



Connecticut GUARDIAN

VOL. 19 NO. 4

HARTFORD, CONNECTICUT

APRIL 2018

Connecticut Plays Host to National Guard Leadership



Connecticut welcomed Gen. Joseph Lengyel, center, Chief of the National Guard Bureau, and Guard leadership from a dozen states during a conference at the William A. O'Neill Armory in Hartford, Conn., March 20, 2018. (U.S. Army photo by Staff Sgt. Daniel Damon, Visual Information Specialist, Connecticut Army National Guard)

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April Showers Can Lead to Flooding, Are You Ready?

FROM WWW.READY.GOV

Spring is here, and after a snowy winter, heavy rains may lead to flooding. Be prepared so that you know what actions to take when you receive a flood watch or warning alert from the National Weather Service for your local area and what to do before, during, and after a flood.

Know your Risk What

Flooding is a temporary overflowing of water onto land that is normally dry. Flooding may happen with only a few inches of water, or it may cover a house to the rooftop. There are many possible causes of floods including heavy rain or snowmelt, coastal storms and storm surge, waterway overflow from being blocked with debris or ice, or overflow of levees, dams, or waste water systems. Flooding can occur slowly over many days or happen very quickly with little or no warning, called flash floods.

Where

Flooding can happen in any U.S. state or territory. It is particularly important to be prepared for flooding if you live in a low-lying area near a body of water, such as near a river, stream, or culvert; along a coast; or downstream from a dam or levee.

When

Flooding can occur during every season, but some areas of the country are at greater risk at certain times of the year. Coastal areas are at greater risk for flooding during hurricane season while the Midwest is more at risk

in the spring and during heavy summer rains. Ice jams occur in the spring in the Northeast and Northwest. Even the deserts of the Southwest are at risk during the late summer monsoon season.

Basic Safety Tips

- Turn Around, Don't Drown!
- Avoid walking or driving through flood waters.
- Do not drive over bridges that are over fast-moving floodwaters. Floodwaters can scour foundation material from around the footings and make the bridge unstable.
- Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- If there is a chance of flash flooding, move immediately to higher ground.
- If floodwaters rise around your car but the water is not moving, abandon the car and move to higher ground. Do not leave the car and enter moving water.
- Avoid camping or parking along streams, rivers, and creeks during heavy rainfall. These areas can flood quickly and with little warning.

Flood watch

Flood Watch = "Be Aware." Conditions are right for flooding to occur in your area.

Steps to Take

- Turn on your TV/radio. You will receive the latest weather updates and emergency instructions.
- Know where to go. You may need to reach higher ground quickly and on foot.
- Build or restock your emergency



preparedness kit. Include a flashlight, batteries, cash, and first aid supplies.

Prepare Your Home

- Bring in outdoor furniture and move important indoor items to the highest possible floor. This will help protect them from flood damage.
- Disconnect electrical appliances and do not touch electrical equipment if you are wet or standing in water. You could be electrocuted.
- If instructed, turn off your gas and electricity at the main switch or valve. This helps prevent fires and explosions.

Flood warning

Flood Warning = "Take Action!" Flooding is either happening or will happen shortly.

Steps to Take

- Move immediately to higher ground or stay on high ground.
- Evacuate if directed.
- Avoid walking or driving through flood waters. Turn Around, Don't Drown! Just 6 inches of moving water can knock you down and one foot of moving water can sweep your vehicle away.

After a flood

- Return home only when authorities say it is safe.
- Be aware of areas where floodwaters have receded and watch out for debris. Floodwaters often erode roads and walkways.
- Do not attempt to drive through areas that are still flooded.
- Avoid standing water as it may be electrically charged from underground or downed power lines.
- Photograph damage to your property for insurance.

CST, USCG Look Toward Future Joint Operations

SUBMITTED BY THE 14TH CIVIL SUPPORT TEAM

WINDSOR LOCKS, Conn. – The Connecticut National Guard's 14th Civil Support Team hosted a contingent of United States Coast Guard personnel stationed in Connecticut during a capabilities tour and briefing at the team's facility north of Hartford.

The 14th CST continues to work with the USCG towards training for collaborative response missions. Ensign Chelsea Garcia of Coast Guard Sector Long Island Sound works in the USCG incident management division and requested a capability brief for her and her team to better understand the capabilities of the 14th Civil Support team. This briefing laid out our mission, capabilities and our role in the Department of Defense's overall CBRNE Response Enterprise.

During a 30-minute in-briefing, Coast Guard and CST personnel introduced themselves to key leaders and described their role in incident management. The briefing showcased some equipment, training and past mission sets.

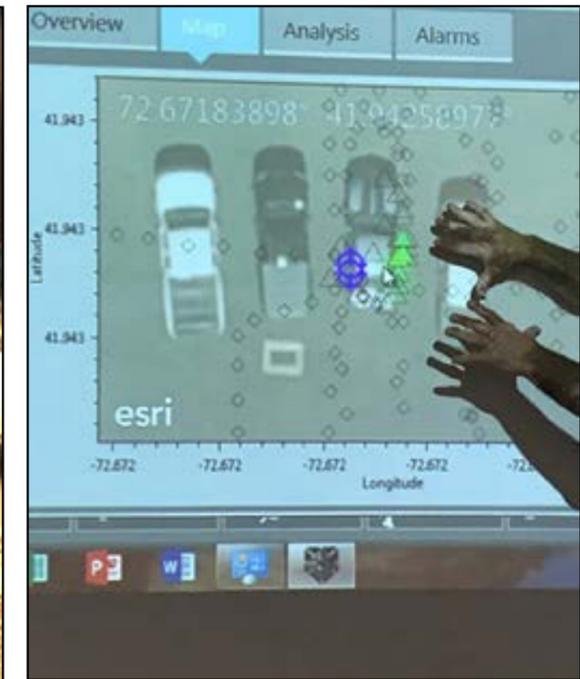
"The hospitality from our partners from the CST will pay dividends towards any future incident that calls us to work together," said U.S. Coast Guard Lt. Cmdr. Jesse Diaz, Incident Management Division Chief for Coast Guard Sector Long Island Sound. "For all threats and hazards teams, it's key to meet before the incident - and that was the purpose of this visit."

