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Welcome Home Airmen!

A member of the 103rd Security Forces Squadron celebrates his homecoming with family and friends at the Bradley International Airport, Windsor Locks, Conn., Feb. 1. More than 10 Airmen returned on Feb. 1 after a six-month deployment to Kuwait, and more have returned since the beginning of 2018. Members of Security Forces were part of a larger mobilization of approximately 400 Connecticut Airmen who have deployed to locations throughout Southwest Asia since Feb. 2017. While deployed, the Airmen supported ongoing Expeditionary Combat Support operations that include tactical airlift, maintenance, security, and logistics support. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing, Public Affairs)



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Severe Spring Weather Preparedness

FROM WWW.READY.GOV

Thunderstorms & Lightning

All thunderstorms are dangerous. Every thunderstorm produces lightning. While lightning fatalities have decreased over the past 30 years, lightning continues to be one of the top three storm-related killers in the United States. On average in the U.S., lightning kills 51 people and injures hundreds more. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms.

Other associated dangers of thunderstorms include tornadoes, strong winds, hail and flash flooding. Flash flooding is responsible for more fatalities – more than 140 annually – than any other thunderstorm-associated hazard. Dry thunderstorms that do not produce rain that reaches the ground are most prevalent in the western United States. Falling raindrops evaporate, but lightning can still reach the ground and can start wildfires.

Before Thunderstorm and Lightning

To prepare for a thunderstorm, you should do the following:

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Postpone outdoor activities.
- Secure outdoor objects that could blow away or cause damage.

- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.
- Unplug any electronic equipment well before the storm arrives.



Lightning Risk Reduction When Outdoors

If you are in a forest then, seek shelter in a low area under a thick growth of small trees. In an open area, go to a low place such as a ravine or valley. Be alert for flash floods. On open water, get to land and find shelter immediately.

Facts about Thunderstorms

- They may occur singly, in clusters or in lines.
- Some of the most severe occur when a single thunderstorm affects one location for an extended time.
- Thunderstorms typically produce heavy rain for a brief period, anywhere from 30 minutes to an hour.

• Warm, humid conditions are highly favorable for thunderstorm development.

• About 10 percent of thunderstorms are classified as severe – one that produces hail at least an inch or larger in diameter, has winds of 58 miles per hour or higher or

produces a tornado.

Facts about Lightning

- Lightning’s unpredictability increases the risk to individuals and property.
- Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.
- “Heat lightning” is actually lightning from a thunderstorm too far away from thunder to be heard. However, the storm may be moving in your direction.
- Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening.
- Your chances of being struck by lightning are estimated to be 1 in 600,000 but could be reduced even further by following safety precautions.
- Lightning strike victims carry no electrical charge and should be attended to immediately.

Know the Terms

Familiarize yourself with these terms to help identify a thunderstorm hazard:

Severe Thunderstorm Watch - Tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.

Severe Thunderstorm Warning - Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm.

103rd Pushes Toward Full-Spectrum Readiness

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

In recent decades, Airmen have grown accustomed to operating in uncontested environments. However, as the demand for Air Force capabilities has grown, so has the need for full-spectrum readiness. In response to current demands, members of the 103rd Airlift Wing continue to conduct exercises which test their ability to survive and operate in a contested environment.

In a Department of the Air Force Presentation to the Subcommittee on Readiness - United States House of Representatives, Chief of Staff of the Air Force, Gen. David Goldfein defined full-spectrum readiness as “the right number of Airmen, properly led, trained and equipped, to accomplish our Air Force mission in support of the Joint Force in both contested and un-contested environments.”

Contested environments are those that present Chemical, Biological, Radiological, Neurological, and Explosive threats. During the exercise, members of the 103rd demonstrated their ability to accomplish the mission while wearing full Mission Oriented Protective Posture gear during simulated CBRNE attacks.

“For 20 years, we’ve been deploying to an uncontested environment,” said Col. Roy Walton, 103rd Airlift Wing Vice Wing Commander.

For some Airmen in the unit, the exercise marked the first time that they were required to don full MOPP gear, which includes a protective suit, boots, gas mask and gloves, since entering the operational Air Force. In order to re-familiarize members on how to wear MOPP gear, members of the unit will be required to attend CBRNE classes and other training before participating



Airmen assigned to the 103rd Airlift Wing participate in an operational readiness exercise Jan. 7, 2018 at Bradley Air National Guard Base, East Granby, Conn. This readiness exercise prepares Airmen for working in real world CBRNE condition. (Photo by Tech Sgt. Jeremy Bowcock, 103rd Airlift Wing, Public Affairs, CTANG)

in upcoming exercises.

“We have to get people the training, so we have the CBRNE classes,” said Walton.

The CBRNE training used to be good for three years, now CBRNE certification is only good for 18 months, said Walton.

Sections of the unit are required to communicate

effectively amongst each other to accomplish the mission. The criticality of this communication would only increase during a CBRNE event, therefore the exercise also gives sections the opportunity to practice communicating with each other in an organized and effective way while trying to accomplish the mission in full MOPP gear during simulated CBRNE attacks.

“Our basic mission is to launch C-130s,” said Walton. “We put in place a process to launch a C-130 with every piece of that puzzle being done by people wearing chem gear. This is to get people’s heads in the game that they have to be prepared to do this mission in chem gear.”



Airmen from the 103rd Airlift Wing participate in an operational readiness exercise Jan. 7, 2018 at Bradley Air National Guard Base, East Granby, Conn. This readiness exercise prepares Airmen for working in real world CBRNE condition. (Photo by Tech Sgt. Jeremy Bowcock, 103rd Airlift Wing, Public Affairs, CTANG)



Airmen from the 103rd Airlift Wing participate in an operational readiness exercise Jan. 7, 2018 at Bradley Air National Guard Base, East Granby, Conn. This readiness exercise prepares Airmen for working in real world CBRNE condition. (Photo by Tech Sgt. Jeremy Bowcock, 103rd Airlift Wing, Public Affairs, CTANG)

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“Listen.” Birding with Trouern-Trend

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

“Listen.” Sgt. Maj. Jonathan Trouern-Trend whispered after pausing near J.P. Morgan’s grave at Cedar Hill Cemetery in Hartford. “Juncos,” he said, pointing to the ground beneath a group of large pine trees.

The dark-eyed juncos gingerly poked around in the exposed needles beneath the pines, oblivious to being observed through binoculars, and unfazed by the frigid February temperatures.

Trouern-Trend, the Connecticut Army National Guard, 118th Medical Battalion Chief Operations Sergeant for Health Protection, said his two preferred birding spots in Hartford are the Cedar Hill Cemetery and the Landfill on Leibert Road. On an ideal day at the cemetery, he said he could easily spot 80 bird species. At the landfill, he said his success is dependent on the number of people present.

Most birds that Trouern-Trend sees, he logs into an application on his phone called “eBird.” He said the millions of weekly bird sightings logged in by thousands of birding hobbyists on eBird help scientists track the migration patterns and populations of the world’s birds. “It’s citizen science,” he said with a smile.

Trouern-Trend was deployed to Iraq in 2004 and 2010 with the 118th Medical Battalion, and Iraq just happens to be in the middle of a substantial bird migration route. He said he was fortunate in being able to spot some of his “life” birds during his time overseas. In the birding hobbyist community, a life bird



Sgt. Maj. Jonathan Trouern-Trend points to an American mourning dove drinking from a pond at the Cedar Hill Cemetery in Hartford, Feb. 9. Trouern-Trend published his book, “Birding Babylon,” detailing his experiences birding in Iraq, in 2006. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



Sgt. Maj. Jonathan Trouern-Trend looks for Iraqi birds during a period of downtime during his deployment in support of Operation Iraqi Freedom. Trouern-Trend said he brought the book, “Birds of the Middle East,” along with him on his deployments. (Photo courtesy of Sgt. Maj. Jonathan Trouern-Trend)

is a bird that hobbyists will put on a wish list. Some hobbyists have more luck than others spotting their life birds, and not all get to spend two years in the center of a migration route.

During his deployments, Trouern-Trend viewed a number of his life birds, including a great snipe that was visiting a small pond next to a water treatment plant on Logistical Support Area Anaconda (Joint Base Balad).

“Listen,” said Trouern-Trend, pausing near the Cedar Hill Cemetery’s Mark Howard monument. “Chickadees.” Despite the conspicuous crunching of the ice on the cemetery ground beneath his feet, the tiny birds familiar

song resonated through the frozen tree limbs and countless ice glazed gravestones.

He said that it is easy to miss the chickadee song because of how common the sound is in Connecticut. He added that the most fundamental component of birding is, indeed, hearing the birds. He said that he typically always hears them before he sees them with limited exception. He often doesn’t hear or see the fastest member of the animal kingdom: the peregrine falcon.

“There’s a [peregrine falcon] nest on top of the Travelers Tower in Hartford,” he said. “I once heard one dive into a flock of pigeons on a sidewalk. There was a big cloud of feathers, and it was gone.”

Trouern-Trend said that birding as a hobby does not require traveling to faraway places, and in most instances, can be undertaken in a backyard or local park, or even on a busy street.

“Some people spend thousands and thousands of dollars on binoculars, cameras, and airplane tickets to travel around the world to see birds. You don’t really need any of these things. You just have to get outside and listen, and it can help to find a group of birders to join.”

Dozens of Connecticut towns and cities have Audubon societies (that would love to welcome military members) that promote bird watching, sponsor bird walks and

Continued see Birding on Page 9

Connecticut Guardsman Helps Neighbors During House Fire

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

As a full-time Connecticut Army National Guardsman, Sgt. Kevin Bournival is part of a team responsible for aircraft electronics in Windsor Locks, Conn.

On the morning of January 22, he prepared to head to the office from his Plainville home, only to notice an unusual noise and glow coming from the window of his neighbor’s home. A fire.

He would be a little late for work that morning. Bournival rushed over and started to bang on the door, then to a side window, where he heard a voice after yelling to find out if the home was occupied. Two women, his neighbors, were inside.

“Thank God I was awake at that time,” Bournival, 24, told local media after the incident.

Bournival, a member of Detachment 2, Delta Company, 2/104 Aviation Regiment, is an Avionics Mechanic who also works full time on Connecticut’s fleet of Blackhawk and Chinook helicopters.

“Ever since I was extremely little, I always looked up to the Soldiers in uniform,” Bournival said. Once I was old enough, I talked to a recruiter, and here I am.”

Two years ago, Bournival served on his first overseas



Sgt. Kevin Bournival, an Avionics Mechanic with Detachment 2, Delta Company, 2/104 Aviation Regiment, Connecticut Army National Guard, in the hangar of the Army Aviation Support Facility, Windsor Locks, Conn. Bournival, who works full time at the AASF, helped his neighbors to safety after noticing their house was on fire early in the morning on Jan. 22. (Photo by Allison L. Joanis, State Public Affairs Office)

deployment, where he headed to Kosovo with Delta Company, 1-169 General Support Aviation Battalion. He says life in the Guard has helped him build leadership skills and work better under pressure – two obvious traits that came up during his neighbor’s house fire.

His two neighbors were able to escape unharmed with a number of their pets in tow. Bournival said he never met his neighbors prior to their chance encounter, but is certainly glad everyone was okay. He required no medical attention, and continued his day, just like any other. When it comes to his work, Bournival’s colleagues have taken notice of the young Guardsman’s commitment to his job.

“The biggest surprise of this whole ordeal was the phone call I received to hear that Sgt. Bournival would be

late to work,” said Warrant Officer One Adam Soderberg, Bournival’s supervisor at the Army Aviation Support Facility in Windsor Locks. “Anyone who works with Kevin knows what a hard-working, reliable Soldier he

is, and not a single one of us were remotely shocked to hear he took immediate action when someone’s life could have been in danger. We are all very proud of him.”

In his spare time, Bournival likes spending time with his wife. The pair got married last year. His hobbies include snowboarding and says he could spend all day shooting at the target range.

“I’m also a huge motorcycle enthusiast,” Bournival said. “I’m very much looking forward to the warmer weather to get back on the road.”

