR, comprised of cadre. The mission took months to plan, but everyone knew their role and what needed to be done even before we started the weekend. Our student leadership had done an excellent job at preparing us for this event.

The mission was broken out into four key tasks: route clearance to the objective, a recon of the objective, establishing a patrol base, and clearing the objective. What made this mission so unique was that the opposition was not aware of our plan at all. Nobody warned the OPFOR that we were in the area or gave any details about the attack. It was a true, “force on force,” training event and something that I have never worked so hard to prepare us for over the last year. After last month’s exercise in New Hampshire, I personally feel that Connecticut candidates were among the best prepared. In talking to candidates from other states, I realized how different each state’s OCS program is and prepared. In talking to candidates from other states, I realized how different each state’s OCS program is and prepared. In talking to candidates from other states, I realized how different each state’s OCS program is and prepared. In talking to candidates from other states, I realized how different each state’s OCS program is and prepared.

Whether it was raining heavily or we were moving through a swamp, we didn’t let those outside forces get the best of us. We pushed on, knowing this was our final weekend and we could all see the light at the end of the tunnel.

As the mission progressed, things changed from what was originally planned, but nobody panicked. Everyone adjusted accordingly to variables not anticipated. This included an attempted ambush by the OPFOR while we conducted route clearance, second squad capturing OPFOR that we weren’t aware of our plan at all. Nobody warned the OPFOR that we were in the area or gave any details about the attack. It was a true, “force on force,” training event and something that I have never worked so hard to prepare us for over the last year. After last month’s exercise in New Hampshire, I personally feel that Connecticut candidates were among the best prepared. In talking to candidates from other states, I realized how different each state’s OCS program is and prepared. In talking to candidates from other states, I realized how different each state’s OCS program is and prepared. In talking to candidates from other states, I realized how different each state’s OCS program is and prepared. In talking to candidates from other states, I realized how different each state’s OCS program is and prepared.

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R3SP Prepares to Observe Suicide Prevention Month

September will be upon us and the CTARNG’s R3SP Programs are preparing to observe Suicide Prevention Month.

Suicide Prevention Programs is organizing multiple events to help bring awareness to the continued issue of suicide in the National Guard. The premise to this month-long event was the plan of action suicide training courses, taking place August 5-6 in Middletown and August 19-20 at Camp Nathanic, as well as two ACE-SI courses, which will help identify and take action in preventing suicide.

A special ASIST course will be held in September which will include family members. This course will provide participants with the tool and knowledge to perform a suicide intervention.

On September 15, the CTARNG and Central Connecticut State University will host a Resiliency Day to emphasize the importance of resilience. Presentations by Master Resiliency Training faculty will expand Soldiers’ and their families’ idea of resiliency. Presentations by Master Resiliency Training faculty will expand Soldiers’ and their families’ idea of resiliency.

This event will feature multiple wellness activities to help show insight from family survivors of suicide for an alternative perspective on a Postvention Course for Soldiers to learn how to restore moral and unit cohesion after a suicide or an attempt. This elective course will also offer insight from family survivors of suicide for an alternative perspective on suicide prevention.

The month will culminate with a Resiliency Day sponsored by R3SP Programs. This event will feature multiple wellness activities to help show insights from family survivors of suicide for an alternative perspective on suicide prevention.

Soldiers and their families.

The two ACE-SI courses will take place in August, with the tool and knowledge to perform a suicide intervention. Suicide Prevention Programs manager Ms. Meagan MacGregor can be reached at meagan.e.macgregor.ctr@mail.mil. We look forward to seeing you all in September.