The day of the actual briefing was the culmination of a week-long new equipment fielding and training. The team had just wrapped up training on a Man Portable Detection System that can be used as a standalone mounted or dismounted radiological monitor and detection capability. This gave the junior NCOs a chance to display what they had learned during training and demonstrate the ongoing technological advances that are a cornerstone of CST as an all hazards response team.

The CST will participate in two more training exercises alongside their Coast Guard brethren this year and is developing plans for future operations to best serve the needs of Connecticut's citizens wherever the need arises.



Sgt. Christian Mason, 14th CST member, demonstrates newly fielded Radiological Detection Equipment to U.S Coast Guard personnel during a capability brief at the team's facility in Windsor Locks, Conn., March. 9. (Photo by Staff Sgt. Maria Duguay, 14th CST UPAR)



(Far left) Members assigned to the 14th CST utilize new detection equipment to identify isotopes and energy levels of radiological materials during training at the unit's facility in Windsor Locks, Conn., in early March. (Photo by Staff Sgt. Maria Duguay, 14th CST UPAR)

14th CST Survey, Operations, and Communications sections receive training on software applications for radiological monitoring equipment. (Photo by Staff Sgt. Maria Duguay, 14th CST UPAR)

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Connecticut National Guard Foundation Celebrates Its Fifteenth Anniversary

CHIEF WARRANT OFFICER 4 (RET.) JOHN GODBURN
EXECUTIVE DIRECTOR
CONNECTICUT NATIONAL GUARD FOUNDATION

The Connecticut National Guard Foundation, Inc. celebrates its 15th anniversary on April 7th, 2018.

The CTNGFI was established on April 7th, 2003 as a 501(C)(3) publicly supported organization, and not as a private foundation. What that means is that the CTNGFI is exempt from federal income tax, and that all donations made to the CTNGFI are fully tax deductible in accordance with current tax laws.

To quote from the original CTNGFI by-laws, "The purpose of the corporation shall be, to the extent financial resources permit, to provide familial assistance and support for members of the organized militia and National Guard..."

Two years later, in March 2005, the by-laws were amended and expanded to allow for additional categories of persons eligible for assistance from the CTNGFI, to include members of the National Guard, including National Guard Retirees, members of the organized militia as defined by General Statutes of Connecticut, Section 27-2, et seq. and Authorized Reserve Component Family Readiness Groups.

The CTNGFI offers different types of assistance. Money is available for weekly care and emergency relief to include food and clothing, paying rent, mortgage interest and utilities, medical expenses and some dental expenses, eye exams, eye glasses, audiological exams and hearing aids, funeral expenses, home health care, and

yearly scholarships.

To qualify for aid, an individual must demonstrate need and be a current member of the Connecticut National Guard or Organized Militia. Additionally, eligible members' spouse living with the member, surviving spouse living with him/her when he/she died, or dependent children under the age of 18 are also eligible.

Individuals in need of assistance, complete an application for aid and submit the application to their local Family Assistance Center. Applications can be obtained from the Family Assistance Centers or from the Service Member and Family Support Center. Once the FAC receives an application, they review it to determine the applicant's eligibility for aid. Once reviewed, the application then goes to the SMFSC in Hartford for processing and eventual disbursement of the grant. Aid can be denied or discontinued if the individual secures or attempts to secure the aid through fraud, misrepresentation, or submission of inaccurate information.



More than 200 Guardsmen and their families attended the Operation E.L.F. (Embracing Lonely Families) holiday party at the William A. O'Neill Armory, Dec. 16, 2017. Operation E.L.F. is a program hosted by Lt. Governor Nancy Wyman and administered by the Connecticut National Guard Foundation, Inc. The goal is to help the state's military families ease hardship and address the financial stresses of deployment throughout the year. In 2017, donations collected will go to help more than 500 Connecticut Military Families throughout the year. (Photo by Staff Sgt. Richard Wrigley, 130th Public Affairs Detachment, CTARNG)



Members of the Connecticut Military Corvette Club, Inc., present a \$2,000 check to the Connecticut National Guard Foundation, Inc., at the William A. O'Neill Armory, Dec. 7, 2017. The CMCC is one of the many local organizations who donate to the CTNGFI each year. The CTNGFI is a 501(c)(3) non-profit, dedicated to providing familial assistance and support to members of the National Guard, including retirees, members of the organized militia. From left to right: John Butler, Vice President, CMCC, Ron Perras, President, CMCC, Ms. Kim Hoffman, Treasurer, CTNGFI, and John Godburn, Executive Director, CTNGFI (Photo courtesy of John Godburn, Executive Director, CTNGFI)

A 15-member board of directors provides oversight and management of the foundation. One of the directors is also appointed as the

executive Director and is responsible for the day-to-day operations of the foundation. The board consists of: president, vice president, secretary, treasurer, and eleven members. Chris Mackenzie currently serves as the president.

I have been aware of the Foundation since its inception, but never really had any direct involvement, until July 2017. At that time, I was voted onto the Board of Directors. As circumstances would have it, in October of 2017, I was appointed as the Executive Director of the Foundation, upon the retirement of Mr. Thomas P. Thomas. Mr. Thomas was the original Executive Director and served in that capacity since the inception of the Foundation.

