



GUARDIAN *Connecticut*

VOL. 19 NO. 2

HARTFORD, CONNECTICUT

FEBRUARY 2018

CSSB Mission Well Underway in Eastern Europe

Sgt. DANIELLE LEACH
143RD CSSB UPAR

POWDIZ, Poland - From January 15 through February 5, 2018, approximately 4,000 participants from 10 nations will come together at the 7th Army Training Command's training area in Hohenfels, Germany to take part in Allied Spirit VIII.

The 143rd Combat Sustainment Support Battalion will join forces with over 2,400 other United States participants and approximately 1,600 participants from allied nations. These partner nations include Albania, Canada, Czech Republic, Denmark, Italy, Poland and the United Kingdom.

During the exercise, all participating countries will gain experience from working together in an effort to develop and enhance the North Atlantic Treaty Organization and key partner interoperability and readiness.

Allied Spirit VIII will provide its participants the chance to have hands-on experience and the opportunity to test secure communications between NATO allies and their partners. It will serve as the crawl phase of the CSSB's three main missions while in country.

After Allied Spirit, the 143rd CSSB will prepare for a Multinational Combined Resolve Exercise. The exercise objective is to deploy U.S. forces to the European area of responsibility in order to integrate them into training opportunities throughout Europe.

The CbRX will be used to ensure the deployment infrastructure supports the global posture. It will also assure allies of the U.S.'s commitment to NATO forces and improve mission command systems throughout the brigade and its lower echelons.

The culminating mission for the CSSB is Saber Strike, which will take place in June. During Saber Strike, participants will facilitate cross border military mobility in the Baltic States and throughout Poland in order to assure commitment to the collective defense of NATO nations. The final mission will be a defense focused exercise that employs mission command by NATO forces and increases the readiness, interoperability and freedom of movement of the U.S. and allied nations.

The overall objective of these missions is to increase readiness and interoperability of NATO and partner nation forces. The exercises also allow U.S. forces a chance to strengthen bonds and demonstrate a side-by-side stance in Europe with NATO allies and partners.

The 143rd CSSB mobilized to Eastern Europe in November of 2017.

While in theater, the unit serves as the headquarters of a battalion consisting of approximately 700 Soldiers stationed all over Europe, working in support of Operation Atlantic Resolve.



Staff Sgt. Orly Lozano, a Water Treatment Sergeant with the 143rd CSSB, inspects a High Mobility Multipurpose Wheeled Vehicle during preventive maintenance checks and service to ensure the vehicle is ready for movement to Germany in support of Allied Spirit VIII. The CSSB will join over 4,000 other participants from 10 different countries for the exercise in Hohenfels, Germany. (Photo by Sgt. Danielle Leach, 143rd CSSB UPAR)

Operation Atlantic Resolve is a United States-led effort in Eastern Europe whose purpose is to provide and promote stability and security while at the same time developing trust throughout participating NATO allies and key regional partners.

In This Issue:



Sgt. Stubby Hits the Big Screen
Page 3



2017 Year in Review: Part Two
Page 4-7



103rd SFS Provides Aid After Storm
Page 14-15

Winter Fire Safety - Protect Your Home and Family

SUBMITTED BY 1ST LT. PATRICK E. HEVEY
PROGRAM COORDINATOR
CTARNG EMERGENCY MANAGEMENT

People are at greater risk in the winter season when they cook holiday meals, display decorations, and may use unsafe heat sources. You can help prevent winter weather-related home fires by reviewing safety tips and taking precautions around your home.

Winter fire statistics - the threat is real.

- 890 people die in winter home fires each year.
- \$2 billion in property loss occurs each year from winter home fires.
- Winter home fires account for only 8 percent of the total number of fires in the U.S., but result in 30 percent of all fire deaths.
- Cooking is the leading cause of all winter home fires.
- A heat source too close to combustibles is the leading factor contributing to the start of a winter home fire.
- 5 p.m. to 8 p.m. is the most common time for winter home fires.
- **Heating Safety Tips:**
- Keep anything that can burn at least three feet from all heat sources including fireplaces, wood stoves,

- radiators, space heaters or candles.
- Never use an oven to heat your home.
- Turn space heaters off when leaving the room or going to bed.
- Maintain heating equipment and chimneys by having them cleaned and inspected each year by a professional
- **Portable Generator Safety Tips:**
- Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- Make sure you have carbon monoxide alarms in your home.
- Do not use a generator in a wet area. This can cause shock or electrocution.
- Connect appliances to the generator with heavy-duty extension cords.
- Do not fuel your generator when it is running. Spilling gas on a hot engine can cause a fire.
- **Portable Generator Safety Tips:**
- Electrical work should only be done by a qualified electrician.
- Check your electrical cords. If they are cracked or damaged, replace them. Don't try to repair them.
- Don't overload extension cords or wall outlets.
- Never use extension cords with appliances. Plug them directly into wall outlets.

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, be fire smart!

Half of all home heating fires occur in the months of [November, January, February]

Heating equipment is involved in 1 in every 7 reported home fires and 1 in every 5 home fire deaths.

3 feet from any heat source like fireplaces, wood stoves, radiators, or space heaters.

1 heat-producing appliance (such as a space heater) into an electrical outlet at a time.

10 feet from your home and any nearby buildings.

1 once a month. Install and test carbon monoxide alarms at least once a month.

every year. Have a qualified professional clean and inspect your chimney and vents every year.

10 feet Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and any nearby buildings.

1 heat-producing appliance (such as a space heater) into an electrical outlet at a time.

For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter and www.nfpa.org/winter.

Changing Your Address

If you move and would like to continue receiving the *Connecticut Guardian*, change your address by contacting the editor by phone or email at (860) 524-4858 or allison.l.joanis.civ@mail.mil. To change your home of record, please see the following:
CTNG Retirees: Contact Sgt. 1st Class Ericka Thurman at ericka.g.thurman@mail.mil or 860-524-4813.
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.

Connecticut Guardian

360 Broad Street, Hartford, CT 06105-3795
Phone: (860) 524-4858, DSN: 636-7857
FAX: (860) 524-4902
E-Mail: allison.l.joanis.civ@mail.mil

Captain-General
Gov. Dannel P. Malloy

The Adjutant General
Commanding General, CTNG
Maj. Gen. Thaddeus J. Martin

Assistant Adjutant General - Army
Brig. Gen. Fran Evon

State Command Chief Warrant Officer
Chief Warrant Officer 5 Daniel Bade

State Command Sergeant Major
Command Sgt. Maj. John S. Carragher

State Command Chief Master Sergeant
Chief Master Sgt. John M. Gasiorek

State Public Affairs Officer
Connecticut Guardian Managing Editor
Maj. Michael T. Petersen

Connecticut Guardian Editor
Ms. Allison L. Joanis

Contributors
130th Public Affairs Det., CTARNG
Maj. Jeff Heiland, 103rd AW/PAO
103rd Airlift Wing Public Affairs
103rd Air Control Squadron
First Company Governors Horse Guard
Second Company Governors Horse Guard
First Company Governors Foot Guard
Second Company Governors Foot Guard

A CTNG Icon to be Honored on the Big Screen

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

One of the Connecticut National Guard's most beloved icons, Sergeant Stubby, will be forever immortalized on the big screen in a computer animated feature film. "Sgt. Stubby: An American Hero," will premiere in the unit's hometown of New Haven on Sunday, April 8, 2018. The movie, which boasts Logan Lerman, Helena Bonham Carter and Gerard Depardieu amongst its cast, is the story of the stray dog befriended by Corporal Robert Conroy, voiced by Lerman, a member of the 102nd Regiment as it prepared for World War I in New Haven. Stubby would become the unofficial mascot for the organization, traveling to Europe and serving on the front lines. Stubby's accolades and honors went far past being just a comfort dog that boosted the morale of the troops. His legend includes warning soldiers of incoming



Corporal Robert Conroy with Sgt. Stubby in 1919. As the story goes, Conroy, a Soldier with the 102nd Infantry Regiment smuggled Stubby to France with the unit who fought in World War I under the 26th Yankee Division. Sgt. Stubby spent 18 months with the Soldiers in France, participating in 17 battles. He became the unofficial mascot of the 102nd Infantry and has been called the most decorated dog of World War I. (Photo courtesy of Connecticut State Library)



Sgt. Stubby, the unofficial mascot of the 102nd Infantry Regiment, fought alongside Connecticut Soldiers in France during World War I. (Photo courtesy of ConnecticutHistory.org)

artillery, detecting the dreaded mustard gas and even a tale where he allegedly held a German spy by the "seat of his pants...until the soldiers arrived to complete the capture," in Argonne, according to his biography on the Connecticut Military Department website. Stubby earned the Purple Heart when he took shrapnel from a German grenade during the Battle of Seicheprey.

Upon his return to the United States, Stubby's notoriety spread past the formations of the 26th Yankee Division and the 102nd Regiment. He marched in parades and even, according to a 1922 New York Times article, was granted the permission to stay at the Hotel Majestic in New York City, which had strict restrictions on pets.

Stubby passed away in 1926, but his fame had grown so much that his death was marked by a nearly half-page obituary in the New York Times. His preserved remains are on display at the National Museum of American History in Washington, D.C., as part of a permanent exhibit paying tribute to the Armed Forces.

Members currently assigned to the 1-102nd Infantry Regiment, which still calls New Haven home a century after their first muster near Yale Field, look forward to attending the event to see more of the history behind Stubby.

Bow Tie Criterion Cinemas, a four-mile drive from the New Haven Armed Forces Reserve Center – the current headquarters of the 1-102nd Infantry

Regiment – will host the local premiere of the movie, inviting members of Connecticut's military community to join.

"It's exciting to get future generations interested in such an important part of America's history," said Mr. Russell Bonaccorso, Military Administrative & Programs Officer for the Connecticut Military Department. "I hope that this movie provides the youth of today with a reason to research the lore behind Sgt. Stubby."



A drawing of Sgt. Stubby by Sgt. 1st Class William Ortiz, 1109th TASMG, CTARNG. Sgt. Stubby, the unofficial mascot of the 102nd Infantry Regiment, fought alongside Connecticut Soldiers in France during World War I. (Photo courtesy of the Connecticut Military Department)

Major Milestones of 2017

Part Two: Looking Back at the Year's Biggest Moments

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

2017 was another year of milestones for the Connecticut National Guard. From historic deployments to groundbreaking and ribbon cutting ceremonies, there was a lot for the nearly 5,000-strong CTNG to be proud of. This month, we take a look back at some of the highlights from 2017's second half, highlighting July through December's accomplishments.

July

The second half of the year started with a change in leadership for the State Partnership Program, as Maj. Jamie Zambrano took over as the Director of the SPP, and Capt. Pedro Concolino replaced Maj. Gabriel Caminero as the Bilateral Affairs Officer stationed in Montevideo, Uruguay. Their first exchange, also in July, saw Guardsmen assigned to the 192nd Engineer Battalion travel to South America to partake in a mutually beneficial exchange of tactics, techniques and best practices.

The Fourth of July always stands out as one of the most patriotic days on the calendar, but it had extra special



Maj. 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)



Members of the 250th Engineer Company (Multi-Role Bridge Company) guide the Improved Ribbon Bridge, loaded with a HMMWV Utility Truck and personnel, with two Bridge Erection Boats across the Thames River during Sailfest in New London, Connecticut, July 8. The 250th participated in the 40th annual Sailfest event, a three-day festival that includes ship displays, carnival rides and a firework display on the waterfront of New London. (Photo by Staff Sgt. Richard Wrigley, JFHQ Public Affairs, Connecticut Army National Guard)

meaning for the 100 Airmen assigned to the 103rd Airlift Wing who came home following a six-month deployment to Southwest Asia.

The Engineer Battalion kept moving strong in July, as the 250th Multirole Bridge Company conducted training on the Thames River. Their AT culminated with a demonstration at Sailfest, as the unit utilized their Bridge Erection Boats to guide an improved ribbon bridge, loaded with a HMMWV Utility Truck and personnel, on the river for the crowd to see. Other Engineer units traveled to Fort Polk, Louisiana, where they conducted a rotation at the Joint Readiness Training Center.

Many units took advantage of unorthodox Annual Training opportunities, and the 142nd Area Support Medical Company supported the National Boy Scout Jamboree in Glen Jean, West Virginia, July 15-28. The ASMC provided multiple ambulances and Soldiers in support of more than 40,000 scouts and leaders in attendance, running emergency calls for anyone in need of assistance.

Continuing the theme of the CTNG in the community, RipChord, the 102nd Army Band's rock ensemble, put on quite a show at Riverfest, playing on the Mortensen River Plaza stage in downtown Hartford prior to the annual fireworks show.

Current and former members of the CTNG joined in giving a hearty farewell to Brig. Gen. Ron Welch, who retired after 39 years of service to his nation (35 with Connecticut), July 20. Flanked by his family, Welch, the former Director of the Joint Staff, was honored by numerous members of CTNG leadership during the ceremony at the RTI Auditorium at Camp Niantic.

The Connecticut Air National Guard continued making state-of-the-art advancements to its facilities, cutting the ribbon on a Fuel Cell and Corrosion Control Facility at Bradley Air National Guard Base, July 26. The new 29,600-square foot facility will service the CTANG's fleet of eight C-130H aircraft.

August

The 14th Civil Support Team kicked off August with a three-day exercise at Western Connecticut State University in Danbury. Training alongside local, state and federal agencies, the mock, "Hot Zone Entry," exercise was designed to refine skills for future domestic responses requiring interagency participation.