“Thank God I was awake at that time,” said Sgt. Kevin Bournival

Left - Sgt. Kevin Bournival, an Avionics Mechanic with Detachment 2, Delta Company, 2/104 Aviation Regiment, Connecticut Army National Guard, sits in the back of a CH-47 Chinook Helicopter in the hangar of the Army Aviation Support Facility, Windsor Locks, Conn. Bournival, who works full time at the AASF, helped his neighbors to safety after noticing their house was on fire early in the morning on Jan. 22. (Photo by Allison L. Joanis, State Public Affairs Office)



Civil Support Team Supports State, Local Responders at Waste Paper Company Fire

SSGT. MARIA A. DUGUAY
14TH CIVIL SUPPORT TEAM UPAR

WILLIMANTIC, Conn. - The 14th Civil Support Team was called in support of a fire at the Willimantic Waste Paper Company, Jan. 28.

The CST was requested by the Connecticut Department of Energy and Environmental Protection. More than 200 firefighters from 14 companies had been dispatched to fight the blaze at the 100,000 square foot facility.

As part of the CST's mission set, unit leadership initiated the response call out roster, gained 100 percent accountability and began preparing for deployment on site. Leadership continued to gather intel and formulate plans, while team members prepared equipment and performed the necessary preventative maintenance and checks on vehicles, personal protective equipment and the instruments required to meet the mission-specific requests.

"This type of mission shows the true depth and capability of the CST," said 1st Sgt. Zane Barber, Senior Enlisted Leader of the 14th CST. "Although this was not an actual (Weapons of Mass Destruction) mission per se, our Soldiers and Airmen were ready and answered the call to assist our Federal, State and local partners in this Toxic Industrial Chemical event."

Once cleared to depart for Willimantic, the three-vehicle, eight-personnel team and arrived on scene for initial link up with the incident command to receive the mission brief.

The CST was tasked with monitoring,



Members of the Connecticut National Guard's 14th Civil Support Team coordinate with state agencies and local first responders at the Willimantic Waste Paper Company, Willimantic, Conn., Jan. 28. The fire at the 100,000-square foot facility, which holds more than 400 tons of paper and construction materials began on the morning of Jan 28 and burned through the day and night as more than 200 firefighters from 14 companies worked to get the blaze under control. The 14th CST was called to the scene by the Connecticut Department of Energy to monitor, sample and analyze air quality to advise incident command on public safety recommendations and potential evacuation concerns. (Photo courtesy of the 14th CST)

detecting, sampling and analyzing air quality to advise incident command on public safety recommendations and potential evacuation concerns. The team made multiple entries into the hot zone to emplace and retrieve monitors as well as collect samples.

"This is what we train for," said Capt. Steven MacSweeney, Operations Officer of the 14th Civil Support Team. "It's very easy to get lulled into a sense of complacency - especially after midnight on a Sunday morning, but our ability to respond in a crisis is paramount to the team's mission success. The team did a great job organizing, responding and executing yet another emergency mission. One thing I have to point out is that every member was engaged and we had to split the talent and experience so our response team had an equally capable element at home station ready to assume any follow on operations."

The samples collected correlated 100 percent with the results of the DEEP mobile laboratory findings, which

helped confirm the hazards present at various points of interest as well as confirm the safety of nearby Windham Hospital.

Once the response call was complete, the 14th CST was released by Jeff Chandler, Southern Region Supervisor for the state's DEEP Emergency Response Unit. Upon return to home station in Windsor Locks, a swift 100 percent personnel and equipment refit began and close out reports were submitted to the National Guard Bureau and Joint Operations Center.

An after action report was conducted by the entire team to address sustains and improves that directly impact standard operating procedures within the unit and improve mission performance.

"(The CST is) constantly training for these events and should be proud of all they have accomplished," Barber said.



Members of the Connecticut National Guard's 14th Civil Support Team arrive on scene to assist state agencies and local first responders at a large fire at the Willimantic Waste Paper Company, Willimantic, Conn., Jan. 28. (Photo courtesy of the 14th Civil Support Team)

Connecticut Airman Wins Excellence in Diversity Award

1ST LT. JEN PIERCE
103RD AIRLIFT WING PUBLIC AFFAIRS

Master Sgt. Raymond Rosado is no stranger to the ever-changing climate and challenges of the Air National Guard.

Rosado, who is currently the non-commissioned officer in charge of the 103rd Airlift Wing's Operations Support Squadron, is in his 25th year of service in the Air National Guard working as an Air Crew Flight Equipment Specialist. He began his Guard career in September 1992, enlisting in the Puerto Rico Air National Guard, then transferred to the Connecticut Air National Guard three years ago. He was inspired to enlist when Iraq invaded Kuwait during the Gulf War.

"I wanted to do something," Rosado said. "I wasn't doing anything at home, and wanted to be involved."

Rosado's tenacious involvement throughout his time in the Connecticut Air National Guard has led him to being named the winner for this year's state Excellence in Diversity Award. This award is presented to one unit and one individual in the Connecticut National Guard

for outstanding contributions in the areas of diversity and inclusion. The winner of the state award is then forwarded to the National Guard Bureau to be considered for the national award.

"Rosado is one of the most sincere, genuine and caring people I have ever come across," said Chief Master Sgt. Steven Seaha, the 103rd Operations Group Chief who put Rosado in for the award.

"He doesn't follow the Air Force core values, he exudes them," Seaha said.

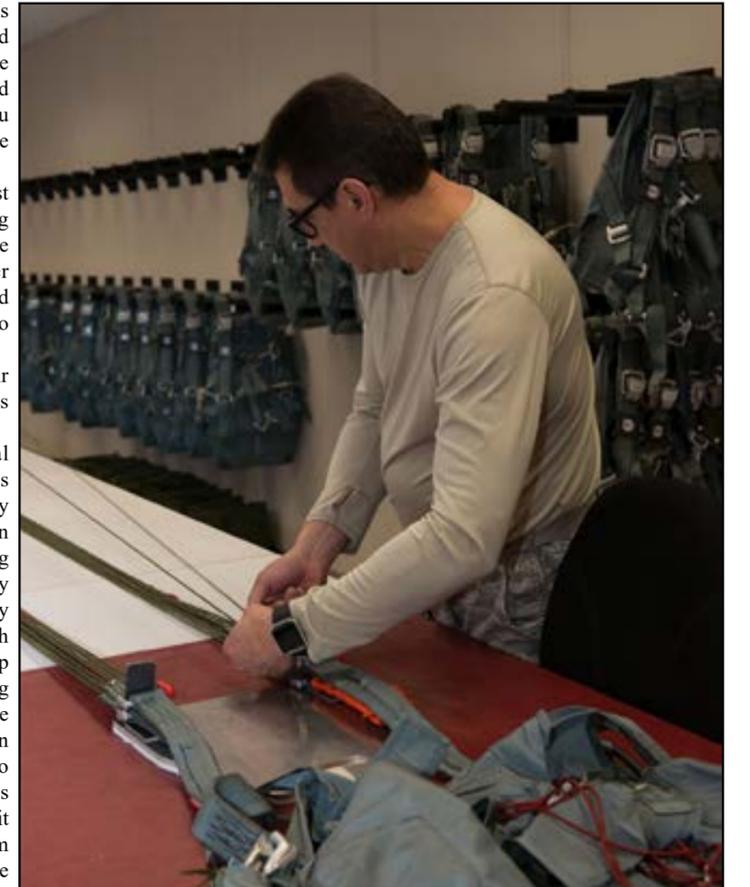
Rosado has made several contributions to the tenets of diversity, continually distinguishing himself in various ways such as identifying

and addressing diversity and equal opportunity related concerns with operations group leadership and ensuring OSS Airmen are aware of and participate in the annual tribute to the Hispanic Veterans celebration. However, it is Rosado's enthusiasm to mentor and enhance the personal career development of his Airmen that stands out.

"Every Thursday night, Rosado holds an evening of dinner and conversation with his Airmen," said Seaha. "Not only does this provide a morale boost, the dinner also results in improved Airmen team-building and presents an exceptional opportunity for an enhanced mentorship session."

"There really is no time Rosado does not make himself available to his Airmen," continued Seaha. "He is available 100 percent of the time to his Airmen...he's had Airmen contact him at two, three o'clock in the morning and he always answers. He's always there, no matter what the problem is, he genuinely wants to help and will do anything he can to provide it."

Expanding beyond the confines of his military



Master Sgt. Raymond Rosado counts parachute lines to ensure the lines are not tangled or frayed at Bradley Air National Guard Base, East Granby, Conn., Feb. 1. One of Rosado's duties include inspecting survival equipment, like parachutes, for any deficiencies. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing, Public Affairs)



Master Sgt. Raymond Rosado stands next to packed parachutes at Bradley Air National Guard Base, East Granby, Conn., Feb. 1. Rosado is an Air Crew Flight Equipment specialist in the 103rd Operations Support Squadron. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing, Public Affairs)

duties, Rosado is also involved in community outreach and teaches local Hispanics at his church about being a community leader and small business owner.

"Rosado still owns a small business in Puerto Rico. Using this experience, he provides advice and counsel to members within his community. His efforts within this area have had a significant impact in the development of youth in his community," said Seaha.

"Winning the Diversity award makes me proud," said Rosado. "Just knowing that what I am doing is helping others, especially for my Airmen; they are our future military leaders."

Connecticut Air Guard Firefighters Save House

1ST LT. JEN PIERCE
103RD AIRLIFT WING PUBLIC AFFAIRS

It was a sub-zero morning, Jan. 3, 2018, when at approximately 5:00 a.m., Air National Guard firefighters were dispatched to 2 Lexington Drive in the town of East Granby for a report of a house filling up with smoke.

Air National Guard firefighters Captain Brian Ellis, Lieutenant Louis Manfredi, Christopher Albani and Jacob McIntosh responded to the fire and were the first to arrive amid responses from surrounding agencies, including Suffield Fire Department, East Granby Fire Department and Lost Acres Fire Department.

Albani said that while they were en route to the fire, an East Granby firefighter, who was at the East Granby residence in his personal vehicle, advised them that flames were visible in the rear of the house. When Air National Guard firefighters arrived, they were able to find that the fire had started in the garage and had begun reaching into the attic space.

"We began an aggressive attack on the fire and within approximately 30 minutes, the fire was put out with no injuries reported by the two residents that were in the home or any of the firefighters," said Albani.

The below-freezing temperatures did make fighting the fire more difficult.

Everything was turning to ice pretty quick but, despite the cold, no one got hurt and the fire was put out quickly resulting in a positive outcome, said Albani.

In addition to responding to fires, the Air National Guard Fire Department is dispatched to alarms, car accidents, carbon monoxide alarms, water leaks, medical calls, and any aircraft or inflight emergencies occurring at Bradley International Airport and Bradley Air National Guard Base.

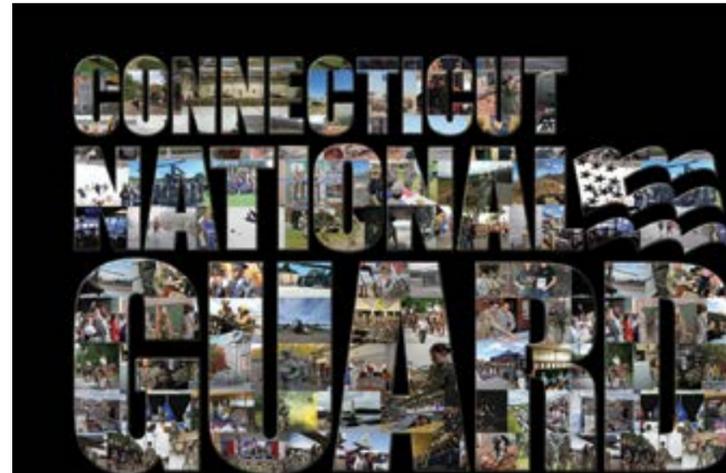


Firefighters work to extinguish a house fire at 2 Lexington Dr., East Granby, Conn., Jan 3, 2018. (Photo courtesy of East Granby firefighter Mike Arnold)

Photographs highlighting the Connecticut National Guard training, deployments and events will be on display in the south concourse of the Legislative Office Building in Hartford, Connecticut, March 1-14. The exhibit is open to public.

**Legislative Office Building
300 Capitol Ave.
Hartford, CT**

Contact CTNG Public Affairs with any questions, 860-524-4857.



From Birding on Page 4

educational courses, and encourage good conservationist habits.

Trouern-Trend joined his local Audubon society as a teenager.

"I was the youngest one there," he said with a laugh. "My friends were all in their 50s and 60s. 'The most important part is just being able to spend time outside. As a teenager, I could easily spend seven or eight hours outside birding.'"