As I settle into the role of Executive Director, and learn more about the Foundation, I am more and more impressed with how well the Foundation has been run and managed. Due to the hard work and dedication of Mr. Thomas, and all the current and former Board Members and Officers, the Foundation has amassed a healthy endowment and sits on solid financial footing. Going forward, we are well positioned to continue to support our Service members and families.

Making our financial situation even more impressive is the fact that the Foundation's general operating funds are raised almost entirely through private donations and charitable contributions. We occasionally receive grants from other foundations, but we rely primarily on the

Continued, see CTNGFI on page 13

Always Ready, Always There Flying Yankees Conduct Readiness Exercises

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

"Always ready, always there!" The National Guard's motto has been ringing true of late, especially during the January and February drills. The past two drill periods have involved operational readiness exercises in an effort to maintain new certification standards with Mission Oriented Protective Posture (MOPP) gear and accomplish taskings in preparation for deployment and working in contested environments.

During the January drill, the readiness exercise focused on working in a contested environment that involves Chemical, Biological, Radiological, Neurological, and Explosive (CBRNE) threats.

The February drill, on Feb. 8-11, 2018, had Flying Yankees geared up for a readiness exercise. During this exercise, Airmen simulated training to show the wing is ready to respond to a deployment tasking within a 72-hour period.

"The Air Force is transitioning from focusing on real-world deployments back into a readiness mindset," said Capt. Aileen Bailey, the 103rd Installation Deployment Officer.

"The purpose of this exercise was to show that the wing is ready to accept a deployment tasking and be able to get out the door within 72 hours of receiving a deployment order," said Bailey.

Base-wide, 103rd Airmen worked together to accomplish various taskings while being evaluated by



Cargo deployment function team members assigned to the 103rd Logistics Readiness Squadron work together to guide another Airman backing up a truck to a trailer holding a C-130 Hercules propeller February 10, 2018, on Bradley Air National Guard Base in East Granby, Conn. The 103rd LRS was evaluated by a Wing Inspection Team to ensure they could quickly and safely transport cargo, including a C-130 Hercules engine and propeller. (Photo by 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs, CTANG)

Wing Inspection Team (WIT) members.

"Overall, I believe the processes were a success," said Bailey.

"It's been a long time since we've been in this readiness

mindset of exercising and the processes worked well. I believe if we were really tasked and needed to get out the door in 72 hours, the 103rd would be ready to do that."

CONNECTICUT

AIR NATIONAL GUARD

COMMISSIONING OPPORTUNITIES

12M - Mobility Combat Systems Officer (Navigator)

32E3 - Civil Engineer Officer

48A - Aerospace Medicine Specialist

48R - Flight Surgeon

43H3 - Public Health Officer

42G3 - Physician Assistant



Qualified candidates may email resumes/CVs to:

Senior Master Sgt. Aaron Hann aaron.f.hann.mil@mail.mil (860) 292-2331

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Army Aviation Receives Distinguished Safety Award



CAPT. MATTHEW SOUCY
STATE SAFETY OFFICER, CTARNG

The Connecticut Army National Guard received the FY17 Distinguished Aviation Safety Award at the annual Safety and Standardization Conference in Norman, Oklahoma.

The award is presented to states with zero Class A or B aviation accidents that have made quantifiable impacts to their state aviation program.

CTARNG Aviation units consistently met their annual safety training goals and received exemplary Safety scores on the recent Aviation Resource Management Survey.

“For years, the Connecticut National Guard’s Aviation community has displayed a commitment to safety that is second to none,” said Col. Ray Chicowski, State Army Aviation Officer. “This recognition was hard earned, and every member of the 1109th Theater Aviation Sustainment Maintenance Group, 1-169 General Support Aviation Battalion, and Operational Support Airlift Detachment should be proud to be a part of such an honor.”

Members of the CTARNG Aviation community display the Distinguished Safety Award at the Windsor Locks Readiness Center, Windsor Locks, Conn., March 9. (Photo by Allison L. Joanis, State Public Affairs Office)

CTARNG Leadership Gets Look Inside Fire Detachment Live Burn

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

HARTFORD, Conn. - Firefighters assigned to the 246th and 256th Engineer Detachments trained at a live burn at the Hartford Fire Department Training Academy, Hartford, Connecticut, March 3.

The units used a simulated house structure to train on putting out a live house fire and evacuating a casualty. During the training, the detachments were visited by state leadership, including Brig. Gen. Fran Evon, Assistant Adjutant General, Connecticut National Guard, Command Sgt. Maj. John Carragher, State Command Sergeant Major, CTARNG, Col. Craig Nowak, Commander, 143rd Regional Support Group, CTARNG and Lt. Col. Charles Jaworski, Commander, 192nd Engineer Battalion.

Leadership was provided with the appropriate protective equipment and were given the opportunity to enter the burn for a firsthand look at the training process.

“I have a whole new appreciation for what these Soldiers and other first responders are faced with during a fire,” said Command Sgt. Maj. John Carragher, State Command Sergeant Major, CTARNG. “The confidence and competence that our Soldiers displayed during the exercise, as well as their level of skill and professionalism was eye opening and inspiring.”



(Right) Brig. Gen. Fran Evon, Assistant Adjutant General, Connecticut National Guard, secures the fire hose while entering a live burn with the 246th and 256th Engineer Detachments at the Hartford Fire Department Training Academy, Hartford, Conn., March 3. The two fire detachments conducted building entry and casualty evacuation training and were able to let visiting leadership get a first hand look.