Graduations were the theme of the month at Camp



Members of the 4th Combat Engineer Battalion, Uruguayan Army, demonstrate combat bridge operations for members of the 192nd Engineer Battalion during a State Partnership Program Exchange in Maldonado, Uruguay. In July, members of the 192nd Engineer Battalion made their first exchange visit to Uruguay as part of 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. Charlie Jaworski, Commander, 192nd Engineer Battalion, Connecticut Army National Guard)

Niantic, as three significant programs saw ceremonies marking milestones in the lives of service members. On Aug. 15, nine graduated from the 2nd Battalion, 169 Regiment's (RTI) 60-day Combat Medic Military Occupational Specialty Transition Course, earning certification as 68Ws.

The Regiment's 3rd Battalion then graduated 27 from its Military Police MOS-T Course. This was the second course offered in 2017, bringing the battalion's number of trained military policeman to over 50 for the year.

The next day marked a significant milestone in the lives of 10 Soldiers, as 1st Battalion, 169 Regiment's Officer Candidate School, Class 62 crossed the finish line after an 18-month journey to receive commissions as second lieutenants. Second Lt. Michael Dowd was named Distinguished Graduate, and was assigned to the Headquarters and Headquarters Company, 1-102nd Infantry



The 102nd's Rock Band, RipChord, performs before the fireworks at Riverfest on the Mortensen River Plaza stage in downtown Hartford, Connecticut, July 8. (Photo by Ms. Allison Joanis, State Public Affairs Office)

Regiment.

For the first time in nearly a year, the Connecticut Army

National Guard promoted an officer to the rank of Brigadier General. Maj. Gen. Thad Martin, Adjutant

General, pinned Brig. Gen. Ralph Hedenberg, Director of the Joint Staff, with his first star in a ceremony at the William A. O'Neill Armory on Aug. 22.

As the month began to wind down, Mother Nature pummeled the southern United States. The devastating effects of Hurricane Harvey required nationwide response, and the Connecticut National Guard flew its first relief-related sortie in the C-130H, delivering personnel and equipment to Austin, Texas. Multiple relief efforts would follow throughout the coming months, as over 150 personnel supported relief efforts out-of-state in the wake of Hurricanes Irma and Maria, deploying to locations including Texas, Florida, Georgia, Puerto Rico, and the United States Virgin Islands.

September

The 102nd Infantry Regiment hosted a special ceremony marking 100 years since the battalion's muster for World War I at historic Yale Field in West Haven, Conn., Sept. 9. The six assigned companies and the 102nd Army Band stood tall in a formation that nearly stretched from the pitchers mound to the centerfield warning track took part in drill and ceremony to honor the brethren that stood near that very spot and geared up for war a century ago. The ceremony was marked by a change of command, as Lt. Col. David Pickel relinquished command to Lt. Col.



Connecticut Gov. Dannel P. Malloy (left, center) joins Maj. Gen. Thad Martin (right, center), the Adjutant General and Commander of the Connecticut National Guard, to cut the ribbon during a ceremony in celebration of a new fuel cell and corrosion control facility at Bradley Air National Guard Base, East Granby, Conn., July 26, 2017. The duo are assisted by Brig. Gen. Kevin T. McManaman (far left), Chief of Staff, Connecticut Air National Guard and Col. Frank Detorie (far right), Commander, 103rd Airlift Wing. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs Squadron, Connecticut Air National Guard)

Continued, see 2017 Review on Page 6

2017 Review from Page 5

Frank Tantillo, who then led a pass and review.

Hurricane relief efforts were far from over, as the Connecticut Army National Guard's Bravo Company, 2-104 General Support Aviation Battalion sent 14 Soldiers aboard two CH-47 Chinook helicopters to support on Sept. 10. Stationed at the Florida National Guard's Army Aviation Support Facility No. 1 in Jacksonville, the unit took part in aerial reconnaissance missions to assist leadership with assessing damage after Hurricane Irma. Later in the month, a 13-Guardsman team deployed to Puerto Rico aboard a C-130H to put boots on ground and set up the Joint Incident Site Communication Capability to help local, state and federal leaders communicate after Hurricane Maria left much of the island's power and communications infrastructure in shambles.



More than 500 members of the 1st Battalion, 102nd Infantry Regiment celebrated 100 years since the unit's first muster as the 102nd on Yale baseball field in West Haven, Connecticut, Sept. 9. In August of 1917, the 1st and 2nd Connecticut Regiments merged to form the 102nd Infantry Regiment and shortly after went on to fight in France in World War I as part of the 26th Yankee Division. (Photo by Allison L. Joanis, State Public Affairs Office)

The 169th Regiment (RTI) continued to forge the Army's future leaders, as four members of



Staff Sgt. Chris Moore, part of the crew of a Connecticut Army National Guard CH-47 Chinook helicopter assigned to Company B, 2-104th General Support Aviation Battalion, conducts a survey mission in northern Florida, Sept. 13. The mission was to evaluate river levels and damage along the Santa Fe and Ichetucknee rivers, while ensuring areas were free of stranded civilians. When conducting reconnaissance, the air crew indicated possible increased water levels, but deemed areas clear of any civilians in distress. The crew of the CH-47 included eight of 14 Connecticut National Guard Soldiers currently operating out of the Florida National Guard's Army Aviation Support Facility No. 1 in Jacksonville, Florida, in support of Hurricane Irma relief operations. More than 30 Connecticut Soldiers and Airmen supported relief efforts in Florida, Texas, Puerto Rico and the U.S. Virgin Islands. (Army National Guard photo by Spc. Lisa Crawford)

the Connecticut National Guard graduated from the Warrant Officer Candidate School, Sept. 23. Prior to their graduation, WOCS Class 17-001 completed Phase III of their training at Camp Atterbury, Indiana. Two Connecticut Soldiers, Warrant Officer Peter Bedard and Warrant Officer Timothy Brodeur, met the requirements to be recognized as part of the Commandant's List.

October

Connecticut Army and Air National Guard Personnel continued to support relief efforts in Puerto Rico with more than 20 deployed to the region. The 13-Guardsman team supporting communications operations via the JISCC also supported in other ways, delivering water and food to local neighborhoods that had experienced heavy flooding.

The Connecticut Army National Guard's 192nd Military Police Battalion, one of the oldest outfits in the United States Army, marked the month with a change of responsibility, as 1st Sgt. Stefanie Goins change of command at the Niantic Readiness Center, Oct. 14. In assuming responsibility of the Headquarters and Headquarters Company, 192nd MP Battalion, Goins became the first female senior enlisted leader in the battalion's storied history.

November

Nearly 70 Soldiers assigned to the 143rd Combat Sustainment Support Battalion said goodbye to family and friends as they boarded a plane for deployment, Nov. 12. The CSSB conducted mobilization training in Texas before heading to Poland in support of Operation Atlantic Resolve, where they will be responsible for subordinate units totaling 850 Service Members from all three components.

Although there was no Veterans Day parade in downtown Hartford this year, the Connecticut National Guard still supported numerous patriotic events as part of its Community Actions program. Whether it was marching in a town parade or speaking at a school, the CTNG supported 27 events during the holiday weekend.

Lt. Gov. Nancy Wyman joined Ms. Kim Hoffman, Director of the Connecticut National Guard's Service Member and Family Support Center to kick off Operation E.L.F. at the Hartford Armory, Nov. 16. With over 400 Guardsmen in the deployment cycle, E.L.F., or Embracing Lonely Families, celebrated its 16th anniversary or providing support during this stressful time. According to Hoffman, over \$11,000 in gift cards were distributed to families in need throughout 2017.

The USO hosted its Force Behind the Forces Gala at the Convention Center in Hartford, Nov. 20, and one of Connecticut's own was recognized. Staff Sgt. Jazzreal Richardson, a Flight Engineer assigned to the 103rd Airlift Wing, was honored as the Air Force Recipient of the USO Military Leadership Award, for actions he took in a mission during his deployment to Iraq earlier in 2017. The USO honors one member of each branch of service annually.

December

Each year, the Connecticut Veterans Hall of Fame recognizes its local members who continued to serve their communities after hanging up the uniform. On Dec. 4, 11 retired service members representing all branches were inducted as the Connecticut Veterans Hall of Fame Class of 2017, including Sergeant Maj. (CT-Ret.) Chester Morgan – a 30-year Veteran of the Connecticut Army National Guard. Maj. Gen. Thad Martin joined Lieutenant Governor Wyman and Thomas Saadi, Acting Commissioner, Connecticut Department of Veterans Affairs in honoring the newest inductees. Morgan was joined by his son, Command Sgt. Maj. Dan Morgan, the senior enlisted leader of the 1-102nd Infantry Regiment.

Operation E.L.F. held its culminating event, inviting Connecticut's military families to its party at the Hartford Armory, Dec. 16. Over 200 family members of Connecticut's service personnel currently in the deployment cycle were treated to an afternoon of numerous games and a visit from Santa Claus himself. At the time of publication, the Connecticut National Guard had more than 400 service members in the deployment cycle.

Editor's Note: On behalf of the Connecticut Guardian's Editorial Staff, thank you to each and every one of you who contributed to highlighting CTNG events throughout the year! We look forward to your stories, photos and events in 2018.



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)



Soldiers of the 143rd Combat Sustainment Support Battalion salute the flag during the unit's formal send off ceremony at the William A. O'Neill Armory, Hartford, Conn., Nov. 8. The 70 Soldiers of the CSSB heard from Guard and state officials who wished them well on their mission and thanked their families for their unwavering support. The 143rd CSSB left the state on Nov. 12, for their mobilization station in Texas before beginning their missions in Eastern Europe. (Photo by Allison L. Joanis, State Public Affairs Office)

If you missed any stories in 2017, read past CT Guardian issues online at <http://ct.ng.mil/Guardian>
Find additional photos on the CTNG social media pages, see page 23 for links.

MREP Update: Exercise Lion Star 6

1ST LT. JOHN COLLIAS
1-102ND INFANTRY REGT., CTARNG

Two platoon leaders assigned to the 1-102nd Infantry Regiment, Connecticut Army National Guard, participated in Exercise Lion Star 6 with the 3rd Battalion, 1st Royal Anglians at Camp Bloodhound, Cyprus, Sept. 5-27, 2017.

After hosting two British service members during the 102nd's 2017 Annual Training at Fort Drum, N.Y. this summer, 1st Lt. John Collias and 1st Lt. Patrick Szczesiul participated in the NATO Military Reserve Exchange Program – or MREP.

"First, we travelled to London, and spent several days at the 3rd Royal Anglians Headquarters," Collias said. "Most of the time was spent with familiarization, as we received briefs in unit history, weapons familiarization, British doctrine and training standards."

The two Lieutenants then linked up with the main body and hopped on a Royal Air Force flight to Cyprus, where they spent two weeks splitting the time between a training rotation and the tactical exercise.

According to the British Forces Broadcasting Service, Lion Star is an annual training exercise designed to prepare reservists for possible deployment, with over 130 members of the 3rd Battalion taking part.

The 3rd Battalion, known as, "The Steelbacks," are one of the most operationally experienced reserve units in the British Army, with deployments to Kosovo, Iraq and Afghanistan, according to the BFBS.

The training rotation consisted of development of platoon standard operating procedures and classes on various individual skills, including medical and communication tasks. We also focused on platoon attack



1st Lt. Patrick Szczesiul and 1st Lt. John Collias, 1-102nd Infantry Regiment, Connecticut Army National Guard, following the completion of tactical exercise at Camp Bloodhound, Cyprus, Sept., 2017. The two Lieutenants participated in Exercise Lion Star 6 with the 3rd Battalion, 1st Royal Anglians in Cyprus as part of the NATO Military Reserve Exchange Program – or MREP. (Photo courtesy of 1st Lt. John Collias, 1-102nd Infantry Regiment, Connecticut Army National Guard)



Left - A terrain model of the final objective, detailing the approximately five kilometer night movement and assault positions for a tactical exercise during Operation Lion Star 6 in Cyprus, September 2017. Two Lieutenants from the 1-102nd ING REGT, CTARNG, participated in the exercise with the 3rd Battalion, 1st Royal Anglians as part of the NATO Military Reserve Exchange Program. (Photo courtesy of 1st Lt. John Collias, 1-102nd Infantry Regiment, CTARNG)

and movement to contact lanes.

"Once we began working at the platoon level, we found many of our SOPs were similar and required little tweaking to be compatible," Collias said. "During the tactical portion of the event, I was really impressed with how seamless everyone made the transition to continuous, 24-hour operations."

Due to safety concerns with high temperatures, mission

planning and troop leading procedures took place during the day, and mission execution at night.

The tactical exercise culminated in a company assault on a dam – a complex objective with size and depth to challenge leaders at all levels, according to Szczesiul.

"We initiated movement around (2:00 a.m.) and had initiated contact about five hours later," Szczesiul said. "This was an incredibly experience that provided us with a unique opportunity to learn how our British allies operate. We both couldn't be more grateful to all of the 3rd Battalion, and especially 1st Lt. Cameron McIntosh for the hospitality."

The MREP Program is open to E-6s and above, and the applications period typically takes place in the spring. For more information on how to get involved, current Connecticut Guardsmen must contact their chain of command.