"Listen," Trouern-Trend said, pausing near one of the Cedar Hill Cemetery's typically lily pad encrusted ponds. "A yellow-bellied sapsucker." The small woodpecker sounds a little like a cat, if it happens to be calling. Trouern-Trend, however, referred to the woodpecker's drumming on a ginkgo biloba tree. In addition to the cemetery's being the home of a wide variety of bird species, it also hosts a variety of flora and vegetation.

"In urban areas, sometimes cemeteries are the only protected green spaces," he said, pointing to a golden crown kinglet perched on a leafless white ash tree branch. "Cemeteries are important, even if they take up a lot of space," he said.

Trouern-Trend is also the CTARNG Anti-Terrorism Program Coordinator, but despite the busyness of his jobs, when time permits, he is still able to observe the local areas' species.

The CTARNG Hartford Armory's roof was visited by a snowy owl in January, and Trouern-Trend said he often observes relatively bizarre phenomena during his drives to work and lunch breaks.

"Fish crows like to gather in the local McDonalds parking lot," he said. "I'm not sure why." Fish crows are generally smaller than American (common) crows, but the cousin species often group together in what's called, a murder.

"And great horned owls are nesting now," said Trouern-Trend. Great horned owls are often referred to as hoot owls, due to their easily identifiable soft cooing. "They like to eat skunks," he added. "They don't have a great sense of smell."

Trouern-Trend softly knocked on the trunk of a beech tree. Despite the cold temperatures, the great horned owls are some of the earliest birds to nest in Connecticut. "Sometimes they'll poke their heads out," he said.

Above Trouern-Trend in a large cedar tree, a brilliant red bird hopped from branch to branch, like a tiny-feathered acrobat, seemingly in search of something. It's song, which sounds like a sweet warm cheer, echoed downward. Trouern-Trend said that cardinals were traditionally southern birds, but have migrated to the north, in recent decades, due to a number of factors—not limited to common household birdfeeders.

"Do you hear that?" he asked, referring to the cardinal's song, near Gideon Welles' resting place.

"It's probably telling the other birds that we're here," he said. "They listen too."

Read a review of Sgt. Maj. Trouern-Trend's book, "Birding Babylon. A Soldier's Journal From Iraq," on page 22.

Connecticut Recruiting & Retention Win Big in Region

CHIEF MASTER SGT.
LISA HANKS
MILITARY PERSONNEL
MANAGEMENT OFFICER,
CTANG

Each year the top Recruiting and Retention performers are recognized regionally for awards in eight major categories. This year, Connecticut took home hardware in half of those categories, including their first team award in nearly a decade.

The regional competition is stiff, as Connecticut's best and brightest are pitted against the other five New England states, as well as other northeastern New York and New Jersey.

Connecticut's wins included three individual victories: Senior Master Sgt. Aaron Hann for Recruiting & Retention Superintendent; Master Sgt. Liz Toth for Recruiting & Retention Manager; Tech Sgt. Raymond Ryan for Unit Career Advisor; and the team Patriot award.

"It really is an incredible accomplishment, and a testament to the hard work of the Connecticut Air National Guard's Recruiting and Retention team," Hann said. "This team has faced a lot of adversity, so to accomplish what they have accomplished is impressive. A lot of their work is behind the scenes, working nights, weekends and all sorts of hours, to provide both current and prospective Guardsmen with all of the information they need before making such a critical decision. I couldn't be prouder."

For the RRS and RRM categories, members are recognized for superior recruiting and retention program management and the UCA category recognizes the top UCA with superior retention programs.

Members are scored in the three areas of Leadership and Job Performance in Primary Duty, Significant Self Improvement and Base or Community Involvement.

The Patriot Team award recognizes the top wing/unit recruiting and retention team by office with superior programs. Connecticut has not won a team award since 2009, marking considerable progress after considering the team has only been manned at 75 percent for the last year and the unit faced its first major deployment in 10 years.

During Fiscal Year 2017, the team was responsible for 131 accessions, leading to 106 percent end strength,



Members of the Connecticut Air National Guard Recruiting and Retention team pose for a photo after claiming multiple victories during their regional competition. From left to right: Tech Sgt. Todd Wilkinson, Tech Sgt. Jacob Turcotte, Master Sgt. Liz Toth, Master Sgt. Christopher Grizzle, Tech Sgt. Marc Mojica. (Photo courtesy of Chief Master Sgt. Lisa Hanks, Military Personnel Management Officer, CTANG)

fifth-highest nationwide within the Air National Guard.

They successfully orchestrated a Wing Career Day consisting of 142 students from seven local high schools, continuing to foster a partnership with the local community and create awareness of the opportunities the Air National Guard has to offer.

Additionally, one of the highlighted programs in retention was Toth's creation of the Command Chief Luncheon. Implemented in the summer of 2016, the luncheon provides members with an upcoming expiration term of service the opportunity to have lunch and voice their concerns to the highest enlisted leaders within the organization. It led to eight saves within a 12-month period and has become a benchmark program throughout the region, according to Hann.

"Master Sgt. Toth has strategically and creatively implemented several retention programs and her efforts have paid off for the wing tremendously, such as the Command Chief's luncheon," Hann said. "This program directly contributed to a 93% retention rate."

Each of the individual members, as well as the team, will go on to compete against other regional winners at the national competition in the corresponding categories.

"Our team understands that these awards are recognition of our past accomplishments, but they are not a reason to rest on our laurels," Hann said. "We will use this recognition as motivation to continue to pursue excellence and provide the state and the nation with quality 'Citizen Guardsmen.'"

For more information on the Connecticut National Guard's Recruiting and Retention programs, contact the Public Affairs Office at 860-524-4857.

Sanctuary for Mobilized Guardsmen

CAPT. VERGIL DECKER
524TH JAG DET

What is the "Sanctuary Program," A.K.A. the "18-Year Lock-In?"

This program comes from Title 10 U.S.C. 12686, which provides that a reserve component Soldier on active duty (other than for training) with more than 18 years, but less than 20 years, of active service cannot be involuntarily released from that duty before he or she becomes eligible for military retirement.

It is designed to protect Soldiers close to retirement from being forced off active federal service. This program came from the Army's increased need for mobilized reserve component Soldiers to support the Global War on Terrorism. This program was designed to retain, manage, and utilize reserve component Soldiers who attain sanctuary status while serving on Title 10 (federal) active duty.

The Sanctuary Program only applies to reserve component Soldiers, such as members of the National Guard, who are mobilized on Title 10 orders. It does not apply to Title 32 (state) AGR or ADOS Soldiers. It also does not apply to Soldiers going on Annual Training, Active Duty for Training, or Initial Active Duty Training.

Soldiers who qualify for this program must apply within 120 days before the end of their current set of orders. To do so, the Soldier must send a notification of sanctuary status through their Chain of Command. If a Soldier misses the deadline they must submit an exception to policy memo, also through their Chain of Command. By sending this sanctuary request, the Soldier is asking Big Army to keep them on active duty in order to obtain 20 years of active federal service for retirement.

Approved qualifying Soldiers will be put on T-10 ADOS PCS orders and be assigned as needed by the

Regular Army. Based on the needs of the Army, they might be pulled off their current mobilization orders and might be relocated worldwide. Usually, though, Soldiers are assigned to a major installation. If this Soldier was T-32 AGR before their current set of T-10 orders, they will be sent back to their state upon release from active duty (REFRAD). As stated, this program only applies to active federal service.

Once the Soldier reaches 20 years of active federal service, they will need to apply for retirement separately. This program does not automatically qualify them for it. The Soldier still needs to pass APFT, height and weight, and are subject to the UCMJ. They can still be flagged, transfer units, and be promoted. The program applies to officers and enlisted equally.

For more information on the Sanctuary Program, current Guardsmen should contact their chain of command.

20 MINUTEMAN SCHOLARSHIP 18

BENEFITS:

- Two, Three and Four Year Scholarships Available
- Receive Full Tuition and Fees (uncapped) OR Room and Board (capped at \$10,000 per year)
- Receive Cadet Monthly Stipend \$300 for Freshmen; \$350 for Sophomores; \$450 for Juniors; \$500 for Seniors
- Annual \$1,200 Book Stipend \$600 per Semester
- Recipients are Eligible for State Education Benefits (\$4,500 Annually)
- Receive Monthly E-5/Cadet Drill Pay through Army ROTC Simultaneous Membership Program (SMP) \$210+ per Month

CONNECTICUT NATIONAL GUARD

Call or Text for More Information 860-817-1389

QUALIFICATIONS:

- Be a United States Citizen
- Currently enlisted in the Connecticut Army National Guard
- Proof of acceptance into participating University of attendance
- Proof of academic major
- Proof of SAT/ACT score
- Talk to your local recruiter to find out more

BECOME AN AVIATOR FLY GUARD

CONNECTICUT NATIONAL GUARD

FY18 Supplemental Selection Board
22 March 2018

James.H.Smith.Mil@mail.mil
860-292-4593

BASIC QUALIFICATIONS:

- ASVAB GT score of 110 or greater
- Ability to pass an Army Class 1 Flight Physical
- Compliance with the height and weight standards of AR 600-9
- Vision correctable to 20/20 and normal color vision
- Less than 32 years old prior to starting Initial Entry Rotary Wing Aviator Course
- Contact CW5 Jim Smith for more information and how to apply.

Become A Part of Connecticut History Join the First Company Governor's Horse Guard



Pvt. Kristen Salmon rides Daley through a timed obstacle course challenge at the First Company Governor's Horse Guard facility in Avon, Conn., Nov. 26, 2017. Salmon, a new member of the 1GHG, along with Daley, one of two horses donated by the Hartford Police Department in February, 2017, took first place in the competition that was open to all members of the 1GHG. (Photo by Cpl. Bonnie Barile, 1GHG, UPAR)

- Established in 1778, the First Company Governors Horse Guards is the oldest Calvary unit in America.
- Accepting applications for the next recruitment class until Thursday, April 8th.
- Must be a U.S. citizen or permanent resident and between the ages of 18-60 years old.
- No previous military or horse experience is necessary.
- Volunteer troopers participate in special events, community outreach and parades throughout the year.
- For more information please see our website at: <https://www.ctfirsthorseguard.org/>.

First Company Governor's Horse Guards

Come Join Us!
The next training session begins:
Sunday April 8, 2018

Oldest continuously serving horse cavalry in the U.S.

NOTES
Applicants must be a United States Citizen or Permanent Resident and between the ages of 18 and 60.
No military or horse experience necessary to join.
**Some restrictions apply*

Now Recruiting

Come visit us any Thursday (7:30-9:00pm)
or call us Thursday nights at **860.673.3525**
280 Arch Road, Avon, CT 06001 • www.ctfirsthorseguard.org

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

There's An App For That Utilize Free Fitness Apps to Stay on Track, Reach Your Goals

STAFF SGT. SILAS HOLDEN
1109TH TASMG
MASTER FITNESS TRAINER

Technology is always at the forefront of making life more convenient, especially in the realm of fitness and health. Everywhere you look today there is a new app for smartphones and tablets that will get you on track to reaching your goals.

I can tell you from experience that an app is only as good as the intent and effort that you put forth. In the fitness and health world, your results will always rely upon your motivation and effort level. This month I am going to go over two apps and also touch on how you can get the most out of them.

The first app is, "Guard Fit." Designed specifically with Army and Air National Guard Soldiers and Airmen in mind, you can build custom workout plans tailored to your own individual military fitness goals. By taking into account your previous APFT score, it helps determine what you need to set for goals, and then you build a weekly program based around reaching those goals. This app does not

simply utilize PRT to get you to your destination. It uses mostly bodyweight exercises but breaks it up with chair dips, many different variations of pushups, and some different cardio workouts that break the cycle of just running.

At the beginning of each workout it reminds you to do some dynamic stretching to warm up, and will also remind you to stretch after your workout. While this app will not do the exercises for you, it can certainly help to get you on track and stay there so that your physical readiness improves.

Another of my personal app favorites is, "My Fitness Pal." This app will track your calories, macronutrients, and some other dietary statistics. While working out is definitely part of the battle, eating properly can either make or break the goals you have.

My Fitness Pal along with many other apps on the market are simple to use, you can manually enter the food you eat or you can use the barcode scanner and it will put the food into your log for you. Of course like any other app out there, there is a free

version and a premium version. While paying for them seems like a really good deal when reading the advertising, I find that the free version does just fine for an average person trying to stay regimented.