(Photo by Maj. George Duggan, 143rd RSG Public Affairs)

Brig. Gen. Fran Evon, Assistant Adjutant General, CTNG, Command Sgt. Maj. John Carragher, State Command Sergeant Major, CTARNG and Lt. Col. Charles Jaworski, Commander, 192nd Engineer Battalion, dressed in silver fire suits are instructed by Spc. Stephen Bittle, 246th Engineer Detachment, on the finer points of the fire equipment required to enter a burning building. (Photo by Maj. George Duggan, 143rd RSG Public Affairs)



Bloom's Basement Brew

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS OFFICE

Westbrook, once referred to as Pochoug and Menunketeset, is currently the home of an extremely creative and industrious member of the Connecticut Army National Guard.

Sgt. 1st Class Jason Bloom, 85th Troop Command Retention NCO, spends much of his free time working on an extremely therapeutic and relaxing hobby in the basement of his home in the small Connecticut River Valley town.

Bloom is a home brewer, but the term home brewer does not do his work justice. Bloom is more of an ale alchemist. He is a Doctor Frankenstein of yeast fermentation. He is a pilsner Prometheus who, through study, practice, trial, error, and intuitiveness (and stubbornness), has progressed in an extremely short period from producing small batches of beer in an old pot and recycled bottles, to being well on his way to fulfilling his retirement dream of running his own brewery. He does not sell any products. Bloom currently strictly only brews as a hobbyist.

Bloom's street's name is also the designation he named his not-for-profit brewing venture. The current focus of Doc's Hill Brewing Company, he said, is American style Beer.

“European style beers have been a certain way for hundreds of years,” he said while lifting a large bag of malted barley. “There’s no perfecting those recipes.” He added that American tastes for beer are fluid, which has been demonstrated by the increasing popularity of small breweries in recent years.

Bloom said he has always enjoyed cooking and that his brewing hobby is just an extension of his love for meal preparation.

“I always had a passion for cooking for people. I like the idea of throwing ingredients together and making people happy,” Bloom said. His philosophy echoes the mission statement of Doc's Hill Brewing Co: Brewing beer to help bring people together and having fun while doing it.

He is quite modest about how his brewing proficiency has progressed past the point of throwing ingredients together. Bloom keeps his notes, and recipes (and differential equations) in a brewing notebook, which is a repurposed green military log book. He said that every step and every variable in the brewing process is important, from the macro: how the beer is transported to its destination; to the micro: the soil conditions in which the barley and hops are harvested. Bloom said the more control a brewer has over these variables, the better the beer.

“Water, room temperature, humidity, all of these things are important,” Bloom said.

“Inhibitors,” Bloom said, “are the things that unintentionally get into the batches...stuff from the air, chemicals in the water. These things can all affect

the beer's look and taste. You can tell when it looks cloudy and murky. You have to be aware of inhibitors.”

His attention to detail as a brewing enthusiast mimics the attention and work ethic he's paid to his military career.

A holder of three military occupation specialties, Bloom transferred to the CTARNG in 1999 from Oregon. He has served in the 250th Engineer Company and the 102nd Infantry Battalion supporting Operation Joint Forge in Bosnia, Operation Noble Eagle, and Operation Enduring Freedom in Afghanistan. He said his current work in the 85th Troop Command has kept him extremely busy.

Bloom said there are many similarities between the military and the brewing hobby. “Problem solving; not giving up; trying to think outside of the box; being confident; diving in and streamlining... knowing when to restart something that isn't working,” he said.

Bloom said he's discarded entire batches of beer down his sink's drain because of something that went wrong in during the brewing process, on more than one occasion. “Just like the military, you have to learn from what you did wrong, fix your mistakes, and do it better the next time,” he said.

The father of four said he's working hard to mitigate brewing errors. He said he's recently raised his water chemistry game and has substantially reduced the amount of time it takes for his batches to cool.

“The faster the cold break, the better,” he said.

The adjustments he's made to his brewing process



Sgt. 1st Class Jason Bloom is the CTARNG 85th Troop Command Retention NCO, and is also a brewing hobbyist. He said that the hobby is therapeutic and has the added benefit of being undertaken at home. Bloom brews his beer in the basement of his home in Westbrook, Conn. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

earned his beer a first place ribbon at the 2017 Southern New England Regional Homebrew Competition in October. Doc's Hill's Utokia Lager topped the list in the competition's fruit beer category. However, the beer that Bloom seems most proud of is a vanilla toasted coconut batch, which he said he created by accident after stumbling upon a bag of toasted coconut, belonging to Mrs. Bloom, in their kitchen pantry.

He said he is elated when he brews a batch that meets his standards. His standards are high.

“High tide raises all ships,” he said. “The competition

Continued, see Bloom on page 18

“Embrace Your Voice!”

April is Sexual Assault Awareness Month

CAPT. ASHLEY CUPRAK
VICTIM ADVOCATE
JFHQ, CTNG

April has been federally designated as Sexual Assault Awareness Month. Throughout the month of April, federal agencies honor this month with educational information and events with the hopes of educating, increasing awareness, and preventing violence. This year’s theme for SAAM is, “Embrace your voice!”

Such a theme is fitting if we think back to the past few months and we recall several instances of sexual harassment and assault coming to light in just the Hollywood community alone. It appeared as though every day a new victim had the courage to embrace their voice and come forward and at the center of these accusations were all individuals in some form of power within the Hollywood limelight. This up-rise resulted in the #MeToo movement, where women and men across the country acknowledged and heroically told their story of sexual harassment and assault.