Substance Abuse Issues? Get Help Now

Call 101 in the event of an emergency.
National Helpline for Substance Abuse Prevention - 1-800-662-4357

CTNG Substance Abuse Program Staff
Ms. Denis Timereck
Alcohol and Drug Control Officer
860-725-9747
denis.timereck@centralfederal.com

Ms. Shawnka Ashman
Prevention Coordinator
860-549-2838
shawnka.ashman@centralfederal.com

Sgt. Chris Wichrowski
Drug Testing Coordinator
860-549-3298
christopher.wichrowski.mil@mail.mil

R3SP - Resilience, Risk Reduction & Suicide Prevention

Suicide - What you need to know

Many people who are suffering from thoughts of suicide show signs. Would you know to look for? What if you saw signs of someone suffering from thoughts of suicide? Would you know how to help?

Suicide Signs - What to Look For

Think Before you Drink, Avoid Dehydration, Stay Safe in the Sun

The 101 Critical Days of Summer is moving into what is typically the hottest part of the year. This month, we will look at the relationship between alcohol and dehydration and discover staying safe in the sun. We all know that when it comes to weather, good hydration is essential. Did you know that drinking alcohol can cause you to lose significantly more fluid from your body than the alcohol you consume? For example, drinking a 300 mL shot of alcohol will actually cause you to lose 330 mL of fluid – 102.6% more fluid than just drinking water! The effects of a hangover are not caused by the alcohol itself, but by the dehydration that accompanies drinking the alcohol.

This piece of information is critical for anyone who will be spending a lot of time outside and being active this summer.

You can help save a life!

Attend the Army ACE Suicide Intervention Program (ACE-SI) and the Appalachee Suicide Intervention Skills Training (ASIST) to learn life-saving intervention skills.

August 4-6 Middletown AFRC
August 18-20 Camp Nathanic
September 13-14 Middletown AFRC

CTNG Substance Abuse Program, CT National Guard Substance Abuse Program, CT National Guard

For more information, call Robin Tongay (ACE-SI) at 860-651-4667 or Shawnka Ashman (ASIST) at 860-651-4661. All events are free to attend. Space is limited. Funds are available. Contact your unit to enroll.
Off the Bookshelf

with Staff Sgt. Simon

Life Flows Along Like the Quennehtuck

Connecticut residents are fortunate in having over 200 accessible historical societies, associations, research centers and genealogical groups (not including major libraries and museums) to visit to learn about the rich and exciting history of the state’s 169 towns and municipalities. New Haven resident can visit the Indian American Historical Society of Connecticut, located on the campus of Southern Connecticut State University. Manchester is home to the Connecticut Firemen’s Historical Society. The French-Canadian Genealogical Society of Connecticut is in Tolland, for example.

Haddam Neck residents are extremely lucky in having much of their small village’s history printed in an extremely readable and factual manner. Lillian Kruger Brooks published “Life Flows Along like a River,” (Ut Amnis Vita Labitur) is her family’s motto. Brooks’ family history in Haddam Neck dates to 1710 when the first residents settled in the area near the banks of the Connecticut (Quennehtuck) River. “Life Flows Along like a River,” (Ut Amnis Vita Labitur) is her family’s motto. What hidden histories does your town offer? Have your local historical society or association museum later to start your adventure, visit the Connecticut Secretary of the State’s website. websites and tips, “museums and libraries” into the search bar.

Would you like the staff Sgt. Simon to review a book? We are always looking for suggestions.

Contact the author, John Simon, at johnsimon.civ.mil.

CONNECTICUT NATIONAL GUARD

Connecticut National Guard troops March to Fort Huachuca, 1916. (Photo courtesy of the Connecticut National Guard.)

Connecticut National Guard soldiers March to Camp Cullen, Nogales, Arizona, 1916. (Photo courtesy of the Connecticut National Guard.)

Connecticut On the Border

The Connecticut National Guard was, “on the border” a little more than 100 years ago during a time with our southern neighbor.