AROUND OUR GUARD

A Glimpse at Connecticut Guardsmen and Events



Sgt. 1st Class Brian Zamudio (left), Assistant Inspector General, Connecticut National Guard, is presented the Order of St. Maurice by Lt. Col. Gordon Moon (right), Command Inspector General, during a ceremony at the Middletown Armed Forces Reserve Center, Jan. 9. Zamudio, a long-serving member of the CTNG's 1-102nd Infantry Regiment, earned the award for, "outstanding and conspicuous contribution to the Infantry," according to the National Infantry Association Website. (U.S. Army Photo by Staff Sgt. Daniel Park, CTNG)



Above - A truck is filled with toys during the 2nd Annual "Fill Our Rucks" 5k run at the Bradley Air National Guard Base, East Granby, Conn., Dec. 2, 2017. Over 200 toys were collected during the event, which was held to support the families of children who are seriously ill and military families who are separated due to deployment. (Photo by Staff Sgt. Maria Puetz, CTANG)

Left - Participants and volunteers at the 2nd Annual "Fill Our Rucks" 5k run at the Bradley Air National Guard Base, East Granby, Conn., Dec. 2, 2017. The event was hosted by members of the 103rd Airlift Wing's Flying Yankee Running Club the Rocky Hill Veterans Home and the Connecticut Children's Medical Center to collect toys and raise money for the families of children who are seriously ill and military families who are separated due to deployment. (Photo by Staff Sgt. Maria Puetz, CTANG)

The Servicemembers' Civil Relief Act: What It Covers And What It Doesn't

MAJ. DONNIAL K. HINDS
COMMAND JUDGE ADVOCATE

The Servicemembers' Civil Relief Act was enacted in 2003 and has been amended multiple times since. The SCRA is a federal law which provides protections for military members as they enter active duty. The protections of the SCRA only come into play for obligations that are entered into before entry onto active duty.

SCRA specifically provides servicemembers with relief from certain civil obligations (such as rental agreements, security deposits, evictions, interest rates, foreclosures leases, health insurance, etc.) and temporarily suspends judicial and administrative proceedings and transactions involving civil liabilities when military service materially affects the ability of a servicemember to meet or attend to civil matters. Although the SCRA is designed to protect Servicemembers and their family, most of its provisions require action to request relief—and it must be done in a timely manner. Some protections require written notification, such as the cancellation of a housing rental agreement. Other provisions, such as requesting an SCRA-mandated 6 percent loan rate, require that you show you have been “materially affected” by reason of

military service. In most cases, a copy of active duty orders may be required in order to gain relief under the Act.

The SCRA also allows for certain court proceedings to be stayed or postponed. By providing for the temporary suspension of judicial and administrative proceedings the SCRA enables servicemembers to focus their energy on the defense of the United States. Among other things, the SCRA allows for forbearance and reduced interest on certain obligations incurred prior to military service, and it restricts default judgments against servicemembers and rental evictions of servicemembers and all their dependents.

Although many types of court proceedings are stayed while utilizing the provisions of the SCRA, it does not require that child custody proceedings be stayed. Child custody is viewed from the standpoint of what is in the best interest of the child. Nothing in the SCRA gives the Servicemember any substantive rights regarding parental access, joint decision-making, notice of relocation, visitation or primary custody of the children. The issue of custody and visitation rules for military members is solely governed by state law.

Many servicemembers believe that while they are

deployed no adverse information can be entered onto their credit report. This is inaccurate to say the least. The SCRA only provides that no adverse credit information can be entered against a servicemember when he or she is exercising their SCRA rights (for example terminating a lease or cell plan, reducing interest, etc.).

In order to waive protections under the SCRA once invoked, this must be affirmatively done. No matter what a creditor says SCRA protections can only be effective if the waiver is in writing and in a separate instrument from the obligation. Just because a servicemember elects to waive certain benefits, they do not waive all other rights under the Act.

The SCRA should not be confused with the Uniformed Services Employment and Reemployment Rights Act 1994 (USERRA). The SCRA does not provide any protections for reemployment rights. Reemployment rights are covered by USERRA.

If there are any problems or questions regarding the SCRA a great resource is your local judge advocate at (860) 524-4961 or www.servicememberscivilreliefact.com.

Reserve Component Survivor Benefit Plan

COURTESY OF THE NATIONAL GUARD BUREAU

Reserve Component Survivor Benefit Plan (RCSBP) is similar to term insurance, with a few significant differences. Unlike term insurance, RCSBP coverage never terminates due to your age. It also provides an inflation-protected annuity for the life of your spouse or other eligible beneficiary.

Members who are eligible to retire will receive a letter advising how to retrieve their Notification of nEligibility for Retired Pay (NERP) letter commonly known as the “20 year” letter. Additionally, this letter includes a notice of their eligibility to participate in the RCSBP. When the member logs onto the myPers website, clicks on “Access the vPC Dashboard” under the “I Would Like To...” section, then clicks on the “Action Request” tab, then “Notification of Eligibility for Retired Pay/RCSBP Package”, the automatic RCSBP election codes and marital/dependency status will be visible to them.

The member should download and print the RCSBP Information Packet to review. This RCSBP Information Packet will only be available once.

At this point, the member has the option to concur or non-concur with the automatic election codes shown on the online record. The information that is displayed on the online record is populated by data updated in Military Personnel Data System (MilPDS). The member should visit their local Military Personal Section (MPS) to verify

their dependents are up to date before logging into vPC. If the member agrees with the automatic election, they can give their consent by clicking the concur button. If the member disagrees, they need to click the non-concur button. They would then download and print off the DD Form 2656-5. The member will have 103 days from the date of the automatic RCSBP election to request a change to the election by completing the form and returning it to ARPC for validation, via e-mail, fax, and mail or through myPers.

RCSBP Options:

- *Option A* – Decline participation. You will be given another opportunity to make an election when you begin to draw retired pay.
- *Option B* – Deferred Annuity. Your beneficiary will receive annuity payments beginning on the anniversary of your 60th birthday.
- *Option C* – Immediate Annuity. Your beneficiary will receive annuity payments immediately after your death.

Coverage Options:

- *Spouse* – SBP annuity will only paid to the spouse and will stop at their death.
- *Spouse and Child* – Allow for payment to be made first to the spouse and, in their absence, to children (via a guardian).
- *Child only* – Annuity payments provided to children until age 18, or 22 if enrolled in the school, upon which payments cease.

• *Former Spouse* – Choice may be required by a divorce decree. Individuals who are under a court order to cover a former spouse cannot cover a current spouse.

• *Insurable Interest* – May be used by those with no spouse or children. Payments must be made to a person and the cost is different from the other coverage options. Those interested in this choice need to verify the eligibility rules and review the cost structure.

If you choose not to participate in RCSBP you will need to review your life insurance coverage, savings and investments to ensure that your loved ones will have the financial resources they need to take care of themselves if you pass away.

Please keep in mind that if ARPC does not receive a response, within the timeframe prescribe by law, an automatic election will be made for the member based on their dependent status in MilPDS. If members have eligible dependents they will be automatically enrolled into Option C; and if members do not have eligible dependents, they will be automatically enrolled into Option A. Please contact your servicing MPS or submit a myPers tickets to get expert guidance and assistance you need to make an election.

If you have any questions or for more information, please contact Master Sgt. Lisa Todaro 860-292-2387, lisa.j.todaro.mil@mail.mil.

Submit Your NGACT Award Nominations

CAPT. ULRICK BRICE
NGACT

Greetings to all Soldiers, Airmen, families and friends. I encourage you to nominate a deserving member for one of the NGACT awards listed below. Each winner will be recognized at the 2018 NGACT Annual conference. Nomination forms are due February 14, 2018. All award recipients will be informed if they are selected no later than February 28, 2018.

NGACT Awards & Eligibility

The Minuteman Award: The highest honor bestowed on a member of the Association. It recognizes exceptional achievement, a patriotic act, highly distinguished service and/or an outstanding contribution to a military organization, community, the State, the Nation or National Guard Association of Connecticut. Posthumous awards may be made to the next of kin.

Eligibility: Member or former member of the military and NGACT
The NGACT Leadership Award: Recognizes a company grade officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the Officer's Creed.

Eligibility: Company grade officer, member of the Connecticut National Guard, Member of NGACT and recommendation endorsed by the respective chain-of-command.

The Commander Sergeant Major Anthony V. Savino Award: Recognizes a noncommissioned officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the NCO Creed.

Eligibility: NCO and member of the Connecticut National Guard, member of NGACT and recommendation endorsed by the respective chain-of-command.

The Meritorious Service Award: Bestowed on an individual, firm or organization for outstanding service to the Connecticut National Guard and/or NGACT.

Eligibility: Any individual, firm or organization; military or civilian.

The President's Corporate Member Award: Recognizes a corporate member that distinguishes itself through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current corporate member of NGACT.

The President's Retiree Award: Recognizes a retiree member who distinguishes themselves through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current member of NGACT.

*National Guard Association of Connecticut
2018 Awards Program Nomination Form*

The National Guard Association of Connecticut recognizes outstanding achievement or service in keeping with the purpose, goals, objectives and policies of the Association through its annual Awards Program. We will recognize recipients at the NGACT Annual Conference and Awards Luncheon on March 31, 2018.

The NGACT Awards Committee is now accepting nominations through **February 14, 2018**. All nomination forms must be postmarked NO LATER THAN February 14, 2018 to be considered.

Please complete the form and forward it with any supporting documentation to: NGACT Awards Committee, 360 Broad Street, Hartford, CT 06105-3795 or email to ulrickbrice@gmail.com. The complete form can also be found at <https://ngact.org/>.

Name of Person being nominated: _____

Is the person a current member of the CTNG? Yes ___ No ___

Is the person a retired member of the CTNG? Yes ___ No ___

Is this a posthumous award? Yes ___ No ___

Nominee's Unit: _____ Nominee's Rank: _____

Nominee's Phone Number: _____

Nominee's Email: _____

Award being nominated for: _____

Please provide as detailed a description as possible of why this Nominee is deserving of the Award: (Use a separate sheet if necessary)

Name/Rank of person submitting the nomination: _____

Unit of person submitting the nomination: _____

Phone Number: _____

E-mail: _____

Relationship to nominee: _____

LOOKING TO BE WELL PAID FOR A CHALLENGING CAREER?

BECOME A MEMBER OF THE 1943RD TEAM

The 1943rd Contingency Contracting Team has two vacant E-6 M-Day positions. Gain contracting experience as a 51C and become certified in federal contracting, for a highly in-demand career field that has open opportunities in both private and government sectors.

As of November 5, 2017, there are 284 job openings nationwide on USAJOBS.gov for a Contracting Officer. Salaries are well above the national average.

Considered grades are ARMY E-5 and newly promoted E-6. E-4 may be considered if Basic Leader Course is completed and the individual is promotable. Must have or within one year of joining the team, be able to obtain, a bachelors degree and 24 business credits (business credits do not have to be within bachelor's degree).

For more information contact 1st Lt. Robert Ragos, 1943rd Executive Officer, at robert.j.ragos.mil@mail.mil.



Health & Fitness

New Year Workout Routine Making Your Muscles Ache? Implement a Self Care Plan to Break Through the Pain Barrier

STAFF SGT. SILAS HOLDEN
1109TH TASMG
MASTER FITNESS TRAINER

Now that the holidays are over and all the trimmings eaten, the gyms are crawling with unfamiliar faces.

In an effort to take off what was added from all the feasting; or simply due to the desire to take back the health and vitality of youth, people are again attempting to reinvent their schedule to accommodate working out and eating right. This month we will cover some self-care strategies that can help keep you on track and make 2018 the year that your break down your fitness barriers.

So what exactly is self-care? Here I will go over a few of the most popular self-care strategies. Some facets of self-care are as follows: stretching, foam rolling, Proprioceptive Neuromuscular Facilitation (PNF), smashing, and Self Myofascial Release (SMR).

How often in the gym do you hear this? "Man, my back is killing me so I figure another good back day will stretch it out a bit." This is the ultimate recipe for a long term injury. Arnold Schwarzenegger once said in an interview on fitness and bodybuilding that stretching was the most important part of his routine. Stretching is one form of self-care that will completely make or break a great workout routine.

In my experience, it is surprising how few actually put together a regular, comprehensive stretching routine. I have lost track of how many times I have heard someone say, "I never stretch and I feel great, even before and after my runs or lifting workouts." Regardless of how you feel, it is important to include some dynamic stretching for a warmup and some static stretching for a cool down. Do your own research through credible sources and see what you can gain from this self-care option.

Next is foam rolling, a tactic that has become increasingly popular in the past few years. Foam rolling is essentially massage therapy that you do on yourself with a foam roll. The weight placed on the foam roll helps to work out tension and knots in the muscles affected. This will not get into the muscle as well as an actual Licensed Massage Therapist, but it is a great way to keep pliability in your muscles.

Proprioceptive Neuromuscular Facilitation, or PNF, is a form of assisted stretching done with a work out partner. By pinpointing areas that need stretching, the partner can perform deeper, longer held stretches to help decrease muscle tension. The key is to go until the person just feels the stretch engaging the muscle. Hyperextension may occur if you stretch too far, too quickly, so do some self-study before putting it in your routine.

What is smashing? Smashing is the manipulation of muscle tissue and fascia by utilizing a kettlebell and rolling it along the muscle. I first came across this term in a book I highly recommend titled, "Supple Leopard." It



Senior Airman Joseph Amador, 366th Fighter Wing judge advocate military justice paralegal, stretches his hamstring for the Slimpossible challenge Jan. 12, 2018, at the Gunfighter Fitness Center, Mountain Home Air Force Base, Idaho. Amador performed leg stretches to cool down from his run. (U.S. Air Force photo by Airman 1st Class JaNae Capuno)

has some of the most beneficial information I have found on self-care to enhance mobility and flexibility to new levels. Smashing will definitely pinpoint some trigger points that need attention. While this can be painful if using a heavy kettlebell, it will bring about much relief from any area that has been causing soreness and lack of range of motion. Once again don't just grab a kettlebell and start rolling your muscles, learn the proper technique before jumping into this modality of self-care.

The last form of self-care is Self Myofascial Release. SMR is simply the manipulation of bound up fascia using tools and your own hands to bring pliability to the area needing attention. It is essentially, "self-induced massage." All of the mentioned forms of self-care are a form of SMR. As we work out and go about our daily lives the fascia becomes bound up and creates areas of soreness. Once released, the blood can flow to the area and begin bringing life back to the area. Many people mistake bound fascia for an injury, if taking the proper action this area can be remedied with some quick self-care and further injury can be alleviated.