We must not turn a blind eye when similar incidents arise within the military ranks, as well. Such actions made by fellow and trusted service members negatively impacts the readiness of units and degrades the mission. While the Department of Defense implemented the sexual assault policy in 2005, sexual assault statistics have always remained inconsistent. While we

will never know exactly how many sexual assaults have occurred, victims coming forward only continues to increase.

So how do you embrace your voice? First and foremost, you can speak out against stereotypes or gender biases. Secondly, acknowledge you have an important role in prevention and changing the culture of our organization. There exists no such thing as a “passive bystander.” Be a bystander who is not afraid to intervene when you see something escalating. More simply put, follow the I.A.M Strong Campaign – Intervene, Act, and Motivate. By embracing your voice, you will create a more safe and accepting organization. If you remain silent, you only exacerbate the crime and hurt fellow soldiers and the Organization.

Sexual assault is contrary to both the Air and Army values and there is no place for it in our Organization. It can happen to males, females, single, and married individuals. It can happen under the influence of alcohol or at a military sponsored event. If you are victim/survivor of sexual assault and have not received any help, we encourage you to come to speak to either the



SARC or a Victim Advocate. The SHARP / SAPR team’s primary focus is victim care and to provide the resources and advocacy required and needed. We want you to embrace your voice and start healing.

An anonymous survivor stated, “Nobody’s road to recovery is exactly the same and everyone needs to take whatever time they need as individuals to deal with their issues and start to heal.” The CTNG SAPR/SHARP program is committed to helping survivors, and stand by to be of assistance in your road to recovery, with many resources to share.

Day of Remembrance for the Victims of ‘The Holocaust’

MAJ. ASHTON CHU FOO
CTARNG MEDDET

On Thursday, April 12, 2018 the world will observe the Holocaust Remembrance Day.

The Holocaust was the state-sponsored, systematic persecution and attempted annihilation of European Jews by the Nazi regime and its collaborators. By the end of World War II, six million Jews had been brutally slaughtered. The Nazis also targeted other groups for persecution and murder, including Roma (Gypsies), persons with mental and physical disabilities, serious alcoholics, Germans who were half Africans, Soviet prisoners of war, Jehovah’s Witnesses, Slavs and other peoples of Europe, to include Poles, gays, and political opponents.

The Holocaust began in 1939 and would continue through 1945. This was introduced by Nazi leader Adolf Hitler, but he did not act alone. His mission was to exterminate all minorities, most abundantly, the Jews. It was estimated that 11 million people were killed during the Holocaust with six million being Jews.

In 1933, the Nazis instigated their first action

against the Jews by announcing a boycott of all Jewish-run business. Then the Nuremberg Laws went into place in 1935, excluding Jews from public life. These laws extended into stripping German Jews of their citizenship and then implemented a prohibition of marriage between the Jewish and the Germans. Eventually, Anti-Jewish legislation was created and Jews would be excluded from parks, fired from civil service jobs, required to register all property and restrict Jewish doctors from practicing medicine on any person other than Jewish patients. These implementations resulted in pillaging and burning of Synagogues, looting and destruction of Jewish-owned businesses and physically attacking



A visitor views an exhibit at the U.S. Holocaust Memorial Museum in Washington, D.C. April 12, 2018 is Holocaust Remembrance Day, it marks the anniversary of the Warsaw Ghetto Uprising. (<https://www.ushmm.org/>)

In 1945, when Anglo-American and Soviet troops entered the concentration camps, they discovered piles of corpses, bones, and human ashes—testimony to Nazi mass murder. Soldiers also found thousands of Jewish and non-Jewish survivors suffering from starvation and disease.

Jewish people in Germany and Austria. Approximately 30,000 died.

The Nazis attempted to create a master race through a forced sterilization process by both vicious and less cruel means. Concentration Camps were used to detain and execute Jews and others, as well as to experiment on the living and the dead for scientific purposes. For a deeper insight into the atrocities, visit the United States Holocaust Memorial Museum.

The United States Congress established the Days of Remembrance (Yom HaShoah) as the nation’s annual commemoration of the Holocaust. Each year state and local governments, military bases, workplaces, schools, religious organizations, and civic centers host observances and remembrance activities for their communities.

We must not forget how one person can utterly displace the world with their hate, prejudices and anger toward others and put the world in a state of war. This must never happen again. Memory is what shapes and teaches us. As we observe the political arena of the world and the threat of ‘war’ looming about, let us make sure that we are all ready to defend all people of the world to prevent another ‘Holocaust.’ So, remember and celebrate the Day of Remembrance for the victims of the Holocaust and keep the joy of freedom in our hearts and minds.



Visitors pay respects at the U.S. Holocaust Memorial Museum in Washington, D.C. April 12, 2018 is Holocaust Remembrance Day, it marks the anniversary of the Warsaw Ghetto Uprising. (<https://www.ushmm.org/>)

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.



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 the Connecticut Army and Air national Guard.

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.mil@mail.mil or the JFHQ Victim Advocate Capt. Ashley Cuprak- ashley.a.cuprak.mil@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 one year.

LOOKING TO BE WELL PAID FOR A CHALLENGING CAREER?

BECOME A MEMBER OF THE 1943RD TEAM

The 1943rd Contingency Contracting Team has 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. An 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.



New Student Loan Benefit Based on Military Service

SPC. JESSICA ALBINO
CTARNG-JFHQ

Recently the Department of Defense, the Department of Education and the Department of Veterans Affairs collaborated to educate Service Members and veterans about the Military No-Interest Accrual benefit for Service Members. This significant benefit will allow Service Members or veterans who are serving or have served in a hostile area that qualifies them for special pay under 37 U.S.C. § 310 to reduce the interest on their eligible student loans to zero percent for up to sixty months.