A longstanding internal struggle in Mexico spilled over the border and in Francisco “Pancho” Villa rebelled against the government and proceeded to gain control over most of the northern part of Mexico as he assigned a series of border incidents that culminated in a surprise attack by 500 of his men against Columbus, New Mexico, on March 9, 1916. Villa’s troops killed a substantial number of American soldiers and civilians and destroyed considerable property before units of the 15th U.S. Cavalry drove them off. The following day, President Wilson ordered Brig. Gen. John J. Pershing into Mexico to assist the Mexican government in capturing Villa.

Villa and his “army” continued their attacks into the U.S. in an ill-conceived attempt to gain support. The most important battle took place at Carrizal, near Chihuahua, Mexico where 501 U.S. soldiers were killed, 39 wounded and 24 taken prisoner. This action created a critical situation that led President Wilson to immediately call 75,000 National Guardsmen into federal service to help police the border. He soon authorized a partial mobilization of 158,664 Guardsmen from all states (except Nevada, which was just organizing its Guard) to move in to protect the border areas.

Among the many units activated for service was the 2d Connecticut Infantry. On June 20, 1916, the regiment assembled and began preparations for the long rail journey to the border. Within a week, they were on a troop train headed for Nogales, Arizona. Although their patrols along the border were important, the training that the Guardsmen received was invaluable. Guardsmen were physically toughened and experience was handled.


Connecticut Army National Guard continues its proud record of over 300 years of service to state and nation. Although General Pershing never captured Pancho Villa, the experience gained by both Regular Army and National Guard troops who served on the border and in Mexico would prove to be invaluable in the very near future. In addition to the 1st Battalion, 102nd Infantry Regiment, the 109th Regiment (Regional Training Institute), and 118th Multi-Functional Medical Battalion display a Prickly Pear cactus on their distinctive Unit Insignia, signifying service on the Mexican Border in 1916 with General “Black Jack” Pershing.

Brig. Gen. Cindy nerved from the CHARIG in 2014 and currently teaches 7th grade Social Studies in Stamford, Connecticut. Email her at mcsweeney.gen@net.

Military History

Soldiers of the Connecticut National Guard on the Mexican border, 1916. (Photo courtesy of the Connecticut National Guard.)
Training Circles for TY17 Are Now Available
Contact Your Chain of Command for More Information

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

• Note:
Policies and Safety. 16-20 October 2017. 16 Soldiers Max. See your unit training NCO for current availability.

Targeted to personnel with the skills necessary to train individuals on the safe operation of a GSA Bus. This Bus Driver Training Course:
The Operator's Training Course is a "Train the Trainer" (T3) course, primarily
your unit training NCO for current availability.
Always keep children in your sight when hiking. Do
Carry a current park trail map and know how to read it.
Carry two small flashlights or headlamps — even on
take a minimum of two quarts of water per person
Always hike with another person. Keep your hiking
try not to cross rain-swollen streams. They may
Hike a wind-resistant jacket and rain gear — even on
do not allow them to get ahead of you or fall behind.
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change, upon receipt of a burial request, the VA will support documents in an electronic information and provide written notice of its determination of St. Louis, MO 63151, or by fax at 1-855-840-8299. Applications and supporting documents are sent to the VA NGB Form 22, Discharge Certificate and/or Orders. All submit documentation of service, such as DD Form 214, Cemetery. Along with the application, you must also Determine of Eligibility Program, individuals commemorate their service.

105 Veterans cemeteries in 47 states and territories. The VA operates 135 national cemeteries and 33 also provides funding to establish, expand and maintain Soldiers’ lots in 40 States and Puerto Rico. The VA announces that it now provides early eligibility retiree affairS coLumniSt