Self-care is a much needed remedy for those who give up on working out due to sore spots mistakenly thought of as injury. With a little knowledge and technique, relief can come faster than you think, putting you back on track for your fitness activities. Pain is the brain's way of telling the body something is wrong and

requires attention. Oftentimes, individuals automatically believe that pain is an injury, when in actuality, it is simply the body telling you that the area needs to be released so it can function as it is meant to. It is important to examine an area before believing it is a severe injury and finding out if it is in need of medical attention, or if it can be released with some form of self-care.

If you don't feel comfortable with this on your own then seek out an LMT and get a professional opinion, but be sure to find a reputable business.

Again, the goal of this article is to provide you with knowledge to help you in your research. I can tell you from my own experience that immobilizing an area when it just needs some good self-care is much more damaging than the work it needs. Good luck to all in this New Year and get out there and smash your fitness goals. As always, stay fit, stay hydrated, and stay motivated.

"No Excuses, No Limits! Break the box and motivate!"

Staff Sgt. Holden is a certified 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 regimen. Request a topic, or ask Staff Sgt. Holden a direct question by emailing him at silas.k.holden.mil@mail.mil.

Health & Fitness

Not Out of The Woods Yet Flu Season Intensifying, Connecticut DPH Strongly Recommends Flu Shot

CONNECTICUT DEPARTMENT OF
PUBLIC HEALTH

HARTFORD, Conn. – The Connecticut Department of Public Health announced that this year's flu virus has thus far been particularly severe among people aged 65 and older, with that age group accounting for 70 percent of all patients who have been hospitalized with influenza. In addition, DPH reports:

- A steep increase in the number of Connecticut residents who have been hospitalized with influenza over the past five weeks.
- If the duration of this influenza season is similar to the past two influenza seasons, Connecticut may be four to six weeks away from peak influenza activity, probably in mid-February.

"In the midst of a troubling increase in flu hospitalizations, I strongly urge all Connecticut residents to remember to get their flu shot," Governor Malloy said. "We are just a few weeks away from peak flu activity, so everyone - especially those aged 65 years or older, should take the necessary precautions to protect themselves and their loved ones from this illness."

"This year's flu virus appears to be affecting older persons especially hard," said DPH Commissioner Dr. Raul Pino. "It is not too late to get a flu shot, and some people who are sick with influenza may need to be treated with an antiviral medication."

This year the Centers for Disease Control and Prevention (CDC) is recommending that the use of antiviral medications for treatment of influenza is even more important this year than usual:

- The CDC is advising clinicians that all hospitalized patients and all high-risk patients (either hospitalized or outpatient) with suspected influenza should be treated as soon as possible with a neuraminidase inhibitor antiviral
- While antiviral drugs work best when treatment is started within two days of illness onset, clinical benefit has been observed even when treatment is initiated later

"The protection provided by a flu shot against contracting the virus or at a bare minimum lessening the severity and duration of the illness if you get the flu cannot be understated. I strongly recommend anyone



Della Poponea, Naval Branch Health Clinic Kings Bay nurse, gives a flu shot to Manda Chapman. (U.S. Navy photo by Jacob Sippel, Naval Hospital Jacksonville).

who has not yet received the flu vaccine to get one as soon as possible," urged Dr. Pino. "It is not too late to protect yourself from what is looking to be a particularly strong flu season."

Overall, the most prevalent strain of influenza seen in Connecticut thus far this season is Influenza A (H3N2), which typically causes more severe illness than other flu strains. As of the week ending January 6, 2018, a total of 1,015 patients have tested positive for influenza, with 456 hospitalized patients admitted between August 27 and January 6. Fifteen flu-related deaths in individuals 65 years and older have been reported to date this flu season. For the most recent information about influenza activity in Connecticut, please see the weekly influenza update http://www.portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/infectious_diseases/flu/stats/thisweekfluupdate.pdf posted on the DPH website.

Influenza is a contagious respiratory illness that is spread through the air and by direct contact with respiratory droplets. Typical symptoms of the flu include sudden fever, aching muscles, sore throat, coughing, runny nose, headache, and eye pain. While anyone, particularly individuals who are not vaccinated, can contract the flu, the illness is especially dangerous for certain groups, including: people aged 65 and older; children younger than two years old; people of any age with chronic medical conditions, like asthma, diabetes, congestive heart failure, or lung disease; and pregnant women.



Additional Flu Resources

- **Basic Flu Information**
<http://www.portal.ct.gov/DPH/Infectious-Diseases/Immunization/Seasonal-Influenza>
- **Where to Get a Flu Vaccine?**
<https://vaccinefinder.org/>
- **Vaccine Information**
<https://www.cdc.gov/flu/prevent/index.html>
- **What to Do If you Get Sick?**
<https://www.cdc.gov/flu/takingcare.htm>
- **CT DPH**
<http://www.portal.ct.gov/DPH>
860-509-8000
- **CDC Contact Center**
1-800-232-4636

Answering the Nation's Call

An Inside Look at the 103rd Security Forces Response to the Aftermath of Hurricane Irma

TECH. SGT. JESSICA ROY
103RD SECURITY FORCES SQUADRON

Eight members of the 103rd Security Forces Squadron heeded the call and responded in the aftermath of Hurricane Maria in Puerto Rico Nov. 5-23, 2017.

Master Sgt. Jerry Lashway, Tech. Sgt. Rolando Collazo, Staff Sergeants Juan Valencia, Matthew Fortin and Leopoldo Otero, Senior Airman Collin Gallagher-Paeth, along with Airmen 1st Class Adam Roach and Samuel Keaveney combined forces with the Massachusetts Air National Guard 102nd and 104th Security Forces Squadrons to round out a 36-member team.

A tight squeeze on a C-130H from Bradley Air National Guard Base transported the entire team and their equipment to Roosevelt Roads Naval Air Station in Ceiba, Puerto Rico.

After multiple alerts to stand-by, the team received the green light with about a week's notice.

Lashway lead the team of eight from the 103rd, saying it was, "Instant go once the boots hit the ground." The off-going team was awaiting their arrival ready to depart. A 45-minute conversation was the extent of the changeover.

Their mission consisted of manning two gates, a flight line and a mobile patrol, setting up a field armory and a Base Defense Operations Center in a tent. In addition to base security, the team supported the much-needed humanitarian aid mission still ongoing.

They visited a nursing home and distributed over one hundred cases of water, going room to room to residents who were unable to get to an established distribution center. Days off post were spent doing more humanitarian work. Three members, Collazo, Valencia and Otero, speak fluent Spanish and were of immense help, and conducted translation work.

Collazo was the midnight flight chief and assistant team leader. He gave out MREs and hot food. He brought water and food to his mother, who he hasn't seen in 10 years, plus cousins, aunts and uncles.

"I did a lot of translating," Collazo said. "The (team was) supportive and understanding to the locals, as well as enthusiastic, motivated and happy to help."

This was Valencia's first mission out of state with the CTANG. "The mission was good, we made the best of what we could with the resources we had," Valencia said. "I worked night shift but was able to visit a village to remove debris. I was able to talk to the locals who were very grateful to us. Having been there before, the destruction was immense. Driving was difficult. I learned from other units and got to know my fellow Guardsmen better."

Otero stated that he wanted to go because he is from Puerto Rico and has family there.

"I wanted the opportunity to give back," Otero said. "The people were extremely resilient and in great spirits considering the challenges they were facing. All I heard were positive comments from the locals."

Otero felt like he was "combining my heritage with my military career." It was personal. He saw his grandparents and was able to bring information back to his other family members in Connecticut.

Although it was his first time there, Lashway knew Puerto Rico was in tough shape. "There was limited-to-no cell phone service. Any and all power came from generators," Lashway said. "The people were very happy to see them and gave an outstanding reception. It was a great feeling being there helping them. Security Forces performed exceptionally well. Everyone maintained a positive attitude and was willing to help in any way they could."

This was Keaveney's first out-of-state mission, deeming it a, "great learning experience." He was happy to be more hands-on, taking what he learned from on-the-job-training at Bradley and applying it somewhere else. He enjoyed helping the local community.



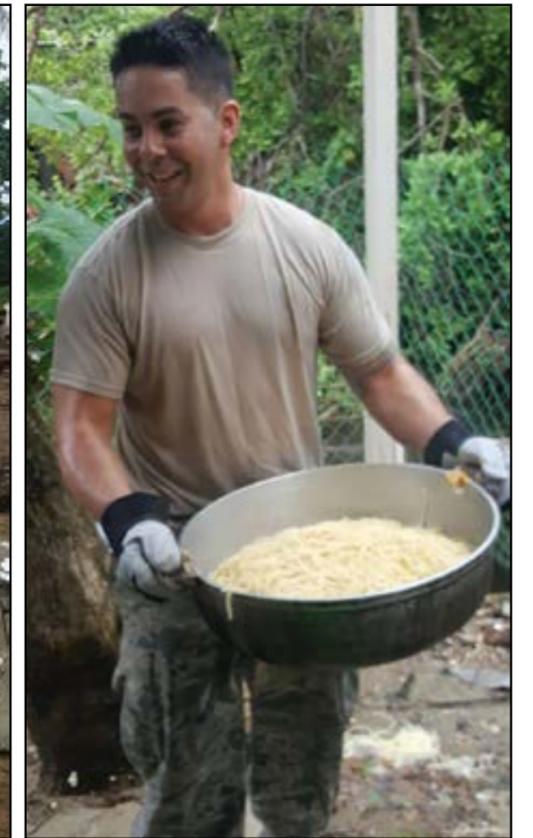
Staff Sgt. Leopoldo Otero and Airman 1st Class Adam Roach, 103rd Security Forces Squadron, Connecticut Air National Guard, move debris to help clean up a community devastated by Hurricane Irma in Puerto Rico in November 2017. The CTANG sent eight members of the 103rd SFS to join members of the Massachusetts Air National Guard to aid in security missions as well as provide humanitarian support to surrounding communities. (Photo courtesy of the 103rd SFS, CTANG)



Destroyed homes as the result of Hurricane Irma in a community of Puerto Rico. The Connecticut Air National Guard sent eight members of the 103rd Security Forces Squadron to perform base security and humanitarian missions. (Photo by Staff Sgt. Leopoldo Otero, 103rd SFS, CTANG)

Right - Staff Sgt. Juan Valencia and Airman 1st Class Adam Roach, 103rd Security Forces Squadron, Connecticut Air National Guard, move debris to help clean up a community devastated by Hurricane Irma in Puerto Rico in November 2017. The CTANG sent eight members of the 103rd SFS to join members of the Massachusetts Air National Guard to aid in security missions as well as provide humanitarian support to surrounding communities. (Photo by Master Sgt. Jerry Lashway, 103rd SFS, CTANG)

Far Right - Staff Sgt. Leopoldo Otero, 103rd Security Forces Squadron, Connecticut Air National Guard, serves food to locals affected by Hurricane Irma in Puerto Rico in November 2017. The CTANG sent eight members of the 103rd SFS to join members of the Massachusetts Air National Guard to aid in security missions as well as provide humanitarian support to surrounding communities. (Photo by Master Sgt. Jerry Lashway, 103rd SFS, CTANG)



"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 6 Years
 Receive a \$12,000 Bonus and a Gerber 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 & Gerber 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. LNW 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

Enlisted Update



COMMAND CHIEF MASTER SGT.
 JOHN M. GASIOLEK

Greetings My Fellow Guardsmen, I hope you all enjoyed the holiday season and spent some well-deserved time off with the ones you care most about. There is no rest for the wicked and already in 2018, we are off and running. During both January and February, our 103rd Airlift Wing is participating in a phase one and phase two operation readiness exercise. Of course the first day of the January exercise we were thrown yet another challenge with winter weather that placed nearly 1,000 Connecticut Guardsmen on standby. Another example of our Guard embodying the motto: Always Ready, Always There!

During these winter months, the 103rd Airlift Wing will welcome home many more of our deployers returning from overseas. If you have the opportunity to be there when they arrive, it would go a long way to remind them they were not forgotten as they have represented Connecticut in so many positive ways. If you can't make it to the airport or the base, when you see them next please thank them for representing the very best of our great state.

Over the last couple of months, I have seen some very inspiring guidance from our senior leadership and thought it would be appropriate to share one of the pieces with all of you. In December, both Gen. David Goldfein, Chief of Staff of the Air Force, and Chief Master Sgt. Kaleth Wright, Chief Master Sergeant of the Air Force, authored guidance titled, "Expectations of a Successful Command." Some excerpts:

"We have from the moment you read this until the next war begins to prepare ourselves and our organizations to fight and win."

"Improving the lethality and readiness our Airman and Families is a command team business."

As Soldiers and Airmen with ethical leadership, we must exhibit followership. As followers we really need to first understand where each of us fit into the big picture and focus on finding success in the success of the whole group, not just our own unit. In other words, we have to establish our own job performance standard while always keeping the big picture in mind. We need to focus on effective individual performance so we can ultimately be integrated wherever the mission takes us.

Within the same guidance another section talked about culture. "What does it mean to be part of the mission and its importance as a service and a nation at war? Do Airmen and their families feel embraced and included? Are they part of something truly special?"

We all have to do our part to give our units their own special identity and truly understand how our mission contributes to the overall success and defense of our nation. We need to include our families in as many aspects of what we do as possible. Every one of us are part of something special just by virtue of the fact we all wear the fabric of our nation.

As leaders we need to make every one of our units unique and embrace the significant impact each unit brings to the fight every single day. We have to take care of our Battle Buddies and Wingmen as if our own lives depend upon it. If you haven't figured it out by now, there is strength in numbers and our lives are in their hands. We cannot afford to lose a single person therefore investing in our Battle Buddies and Wingmen is the only logical thing to do.

I will summarize one last piece of their guidance which truly resonated with me. It spoke about fun within your unit.