Service Members and Veterans may apply for this benefit while currently deployed, or retroactively based on previous qualifying military service. The benefit only applies to federal direct loans first disbursed on or after Oct. 1, 2008. If a Service Member consolidated their student loans, this benefit may be applied to the qualifying federal direct loan portion of their consolidated loan.

Applying for this benefit is a relatively simple process. The first step is for Service Members to determine their

eligibility status at www.studentaid.gov. At this website, Service Members can determine their specific loan types and loan servicer. Next, Service Members should gather copies of any leave and earnings statements received while deployed to a hostile area that qualifies them for special pay under 37 U.S.C. § 310 through MyPay, copies of military orders to hostile areas, and any DD 214, "Certificate of Release or Discharge from Active Duty," received after such service. Finally, Service Members should coordinate directly with their specific student loan servicer to determine the manner in which they desire to receive requests for this benefit. Often, the loan servicer will simply require a request for application of this benefit in the form of a signed letter with accompanying supporting documentation.

If you have any questions concerning the Military No-Interest Accrual benefit, or other educational benefits that may be available to members of the Connecticut National Guard, contact the Education Services Office at (860) 524-4940.

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MAJ. DEREK J. MUSGRAVE
EDUCATION SERVICES OFFICER

If you are interested in improving your Armed Services Vocational Aptitude Battery General Technical score, you can schedule an appointment to take the Army Armed Forces Classification Test in the Hartford Armory.

With prior coordination, proctors are available most weekdays at 8:00 a.m.

The GT score is the "General Technical" test area of the ASVAB and is a measure of word knowledge, paragraph comprehension and arithmetic reasoning. A GT score of 110 is required for entry into the Officer and Warrant Officer Candidate programs. If you are concerned about passing the exam, we have resources here to help you study or you can take online practice exams to prepare you for the test.

If you have any questions about your education benefits, stop by the Education Services office in room 103 of the William A. O'Neill Armory in Hartford or contact Education Services directly.

Maj. Derek J. Musgrave - Education Services Officer
860-524-4816
derek.j.musgrave.mil@mail.mil
Mr. Sam Salmeron - Education Service Specialist
401-275-4143
samuel.s.salmeron.civ@mail.mil
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2GFG to Celebrate 243rd Anniversary of Powder House Day in New Haven

SUBMITTED BY THE SECOND COMPANY
GOVERNOR'S FOOT GUARD

NEW HAVEN, Conn. – The Second Company, Governor's Foot Guard will commemorate the 243rd Anniversary of Powder House Day on Saturday, April 21 on the lower green, downtown, New Haven, Connecticut.

Members of the Second Company will commemorate the historic event by reenacting the "Demanding of the Keys" and an artillery salute on the steps of New Haven City Hall between 11:45 a.m. and noon. The event will be followed by a Battalion Review on the Lower Green, where the original Second Company Governor's Foot Guard mustered and trained in 1775.

The event is open to the public to witness and participate in the celebration.

The Demanding of the Keys

Following the news of the Battles of the April 19, 1775 battles of Lexington and Concord, New Haven aldermen gathered at Beer's Tavern where they voted not to send aid to the Massachusetts colony.

However, the Second Company Governor's Foot Guard could not stand by and idly wait. Fifty-eight members separately voted to march to Cambridge where the patriot army was gathering.

On the morning of April 22, 1775, Capt. Benedict Arnold assembled the Second Company Governor's Foot Guard in full dress uniforms on the New Haven Green. After receiving the blessing of the Rev. Jonathan Edwards at Center Church on the Green, the Second Company marched to Beer's Tavern where the town's selectmen were meeting.

Arnold and his officers demanded the keys to the New Haven Colony's Powder House to arm the Second Company

Governor's Foot Guard Soldiers so they could assist the colony of Massachusetts at the outset of the American Revolutionary War.

The selectmen surrendered the Powder House keys to Arnold who acquired the necessary gun powder, musket balls and flint from the powder house. Fully armed, the Second Company marched under Arnold's leadership to Cambridge ending neutrality and making New Haven a part of the American Revolution.

The Second Company, Governor's Foot Guard is one of the oldest military organizations in existence, with uninterrupted service since March, 1775, when it was chartered by the General Assembly of the then Colony of Connecticut. Today, in its 243rd year of continuous service, the Second Company is part of the Connecticut State Militia. Its members dedicate their time and talents to the Governor and people of the State of Connecticut by participating in various patriotic events and performing community service projects, all without pay or other financial assistance. In 2017, its members contributed over 20,000 volunteer hours at weekly drills, various patriotic events, band concerts, parades, veteran support functions, and educational details. For more information, visit the Unit's web site at www.footguard.org.

If you have any questions or need any further information, please contact Capt. Jeffrey P. Clark, Second Company Governor's Foot Guard, at jeffclark03@yahoo.com.



The painting, "Demanding of the Powder House Keys," by Mort Kunstler depicts the historic events Powder House Day. The Second Company Governor's Foot Guard will celebrate the 243rd anniversary of Powder House Day on the New Haven Green, April 21. A copy of this painting can be found on display in the New Haven Town Hall, New Haven, Conn.

20 MINUTEMAN SCHOLARSHIP 18

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<http://www.footguard.org/>
- 1st Co. Governors Horse Guard
<http://www.ctfirsthorseguard.org/>
- 2nd Co. Governors Horse Guard
<http://www.thehorseguard.org/>

Health & Fitness

Diversify Your Fitness Routine, Enhance Readiness

STAFF SGT. SILAS HOLDEN
1109TH TASMG
MASTER FITNESS TRAINER

This month's article will take a look at one component of the Army Physical Readiness Training system that is often overlooked, the Strength Training Circuit.