While nothing will take the place of good clean food, workouts filled with sweat, and your own personal motivation to succeed, fitness apps can be beneficial to getting you into a routine for success. The key is to start something that works for you, and make it part of your everyday routine so it becomes like clockwork. Results do not occur from training once per year simply to pass the APFT. I encourage everyone to get out there and search their phones and computers for applications that can make their fitness activities and routines more

fun and more focused.

Until next month, 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 regiment. Request a topic, or ask Staff Sgt. Holden a direct question by emailing him at silas.k.holden.mil@mail.mil.

ARE YOU READY FOR SOME GOLF? 2018 CTNG Golf League is Looking for New Members

The 2018 Connecticut National Guard Golf League has openings for new members. We are looking for fulltime members and substitutes. The league is open to current and former members of the Connecticut Army & Air National Guard, Retirees, Connecticut Military Department employees, and Militia. League play is at Keney Golf Club in Hartford. We meet every Thursday at 3:30 p.m., throughout the golfing season.

For more information contact Chief Warrant Officer 4 (Ret) John Godburn at 860-491-6063, 860-489-0736 or cjgodburn@gmail.com



2018 NGACT Conference & Ball

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

ROCKY HILL, CONN - The National Guard Association of Connecticut Annual Conference and Ball was held at the Sheraton Hotel, Feb. 17.

With over 150 attendees, Association members considered the event a success, as the NGACT board provided important updates during to all in attendance.

Committee Reports were presented by board members, and Andrew Bartlett briefed attendees on his perspective after attending the 2017 National Guard Association of the United States Conference in New Orleans. Bartlett attended NGAUS in a professional development status, interacting with senior leaders.

"It was more than an opportunity to network with other Guardsmen and those who have the Guard's best interests at heart, but a mentoring session with some of the military's highest and most-respected and decorated officers," Bartlett said. "The lessons I gained are invaluable to me as a company commander."

NGACT's leadership also honored and recognized annual award recipients:

Army

2017 Soldier of the Year: Awarded to Spc. Luk B. Silk
2017 NCO of the Year: Awarded to Staff Sgt. Jason H. Halbach

Air

2017 SNCO of the Year: Awarded to Senior Master Sgt. Jennifer M. Gonzalez-Smith
2017 NCO of the Year: Awarded to Staff Sgt. Edward J. Clark

2017 Airman of the Year: Awarded to Senior Airman Kevin A. Bedoya
2017 1SG of the Year: Awarded to Master Sgt. Lindsey M. Rohner

2017 Jr. Officer of the Year: Awarded to Capt. Michael C. Turk

NGACT Awards:

2017 NGACT Leadership Award: Awarded to Capt. Douglas Jackson
2017 CSM Savino Award: Awarded to Warrant Officer Brennan Moulthrop
2017 Retiree's Award: Awarded to Sgt. 1st Class (Ret.) Fred Horn

2017 Meritorious Service Award: The Connecticut National Guard Military Funeral Honors Program

2017 Minuteman Award: Sgt. 1st Class Joseph Benete
The membership then held elections, highlighted by the re-election of incumbent President Kim Rolstone, who narrowly beat out first-time nominees Mark Tallo and David Pytlik.

Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard, closed the conference with his address. He provided key updates and insights into our Army and Air National Guard, both locally and nationally. His candor and insight into the crucial role professional organizations play in National Guard was an important lesson to even the most experienced of members.



Over 130 attended the National Guard Association of Connecticut Conference and Ball for an annual update on association affairs, followed by a dress-to-impress dinner/dance in Rocky Hill, Conn., Feb. 17.



Patrick Montes (right-center) and Edward Barry (right) accept the 2017 Meritorious Service Award on behalf of the Connecticut National Guard Military Funeral Honors Program during the National Guard Association of Connecticut Annual Conference and Ball in Rocky Hill, Conn., Feb. 17. Presenting the award were Kim Rolstone (left-center), NGACT President, and Tommy DeRing (right), NGACT Vice President.

Celebrating Women in the Connecticut National Guard

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

Editor's note: Over 850 women currently serve their state and nation in the Connecticut National Guard. As we celebrate Women's History Month, we asked some of the Connecticut National Guard's female Soldiers to tell their story.

Staff Sgt. Kelvia Flores is the Chaplain Assistant for the 143rd Regional Support Group, specializing in unit ministry. Her father was in the Puerto Rico National Guard, and was her inspiration to join. She owns her own dance studio, which was recently featured on local news and also runs a youth outreach as part of her business, which empowers young women through the arts. She is a Master Trainer for the Applied Suicide Intervention Skills Trainer and a Youth Representative for the State of Connecticut for Save the Children. Flores recently collected and personally delivered supplies to the victims of the recent earthquake in Mexico and Hurricane Maria in Puerto Rico. She was on the first flight scheduled out of Hartford to Puerto Rico, to assist in the disaster. While in Puerto Rico, she handed out supplies that included batteries, food and water to numerous stranded and starving families.

Staff Sgt. Vanessa Machin, a full-time, Army Guard Reserve (AGR), Human Resources Specialist assigned to the 192nd Engineer Battalion. She was born and raised in Hartford and her parents hail from Puerto Rico. Machin



Spc. Emilie LaBouliere, Staff Sgt. Michelle DeVeau and Staff Sgt. Vanessa Machin take a break from their duties with the 143rd Regional Support Group during drill weekend at Camp Niantic, Conn. (Photo by Spc. Shantea Papadopoulos, 143rd RSG)

grew up competing in beauty pageants and was named, "Miss Puerto Rico of Hartford," in 2009. Since winning, Machin continues to work with the pageant, mentoring teenagers and serving as the pageant's director for two years. Machin is also focused on her personal growth – mentally and physically. She graduated from Southern Connecticut State University with a Bachelor of Science degree, majoring in Business Administration with a concentration of marketing. She is applying for her master of business administration with plans and desires to earn her doctorate. In an effort to improve her physical fitness, Machin recently completed a cardiovascular challenge requiring her to run 1-3 miles every day. Now, she is preparing for longer races, aiming to one day run the famed Army 10 Miler. Professionally, Machin strives to serve her country as a Sergeant

Major.

Sgt. Michelle DeVeau is a full time Human Resources Specialist for the 143rd RSG. In 2017, DeVeau represented the Connecticut Army National Guard at the 68th Annual Armed Forces Day Luncheon. DeVeau is a long distance runner, having competed in numerous full and half-marathons (her favorite distance). DeVeau belongs to a club dedicated to running a half marathon in each U.S. state, and will notch No. 23 in Austin, TX later this year. In 2015-2016, DeVeau deployed with the RSG in support of Operation Resolute Support. She is a current member of the American Legion Post 79 and was recently re-elected as Secretary of the National Guard Association of Connecticut.

Working alongside DeVeau and Machin is **Spc. Emilie LaBouliere**, also a Human Resources Specialist assigned to the 143rd RSG. Hailing from Southington, LaBouliere was a cheerleader who currently coaches middle schoolers. In her civilian job, she works with mentally disabled adults. In 2017, LaBouliere represented the Connecticut National Guard at the TAG Shooting Match at Fort Indiantown Gap, Penn.

Sgt. Anita Rettman is a nine-year Veteran of the Connecticut National Guard and most recently deployed with the 143rd RSG to Afghanistan in 2015. She is a Unit Supply Specialist who has assisted her unit, community and state by serving during severe weather events that have required National Guard support. Born and raised in Europe, Rettman has lived in the U.S. now for 18 years. She has a teenage daughter and takes pride in



Staff Sgt. Kelvia Flores, Chaplain Assistant with the 143rd Regional Support Group, prepares for drill weekend Sunday services in Middletown, Conn. (Photo by Sgt. Taina Cabrera, 143rd RSG)

helping local children with school work and activities.

Staff Sgt. Lara J. Ciosek, an Ammunition Specialist assigned to the 143rd RSG, is a 15-year Veteran. She deployed with the 143rd Combat Sustainment Support battalion in 2006, assisting with convoy escorts and helping to supply surrounding bases. Full-time, Ciosek is a Veterinary Assistant (she prides herself in being an animal advocate) and licensed massage therapist. She has a degree from Western Connecticut State University and went to the Connecticut Center for Massage Therapy from 2009-2011. She enjoys gardening, dog walking, running in road races and has recently taken up beekeeping.

This is just a snapshot of the women serving in the Connecticut National Guard. For Women's Awareness Month, we recognize the importance that women have in the National Guard, and also to the communities and families that they represent. We invite all Guardsmen to send in their personal stories by emailing us at ctngpublicaffairs@gmail.com! To see more CTNG women highlighted, follow us on social media during the month of March. Links on page 23.

Staff Sgt. Lara Ciosek, an Ammunition Specialist with the 143rd Regional Support Group at drill weekend in Middletown, Conn. (Photo by Sgt. Taina Cabrera, 143rd RSG)



Through Time: Women in the U.S. Military

LT. COL. VALERIE SEERY
STATE EQUAL OPPORTUNITY

March is Women's History Month, a time to remember the many contributions that women have made to our society. It was not until relatively recently, however, that women were allowed to be part of the U.S. Military. That did not stop some brave women from finding a way around the rules to serve their country against all odds.

1775–1783 - During the Revolutionary War, women follow their husbands to war out of necessity. Many serve in military camps as laundresses, cooks, and nurses but only with permission from the commanding officers and only if they prove they are helpful.

1782–1783 - Deborah Sampson serves for over a year in General Washington's army disguised as a man. After being wounded, her gender is discovered, and she is honorably discharged. Later, she receives a military pension from the Continental Congress.

1812 - During the War of 1812, two women, Mary Marshall and Mary Allen, serve as nurses for several months aboard the USS United States at the request of Commodore Stephen Decatur.

1846–1848 - During the Mexican War, Elizabeth Newcom enlists in the Missouri Volunteer Infantry as Bill Newcom and marches 600 miles to winter camp in Colorado before being discovered and discharged.

1861–1865 - During the American Civil War, women serve as matrons (administrators) of hospitals as well as nurses and cooks in both Union and Confederate battlefield hospitals. Wealthy women help fund permanent hospitals. Dr. Mary Walker becomes the only woman to receive the Medal of Honor, the nation's

highest military honor. Women also serve as spies and some, disguised as men, serve as soldiers.

1898 - During the Spanish-American War, 1,500 civilian women serve as nurses assigned to Army hospitals in the U.S. Hundreds more serve as support staff, spies, and a few disguise themselves as men to serve in the military.

1917–1918 - During last two years of World War I, women can join the military. 33,000 women serve as nurses and support staff in the military and more than 400 nurses die in the line of duty.

1941–1945 - During World War II, more than 400,000 women serve at home and abroad as mechanics, ambulance drivers, pilots, administrators, nurses, and other non-combat roles. Eighty-eight women are captured and held as prisoners of war.

1948 - Congress passes the Women's Armed Services Integration Act granting women permanent status in the military subject to military authority and regulations and entitled to veterans benefits.

1950–1953 - During the Korean War, over 50,000 women serve at home and abroad. 500 Army nurses serve in combat zones and many Navy nurses serve on hospital ships.

1962–1972 - During the Vietnam War, over 7,000 women serve, mostly as nurses in all five divisions of the military, Army, Navy, Marines, Air Force and Coast Guard. All were volunteers.

1973 - The military draft ends and an all-volunteer military is formed creating opportunities for women.

1976 - The first females are admitted to the service academies, U.S. Military Academy at West Point,

U.S. Naval Academy at Annapolis, and the Air Force Academy to be trained in military science.

1978 - Women in the Navy and Marines can serve on non-combat ships as technicians, nurses, and officers.

1991–1992 - During the Persian Gulf War, more than 41,000 women are deployed to the combat zone. Two are taken captive.

1991 - Congress authorizes women to fly in combat missions.

1993 - Congress authorizes women to serve on combat ships.

1998 - For the first time, women fighter pilots fly combat missions off aircraft carrier in Operation Desert Fox, Iraq.

2000 - Captain Kathleen McGrath becomes the first woman to command a U.S. Navy warship. The vessel is assigned to the Persian Gulf.

2003 - During the War in Iraq, three Army women become prisoners of war in the first days of the invasion.

2004 - Colonel Linda McTague becomes the first woman commander of a fighter squadron in U.S. Air Force history.

2005 - During the "War on Terror," Sergeant Leigh Ann Hester becomes the first woman awarded the Silver Star for combat action.