My interpretation of a good example would be Yankee Warrior Day. Typically, the 103rd Airlift Wing sponsors

a half-day event pitting each unit against one another with team events or challenges (this year was an exception due to our high deployment optempo). The esprit de corps built within each unit during this event was unparalleled to anything I have witnessed in a long time. Although the competition was a unit versus unit event, each and every guidon was placed on the same stand. Although the rank placement of the guidon and standings would change with each event, it served as a reminder that at the end of the day, we were all on the same team.

Similarly, in our day-to-day operations, each unit has their time to rise to the occasion when needed most. Sometimes we are fortunate enough to have multiple units afforded the opportunity to rise to the occasion together. Despite whose turn it is we are all on the same team. Any failure to collaborate, the mission can't be accomplished and we all fail.

There are obviously many other scenarios which could represent fun within a unit. They are all equally important. Most importantly, we all need to take the time to recognize our own accomplishments and hard work. I tend to subconsciously think about some of the bases, units and assignments I have been over the years. I think about the ones where the shift ended and everyone bolted for the door or out the gate. Those days were long and difficult. I then think back to some of the other places and people I worked with and you had to throw us off the base. Everyone knew one another, families spent time together and life was awesome. Although there are many miles that separate us now, I still stay in contact with most of them today. If you enjoy what you do and love who you do it with, you will never work a day in your life. Which type of unit do you have? What type of unit do you want to have and belong to? If it is not meeting your expectations then make the time to make a difference.

Your senior leadership, my family and I are extremely impressed in all that you do! We are grateful. Be safe, enjoy, and thank you!

CONNECTICUT AIR NATIONAL GUARD COMMISSIONING OPPORTUNITIES

Qualified candidates may email resumes/CVs to:
 Senior Master Sgt. Aaron Hann aaron.f.hann.mil@mail.mil (860) 292-2331
 Master Sgt. Christopher Grizzle christopher.h.grizzle.mil@mail.mil (860) 292-2758

- 12M - Mobility Combat Systems Officer (Navigator)
- 32E3 - Civil Engineer Officer
- 48A - Aerospace Medicine Specialist
- 48R - Flight Surgeon
- 43H3 - Public Health Officer
- 42G3 - Physician Assistant



COURAGEOUS STEADFAST PROTECTORS

CONNECTICUT ARMED FORCES DAY LUNCHEON



SAVE THE DATE
MAY 18, 2018 * 11:00 A.M.
 AQUA TURF CLUB, SOUTHINGTON, CT

Suggested attire: Business, Service Dress, Class B, or Duty Uniform
ADDITIONAL DETAILS FORTHCOMING



FOR MORE INFORMATION, CONTACT
 SGT. 1ST CLASS WILLIAM BLAKE * (860) 493-2750 * WILLIAM.D.BLAKE14.MIL@MAIL.MIL
 OR VISIT [HTTP://CT.NG.MIL/CT_AFDL](http://CT.NG.MIL/CT_AFDL) OR [FACEBOOK.COM/CTARMEDFORCESDAY](https://www.facebook.com/CTARMEDFORCESDAY)



WARRANT OFFICER

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



CONNECTICUT NATIONAL GUARD

TAKE THE CHALLENGE TODAY, CONTACT
CW2 Lisa Chipman
 WARRANT OFFICER STRENGTH MANAGER
(203) 410-0828
lisa.a.chipman.mil@mail.mil

Inside OCS

Fulfilling Requirements

OC TIMOTHY RICH
OCS CLASS 63
1-169 REGT (RTI)

During December drill weekend, Connecticut's Officer Candidates fulfilled annual briefing requirements, and conducted an Army Occupational Physical Assessment Test, or OPAT.

Upon arrival at drill, Officer Candidates submitted the second of three peer evaluations. During this process, each candidate evaluates all of their peers in the Connecticut program and scores them in various categories of leadership traits. Candidates must also elaborate on the strengths and weaknesses of their peers. Next month during drill, cadre members will counsel Candidates on the results of these evaluations. The overall goal is to help us learn about ourselves from others, taking the constructive feedback in order to improve future performance.

On Saturday, Officer Candidates joined cadre members to and completed all required annual briefings. These briefings touched on critical areas for not just future leaders, but for all Soldiers. For example, Sexual Harassment/Assault Response and Prevention (SHARP) training covered topics such as consent, but also trained OCs in how to properly assist Soldiers who report wrong doing. It is crucial that these incidents are handled properly and with the utmost of sensitivity to protect those who are already taking a very brave step forward by speaking out. Though we all hope to never have

to exercise such training, the blocks of instruction are invaluable for these future officers.

OCs were also trained on the Threat Awareness and Reporting Program (TARP). The Army typically stresses training for external threats a Soldier may face such as enemy combatants. This training taught OCs about the "insider threat" or individuals within the U.S. military that may have negative intentions for the U.S. This can involve collecting and disseminating information on military operations and capabilities or may be a more direct action such as a violent attack of their own. TARP training gave the Soldiers present guidance on how to identify suspicious behavior and report it to Army Counter Intelligence.

On Sunday morning, OCs conducted an OPAT. This test consists of four parts: an interval aerobic run, a strength deadlift, a standing long jump and a seated power throw. This test is designed to assess a Soldier's ability to perform physical requirements related to various branch specialties and occupations. The Connecticut Officer Candidates' preparation showed off as they all scored, "black," the highest standard, which physically qualifies them for any branch they choose.

After a productive weekend, the OCs spent Sunday afternoon cleaning the barracks and turning in equipment before heading home to spend some much deserved time with their families for the holidays. We look forward to getting back to the grind, preparing for what lies ahead as we push through such a demanding course.



Become an Officer in the Connecticut Army National Guard
 For information and requirements, contact your chain of command or
 Capt. Ulrick Brice, RRB Officer Strength Manager,
ulrick.g.brice.mil@mail.mil

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

April 28, 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.motollo.mil@mail.mil






R3SP - Resilience, Risk Reduction & Suicide Prevention

Suicide Prevention and Resources for Military Families

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

Suicide prevention has long been a critical area in the military's push for a mentally and physically fit force.

New and emerging resources have provided many Soldiers access to the care they need to cope with many of the unique stressors their military duty brings. As we continue our mission bringing the most relevant and appropriate resources to our Soldiers it is important to remember military families often need access to resources as well to cope with the stressors that having a loved one in the military can bring.

There are many resources available to family members of Soldiers who may be experiencing stressors regardless of whether it is related to military service. Online resources such as SAMHSA, the Substance Abuse and Mental Health Administration, (www.samhsa.gov), provide specific guidance and resources for military families as well as current data and statistics on behavioral health in that population.

Military One Source (www.militaryonesource.mil) provides helpful resources for family members as well as providing a hotline 800-342-9647 for those who prefer to call for information. In Connecticut, Soldiers and their family member can access resources through the Behavioral Health Careline at 855-800-0120 or through Military Support Programs at 866-251-2913. The United Way's 2-1-1 info line is another great resource that Connecticut service members and their families can utilize to be connected with appropriate resources. Service members or their family can also access resources through CTARNG Suicide Prevention Programs at 860-524-4962.

Providing support and resources to those that support our Soldiers increases the readiness of our force and offers an easier transition from military duty to civilian life. If you or a fellow Soldier or family member needs resources to support resilience and coping skills, don't wait; reach out to any of the services listed above and take the first step in getting on a path towards improving your wellbeing.

Resilience: "Skill of the Month"

SGM James Sypher
State Resilience Coordinator
james.a.sypher.mil@army.mil

PROBLEM SOLVING

JUST the FACTS

What is the "Confirmation Bias" and how do I fight against it?

What is the skill?
"Problem Solving" is used to increase flexibility and accuracy in thinking about the causes of problems and to develop effective solution strategies.

Problem Solving Steps:

#1: What's the problem you are trying to solve?
Keyword: "Objective"

#2: What caused the problem?
Keyword: "Why"

#3: What did you miss?
Keyword: "Flexibility"

#4: What's the evidence?
Keyword: "Accuracy"

#5: What really caused the problem?
Keyword: "Clarity & Control"

#6: What can you do about it?
Keyword: "Positive Change"

The Confirmation Bias or "Velcro/Teflon Effect" is common and influences all of us:

<p>It causes us to:</p> <div style="border: 1px solid black; padding: 5px; width: 80px; margin: 0 auto;">Notice Remember Weight</div> <p>Evidence that supports our thoughts and beliefs</p> <p>↓</p> <p>VELCRO EFFECT It sticks</p>	<p>It causes us to:</p> <div style="border: 1px solid black; padding: 5px; width: 80px; margin: 0 auto;">NOT Notice NOT Remember NOT Weight</div> <p>Evidence that does NOT support our thoughts and beliefs</p> <p>↓</p> <p>TEFLON EFFECT It slides off</p>
---	---

* FIGHT AGAINST the Confirmation Bias:
 1. Try distancing yourself from your thought. Write it down.
 2. Ask FAIR questions to gather evidence for and against your thought.
 3. Consult with others!

Resilience Resources:

Outward Bound

www.outwardbound.org/veterans

Service Member and Family Support Center

1-800-858-2677

Military OneSource

www.militaryonesource.mil



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

R3SP - Resilience, Risk Reduction & Suicide Prevention

R3SP Welcomes New Drug Testing Coordinator

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

While the R3SP team will be sad to see Sgt. Christopher Wichrowski move on to his next assignment, we are excited to welcome in Sgt. Victor Martinez as CTARNG's new Drug Testing Coordinator.

Connecticut's Drug Testing Program has garnered much admiration in the past few years leading the way nationally in drug testing and providing training to Soldiers in the Unit Prevention Leader course. The program has continued to move forward and standardize the testing process under the supervision of Sgt. Wichrowski, leaving Sgt. Martinez with some pretty big shoes to fill.

Sgt. Wichrowski's contributions to the Drug Testing Program and R3SP as a whole have helped promote substance abuse prevention and comprehensive Soldier fitness, but he will be continuing his military career as the Supply Sergeant for Headquarters and Headquarters Company, 192nd Military Police Battalion.

Sgt. Martinez attended the Drug Testing Coordinator course in the summer of 2017 and has been quick to learn the regulations and policy and apply them to the program. Serving as alternate Drug Testing Coordinator, Sgt. Martinez worked alongside the Army Substance Abuse Program and Sgt. Wichrowski as they standardized the process of testing and rehabilitation.

R3SP is happy to have a familiar face on board and excited for Sgt. Martinez's contributions to the team. Units should note that despite the transition, contact information will remain the same. Sgt. Martinez can be reached at 860-548-3298 and will remain located in the Hartford Armory Room 303.

We wish Sgt. Wichrowski all the best in his new position and look forward to the addition of Sgt. Martinez.

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

Ms. Meagan MacGregor
Alcohol and Drug Control Officer
860-524-4962 - meagan.e.macgregor.ctr@mail.mil

Sgt. Victor Martinez
CTARNG Drug Testing Coordinator
(860) 548-3298 - victor.m.martinez179.mil@mail.mil

Cheyenne Carden
Prevention Coordinator
(860) 548-3291 - cheyenne.t.carden.mil@mail.mil

February: Children of Alcoholics Awareness

SUBMITTED BY THE CTNG R3SP

Children of Alcoholics Month is a campaign led by The National Association for Children of Alcoholics to raise awareness of Children affected by parental alcohol problems.

"Imagine coming home from school and dreading what you might find. Imagine having no friends because you're too embarrassed to bring them home in case Mom or Dad are drunk, or worse. Imagine living in a home full of fear and having no one to turn to because everyone denies there's a problem."

Facts you may not know about alcoholism when it comes to your children:

- **What is Alcoholism?** - Alcoholism, or alcohol dependence, is a disease that includes four symptoms: Craving-a strong need or urge to drink, loss of control-not being able to stop drinking once drinking has begun, physical dependence-withdrawal symptoms, such as upset stomach, sweating, shakiness, and anxiety after stopping drinking, and tolerance- the need to drink greater amounts of alcohol to get "high."

- Alcohol use disorder often seems to run in families, and we may hear about scientific studies of an "alcoholism gene."

- Research shows that genes are responsible for about half of the risk for AUD. Therefore, genes alone do not determine whether someone will develop AUD. Environmental factors, as well as genes and environment interactions account for the remainder of the risk.

- Researchers have discovered that different factors can alter the expression of our genes. This field is called epigenetics. Scientists are learning more and more about how epigenetics can affect our risk for developing AUD.

- Children of addicts are eight times more likely to develop an addiction.

- National Library of Medicine and the National

A Family History of Alcoholism

Are You at Risk?

U.S. Department of Health and Human Services
National Institutes of Health
National Institute on Alcohol Abuse and Alcoholism

Institute of Health conducted a researched that showed an increase in alcohol consumption correlates to an increase in the divorce rate as well as an increase in the divorce rate leads to an increase of alcohol consumption.

****Don't wait until it's too late. If you struggle with Alcoholism, call the Army Substance Abuse Program to find out the options available to you.****

Off the Bookshelf

with Staff Sgt. Simon

There's no FM for that: Co-parenting Readiness

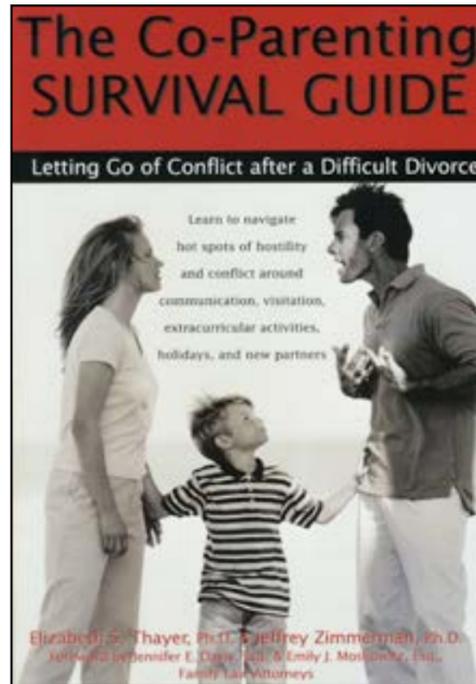
STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

The U.S. Military is a relatively easy world to navigate through.