The key to becoming functionally fit to perform as a tactical athlete relies upon balance. If a Soldier focuses solely on strength training it is likely that their cardiovascular endurance will decline, and if focusing on cardiovascular fitness their strength will suffer. Today more than ever there is an increased focus on functional fitness programs. The Army PRT system is designed to enhance Soldier readiness and create individuals who can perform mission requirements to standard while avoiding injury. To accomplish this, one must possess a high level of capabilities throughout every aspect of fitness.

Strength Training Circuit

The strength training circuit produces a total-body training effect for the development of strength and mobility. A sequence combining a climbing drill, a military movement drill, and kettlebell exercises works every muscle group with active recovery between stations of exercise. The STC is best conducted at platoon level. The STC may be laid out around a running track, field, or any area of adequate size, and with access to climbing bars and kettlebells. This paragraph provides a

diagram of the STC, using a running track, climbing bars, and kettlebells. Conduct preparation according to Chapter 7 after a walkthrough and brief explanation of the STC exercise stations. The circuit may be completed in three rotations. Soldiers spend 60 seconds at each station. The instructor controls exercise time using a stopwatch and uses a whistle or horn to signal a change of station. At the end of all circuit rotations, recovery is conducted according to instructions in Chapter 7.

In reading the excerpt above you will notice that the focus of the STC is to build strength while maintaining mobility. Mobility is a key to preventing injury as more often than not individuals lose their mobility when training to increase strength. If only performing resistance training the body will grow in muscle mass and size. What good is more strength if it cannot be utilized within a full range of motion? By placing active recovery periods between each strength exercise the body is able to maintain a complete array of functionality. The military

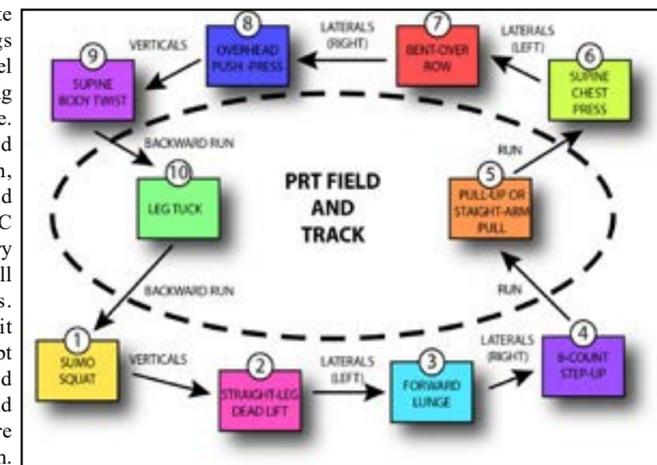
| STRENGTH TRAINING CIRCUIT (STC) | MUSCLES | | | | | | | |
|---------------------------------|---------|--------|------------|-------|------|-------|-----------|------|
| | HIPS | THIGHS | LOWER LEGS | CHEST | BACK | TRUNK | SHOULDERS | ARMS |
| 1. SUMO SQUAT | X | X | X | X | X | X | X | X |
| 2. STRAIGHT-LEG DEADLIFT | X | X | X | | X | X | X | X |
| 3. FORWARD LUNGE | X | X | X | X | X | X | X | X |
| 4. 8-COUNT STEP-UP | X | X | X | | X | X | X | X |
| 5. PULL-UP OR STRAIGHT ARM PULL | | | | | X | X | X | X |
| 6. SUPINE CHEST PRESS | | | | X | X | X | X | X |
| 7. BENT OVER ROW | | | | | X | X | X | X |
| 8. OVER-HEAD PUSH PRESS | X | X | X | X | X | X | X | X |
| 9. SUPINE BODY TWIST | X | X | X | X | X | X | X | X |
| 10. LEG TUCK | X | X | X | X | X | X | X | X |

U.S. Army Table 9-9. Body segments trained in the conduct of the STC.



A group of Soldiers learn how to perform a squat during a physical fitness seminar, Jan. 9, at the Smith Gymnasium on Joint Base Myer Henderson Hall, Va. (U.S. Army photo by Sgt. Luisito Brooks, www.army.mil)

movement drills placed between each station also keep the heart rate elevated which brings into account a slight level of cardiovascular training however slight it may be. When coupled with proper nutrition, proper hydration, and consistency the STC portion along with every other facet of PRT will build overall fitness. I challenge every unit within the state to adopt a more valuable and solid PRT program and utilize the tools we are given within the program. I understand that one weekend a month will not create a new level of fitness for individuals Soldiers who only participate during drill. But when given functional knowledge of the entire system, and seeing the benefit it will play in their overall functionality, we might be able to increase the overall readiness of our entire National Guard population. Next



U.S. Army Figure 9-34. Strength training circuit.

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

CTNGFI from page 4

private donations. Our corporate and business sponsors, and the hundreds of private citizens that donate to the Foundation, are what allow us to support our Service members and families in their time of need.

We conduct several fundraising campaigns throughout the year, primarily during the months of July through December. The Foundation is affiliated with "Local Independent Charities of America" and participates in workplace giving campaigns through them. Most notably is the Combined Federal Campaign and the Connecticut Employee Campaign for charitable giving. Recently we also partnered with the Greater Hartford Automobile Dealers Association, participating in several fundraising events they sponsor. We also conduct our Annual Appeal. Fund raising letters typically are mailed in the October – November timeframe. And we also participate in golf tournaments and other sponsored fundraising activities throughout the year.