2008 - 16,000 women served in Iraq, Afghanistan, Bosnia, Germany, Japan, and other related areas.

Let's celebrate the women who came before us who paved the path for the rest of us and the strong women of today who make the U.S. Military and Connecticut National Guard the force it is today.

"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. IAW 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
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 State Military Department employees

Post MWR Facilities

Post Exchange Open Tuesday - Saturday
 Kayaks, canoes, sailfish and other sporting equipment available
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Enlisted Update



COMMAND SGT. MAJ. JOHN S. CARRAGHER

Greetings to all and welcome to March! It would be nice to think we may be out of the winter season, but this is New England, so we probably a little more weather coming our way. Don't let your guard down! Remain vigilant and watch out for hazardous conditions. Spring will be here before you know it.

The beginning of spring also signifies the beginning of prime training time and the start of the traditional Annual Training period. I urge all leaders to take a moment and assess the preparedness of your organization to conduct collective training. Is your team ready? Have you trained the appropriate individual tasks that support the collective tasks you are expected to execute? Have you notified the primary trainers and evaluators? Is there an evaluation plan? Do you have the resources you require to execute the scheduled training? If you are not comfortable with your answers to any of these questions, take action now! We cannot afford to waste a single moment of priceless training time.

The Army has an acronym for just about everything. This month I want to talk about two different subjects that use the same acronym, PME. The first definition of PME, Professional Military Education, we are all familiar with this one, but there has been some changes as it relates to enlisted promotions.

The Army Noncommissioned Officer Corps is the envy of Armies around the world. Connecticut's NCO Corps is as competent and professional as any organization in our Army. The reason we have the superb NCO Corps we enjoy today is the recognition that progressive and sequential education, across the domains of learning, is critical to professional development and must be linked to the duties and responsibilities we assign our NCOs. Soldiers move through institutional (formal military education),

experiential (duty assignments), and self-development (military and civilian self-improvement/education) domains of learning at the same rate as they move into positions of greater responsibility and higher rank. Progression in education is and should be directly linked to progression in rank. Soldiers must have the required knowledge, skills, abilities, and experiences gained in each domain to be qualified to lead Soldiers at each grade. In order to be qualified as a Sergeant, Soldiers must complete the Basic Leader Course; Staff Sergeants, the Advanced Leader Course; Sergeants First Class, the Senior Leader Course; Master Sergeants will soon need to complete the Master Leader Course; and Sergeants Major, the Sergeants Major Course. Sergeants Major selected to serve in nominative positions will soon need to complete the Nominative Leader Course.

The Director, Army National Guard recently published Personnel Policy Memorandum 18-001. PPOM's are policy documents that are essentially interim changes to regulations. PPOM 18-001 addresses the professional military education requirements for enlisted promotions. The purpose of the PPOM is to further strengthen the link between PME and rank. Ultimately the goal is to ensure each leader has the tools needed to provide the leadership our Soldiers deserve. Among other things, the PPOM directly addresses Soldiers who were previously promoted without the required NCO Professional Development System course and are therefore stagnant and untrained. One of the following actions is required of Soldiers that have exceeded 36 months without attending the appropriate course:

- attend the currently scheduled course required for their present grade
- accept an administrative reduction to a grade and position they are qualified and trained in
- commanders initiate a bar to reenlistment.

In addition to the above changes, this policy change impacts the time required for Soldiers selected for Sergeant positions that have not completed the Basic Leader Course. Soldiers selected on February 7, 2018 or later have one year (vice two) to complete BLC.

The ultimate goal of these policy changes is to ensure we provide the NCOs we charge with the care of our most vital resource, or Soldiers, the tools they need to succeed. The end result is a more competent, lethal force

to defend our nation.

The second definition of PME relates to fitness, and comes from Command Sgt. Maj. John Wayne Troxell, the Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff: Physical, Mental, Emotional. "PME Hard" is the way Troxell defines overall human fitness.

Troxell coined the phrase in 2007 while deployed to Iraq as the Command Sergeant Major of the 4th Brigade, 2nd Infantry Division. He determined the Soldiers of his brigade needed to be not just sound in mind, body, and soul, they needed to be "hard." The term is meant to describe the complete and overall human fitness level each and every Soldier must achieve.

The basis of PME Hard is the physical part, since being more physically fit allows for greater overall human fitness. PME Hard also means functional fitness; training rigorously for the things we do in battle such as carrying 80 pounds of kit across rough and uneven terrain and in urban complexes for long distances and having the reserve and resolve to defeat the enemy in close combat. PME Hard has now grown into a version of Army Comprehensive Soldier Fitness.

Simple physical fitness is not enough. It took me many years to finally understand physical fitness is not about passing a simple test. It is the key to mental and emotional fitness as well. The entire package is required for Guardsmen to survive, fight, and win on today's battlefield. I tell our newest Soldiers during my briefing at Battle Hand off that being a Soldier is a full contact adult sport. Give yourself every advantage you possibly can. Crank up your physical fitness program beyond the ability to simply pass the Army Physical Fitness Test. Get to PME Hard!

Have a great couple of months. I look forward to seeing you out training.

Quote of the Month: "The last thing you want to do when you are in uniform is to be complacent and to think, nah, we are never going to go to war."

-Gen. Joseph F. Dunford, Jr., Chairman of the Joint Chiefs of Staff

FIGHT TONIGHT!
 -CSM Carragher



Command Sgt. Maj. Carragher is on Facebook!

Command Sgt. Maj. Carragher regularly updates his page with posts about Army and Guard standards, visits with Connecticut Guard units and motivation and inspiration.

Follow him @CTCommandSgtMaj

<https://www.facebook.com/CTCommandSgtMaj/>

Laying the Foundation for Success: Talk to a Recruiter Today!

STAFF SGT. MARC MOJICA
CONNECTICUT AIR NATIONAL GUARD RECRUITER

In February, I received a message that not only made my day, but filled me with pride and motivation for the job I call myself fortunate to have.

"I never would have thought that 16 months ago when you were driving me to Massachusetts for MEPS, that I would be meeting the Chief Master Sergeant of the Air Force today. Joining not only the Air Force but the Teal Rope program has opened my eyes to so much in life and I continue to learn every single day. This is a moment in my life that I will never forget, from the very first day I decided to become a rope to the day I graduate not only as a teal rope but as the Squadron Leader, the values and lessons I've been taught will never be forgotten. One thing that CMSAF Wright said was, "Dream, dream big. Dream about what you are passionate for and start with your heart. If you start with your head you may rationalize yourself away from your dream." That will stick with me for a long time especially while making decisions in the near future. I know it is your job but I wanted to say thank you, thank you for helping me start this amazing career."

-Airman 1st Class Jake Allen, Connecticut Air National Guard

The Teal Rope program Allen speaks of is very literal. According to the Sheppard Air Force Base website, "A teal rope, worn around the shoulder of an Airman's uniform, designates the training and volunteerism the student has undergone to be able to assist peers in dealing with sexual assault."

It is an important program aimed at not only developing future leaders, but to, "promote a climate of respect, dignity and professionalism," Sheppard's website confirms. I am proud to know that I played a small role in Airman Allen's budding career.

We as recruiters serve as visionaries to our applicants to hopefully begin their foundations for success. Every day, we come across new people, all with a purpose to serve. In many cases, we have to work with a number of applicants for just one enlistment; a process that requires a level of mental strength and perseverance, because we have to give 110 percent of our dedication and commitment to each applicant we meet. We never know what will be the outcome on an enlistment.

What I do know is that I love what I do. Having the influence to offer prospective Guardsmen a military and world experience in order to succeed in many areas of life is inspirational and gratifying.

Airman 1st Class Jake Allen joined during his senior year of high school and will be part of the Aerospace Propulsion team for our C130s. The connection I made with him, his mother, and little brother through the process is an example of why we are committed to our recruiting responsibilities for the Connecticut Air National Guard.

To be honest, it just feels really good to know when you help great people that really want a boundless path to begin their dreams. Reading his message brought me back to my positive thoughts for when I joined and the excitement I had through every experience. Hopefully he did the same for you. Thank you for what you do, because in one way or another you are part of the process and inspire so many including me.

If you, or someone you know, has been the victim of sexual harassment or sexual assault, call the 25/7 DoD Safe Helpline at 1-877-995-5247. The Connecticut National Guard has a zero tolerance policy for sexual harassment or sexual assault. For more information on the Teal Rope program, or any of the Connecticut National Guard's Sexual Harassment/Assault Response and Prevention Programs, current Guardsmen can contact their Chain of Command.



Airman First Class Jake Allen (right), poses for a photo with Chief Master Sergeant of the Air Force Kaleth Wright at Sheppard Air Force Base in Texas. Allen, a member of the Teal Rope program, is undergoing his Technical School training and will return to Connecticut qualified to join the 103rd Air Wing's Aerospace Propulsion team. (Photo courtesy of Staff Sgt. Mojica, Connecticut Air National Guard Recruiter)

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



Inside OCS

The Hard Work is Just Beginning

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

Connecticut OCS Class 63 completed their sixth drill of Phase Two this January, pushing the candidates over the hill and into the final stretch to their ultimate goal; commissioning as a 2nd Lieutenant in the Connecticut Army National Guard.

Inside the classroom, January's training period focused on tactical combat casualty care, movement techniques for traversing various danger areas, and the rehearsals for upcoming field work. All of the training will culminate in a platoon level training exercise this June at Stone's Ranch Military Reserve and the following month's Phase 3, when candidates are tested on their troop leading procedures and abilities to brief an operations order.

The most crucial block of instructions occurred Saturday evening and Sunday morning when the candidates learned how to tactically move their elements while providing maximum security for their soldiers. As a leader, it is key to understand that there is never just one perfect answer to any particular problem, but a series of what cadre called, "less right answers."

Capt. Eric Roy, a member of the 169 Regional Training Institute OCS Cadre, gave candidates a lot to think about by explaining that what Army doctrine is teaching you and what cadre is teaching you is the science behind movement techniques. He stressed that our experiences and creativity supply the art to movement techniques. Such a summation perfectly encapsulated what it means to be an officer and why it is so crucial candidates learn these skills before commissioning.

The candidates had to prepare for a quick turnaround, as the February drill was only a week away. Camp Smith, New York was the training destination and the Connecticut OCS Cadre are not just preparing candidates to survive this summer's Phase 3, but they are preparing them to stand out and thrive among their peers from the region.

As candidates, we do not intend on letting our cadre or our state down. With five drills left before annual training, it is easy to think the hard work is over. On the contrary, the hard work has just begun as the candidates move into the field. We embrace the challenge and look forward to leading our soldiers in the future.



OCS Class 63 Dining Out

May 5th, 2018 6pm-11pm
Sheraton Hartford South Hotel
Grand Ball Room
100 Capital Boulevard, Rocky Hill, CT 06067

Single \$65 / Couple \$120
Cash/Check accepted at door
or Venmo @Class-63

With any questions please contact:
OCSClass63@gmail.com
or (203) 525-6010

*Room block available under "OCS Class 63 Dining out"

RSVP Online



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

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

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




Please RSVP through your chain of command and to:
Capt. 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




Resilience: "Skill of the Month"

Just the Facts

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

"Catastrophizing" is when you waste critical energy ruminating about the irrational worst case outcomes of a situation, which prevents you from taking purposeful action.

The following can occur when a person is thinking catastrophically:

- High Level of Anxiety
- Decreased Focus
- Increased Helplessness

What's My Plan?!

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

SGM James A. Sypher
R3SP Program Manager
james.a.sypher.mil

What is the skill?

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

WATCH OUT!

Triggers of Catastrophic Thinking

Is the situation ambiguous?

Is something you value highly at stake?

Are you run-down or depleted?

Do you already FEAR the situation?

Is it your first-time doing something?

Then you could be at...



Are You Passionate About Helping Others? The R3SP is Looking For You!

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

Do you or a fellow Soldier have an interest in becoming a trainer with R3SP? Are you passionate about helping fellow Soldiers and training others to be able to help as well? Are you in the grade of E-5 and above and can dedicate a few days each quarter to participating in training courses to increase the fitness of our force?

If you answered the above questions with a yes, Suicide Prevention Programs wants to talk to you about opportunities to become a certified trainer in suicide prevention curriculums. The program is currently looking for Soldiers interested in training the 4-hour Ask Care Escort – Suicide Intervention, or ACE-SI, course and the 2-day Applied Suicide Intervention Skills Training (ASIST) course.