There are standards and regulations to follow and a fixed chain of command to delegate orders and duties. There is an authorized way to stand, speak, walk, dress and, in many instances, even meal menu options are fixed. Truly, overseas deployments simplify the world even further by eliminating many more of life's daily plethora of choices and irregular variables.

When I returned home from a military deployment a few years ago, I was a new father. I had a brand new child, but did not have a spouse. I had left the military world, and my role that had theretofore been straightforward and standardized, and entered a world that was totally unknown and unpredictable. I was a dad, but was barely an adult myself, and I had to quickly ascertain how to have a co-parent relationship with someone who was not subject to a chain of command or military rules and regulations. Unfortunately, my only points of reference were television sitcoms, which featured single fathers, and some acquaintances that had similar situations. In the military, if I had issues as an indirect fire infantryman, I could always refer to field and training manuals. There was no FM for my new civilian circumstances. I understood very quickly that my life was no longer going to be easily navigable.

"The Co-Parenting Survival Guide," by Elizabeth Thayer and Jeffrey Zimmerman has been a useful reference for me over the past few years. As I've grown as a person, although many of the variables that I've faced as a father and co-parent have not exactly changed, I have



been able to change my preparedness and, frankly, my readiness. This book has helped in this regard.

There are no standards or regulations to follow in co-parenting, and because every situation is unique, no other person can offer individualized help. A thousand parents will offer a thousand answers about how they

manage their circumstances. A thousand lawyers have constructed and helped implement a thousand different legal custody agreements between co-parents.

Although Thayer and Zimmerman are authors who are far removed from my life and circumstances, their co-parenting tips have helped me to push through challenging instances like how a decent pair of hiking boots can assist on a rugged and uneven trail. Hiking boots are not the only things that matter on rugged terrain, but they can help prevent a bit of foot and ankle pain. Thayer and Zimmerman use many similar analogies through the course of their text to emphasize their points, and this adds a bit of needed levity to the subject.

A thousand readers could take away a thousand different tips and pointers from, "The Co-Parenting Survival Guide." Here's the one I've taken most to heart: children are the only people that suffer when their parents cease getting along. Although a parent will never have the authority to regulate their co-parent's actions and behaviors, that parent has to do everything in their power to regulate their own actions and behaviors.

It may not always be clear to a co-parent who is seemingly facing an uphill battle, but Thayer and Zimmerman affirm in their book that children will know on a fundamental level if their parents are doing their very best for them.

As I've grown into an adult in the military, I've come to understand that field and technical manuals are truly just guides. The stressors that service members encounter on a day-to-day basis can be alleviated by handy references, but experience, maturity and self-regulation are the most important tools. The civilian world is really not much different. There's no FM for that.

**Join Tomorrow's Battlefield
as a Cyber Warrior**

**Enlisted, Warrant Officer & Officer
Positions Available**

For more information, contact:
1LT Tyler Sams
tyler.j.sams4.mil@mail.mil
860.595.9962

History

President William H. Taft

The 27th U.S. President's Ties to Connecticut

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

The 27th President of the United States, William Howard Taft can boast many firsts and some unique ties to Connecticut.

He was a graduate of Yale College and the first alumnus to serve as President of the United States. While at Yale, he joined the now-notorious secret society Skull and Bones, which his father co-founded in 1832. He graduated second in the class of 1878. He was the first president to throw the ceremonial first pitch at a baseball game and the first to play golf as a hobby.

Taft was constantly teased about his weight throughout his life: as Governor-General of the Philippines, Taft once sent a telegram to Washington, D.C. that read, "Went on a horse ride today; feeling good;" Secretary of War Elihu Root replied, "How's the horse?"

After serving as Secretary of War under President Theodore Roosevelt from 1904 to 1908, Taft was elected president and served just one term.

As president, Taft came to Hartford when the brand new William A. O'Neill armory was dedicated on November 12, 1909. A day of parades, ceremonies and

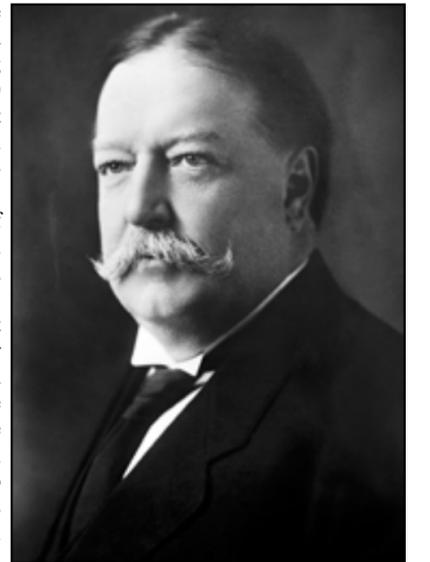
music culminated with the President, standing on a table, dedicated the building before a throng of 10,000 citizens. At the time it was the largest building in Connecticut and the fourth-largest armory in the U.S. The 55,000 square feet of uninterrupted floor space in the drill shed was larger than Madison Square Garden.

After leaving office, Taft became a law professor at Yale Law School. In March 1917, at the age of 60, he joined the Connecticut Home Guard, an organization created to perform many of the duties performed by the National Guard, which was deployed overseas for the war. During the World War he also served as a co-chairman of the

National War Labor Board between 1917 and 1918. He also co-founded the League to Enforce Peace -- a precursor to the League of Nations -- with Alexander Graham Bell and other prominent Americans.

While teaching at Yale, Taft's home was burglarized in 1920. The thief made off with jewelry, \$3,000 cash and a .45-caliber automatic pistol. The robber, Carl Panzram, allegedly used the pistol to kill ten people between New Haven and City Island, New York. His crime spree lasted ten years until he was captured. Although he was only convicted of just one of the murders he is accused of, he was executed.

In 1921, Taft



President William H. Taft, the 27th President of the United States. (Photo courtesy of the Library of Congress, <https://www.loc.gov>)

was finally able to accomplish his lifelong dream: he was appointed chief justice of the Supreme Court by President Warren Harding, and received nearly unanimous approval by the Senate (there were only four votes against him.) Taft became the only president to head both the executive and judicial branch of the government, making him the first former president to swear in a new president. In 1929, Taft successfully argued in favor of the construction of the first separate United States Supreme Court building, which is still in use today. He died on March 8, 1930, and his funeral was the first presidential funeral broadcast on radio. He is buried at Arlington National Cemetery; the first of only two Presidents to be buried in Arlington. John Fitzgerald Kennedy would later be interred there.

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.



President William H. Taft and Connecticut Governor Raymond E. Baldwin escorted by the First Company Governor's Horse Guard down Main Street in Hartford, Conn., Nov., 1909. (Photo Connecticut Historical Society, <https://connecticuthistory.org/>)

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

Training Circulars for TY18 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
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
Command Movement Workshop	350-17-49	Master Sgt. Thomas Ahearn	10-Feb-18	11-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. Major Jeffery Colvin	22-Feb-18	22-Feb-18
Unit Environmental Officer Training Course	350-17-23	Robert Dollak	3-Mar-18	3-Mar-18
Army National Guard Annual Substance Abuse Prevention Training Course for AGR & FTSP	350-17-04	Dennis Tomczak	8-Mar-18	8-Mar-18
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Meagan MacGregor	9-Mar-18	9-Mar-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	10-Mar-18	11-Mar-18
Technical Transportation of Hazardous Material (HAZMAT) 80 Hour Course	350-17-48	Sgt. Maj. Colvin	12-Mar-18	23-Mar-18
Bus Driver Training Course (Train the Trainer Course)	350-17-21	Master Sgt. Thomas Ahearn	12-Mar-18	16-Mar-18
Virtual Convoy Operations Trainer (VCOT)	350-17-27	1st Sgt. Corey Lewis	12-Mar-18	16-Mar-18
Resilience Training Assistant (RTA) Course	350-17-16	Command Sgt. Maj. James Sypher	13-Mar-18	16-Mar-18
CTARNG Best Warrior Competition (BWC)	350-17-14	Sgt. Maj. Michael Collins	15-Mar-18	18-Mar-18
Food Operations Management Course	350-17-17	Sgt. 1st Class Jessica Torres	17-Mar-18	17-Mar-18
Liaison Officer (LNO) Training Course	350-17-20	Master Sgt. Karl Rhyhart	22-Mar-18	23-Mar-18
Unit Marksmanship Training Coordinator (UMTC) Course	350-17-19	Sgt. 1st Class Jonathan Cuebas-Marrero	24-Mar-18	25-Mar-18
Basic Life Support Instructor (BLS-I)	350-17-46	Sgt. 1st Class Megan Authier	24-Mar-18	26-Mar-18
Sexual Assault Prevention and Response Program Victim Advocate Continuing Education Training	350-17-15	Maj. Katherine Maines	27-Mar-18	28-Mar-18
Intelligence Section Working Group	350-17-28	Sgt. Maj. Jonathan Trouern-Trend	7-Apr-18	8-Apr-18
Individual Gunnery Trainer/Unstabilized Gunnery Trainer (IGT/UGT)	350-17-33	1st Sgt. Corey Lewis	14-Apr-18	15-Apr-18
Threats Tactics Course	350-17-62	Capt. Benjamin Hull	16-Apr-18	20-Apr-20
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	17-Apr-18	20-Apr-18
American Heart Association (AHA) Heartsaver AED Certification	350-17-18	Staff Sgt. Sara Landon	18-Apr-18	18-Apr-18
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Christopher Wichrowski	21-Apr-18	22-Apr-18
Unit Marksmanship Training Coordinator (UMTC) Course	350-17-19	Sgt. 1st Class Jonathan Cuebas-Marrero	28-Apr-18	29-Apr-18

Highlighted Courses:

- **Bus Driver Training Course:** The Operator's Training Course is a "Train the Trainer" (T3) course, primarily targeted to personnel with the skills necessary to train individuals on the safe operation of a GSA Bus. This course will provide training on Preventive Maintenance Checks and Services (PMCS), Operations, Operational Policies and Safety. 12-16 March 2017. 16 Soldiers Max, See your unit training NCO for current availability.
- **Virtual Convoy Operations Trainer (VCOT):** The VCOT is a virtual training system providing unrestricted movement throughout the virtual battlefield training soldiers in basic and advanced convoy skills. Weapon selection for each vehicle varies upon mission requirement and can be M2 .50 Cal, MK-19, M240 MG or M249 Saw. This training opportunity provides training for Soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the VCOT. This is a (5) day course available once during TY-2018. Attendees must attend all five days of instruction to be considered certified on the VCOT. 12-16 March 2018. 8 Soldiers Max, See your unit training NCO for current availability.
- **Individual Gunnery Trainer/Unstabilized Gunnery Trainer (IGT/UGT):** This training opportunity provides training for Soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the IGT/UGT. The IGT/UGT is a virtual training system that allows the trained operators to build scenarios for crew gunners to virtually engage targets and validate them before conducting live-fire gunnery tables for their units. 14-15 April 2018. 10 Soldiers Max, 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?

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

- 1** **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.
- 2** **PREPARE YOUR UNIFORM**
Ensure your uniform is up to AR 670-1 standards before scheduling an appointment.
Uniform preparation is an individual responsibility.
Last minute cancellations due to incomplete uniforms create available slots. Be conservative of below soldiers and only schedule an appointment once your uniform is 100% to standard.
Incomplete or inaccurate uniforms DO NOT justify a re-schedule. Your uniform must be complete and accurate before scheduling your appointment.
- 3** **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.
- 4** **SHOW UP AT SCHEDULED TIME**
MG Maurice Rose
Arnold Farnas Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322
Be on time and fully dressed at the scheduled time.
Locker rooms available on the first floor if you wish to carry your uniform on a hanger.
- 5** **IMAGE MANIPULATION**
DA photos WILL NOT be digitally altered. DO NOT ASK.
Per AR 603-20, Photographers will not alter the photograph, to include adding new rank, ribbons, stars or award citations or emblems. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
Per AR 603-20, the photo left does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, link or copy WILL NOT be issued to the Soldier.

How Does your photo get to your ERB/ORB?

Once approved in DAPNIS, your photo will automatically be routed to your ERB/ORB.