Retiree Voice

If you are interested in learning whether you are of the Army, Navy, or Air Force whose death occurs eligible for burial in a VA national cemetery, submit a VA Form 40-1074, Pre-Need Determination of Eligibility for Burial in a VA National Cemetery. All VA’s health care offers a variety of services, including a person who died in the active military, naval, and Survivors booklet will help you get started. Veterans of the United States Armed Forces may be veterans, their dependents, and survivors. Major benefits for a burial flag and may be eligible for a Presidential Memorial Certificate (PMC). Any Veteran (which for the purposes of this chapter includes a person who died in the active military, naval, or Air Force who is 60 years of age or older at the time of death; or is under 60 years of age at the time of death, if the death was the result of service in World War II, the Korean War, the Vietnam Era, the Persian Gulf War, the War in Afghanistan, or the War in Iraq; or if the death was the result of service in a war or military conflict). The VA may also provide a memorial headstone or marker or niche cover, all at no cost to the family. Additionally, Veterans are eligible for a burial flag and may be eligible for a Presidential Memorial Certificate. The VA operates 135 national cemeteries and 33 facilities. It provides comprehensive health care to most Veterans of the United States Armed Forces, and any member of the Army National Guard or the Air National Guard, whose death occurs under honorable conditions while such member is hospitalized or undergoing treatment, at the expense of the United States, for injury or disease contracted or incurred under honorable conditions while such member is performing active duty for training, inactive duty for training, or undergoing that hospitalization or treatment at the expense of the United States.

3. Any member of the Reserve Officers’ Training Corps of the Army, Navy, or Air Force whose death occurs under honorable conditions while such member is A Presidential Memorial Certificate (PMC) is an engraved paper certificate, signed by the current President. It is issued to the family of a Veteran who died in a national cemetery. The person to which it is issued is entitled to a gravestone, a government furnished headstone or marker or niche cover, all at no cost to the family. Additionally, Veterans are eligible for a burial flag and may be eligible for a Presidential Memorial Certificate. The VA operates 135 national cemeteries and 33 facilities. It provides comprehensive health care to most Veterans of the United States Armed Forces, and any member of the Army National Guard or the Air National Guard, whose death occurs under honorable conditions while such member is hospitalized or undergoing treatment, at the expense of the United States, for injury or disease contracted or incurred under honorable conditions while such member is performing active duty for training, inactive duty for training, or undergoing that hospitalization or treatment at the expense of the United States.

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We all want our children to enjoy learning, make good grades and achieve success. Nutrition and physical activity are linked to academic achievement, so making sure your children are healthy and active will assist them in reaching their academic goals.

A healthy lifestyle can help improve a child's:
• Attention span
• Thinking ability
• Memory

Make healthy eating and physical activity part of your child's daily life. Reach out to Military OneSource online, or call 800-342-9647, to set up a specialty consultation for health and wellness coaching.

Nutrition
When children skip breakfast, bad things can happen. Hungry kids tend to have shorter attention spans and have difficulty with problem solving, math skills and memory recall, according to studies from the Journal of School Health. Children need a nutritional breakfast of whole grains, fiber and protein. They also need snacks throughout the day that are high in protein and low in sugar, to boost their ability to listen, process and remember what they are learning. It's important to give your kids healthy eating options at home, and to talk to them about making healthy food choices when they're at school.

Visit these websites to get tips about healthy food choices:
• ChooseMyPlate.gov, for the Nutrition Education Series that you can post at home.
• Defense Commissary Agency, for recipes, cooking tips and more.

Physical activity
According to the Centers for Disease Control and Prevention, children need at least 60 minutes of physical activity every day. Physical activity can include school recess periods, hiking, playing sports, or walking to and from school. If none of those things appeal to you and your kids, try a having daily dance party at home.

Check out the following resources for ideas about how to keep your children physically active:
• Boys and Girls Club of America, Military Partnership, for community participation opportunities.
• Let’s Move, for strategies to encourage a healthy, active lifestyle.

Social and academic success can increase if you make healthy eating and physical activity part of your children’s daily life.
God's Love Will Never Fail You

Do you feel as though you’ve turned upside down? Are you in need of a miracle?