In order to be considered for trainer positions, Soldiers must have previously taken the courses and have unit approval to become a trainer. ACE-SI trainers must complete a state level six hour train the trainer course facilitated by the Suicide Prevention Program Manager. Trainers then must lead two courses in their first year and one course per year thereafter to maintain certification.

Soldiers interested in ASIST must complete the five-day Train the Trainer course facilitated by LivingWorks and train three courses in their first year and one per thereafter to remain qualified.

Interested?

Contact Meagan MacGregor
State ADCO and Suicide Prevention Program Coordinator
860-524-4962
meagan.e.macgregor.ctr@mail.mil

Resilience Resources:

Outward Bound
www.outwardbound.org/veterans
Service Member and Family Support Center
 1-800-858-2677
Military OneSource
www.militaryonesource.mil



R3SP - Resilience, Risk Reduction & Suicide Prevention

A Positive Drug Test Can Lead to Negative Consequences

SGT. VICTOR MARTINEZ
CTARNG DRUG TESTING COORDINATOR

Receiving a drug positive on a urinalysis is a daunting and stressful event for any Soldier.

Soldiers in the Connecticut Army National Guard are strictly forbidden from utilizing illicit substances or abusing legal substances as it detracts from Soldier fitness and mission readiness. When the Drug Testing Coordinator received notification that a Soldier has tested positive for an illicit substance a very common question asked from the Soldier or their Chain of Command is, "could it be a false positive?"

The testing process used by the Army National Guard utilizes mechanisms to ensure that any positive result is in fact a positive. When the Drug Testing office receives samples from unit testing they are packaged and shipped to the lab in San Antonio, Texas. There, all samples are tested for marijuana, cocaine, amphetamines, ecstasy, heroin, opiates, benzodiazepines, and a number of prescription drugs as well as other recreational and prescription drugs on a rotating basis. If during the initial testing a sample renders a positive reading for one of the aforementioned substances, the sample is then sent to a second processing section of the lab to undergo an additional test.

Samples that test positive during this phase of testing are documented as a positive and that information is sent to the Drug Testing Coordinator. Samples that test negative in the second phase are documented negative, the drug tester is not notified of the initial positive result. With the current use of such a the two-factor authentication, Soldiers and their command can be certain that any positive result has been verified and is, in fact, a drug positive.

The best way to avoid a drug positive is to abstain from all illicit substances including prescription medication that has not been prescribed to you. If you, or a fellow Soldier, has used illicit drugs you can self-refer to the Army Substance Abuse Program to receive treatment and limit the negative consequences it has on your career.

If you have questions about the drug testing process you can contact Sgt. Martinez at 860-548-3298. For questions about the Army Substance Abuse Program and treatment for substance use contact Meagan MacGregor at 860-524-4962.

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
 SPP & 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



R3SP PROGRAM INHALANT ABUSE FACTS



What is Inhalant Abuse?

Inhalant abuse refers to deliberate sniffing of common products found in homes and communities with the purpose of, "getting high." Inhalants are easily accessible, legal, everyday products. When used as intended, these products have a useful purpose in our lives and enhance the quality of life. When intentionally misused, they can be deadly. Inhalant abuse is a lesser recognized form of substance abuse, but it is no less dangerous. Inhalants are addictive and are considered to be gateway drugs because children often progress from inhalants to illegal drugs and alcohol abuse. The National Institute on Drug Abuse reports that one in five American teens have used inhalants to get high.

How can these products be abused?

Inhalant abuse is referred to as huffing, sniffing, dusting, or bagging and generally occurs through the nose or mouth. Huffing is when a chemically soaked rag is held to the face or stuffed in the mouth and the substance is inhaled. Sniffing can be done directly from containers, plastic bags, clothing, or rags saturated with a substance or from the product directly. With bagging, substances are sprayed or deposited into a plastic or paper bag and the vapors are inhaled. This method can result in suffocation because a bag is placed over the individual's head, cutting off the supply of oxygen.



There are more than 1,400 products that are potentially dangerous when inhaled. For example: air conditioning coolant, gasoline, propane, felt tip markers, spray paint, air freshener, butane, cooking spray, paint, and glue. Most are common products that can be found in the home, garage, office, school, or as close as the local convenience store.

Struggling or know someone struggling with Inhalant or any other type of abuse?

Call the Army Substance Abuse Program

Alcohol and Drug Control Officer 860-524-4962	Army Substance Abuse Program Hartford Armory RM 303 Hartford, CT 06105	Prevention Coordinator 860-548-3291
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Off the Bookshelf

with Staff Sgt. Simon

Birding Babylon: A Soldier's Journal From Iraq

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

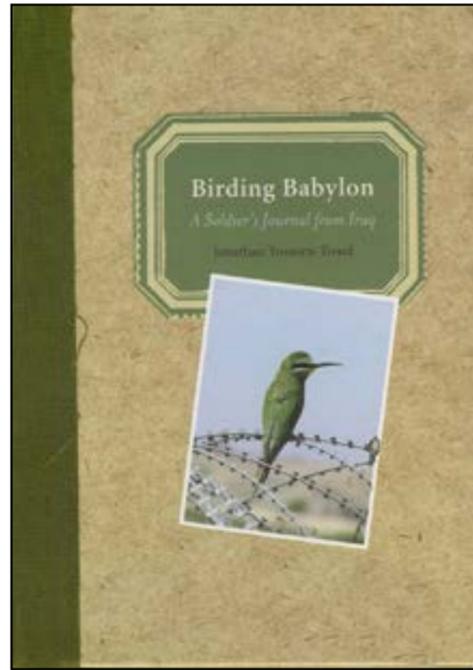
A quick internet search for Connecticut Army National Guard, Sgt. Maj. Jonathan Trouern-Trend's book, "Birding Babylon," returns countless webpage results in multiple languages on his 2006 text, which is about the many-feathered friends he encountered during his 2004-2005 Operation Iraqi Freedom deployment with the CTNG's 118th Medical Battalion.

Published by the Sierra Club, the book is based on Trouern-Trend's web blog of the same name that he produced during his time overseas. In 2005, Trouern-Trend's blog's popularity spread (it went viral) and numerous media interview requests, and offers for publishing poured in to the lifelong Connecticut resident.

Trouern-Trend said, modestly, that the book is an abridged version of his blog, and seemed to insinuate that subject's essence was dimmed in its format transition from blog to text, but this is absolutely not the case. The hot Iraqi sun can be felt on "Birding Babylon's" first page. The intermittent warm breezes, dust and sand can be sensed. The smells of the burn pits, the expressions of the civilian Iraqis and the elation of witnessing nature carry on and propel itself forward, despite human-related events are evident throughout the hardback's too-brief 80 pages.

A blue-cheeked bee-eater is featured on the book's cover. Trouern-Trend stated that the bee-eaters were very active along canals and in villages in Iraq, and this bee-eater in particular is pictured perched on barbed wire, presumably on the perimeter of a fortified area. Understandably, the public was struck by the obvious contrast that Trouern-Trend constructed through his text's imagery.

Trouern-Trend is near the top of his field in the fascinating and increasingly popular world of birding,



(he's currently ranked number eight in the state of Connecticut on eBird.com—the birding world's preferred species sightings recorder). In all, the gentlemanly Sgt. Maj. saw 122 species of birds during his first deployment to Iraq and Kuwait, and his wonderfully revealing book truly illuminates the wildlife that has persevered in a region that many Connecticut Service Members are all too familiar with. (Babylon, of course, was the ancient city on the Euphrates River that dates to 2300 B.C.).

However, it is the items between the entries of his book,

and between his blog posts that are the most revealing and illuminating about Trouern-Trend's experiences in Iraq. Civilian readers may have a hard time truly appreciating and understanding these facets of Trouern-Trend's subject. Put simply, despite, the book's title, content, and dozens of reviews and interviews that state the contrary, "Birding Babylon," has very little to do with birds.

Decades ago, author Kurt Vonnegut concluded "Slaughter House Five," his most famous novel (based in Germany during WWII), with the phonetic spelling of a bird song, "Poo-tee-weet." Vonnegut was raised near Indianapolis, Indiana, and may have based this onomatopoeic word on the song of the red-winged blackbird, common to that region.

Vonnegut's "Poo-tee-weet" was an SOS home to the Midwestern U.S. It was his "call-and-response" for comfort and safety, to his friends and family, to the ryegrass, the rabbits, and coyotes, of the Indiana gullies and fields, to the pretty girls he dated, root beer floats he drank as a child, to the Indiana woods' eastern hemlocks and white pines.

Like Vonnegut and many of the writers of war before him, Trouern-Trend's blog and book also clearly reverberates with a silent yearning for home: his own bed, the smiles of his children, his early birding ventures as a young man in the Simsbury, Connecticut woods, perhaps.

Most Service Members would likely understand, "Birding Babylon" deserves to be read. The hot Iraqi sun can be felt on its first page.

Sgt. Maj. Johnathan Trouern-Trend is the, 118th Medical Battalion Chief Operations Sergeant for Health Protection and the full time Anti-Terrorism Program Coordinator. Read about his bird-watching in Connecticut on page 4.

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 Preserving Army History



The U.S. Army Heritage and Education Center in Carlisle, Penn. (<https://ahec.armywarcollege.edu/>)

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

of Washington, D.C.

The main building will be approximately 186,000 square feet and display selections from over 15,000 pieces from the Army Art Collection and 30,000 artifacts, documents, and images.

The U.S. Army Heritage and Education Center, located in Carlisle, Penn., is the premier facility for historical research on U.S. Army history and is dedicated to, "Telling the Army story...one Soldier at a time." The expansive campus includes the Visitor and Education Center, the U.S. Army War College Library, the U.S. Army Military History Institute, and the Army Heritage Trail. The USAHEC Veterans Ambassador Program was developed to capture Soldiers' histories regardless of rank, job or time of service. Veterans Ambassadors volunteer to represent the USAHEC to veterans organizations and help collect oral histories to preserve the U.S. Army's story from the Soldier's point of view.

More information can be found at the USAHEC website - (<http://ahec.armywarcollege.edu/VeteranSurveys.cfm>).

There are many on line resources to study military history. Each year, the Chief of Staff of the Army publishes a recommended reading list, broken down by leadership positions. It can be found at <http://www.history.army.mil/reading.html>.

Anyone interested in becoming a Veteran's Ambassador with the U.S. Army Heritage and Education Center can email the author using the contact information below, for more information. A two-day training course is scheduled for April 21-22, 2018 at Camp Niantic.

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.

Get social with the
CONNECTICUT NATIONAL GUARD

Official Pages - Managed by the CTNG PAO



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 TASM
Facebook - @1109thTASM

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

On June 6, 1944, as the Allied Forces began the invasion of Normandy, Gen. George S. Patton, Jr., wrote to his son, then a cadet at the United States Military Academy, that "to be a successful soldier, you must know history."

Many military figures before and after have said something similar. While technology may change, the military leader may still learn from studying past campaigns and leaders.

The Center of Military History is responsible for the appropriate use of history throughout the United States Army. The Center traces its lineage back to those historians under the Secretary of War who compiled the Official Records of the Rebellion, a monumental history of the Civil War begun in 1874, and to a similar work on World War I prepared by the Historical Section of the Army War College. Today, Army historians maintain the organizational history of Army units, allowing the Center to provide units of the Regular Army, the Army National Guard, and the Army Reserve with certificates of their lineage and honors and other historical material concerning their organizations.

CMH manages a system of 59 Army museums and 176 other holdings, encompassing some 500,000 artifacts and over 15,000 works of military art. It also provides professional museum training, staff assistance visits, teams of combat artists, and general museum support throughout the Army. Current projects include establishment of the National Museum of the U.S. Army at Fort Belvoir, Virginia. The National Army Museum, scheduled to open in 2019, will be located on over 80 acres at Fort Belvoir, Virginia, less than 30 minutes south

Training Circulars for TY18 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
Technical Transportation of Hazardous Material (HAZMAT) 80 Hour Course	350-17-48	Sgt. Maj. Jeffrey 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	15-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	25-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	350-17-52	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
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffery Colvin	10-May-18	10-May-18
Call for Fire Trainer (CFFT)	350-17-40	1st Sgt. Corey Lewis	14-May-18	17-May-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	15-May-18	16-May-18
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Meagan MacGregor	16-May-18	16-May-18
Engagement Skills Trainer II (EST II), Laser Marksmanship Training System (LMTS)	350-17-22	1st Sgt. Corey Lewis	18-May-18	21-May-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.