What to Wear for a DA Photo

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

FOR MORE INFORMATION, VISIT: www.army1.army.mil/da/photo/

Connecticut National Guard Job Announcements

Jobs listed as of February 1, 2018

Army National Guard Technician Job Announcements - USA Jobs

- CT-18-006 (10114394)-AR-18-006 Aircraft Mechanic (INDEF) (PROJ), WG-8852-5-8-10, TASMG, Closing 08 February 2018
- CT-18-007 (10114008)-AR-18-007 IT Specialist (NETWORK) (INDEF)(TEMP PROMO), GS-2210-11, DCSIM, Closing 09 February 2018
- CT-18-008 (10114493)-AR-18-008 Aircraft Mechanic Leader (PERM), WL-8852-10, TASMG, Closing 09 February 2018
- CT-18-009 (10115522)-AR-18-009 Production Controller (TEMP PROMO)(INDEF), GS-1152-07, FMS 8, Closing 09 February 2018
- CT-18-011 (10117061)-AR-18-011 Materials Examiner and Identifier (INDEF)(PROJ), WG-6912-07, TASMG, Closing 12 February 2018
- CT-18-012 (10117204)-AR-18-012 Supply Technician (INDEF) (PROJ), GS-2005-06, TASMG, Closing 15 February 2018
- CT-18-013 (10117197)-AR-18-013 Supervisory Supply Technician (INDEF), GS-2005-08, TASMG, Closing 16 February 2018
- CT-18-014 (10120947)-AR-18-014 Surface Maintenance Mechanic Leader (TEMP PROMO), WL-5801-10, FMS 1, Closing 02 February 2018

Air National Guard AGR Job Announcements

- MVA 18-017 Security Forces Operations Superintendent, MSgt, 103D SFC, Closes 12 February 2018
- MVA 18-018 Aircraft Mechanic, SSgt, 103D AMXS, Closes 20 February 2018
- MVA 18-019 Aircraft Mechanic, SSgt, 103D MXS, Closes 20 February 2018
- MVA 18-020 Quality Assurance Specialist, MSgt, 103D MXG, Closes 20 February 2018
- MVA 18-021 Production Controller (Aircraft), SSgt, 103D MXO, Closes 20 February 2018
- Mechanic, TSgt, 103D MXS, Closes 20 February 2018
- MVA 18-023 Aircraft Pneudraulic Systems Mechanic, SSgt, 103D MXS, Closes 20 February 2018
- MVA 18-024 Powered Support Systems Mechanic, TSgt, 103D MXS, Closes 20 February 2018

Army National Guard AGR Job Announcements

- MVA 18-013 Supply NCO, HHC, 1_169th AVN REGT, Closes 09 February 2018
- MVA 18-014 MAT STORE_HDLG SGT, Co A, 1109th TASMG, Closes 09 February 2018
- MVA 18-012 Recruiting and Retention NCO SSG, Det 1, Rec and Ret BN, Closes 9 February 2018
- MVA 18-016 Physician Assistant, 14th Civil Support Team, Closes 15 February 2018

Links to full job descriptions and required forms can be found at <http://ct.ng.mil/Careers/>



Be The Force Behind The Fight

SHARP & SAPR Looking for Victim Advocates

The CTNG Sexual Harassment / Assault Response Prevention & Sexual Assault Prevention & Response teams are seeking to expand their core of Victim Advocates in both the Army and Air.

What is the role of a victim advocate?

In the event a sexual assault occurs, a victim advocate will be assigned to the victim. The victim advocate will provide continuous victim support throughout the process, provide referrals to the victim, serve as a liaison between victim and service providers, support through initial/ongoing investigation, support through court proceedings, and provide annual trainings to the unit about the program.

How to become a victim advocate:

Please send an email request to the JFHQ SARC Maj. Katherine Maines at katherine.a.maines@mail.mil or the JFHQ Victim Advocate 1st Lt. Ashley Cuprak- ashley.a.cuprak@mail.mil.

A packet will be sent and upon approval from NGB, you will be required to attend the 80 hour Army SHARP course or 40 hour Air SAPR course. Once completed you will be given credentials. Overall process can take up to and beyond a year to get credentials

Did you know?

In 2016 14,900 U.S. military members both men and women experienced sexual assault. Of those 14,900 assaults: 57 percent were service member ON service member, 20 percent were unidentified subject on service member victim, 19 percent were service member on non-service member victim, and 4 percent were non-service member on service member victim.

New Connecticut Mandatory Income Tax Withholding Requirement for Pensions and Annuity Payments

CHIEF WARRANT OFFICER 4 (RET.) JOHN GODBURN
RETIREE AFFAIRS COLUMNIST

New Connecticut legislation that went into effect January 1, 2018, now makes it mandatory for payers that maintain an office or transact business in Connecticut and make distributions of taxable pensions and annuities to Connecticut resident individuals are required to deduct and withhold Connecticut state income tax from these distributions.

Taxable distributions subject to withholding include: an employer pension, an annuity, a profit-sharing plan, a stock bonus, deferred compensation plan, an individual retirement arrangement, an endowment, or a life insurance contract.

So, what does this mean in plain English? All retirees living in the State of Connecticut and receiving a pension or annuity payment, from either public or private sectors, will now have state income taxes withheld from these payments. Prior to this new legislation, retirees could choose to not have any state income taxes withheld, or could elect to have a specific flat dollar amount withheld from their pensions or annuities. This is no longer the case. Payers of these pension and annuity payments are now obligated to make these withholdings.

As a retiree living in Connecticut, what am I required to do? The short answer is you should submit a 2018 CT-W4P form, Withholding Certificate for Pension and Annuity Payments, to the payer of your pension or annuity. This form will instruct them as to what you estimate your state income tax filing status to be and provide income withholding directions. If you fail to submit this form, then employers or payers of these pensions have been instructed to withhold state income tax at the highest rate, which is 6.99 percent. So technically, retirees don't need to do anything, but realize that your pensions will have withholdings taken at the

highest rate. If you don't want this much withheld, then the CT-W4P Form is the way to have your withholding calculated at a different rate or percentage.

This new requirement to submit the CT-W4P Form is only for Connecticut residents. If you are not a Connecticut resident, you do not have to complete the form. Be sure however that the payer of your pension has your correct address. If they still have you listed as a Connecticut resident, they may withhold at the highest rate of 6.99 percent, when in fact this may not be necessary since you are not a Connecticut resident.

But what about military retirees? Under current Connecticut state law, military pensions are not subject to Connecticut income taxes, so must a retiree or annuitant collecting a military pension submit a CT-W4P Form? I was curious, so I called the Defense Finance and Accounting Service to ask them. The representative I spoke with was not familiar with this new requirement in Connecticut. I was also told that DFAS does not withhold state income tax in percentages. If someone wants state withholding taxes taken from their military pension, they can do so only in specific whole dollar amounts. Additionally, she indicated that if the CT-W4P Form was sent to DFAS, they probably would not recognize it anyway since it is not a DFAS form.

I then decided to call the Connecticut Department of Revenue Services to ask their opinion. The people at DRS were very helpful in explaining the law to me. One thing they wanted to make clear to me is that this change in the law is not a new tax. It was enacted because many taxpayers previously failed to realize or anticipate that taxes are due on this income and ended up facing large tax bills at filing time. By now withholding income taxes from the pension checks, it is felt this will correct that problem.

The people I spoke with at DRS did reaffirm that

military pensions are not subject to the Connecticut state income tax. As a result, there is no requirement for a retiree collecting a military pension to submit a CT-W4P Form. If they are already voluntarily having state taxes withheld from their pensions by DFAS, they can continue. For example, if you are a retired AGR Soldier or Airmen, and your military pension is your only pension, then there is no need to submit the CT-W4P Form, and you just continue as you have been. But if you are a retired Traditional Guardsman, collecting a military pension, and also collecting a pension from your civilian career, you do not have to submit the form for the military pension, but you may have to submit the form with your civilian employer/payer of the pension, depending on whether they maintain an office or transact business in Connecticut.

In this article I have given just a brief overview of this new law. But there are many nuances to the law and each person's situation is different, so no one "size fits all". I found the DRS website, www.ct.gov/drs, to be very helpful in understanding this law. At their site you can download the form, find information about the law, and also find help in determining your withholding code and how to complete the CT-W4P Form. And perhaps the best tool they offer is their "calculator," which will help you determine what filing code to select based on your income and filing status.

This article is intended for informational purposes only, and is not intended to provide, and should not be relied on for, tax advice. Consult an accountant or tax attorney with your specific questions and to seek advice. Information contained in this article came from the State of Connecticut, Office of the State Comptroller and the Connecticut Department of Revenue Services.

Where to Find Veterans Services

Veterans of the United States Armed Forces may be eligible for a broad range of programs and services provided by the U.S. Department of Veterans Affairs.

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

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

Health Care

VA's health care offers a variety of services, information, and benefits. As the nation's largest integrated health care system, VA operates more

than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliaries, readjustment counseling centers, and various other facilities.

Benefits & Services

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

Burial and Memorials

Burial and memorial benefits are available for eligible service members, Veterans and eligible family members.

Service include interment, headstones and markers, and Presidential memorial certificates.

VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 soldiers' lots, confederate cemeteries, and monument sites.

Veterans Benefits Fact Sheets

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



Contact CT VA at (860) 616-3600, <http://www.ct.gov/ctva>

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Fitzgerald, Sean M.
Munoz, Jason
Moore, Terrance W. Jr.
Adkins, Christina M.
Minor, Quandeshia L.
Aquinosantiago, William
Acosta, Alexander M.
Arguetadiaz, Marlon Y.
Greco, Matthew J.
Martel, Reynaldo S.
Smith, Fitzroy D.
Toure, Fatou K.
Fredericks, Jordan L.
Harrington, Wade D.
Kareem, Meer S.
Lopez, Jonathan
Anti, William M.
Baylor, Keyanna M.

To Private First Class

Rodriguezcabrera, Lisandra
Le, Andy
Brin, Willard J.
Blood, Justin A.
Lundgren, Nicholas J.
Bowensheets, Richard J.
Arcuri, Jorge M.
Lovallo, Charles I.
Thompson, Brooke E.
Valencia, Marco A.
Buonomo, Matthew D.
Ouellette, Conner J.

To Specialist

Davis, Teyonda T.
Aquinoacevedo, Joeseeph
Aguasvivasperez, Julio

Burgos, Jocelyn T.
Aponte, Alyssa A.
Palermo, Adam T.
Espinal, Fabrizio
Perez, Orlando J.
Acosta, Jorge L. Jr.
Bugnacki, Rebecca K.
Stewart, Kayla M.
Acuna, Escobar K.

To Sergeant

Dautorio, Joseph M. II
Ministro, Richard J.
Fazzino, Ryan D.
Griffin, Jeffrey S. Jr.
Irizarry, Eric R.
Guadalupe, Yasheera S.
Burgess, Thomas M.
Lopez, Christina M.
Lindia, Michael J.

To Staff Sergeant

Kropiwnicki, Eugene E.
Akwokem, Francis B.
Park, Daniel K.

To Sergeant First Class

Ryken, Anthony E.
Dick, Jason A.

To Warrant Officer

Davis, Rodney L. Jr.

To Captain

Gudis, Richard P. II
Allard, Matthew L.

AIR

To Airman

Murray, Megan E.

Santana, Angela C.
Wysocki, Matthew J.
Downs, Sakura J.

To Airman First Class

To Senior Airman

Siano, Daniel J.
Evans, Devon L.
Johnson, Jeremi J.
Hossain, Sabbir
Senn, John J.

To Staff Sergeant

Collomy, Adam R.
Baker, Amber N.
Nero, Anthony F.
Raines, Facarra A.
Weimann, Martin W.
Werkhoven, Hunter V.

To Technical Sergeant

Kantrowitz, David G.
Davis, Kevin R.
Richardson, Jazzreal E.
Soto, Jose M.

Congratulations to All!



Promotions as of January 1, 2018

Calendar

February
February 2
Groundhog Day

February 6
March Guardian Deadline

February 13
Mardi Gras

February 14
Valentine's Day

February 16
Chinese New Year

February 19
U.S. Coast Guard Birthday

February 19
President's Day

March
March 3

U.S. Navy Birthday

March 6
April Guardian Deadline

March 8
International Woman's Day

March 11
Daylight Savings begins

March 17
St. Patrick's Day

March 25
Medal of Honor Day

March 25
Welcome Home Vietnam Vets Day

March 31
Passover begins

April
April 1
Easter

April 4
Gold Star Wives Day

April 10
May Guardian Deadline

April 12
Holocaust Remembrance Day

April 17
Tax Day

April 22
Earth Day

THE ONLY SERVICE THAT OFFERS

100% FREE COLLEGE TUITION

IMMEDIATELY UPON ENLISTMENT



CONNECTICUT NATIONAL GUARD

CALL OR TEXT YOUR LOCAL RECRUITER FOR MORE INFORMATION

860-817-1389

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

WE'RE HIRING!

CHANGE SERVICE REQUESTED

PRSR1 STD
US POSTAGE
PAID
Hartford, CT
Permit No. 803



Connecticut Family GUARDIAN

VOL. 19 NO. 2

HARTFORD, CONNECTICUT

FEBRUARY 2018

Connecticut Guardsmen Taking Care of Family

TECH. SGT. TAMARA R. DABNEY
103RD AIRLIFT WING, PUBLIC AFFAIRS

During the holidays, the Connecticut National Guard sponsors the Adopt-A-Family program, assisting struggling Army and Air National Guard families meet their financial needs.

Families that are in need during the holiday season apply for the program and are matched with a family that has volunteered to assist, or adopt them. While the program, which kicks off each year in November, has proven to be successful, it is not as widely known as some would like it to be. Kasey Timberlake, 103rd Airlift Wing Air-man & Family Readiness Program Manager, wants to inform every Connecticut National Guard member about the program so that more members may seek help during the holidays if they need it.

Many are familiar with the Operation E.L.F. (Embracing Lonely Families) program, which generates new un-wrapped toys, gift cards, seasonal services and monetary contributions to support Connecticut National Guard families who have been separated due to deployment. The Adopt-A-Family program runs concurrently with Operation E.L.F.

According to Kim Hoffman, Connecticut Family Program Director, the Adopt-A-Family program had its start when people asked how they could help military families, both in and out of the deployment cycle.

"It started a few years after Operation E.L.F. when we had a combination of people asking how they could help a specific family while concurrently being asked by service members not necessarily in the deployment cycle, if there was any assistance during the holiday season," said Hoffman. "It was truthfully that simple. We sent an email announcing the program and had an enormous response from people wanting to adopt and people needing to be adopted."

Guardsmen self-identify as needing assistance, then fill out an application to be adopted. At the same time, re-quests are sent out for people to adopt. Churches, businesses, and others in the community have come forward to adopt Connecticut Army and Air National Guard families during the holidays.