Many times the pressures of daily living, fears, or circumstances can weigh you down. At such times, heavy emotional stress or pain can affect your spirit or heart. You could stay awake all night worrying, heart heavy from worry, or from worry on your mind. You could stay awake all night worrying, heart heavy from worry, or from worry on your mind. God can deliver you from all your fears, and He will turn around your circumstances for your good. God can change your mind, and fix your broken states. Your future is not going to end as you have seen it. We can change our attitude. God has a better plan for you. He is a God of justice, and He will recover and restore. God's love will never fail you. So lay down and let God’s love take over.

For God will shape the disappointments into exciting, and courageous. Do not be moved by your circumstances. Do not let your dreams be too far-fetched to achieve or difficulties that cannot be overcome. There are no dreams that are too high for God to handle. There are no dreams that are too big to overcome. There are no dreams that are too ambitious. God’s love will never fail you. For God will shape the disappointments into exciting, and courageous. Do not be moved by your circumstances. Do not let your dreams be too far-fetched to achieve or difficulties that cannot be overcome. There are no dreams that are too high for God to handle.

In Matthew 6:25-34, Jesus taught the disciples how to handle their daily problems. Jesus said, “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, nor store away in barns, and your heavenly Father feeds them. Are you not of much more value than they? And why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek all these things. For your heavenly Father knows that you have need of all these things. But seek the kingdom of God, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is the evil thereof.”

There are no hopeless situations. Never allow past disappointments to lower your expectations for your future. If you or someone you know is struggling with the stressors of life, please contact us at HELPLINE - 1-855-800-0120.

Support is available 24/7 by calling (800) 858-2677. To read more about us or make an appointment, please visit our website at www.connecticutguardian.org.
Get Ready - National Preparedness Month

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National Preparedness Month is recognized in September and while it is one month away, now is a great time to get a jump on making sure that your Service Members and Families are ready for anything that comes their way.

This year’s Ready.gov theme is “Don’t wait. Communicate. Make your emergency plan today.” There are a variety of resources on the National Preparedness Month (https://www.ready.gov/september) website that you can use. Weekly themes, links to resources and toolkits tailored to specific populations will help you get the word out.

Ready.gov’s main goal is to get Families to develop an “Emergency Communication Plan” (https://www.ready.gov/make-a-plan) which discusses how Families:
- Will receive emergency alerts and warnings
- Get to safe locations for relevant emergencies
- Get in touch with family members if communication is down
- Let family know they are safe and where to meet after an emergency.

The Ready.gov site provides answers and information on all aspects of preparedness and breaks them down for various age groups including a special section for parents to use in discussing the communication plan with their kids.

Concerned that your single Service Members are left out? Don’t worry, there is a section devoted to individual preparedness providing them with information and resources on how to be safe in an emergency.

It is always a good plan to have an Emergency Kit on hand to be prepared. A few items you may want in your kit are:
- Water - One gallon per person per day for two weeks
- Batteries
- Flashlight
- Battery powered hand crank radio
- Emergency blankets & clothes
- First aid kit
- Medications for one week for each family member
- Cell phones with chargers both for home and vehicle
- Cash
- Non-perishable food for people and pets

Other sites that will provide more weather-related preparedness information are:
- The National Oceanic and Atmospheric Administration: Weather-Ready Nation (http://www.nws.noaa.gov/com/weatherreadynation/) which has tips on weather safety, local forecasts and specific weather safety tips for the day.
- The American Red Cross has a National Preparedness Site (http://www.redcross.org/get-help/prepare-for-emergencies/national-preparedness-month) that is set up with information and a page of mobile apps that you can download to help you monitor emergency weather situations, first aid information and even an app to help you with every day emergencies with your pets!

The military has its own campaign designed around Family Readiness to assist in increasing the resilience of our military families. The Ready Army site (http://www.acsim.army.mil/readyarmy/) has information and downloadable resources that are specific to Service Members and their Families.

For local alerts in Connecticut, download the CTPrepares App for android and iphone. It provides Connecticut residents information and real-time alerts in emergency situations as well as helping residents to prepare in advance of an emergency.