• **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.

• **Call For Fire Trainer (CFFT) Course:** This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the CFFT. This is a four (4) day course available once during TY-18. This training is for the new CFFT, and previous operators without this training will not be certified to run the new system. 14-17 May 2018. 5 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

REVIEW YOUR ERB/ORB

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

PREPARE YOUR UNIFORM

- Ensure your uniform is up to AR 670-1 standards before scheduling an appointment.
 - 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-shoot. Your uniform must be complete and accurate before scheduling your appointment.

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.

SHOW UP AT SCHEDULED TIME

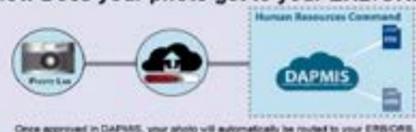
- Be on time and fully dressed at the scheduled time.
 - Locker rooms available on the first floor if you wish to carry your uniform on a hanger.

IMAGE MANIPULATION

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

- Per AR 600-20, Photographers will not alter the photograph, to include adding new rank, ribbons, stars or wrong medals or emblems. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 600-20, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier.

How Does your photo get to your ERB/ORB?



What to Wear for a DA Photo

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

FOR MORE INFORMATION, VISIT: WWW.ARMYG1.ARMY.MIL/DA/DAFORMAL

Connecticut National Guard

Job Announcements

Jobs closing after March 1, 2018

Army National Guard Technician Job Announcements - USA Jobs

- CT-18-023 (10129793)-AR-18-023 Sheet Metal Mechanic (Aircraft)(PERM), WG-3806-5-8-10, AASF, Closing 01 March 2018
- CT-18-025 (10139276)-AR-18-025 Surface Maintenance Mechanic Supervisor (TEMP PROMO), WS-5801-15, CSMS, Closing 26 February 2018
- CT-18-026 (10136921)-AR-18-026 Human Resources Assistant (Military)(INDEF), GS-0203-07, JFHQ, Closing 12 March 2018
- CT-18-027 (10140340)-AR-18-027 Sheet Metal Mechanic (Aircraft)(PROJ)(INDEF), WG-3806-5-8-10, TASM, Closing 14 March 2018
- CT-18-028 (10140174)-AR-18-028 IT Specialist (NETWORK)(INDEF)(TEMP PROMO), GS-2210-9-11, DCSIM, Closing 15 March 2018

Air National Guard Technician Job Announcements - USA Jobs

- CT-18-024 (10134766)-AF-18-024 Flight Engineer (Instructor)(PERM), GS-2185-10, 103d OG, Closing 07 March 2018

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



Be The Force Behind The Fight

CT SHARP & SAPR are 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.

The Tax Law and Jobs Act and 2018 Tax Changes

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

Most people are in the process of filing their income taxes for 2017, but people need to start planning for next year considering the Tax Cuts and Jobs Act that went into effect January 1, 2018. Tax brackets, rates, the personal exemption, thresholds, elimination of the Pease limitations on itemized deductions, and expansion of the Child Tax Credit are all changes in the new tax law. Individuals who use a tax advisor or financial consultant, may wish to discuss with them the following changes.

Tax Brackets have not changed. There are still seven. However, the ranges have been adjusted for both single and joint filers. The percent taxed has decreased by an average of 2.5 percent on all incomes regardless of the tax bracket. The standard deduction for single filers has increased from \$6,350 to \$12,000. Joint filers' standard deduction will go from \$12,700 to \$24,000. An important change is the elimination of the personal exemption.

The IRS will change its method of adjusting for inflation. This annual adjustment to 40 tax provisions is done to prevent, "bracket creep." Bracket creep is where people are pushed into higher tax brackets or end up with reduced deductions or credits rather than an increase in income. Beginning in 2018, the IRS will use the Chained Consumer Price Index instead of the Consumer Price Index to adjust for inflation.

For those who itemize deductions, there are significant changes to note. Many of the 2017 itemized deductions have been reduced or eliminated. On the Federal level, there is a cap of \$10,000 for state and local income, property and real estate taxes. The old tax bill allowed a two percent deduction for miscellaneous deductions to one's adjusted gross income. Some of the deductions eliminated include tax preparation fees, management and consultant fees, unreimbursed employee expenses, and some hobby expenses. The 2018 Tax Bill eliminates the previous listed deductions or any that were subject to

the two percent floor for taxable years 2018 through 2025.

The new tax bill increases the limitation of cash contributions to public charities from 50 to 60 percent after December 31, 2017 up to January 1, 2026. The tax bill also lowers the mortgage interest deduction from \$1 million to \$750,000 of home-acquisition debt incurred after December 15, 2018, and new or existing interest on home equity lines of credit is no longer tax deductible. Beginning in 2019 through 2025, the AGI (Adjusted Gross Income) limitation for medical expense deduction will increase from 7.5 to 10 percent.

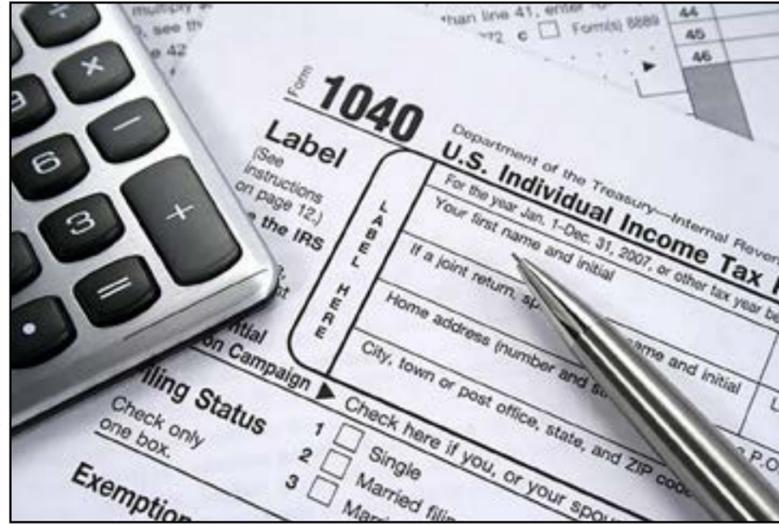
Some individual exclusions are not affected. The capital gain exclusion of \$250,000 (single filer) and \$500,000 (joint filers) from the sale of a primary residence will not change if it has been the principle residence at least two of the past five years of ownership. Student loan interest deduction of \$2500 per year remains the same for 2018. Tax rates on long-term capital gains remains the same.

Other tax law changes beginning in 2018 should be mentioned which may impact a fewer number of retirees. There are significant changes to the way pass-through business income is taxed. The lifetime estate tax exemption is doubled. Moving expenses related to a job change, except for members of the military, are

no longer deductible. The child tax credit has doubled under the age of seventeen, and the income limits on who may claim have increased substantially. The annual gift exclusion has increased from \$14,000 to \$15,000 per person per donor. Up to \$10,000 per year may be used from 529 accounts to pay tuition for elementary or secondary public, private or religious schools.

Considering these changes, individuals, especially those who usually itemize may be better off just doing the standard deduction. These changes may affect financial decisions concerning, gifts, where you reside, how expensive a home to buy, charitable gift giving, and how much to pay down a mortgage.

This is only a snapshot of the new tax bill and it changes. Individuals should examine the changes more closely to see how their personal financial situation and tax liability will be affected, and how one's financial plan may change.



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

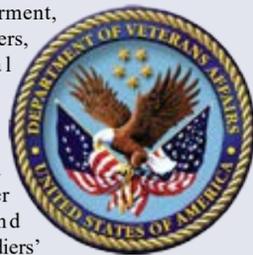
Burial and memorial benefits are available for eligible service members, Veterans and eligible family members.

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

Sigel, Samuel R.
Challinor, Skye E.
Rodriguez, Fabian J.
Gendreau, Thomas C.
Warburtonbaker, Akin B.
Kolodziej, Ryan R. Jr.
Lovallo, Daniel J.
Cardinal, Joshua T.
Mcpherson, Shaquelle D.
Cameron, Andrew D.
Fox, David A. Jr.
Barabas, Joshua T.
Santiago, Richard Jr.
Bensonhunter, Kalyb C.
Burgosreyes, Carlos A.
Garcia, Nathan X.
Rodriguez, Samuel Jr.
Gigola, Giovanni M.
Cebriwsky, Arthur M.

To Private First Class

Amore, Dustin J.
Berry, Matthew C.
Zabala, Gisela P.
Delvalle, Daniel A.

Araujo, Sheyla
Ramos, Daniel Jr.
Rodriguezmartinez, Jossean
Almanzarperetz, Carlos S.
Rodriguez, Frank J. Jr.

To Specialist

Doucette, Matthew A.
Wilke, Benjamin J.
Michaud, Kevin A.
Berg, Kyle A.
Johnson, Erik M.
Abt, Kyle L.
Contreras, Lauren R.
Roy, Evan B.
Kiley, Joseph A.
Santiago, Luis A. Jr.
Streater, Kyle N.
Chaparrorosero, Jean P.
Angelucci, Adam N.
Bolton, Carl B.
Lewis, Rakeem A.
Franco, Roberto A.
Daldegan, Robert
Cunha, Mariana S.
Gallant, Kristy M.

Feliz, Coraima E.
Leonard, Jeffrey M.
Bromley, Lauren G.
Garcia, Alex M.
Kosswig, Joseph M.
Semczysyn, Victor G.
Alvarado, Luis M. Jr.
Changanaqui, Luis E. Jr.
Connolly, Ryan P.
Gutierrezperez, Ismael

To Sergeant

Rivera, Jonathan
Woodard, William J. II
Hary, Michael G.
Suto, Ross J.

To Staff Sergeant

Hutman, Jaclyn C.
Pals, Joseph J. III
Kennedy, Kathryn E.
Ordway, Adam M.
Oldham, Kyle W.

To Sergeant Major

Lane, John W. Jr.

To Warrant Officer

Moulthrope, Brennan G.

To Chief Warrant Officer 4

Mejunkins, Michael R.
Lerette, Jason B.

To Chief Warrant Officer 5

Thompson, Kenneth B.
Leroux, Michael J.

To 1st Lieutenant

Hallenbeck, Brent L.

To Captain

Johnson, Chad A.
Caless, Peter A.
Rivadeneira, Miguel A.
Cuprak, Ashley A.

AIR

To Airman First Class

Walsh, Kayla F.
Kongkiat, Roxanne

To Senior Airman

Dibacco, Christina A.
Torre, Christopher S.
Puza, Kathryn E.
Bennett, Reaghan A.

To Technical Sergeant

Haynes, Daniel L.
Solerti, Kristel M.
Newson, Michael G.

Congratulations to All!



Promotions as of February 1, 2018

Calendar

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

May

May 5

Cinco de Mayo

May 8

Victory in Europe Day - WWII

May 8

June Guardian Deadline

May 13

Mother's Day

May 18

CT Armed Forces Day Luncheon

May 19

Armed Forces Day

May 28

Memorial Day

COURAGEOUS STEADFAST PROTECTORS
**CONNECTICUT
 ARMED FORCES DAY
 LUNCHEON**



SAVE THE DATE

MAY 18, 2018 ★ 11:00 A.M.

AQUA TURF CLUB, SOUTHLINGTON, CT

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 OR FACEBOOK.COM/CTARMEDFORCESDAY

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Connecticut Family
GUARDIAN

VOL. 19 NO. 3

HARTFORD, CONNECTICUT

MARCH 2018

**Be A Smarter Consumer!
 Ten Things You Can
 Do to Avoid Fraud**

WWW.CONSUMER.FTC.GOV

Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information. Here are some practical tips to help you stay a step ahead.

1. Spot imposters. Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request — whether it comes as a text, a phone call, or an email.
2. Do online searches. Type a company or product name into your favorite search engine with words like "review," "complaint" or "scam." Or search for a phrase that describes your situation, like "IRS call." You can even search for phone numbers to see if other people have reported them as scams.
3. Don't believe your caller ID. Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.
4. Don't pay upfront for a promise. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance, or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.
5. Consider how you pay. Credit cards have significant fraud protection built in, but some payment methods don't. Wiring money through services like

Western Union or MoneyGram is risky because it's nearly impossible to get your money back. That's also true for reloadable cards like MoneyPak, Reloadit or Vanilla. Government offices and honest companies won't require you to use these payment methods.