"We send requests to all the National Guardsmen across the state letting them know that, if they anticipate some



A little girl decides if she wants a Barbie doll for Christmas at the Conn. National Guard's annual Operation E.L.F. (Embracing Lonely Families) party, held at the Hartford Armory, Dec. 16. Operation E.L.F. helps the state's military families ease hardship and address the financial stresses of deployment throughout the year. (U.S. Army National Guard photo by Staff Sgt. Richard Wrigley, CTNG Public Affairs)

financial hardship or struggle over the holiday season, that we are here to help," said Timberlake. "We ask that the donor and the person applying ask for the basic necessities first: Do they have boots, socks, hats, gloves and warm coats for the winter? Let's take care of that stuff first and then we also have the ability to get them some toys."

The amount of resources available through the Adopt-A-Family program is more than sufficient to meet the financial needs of Connecticut Army and Air National Guard families during the holidays; in 2017, there were more families seeking to adopt than those applying to be adopted. Nevertheless, financial hardship is the most common is-sue for which Guardsmen seek help during the months of November and December.

"There is absolutely a need for this program. One of the

main reasons people visit me is for financial assistance," said Timberlake. "If people can't fill their oil tank or if they're having trouble paying their electricity bill, there's an ability to do it through this program. It's not necessarily material things; it could be just quality of life within the home that is being taken care of too."

After receiving financial assistance through the Adopt-A-Family program, families are put in contact with a financial counselor. Program applicants must be members of the Army or Air Guard.

For more information about the Adopt-A-Family program and other financial assistance programs that are available throughout the year, Air and Army National Guard members can contact the Service Member and Family Support Center at 1-800716-3550.



CATHERINE GALASSO-VIGORITO

Kindness: Pass It On

When I designed my Tokens of Kindness, it was in remembrance of my mother. For many times in my life, I have looked over at her framed photograph that sits on the desk in my office and remember the words my mother spoke and...more importantly... her kind actions that reflected her great love for

people. "Always be nice to everyone," she would tell me, "Treat others with kindness."

I don't think there is anything that God loves more than to see His children help one another.

Your influence on other people's lives is immeasurable. And God has hand-selected you, for you're a gift to others from God. By being friendlier, more patient, understanding and speaking kindly to another, you are being more helpful than you know. Passing out lovely thoughts, words and actions, you are changing lives and putting everlasting joy into your own.

Think of it this way: Live in such a way that those who know you, but don't know God, will come to know God because of you.

Always practice acts of kindness. There are hundreds of opportunities each day to give of your time, to bring help and happiness to someone. So wake up each day and ask God, "How can I be a blessing to someone today?"

Accordingly, let us speak kind-heartedly, thoughtfully, sincerely, with inspiration to each other. Make every word that comes out of your mouth edify. Words of compassion and understanding can help other people get through trying times. "I know, I have been through that situation," "I am praying for you," "You're going to be fine," or "Everything will be alright," can be like a healing balm to the recipient's ears.

Scripture says, "Be on guard. Stand firm in the faith. Be courageous. Be strong. And do everything with

love." (1 Corinthians 16:13-14). For statements of love, reassurance and understanding are vital. Therefore, watch what you say, using words with extreme wisdom.

When I was a little girl, my mother didn't drive a car. When it was time to go grocery shopping, we had to walk to the food store, pulling a cart behind us in which to put the groceries. I still remember how careful we had to be, not buying any items that weighed too much, because they would be too heavy for us to carry home. Like that cart full of groceries, we must be careful what we carry home with us. Leave the angry words, sarcastic remarks and negativity at the door. And don't bring them into the house.

Avoid bickering and fault-finding. Even when delivered in fun, criticism can hurt and have lasting effects, stunting the growth of a healthy self-image. Maybe you were raised in a home where you were unfairly criticized, but you can stand strong and say, "I am not passing that on to my family." If words do not build confidence, establish love or encourage another, it is better to say nothing at all. Let's pray that God will lead us to say and do the right things, speaking the truth in love.

A while ago, I heard about a grade-school teacher who asked her students, "How do you spell love?" Ingeniously, a little girl raised her hand and replied, "T-I-M-E." So, slow down, listen patiently and answer questions kindly. Your fine example can be passed down generation after generation. Your home is where your heart rests. Thus, let harmony, peace and joy be present in every room. Hug your children and your spouse. Share laughter and smile often, always showing respect, kindness and affection. Point out certain achievements and offer compliments. Your caring, optimistic attitude will activate those around you in a positive way and will give back positive results. I have gotten into the habit of jotting down a few words of praise on a little yellow sticky note and placing it in my daughter's lunch box. One day, she came home from school and said, "Mommy, I gave the note you wrote to me to one of my friends."

Curious, I asked, "Why, honey?" My daughter explained, "Well, I noticed that my friend never gets any notes, and I thought she could use mine." Similarly, encourage discouraged hearts. And if someone does something kind for you, pass the kindness along. "Let your good deeds shine out for all to see, so that everyone will praise and recognize our Heavenly Father within you." (Matthew 5:16).

God has given you special gifts and strengths. You, dear readers, are a miracle for so many. Begin today to assist others to build a brighter future by passing on kindnesses. Goodness is the investment that never fails. There is no better exercise for the heart than bending down to lift up another.

The best part of your life is still in front of you. In this New Year, He will provide more opportunities, more friendships, and more successes for you to enjoy. God's hand is upon you; He goes ahead of you and walks with you through every situation and will lead you into the abundant life He has in store. Focus your thoughts on all of the good things and people you have in your life. And express sincere gratitude out loud. So find someone to be good to every single day. For the world needs your radiance to shine brightly to make it a better place.

When I linger in the office in front of my mother's photograph, I wish she were here to see how joyful I am to follow her advice. Then, in less than an instant, somehow, bright with inspiration and hope, I feel she is looking over the banister of heaven and... she knows.

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

CONNECTICUT NATIONAL GUARD HELPLINE

If you or someone you know is struggling with the stressors of life, please contact the CTNG Helpline - 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

Military OneSource

MilTax: Free Tax Services from Military OneSource

MILITARY ONESOURCE

Taking command of your taxes is easy with Military OneSource MilTax, a suite of free tax services provided by the Department of Defense, designed exclusively for our military community to take the hassle out of tax time. Tailored for military life, MilTax offers:

- Secure and free tax preparation and e-filing software that's designed to leave no military service tax deduction or credit unclaimed
- Easy access to tax consultants with military expertise to answer your specific questions on military survivor tax forgiveness, filing extensions and more
- Free in-person tax preparation and assistance through MilTax-approved Volunteer Income Tax Assistance offices
- Quick access to other valuable services and resources such as financial counselors, helpful articles and online resources
- Multiple, convenient ways to access MilTax benefits and resources.

Service members, including members of the National Guard and reserves, immediate family members, and eligible survivors can access MilTax to make quick work of tax time. No need to pay for outside tax assistance and tax preparation software, going it alone or risk missing specific military tax breaks. MilTax is made for military life, so you get more, including:

Get free, secure tax preparation and e-filing software

From mid-January to mid-October, use MilTax e-filing software to prepare and file your taxes online .

The secure and confidential software, accessed through the Military OneSource website, walks you through a series of questions to help you accurately complete your tax return. The software is tailored to military life – addressing scenarios that civilians rarely encounter, from combat pay to multiple moves, so you get all the tax deductions and credits you deserve. This is a benefit you've earned through your military service.

You can work anytime, anywhere, at your own pace. Plus, calculations are guaranteed to be 100 percent accurate by the software provider.

Call for easy access to specialized support

Ready when you are. In addition to accessing MilTax e-filing software anytime, anywhere, you can also call a trained MilTax consultant during tax season (January through April 17) seven days a week from 7 a.m. to 11 p.m. EST or EDT at 800-342-9647. After April 17, trained tax consultants are available Monday through Friday, 8 a.m. to 10 p.m. EDT. Call anytime to schedule a free appointment.

MilTax can help you connect the dots like no other resource can. That's because MilTax consultants have extensive military expertise. They can alert you to tax requirements and deductions, maximize refunds and assist you in completing forms. MilTax consultants can address special tax considerations, including:

- Military survivor benefits and tax forgiveness
- Inheritance tax issues
- College tax breaks
- Tax extensions.

Call for a tax consultation today. It's no cost, regardless

of your rank or income.

Find in-person tax assistance near you

The Volunteer Income Tax Assistance, or VITA, program offers free in-person tax preparation and assistance at locations near you or your installation's Legal Assistance office worldwide. Find the VITA program site nearest you. You have several ways to file and access help at these locations:

- Self-file using MilTax e-filing software at a kiosk where available
- Work with a trained tax professional on site, or
- Arrange to drop off your paperwork and come back to e-file when your return is ready.

Get fast access to other valuable services and resources

MilTax also provides quick access to other valuable services and resources, including:

- Referrals to financial counselors, who can help you manage your refunds and put you on a path to financial security
- Helpful articles with valuable information tailored to military life, including "Tax Filing Made Simple" (<http://www.militaryonesource.mil/-/making-tax-filing-simple>) and "Filing Taxes When a Service Member is Deployed," (<http://www.militaryonesource.mil/-/ins-and-outs-of-filing-military-taxes-when-you-are-deployed>).

MilTax serves those who serve. As a military member, you and your family are eligible for these exclusive resources. Connect with Military OneSource MilTax by calling 800-342-9647.

To begin the e-file process, visit, the <http://www.militaryonesource.mil/taxprep>



Give Back - Join Your Unit FRG

Our volunteers are a valuable part of our program and without them we could not have the exceptional programs and Family Readiness Groups that we do.

Appreciating our volunteers is a top priority for the Family Readiness Team. In the spring of each year we host a Volunteer Appreciation Dinner and invite all the volunteers that have participated in FRGs and Statewide events to join us for dinner. A good meal along with great music and fun people makes for an evening to remember. Each volunteer leaves with a Certificate of Appreciation as well as a goodie bag!

We do encourage our volunteers to track the hours they work for us so we can certify them for the President's Volunteer Service Award. The President's Volunteer Service Award encompasses all the types of volunteering a person does and we like knowing that we are a part of what our Volunteers give back to their community!

Interested to learn more about your Unit FRG?

Contact the SMFSC: 1-800-858-2677

<p>William A. O'Neill Armory 360 Broad St. RM 112 Hartford, CT 06105</p> <p>Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795</p> <p>Child and Youth Program (860) 548-3254</p> <p>Yellow Ribbon Reintegration Program (860) 493-2795</p> <p>Military OneSource (800) 342-9647 (860) 502-5416</p> <p>Survivor Outreach Services (860) 548-3258</p> <p>Open Mon.-Fri.</p> <p>Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860)292-4602 Open Mon.-Fri.</p> <p>Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.</p>	<h2 style="margin: 0;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="margin: 0;">Family Assistance Center Locations</h3> <p>Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p>Our Programs Include:</p> <table border="0" style="width: 100%;"> <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 style="text-align: center;">Support is available 24/7 by calling (800) 858-2677</p> <p style="text-align: center;">*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</p>	Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance	<p>New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri.</p> <p>103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (800) 858-2677 Open Tues.-Fri.</p> <p>103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment*</p> <p>Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (800) 858-2677 *By Appointment*</p> <p>Norwich Armory 38 Stott Ave. Norwich, CT 06360 (800) 858-2677 *Wednesday or By Appointment*</p> <p>Waterbury Armory 64 Field St. Waterbury, CT 06702 (800) 858-2677 *By Appointment*</p>
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												

Service Member & Family Support Center Staff Directory

William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.ch@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melody.cheyenne.baber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.a.reed.ctr@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	lerin.m.odonnell.ctr@mail.mil	(860) 493-2797 (desk)/(860) 883-6949 (cell)
Family Assistance Center Specialist	vacant		
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4903 (desk)/(860) 880-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk)/(860) 883-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG John Cummings	john.cummings.mil@mail.mil	(860) 493-2796 (desk)/(860) 538-5639 (cell)
Lead Child & Youth Program Coordinator	Michele McCarty	michele.mccarty4.ctr@mail.mil	(860) 548-3254 (desk)/(860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.leshaughnessy.ctr@mail.mil	(860) 548-3258 (desk)/(860) 394-8748 (cell)
Military OneSource Counselor	Chris Roulos	christopher.roulos@militaryonesource.com	(860) 502-5416 (cell)/(800) 493-2722 (desk)
State Support Chaplain	CHL (MAJ) David Nutt	david.c.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-6037 (cell)
Employer Support for the Guard and Reserve	Sean Britell	sean.e.britell.ctr@mail.mil	(860) 548-3265 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4908 (desk)
Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday			
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 292-4602 (desk)/(860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Renillard	jennifer.m.renillard.ctr@mail.mil	(860) 292-4601 (desk)/(860) 883-2704 (cell)
Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 - Open Monday-Friday			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
New London Armory: 249 Bayonet Street, New London, CT 06320 - Open Monday-Friday			
Family Assistance Center Specialist	Vanessa Foster	vanessa.a.foster.ctr@mail.mil	(860) 772-1422 (desk)/(860) 883-2720 (cell)
103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.timberlake.civ@mail.mil	(860) 292-2730 (desk)
Family Assistance Center Specialist	Joshua Hamre	joshua.j.hamre.ctr@mail.mil	(860) 292-2730 (desk)/(860) 221-5836 (cell)
Family Assistance Center Specialist	Jennifer Renillard	jennifer.m.renillard.ctr@mail.mil	(860) 292-2730 (desk)/(860) 923-2746 (cell)
Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open By Appointment			
Family Assistance Center Specialist	Timothy Honey	timothy.j.honey.ctr@mail.mil	(860) 221-5540 (cell)
103rd Air Control Squadron: 206 Boston Post Road, Orange, CT 06447 - (800) 858-2677 - Open By Appointment			
Waterbury Armory: 64 Field Street, Waterbury, CT 06702 - (800) 858-2677 - Open By Appointment			
Norwich Armory: 38 Stott Avenue, Norwich, CT 06360 - (800) 858-2677 - Open Wednesday and By Appointment			