6. Talk to someone. Before you give up your money or personal information, talk to someone you trust. Consumer artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert — or just tell a friend.
7. Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal, and often the products are bogus. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.
8. Be skeptical about free trial offers. Some companies use free trials to sign you up for products and bill you every month



Celebrating Random Acts of Kindness Week

A full time member of the Connecticut National Guard has his ice cream sundae made during the ice cream social hosted by the Service Member and Family Support Center at the William A. O'Neill Armory, Feb. 17. The complimentary sundaes were in honor of National Random Acts of Kindness Week, that ran from Feb. 9-15. During the week, the SMFSC also sent out kind emails to all full time staff with messages encouraging spreading kindness to others, and also to be kind to yourself. The SMFSC plans to continue to spread kindness thought the year, hoping to host future RAK events at other CTNG facilities. (Photo by Allison L. Joanis, State Public Affairs Office)

until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don't recognize.

9. Don't deposit a check and wire money back. By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank. Sign up for free scam alerts from the FTC at ftc.gov/scams. Get the latest tips and advice about scams sent right to your inbox.

If you spot a scam, report it at ftc.gov/complaint. Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice.

March 4-10 is National Consumer Protection Week! Get in on the conversation on Twitter, March 8 with the Connecticut Department of Consumer Protection, the Connecticut Department of Veterans Affairs and the CTNG. We will chat about consumer issues and programs that affect Military Members, Families and Veterans. Follow us @CTNationalGuard for more information.



CATHERINE GALASSO-VIGORITO

Your Words Are Worthy Gifts to Others

A while ago, I was asked to speak to a group of people who wanted me to share with them the power of our words. So I began my talk with these examples:

- An admired and well-liked business man who has a myriad of friends said, "I am always careful to stop and taste my words before I let them pass from out of my mouth." Accordingly, he never blurts out hasty words without ever stopping to think first.
- A dear Mother stated, "I try never to talk bad about anyone. And as my grandmother used to say, 'If you can't say something nice about something or someone, don't say anything at all.'"
- A little girl, when asked to describe what love means to her replied, "When someone loves you, the way they say your name is special. You know that your name is safe in their mouth."

In a flash of certainty, I smiled and told the group, "That child's view of the words that we speak seems to say it all," and "When someone loves you, you know that your name is safe in their mouth."

What about your words? Do your words help others or hinder them? And what are you saying over your circumstances? The wisdom of the Bible reminds us, "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.... Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice." (Ephesians 4)

Always speak words that mend, heal, and give life to others. When we speak unkind words about someone, we not only wound them, but we wound ourselves as well. When time passes and tempers cool, the pain of thoughtless words and tones still lingers.

As children of God, we are commanded to be, "Kind to one another, tenderhearted..." Therefore, bless and

nourish others with gentle words of inspiration. Words have real power. Words create. Like an indelible ink marker, words can leave a lasting impression. So speak from a place of love. Speak hopeful, encouraging, thoughtful words. Leave people better off than they were before seeing you. We can do so much good through our positive conversations. Sometimes, that affirmative expression of reassurance or praise to another is all that is needed for them to continue to persevere and fulfill a seemingly tough task. The sincere words of caring individuals enthrall and motivate us to do great things. Sincere words keep us on track when the going appears slow. Your words are worthy gifts to others.

Last month, my daughters and a few of my friends and I went to a 'paint night' fundraiser at a local fine art gallery. Each person was given a blank white canvas and colorful paint colors and brushes, and we were to paint a beautiful sunset. We all got creative and discovered our inner artist! Likewise, our words are the paint with which we paint our reality. Thus, pick the very best words you can.

It's been said, "What you say... goes." Pessimistic speech can deprive you of the ability to create the wonderful, peaceful, abundant life that you want to live. Negative words can attract more negativity. Complaining may cause further problems. Try this approach: If you catch yourself about to say something unconstructive or if you are going to complain, stop for a moment. Then, reframe your word choices to a more positive speech. Maintain an attitude of thankfulness, patience and faith, and surely God will bless your good, hopeful words.

Years back, I heard a fictional story once about a woman who had a dream. That evening, in her dream, an angel escorted her to an extravagant party; and when the woman walked into the room, she noticed that it was filled with presents. To the right and to the left, there were unopened gifts everywhere. When the woman looked closer, she saw that her name was printed on the gift tags.

Curiously, the woman asked the angel, "Why are there so many unwrapped presents with my name on them?" The angel gently replied, "Let's open them and find out."

First, they unwrapped the present to their right.

Inside there was 'a great idea' that would have more than replaced the job the woman had, years before, lost. "But," the angel uttered to the woman, "You held on to negative thoughts, and said that 'nothing good would ever happen to you again.' You gave up and settled for the status quo."

Wide-eyed, the woman was shocked, as they opened the next gift. Within, was 'a wonderful, new relationship.' "However," the angel explained, "Because someone betrayed you long ago, you became so bitter that you said you were 'never going to trust anyone,' and then you stopped expecting great things for your future." Next, they hurried to open another present, and it contained 'a golden opportunity.' "Yet," the angel described, "Due to past setbacks, you said it was, 'too late' and you were 'not good or talented enough' to pursue and accomplish new dreams."

Tears rolled down the woman's face. For in her dream, the woman's life reflected her words. She spoke discouragement, doubt, and fear, and she missed out on forthcoming joys, blessings and opportunities, which were symbolized as the presents.

I know that many of you are facing challenges in your life. But you are not alone. So allow me to encourage you:

- If you need strength, say, "I am going to stay strong."
- If you need a breakthrough, say, "Good things are coming my way."
- If you are in need of healing, say, "I am in the process of becoming healthier."
- If you need peace, say, "God has given me His peace."
- If you're in need of a fresh start, say, "Situations will fall into place, as God's mercy is new every morning."

Regardless of what's going on around you today, speak faith, love, hope, success, and kindness. Talk about God's unshakable love and the victory that He has in store for you. And hold a vision in your mind of good things coming to pass. God's hand is on you, so get ready for the blessings to come this year.

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@anewyounworldwide.com. Visit her website at www.anewyounworldwide.com. © Catherine Galasso, 2017

CONNECTICUT NATIONAL GUARD HELPLINE

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

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

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

Practicing Good Nutrition Boosts Personal Performance

MILITARY ONESOURCE

Military members need to stay in shape so that they can perform their duties. One of the best ways to build strength and stamina is by eating nutritious foods. Here are some tips on how to start.

Develop new habits

Eating healthy usually requires developing new dietary habits, but that doesn't have to happen overnight. Small changes over time can make a big difference. You might begin with some of these suggestions:

- Limit your sugar. Try drinking water instead of soda or sugary sports drinks.
- Lower your sodium. Start reading labels to see how much sodium is in a certain food. Buy "reduced sodium" items whenever possible.
- Eat lean protein. Eat less fatty red meat and more chicken, seafood, beans, eggs, nuts, and seeds.
- Choose whole grains. Whenever possible, eat whole grains like brown rice and whole wheat over "refined grains" like white bread, pasta, and anything made with flour.
- Snack on fruits and vegetables. Instead of reaching for the chips, try cutting up some carrots or eating an apple instead.

Explore the farmers market

Not all foods are equal when it comes to nutrients. The fresher your produce is, the more nutrition it offers. Your local farmers market is a great place to shop for fresh produce at a reasonable price. Whether it's just a roadside stand or a gathering place for local producers, you'll want to find a farmers market near you. Here are just a few reasons why:

- The food is as fresh as you'll find anywhere. Most produce is brought to market within hours of being picked.

- You're getting nutrition to the max. Eating food grown close to home and recently harvested has many health benefits.
- Local farmers grow seasonal foods, which tend to be less expensive and are fun to cook with.
- You get to speak with food experts — the farmers — who can teach you how to use the produce, grow your own food or share some great recipes.
- You can find a list of farmers markets in the U.S. in this National Farmers Market Directory.

Sharing your healthy lifestyle with your children

Share your nutrition goals with your children. The 5210 Healthy Military Children program can help you put a concrete plan into action by providing tip sheets and other resources. The number "5210" stands for:

- Five or more servings of fruit and vegetables. Prepare meals and snacks at home using fruits and vegetables, and teach kids how to make healthy foods.
 - Two or fewer hours of screen time. Make television, video games and the internet less convenient to use, turn them off during meals, and make sure children are doing activities that don't involve screens.
 - One or more hours of physical activity. Look for fun activities your family can enjoy together and use the activities as incentives instead of food.
 - Zero sweetened beverages. Sweetened beverages add extra sugar and calories to the diet, so encourage children to drink water or low-fat milk instead.
- As a service member — or part of the military family — you need the right fuel to stay energized. Eating well allows you to perform your job to the best of your ability.



These suggestions can get you started on a path to good nutrition and good health.

For more healthy advice, check out the Military OneSource Health and Wellness Coaching program, a free resource for eligible service members and family members.

Nutrition Resources

National Farmers Market Directory
<https://www.ams.usda.gov/local-food-directories/farmersmarkets>

5210 Healthy Military Children Program
http://download.militaryonesource.mil/12038/MOS/5210_TipSheets/Tips-Families.pdf

Healthy Recipe Ideas
<https://www.commissaries.com/healthy-living/recipes/index.cfm>

MOS Health & Wellness Coaching
<http://www.militaryonesource.mil/health-wellness-coaching>

Who Are Family Readiness Group Members?

Service Members are encouraged to engage spouses, parents, grandparents, siblings, and other persons who will benefit from Family Readiness Group (FRGs) participation. Membership also extends to the communities in which the Service Members live and work as community leaders, friends and coworkers may wish to support them during their military career.

Commanders are always on the look out for Statutory Volunteers. These unpaid professionals assist in the day-to-day management of the FRG and provide the communications link between the Commander and the Service Members' Families.

There are four positions within each FRG: Leader, Secretary, Treasurer and Alternate Funds Custodian. These positions require an initial training (then an annual refresher orientation for as long as they hold the position), tracking of any volunteer hours they accrue for their FRG, and fulfilling the job duties for their appointed positions. In filling these roles, the volunteers are able to use this experience on their resumes.

Statutory volunteers work with the Commander to design an Annual Family Plan that includes meetings, activities and events designed to build a sense of community within the group.

Interested to learn more about your Unit FRG? Contact the SMFSC: 1-800-858-2677



William A. O'Neill Armory 360 Broad St. RM 112 Hartford, CT 06105 Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795 Child and Youth Program (860) 548-3254 Yellow Ribbon Reintegration Program (860) 493-2795 Military OneSource (800) 342-9647 (860) 502-5416 Survivor Outreach Services (860) 548-3258 Open Mon.-Fri. Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860)292-4602 Open Mon.-Fri. Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.	<h2 style="margin: 0;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="margin: 0;">Family Assistance Center Locations</h3>  <p style="text-align: center;">Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p style="text-align: center;">Our Programs Include:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Budget Counseling</td> <td style="width: 33%;">Community Support Options</td> <td style="width: 33%;">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	New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri. 103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (800) 858-2677 Open Tues.-Fri. 103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment* Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (800) 858-2677 *By Appointment* Norwich Armory 38 Stott Ave. Norwich, CT 06360 (800) 858-2677 *Wednesday or By Appointment* Waterbury Armory 64 Field St. Waterbury, CT 06702 (800) 858-2677 *By Appointment*
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

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday</i>			
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	Michelle McCarty	michelle.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 Roulan	christopher.roulan@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 Britnell	sean.e.britnell.ctr@mail.mil	(860) 548-3265 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4908 (desk)
<i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday</i>			
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)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 - Open Monday-Friday</i>			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
<i>New London Armory: 249 Bayonet Street, New London, CT 06320 - Open Monday-Friday</i>			
Family Assistance Center Specialist	Vanessa Foster	vanessa.a.foster.ctr@mail.mil	(860) 772-1422 (desk)/(860) 883-2720 (cell)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i>			
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)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open By Appointment</i>			
Family Assistance Center Specialist	Timothy Honeoy	timothy.j.honeoy.ctr@mail.mil	(860) 221-5540 (cell)
<i>103rd Air Control Squadron: 206 Boston Post Road, Orange, CT 06447 - (800) 858-2677 - Open By Appointment</i>			
<i>Waterbury Armory: 64 Field Street, Waterbury, CT 06702 - (800) 858-2677 - Open By Appointment</i> <i>Norwich Armory: 38 Stott Avenue, Norwich, CT 06360 - (800) 858-2677 - Open Wednesday and By Appointment</i>			