As a result of these fundraising events and the generosity of our donors, the Connecticut National Guard Foundation, Inc. has provided over \$1.6 million of financial aid to its constituents since 2003. Of this amount, approximately \$810,000 has been in the form of individual assistance. On average, the Foundation awards 95-100 individual aid grants per year. Roughly \$547,000 has been provided to assist our Family Readiness Groups. This assistance helps support events such as: homecoming celebrations, youth programs, annual Christmas parties, and other activities for families of Service Members. An additional \$243,000 has been provided to Service Members and/or family members for post-secondary educational scholarships.

Additionally, the Connecticut National Guard Foundation, Inc. is 100 percent volunteer supported. Unlike many other charities and foundations that have paid members and staff, everyone affiliated with the CTNGFI, from the officers, board members, are all volunteers. This allows us to channel virtually all our donations and monies back into the Foundation, and not salaries. Last year, only about 2.6 percent of our operating budget went to overhead expenses such as utilities,

office equipment, our annual audit, postage, etc. The remaining 97.4 percent of our operating budget went to helping our Service Members, their families, retirees and militia.

Going forward, there are some new priorities set in place for the Foundation. First is to recreate our website. Our current website is not functioning and we want to create and develop a new informative and interactive site. We also want to become more involved in getting our message and name out to our constituents. Too many of our Guard members and families do not know we exist

or what we have to offer. So by participating as a vendor in events such as Yellow Ribbon Events, possibly partnering with National Guard Association of Connecticut, and attending the annual Military Department Picnic, we can further our message as a support to the Service Members, Militia Members, retirees and families.

Another priority is filling current vacancies on our board. If anyone is interested in helping us grow and joining the foundation as a board member, please contact us. All names will be presented to our current board members for review and vote. The board typically meets the first Monday of every month in our office in the Hartford Armory.



Lt. Gov. Nancy Wyman speaks to a crowd of more than 200 Guardsmen and their families at the 16th annual Operation E.L.F. (Embracing Lonely Families) holiday party, at the William A. O'Neill Armory, Dec. 16, 2017. Operation E.L.F. is a program hosted by Lt. Gov. Wyman with the Connecticut National Guard Foundation, Inc. The goal is to help the state's military families ease hardship and address the financial stresses of deployment throughout the year. In 2017, donations collected will go to help more than 500 Connecticut Military Families throughout the year. (Photo by Staff Sgt. Richard Wrigley, 130th Public Affairs Detachment, CTARNG)

Contact the CTNGFI
860-241-1550
ctngfi@sbcglobal.net
Contact Mr. John Godburn,
Executive Director
860-491-6063
cjgodburn@gmail.com

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



The 1048th Medium Transportation Company stages vehicles at McAlester Army Ammunition Plant, McAlester, Oklahoma, March 9. The vehicles were loaded with hundreds of tons in munitions prior to departure for another Army munitions depot as part of Operation Patriot Bandoleer. (U.S. Army Photo by Sgt. 1st Class Jordan Werme, 130th Public Affairs Detachment, Connecticut National Guard.)

CTNG Soldiers Go The Distance to Support Army Sustainment

SGT. 1ST CLASS JORDAN WERME
130TH PUBLIC AFFAIRS DETACHMENT, CTARNG

Each year, the United States Army Sustainment Command must move thousands of tons of ammunition throughout the country, positioning resources where they are needed and removing expired rounds from circulation. In order to achieve this mission the Army relies on National Guard units to provide experience and expertise while hauling these hazardous materials along thousands of miles of public roads.

In March 2018, more than 100 Soldiers assigned to the 1048th Medium Transportation Company, headquartered

in Enfield, Connecticut, drove more than 3,000 miles to ensure that Operation Patriot Bandoleer was completed successfully. The unit travelled from its home station via M915A3 and M915A5 trucks with trailers to McAlester Army Ammunition Plant in Oklahoma, collecting up containerized munitions, and transported them to Letterkenny Army Depot in Pennsylvania.

"This is part of an effort by transportation companies all across the United States from California all the way up to Massachusetts," said Capt. Henry Vargas, commander, 1048th MTC.

Patriot Bandoleer consists of the movement of "munitions from a given area of operations that need

to be retrograded to ammunition depots all across the United States," said Vargas. The 1048th moved loads that totaled over 1 million pounds, according to 1st Lt. Patrick Hevey, Operations Officer assigned to the 1048th.

The 1048th has participated in this exercise twice previously, and incorporated the mission into their Annual Training for the year, providing immense value to their Soldiers.

"Due to different constraints we are kind of limited to the Northeast in regards to our convoy planning and our driver sustainment," said Vargas, "but this mission gives us the opportunity to provide our Soldiers, some experienced, some inexperienced, that drive time on our

tractors and trailers that they're just not going to receive anywhere else."

"I've done this before," said Staff Sgt. Ana Rodriguez, driver, 1048th, "but we have some inexperienced Soldiers, too. It's great for them to get out there and drive, to get that experience."

The long distances and terrain differences are also valuable for the drivers, as the road conditions and seasonal differences between home and their respective destinations can vary substantially. Leaving from Connecticut, the unit travelled to locations in New Jersey, Pennsylvania, Oklahoma, and Kentucky before returning to their home station.

"Normally we will receive a request for movement that will require four or five trucks to move the load," said Vargas, "but for this opportunity we'll have more than 40 systems on the road."

The unit covered a total of 173,000 miles through 11 states, according to Hevey. By taking on this long-haul mission the 1048th is able to meet the annual driving requirements for each of its Soldiers, maintaining a ready posture that could otherwise take time away from other critical training throughout the year.



Spc. Joseph Nowak, 1048th Medium Transportation Company, performs Preventative Maintenance Checks on a vehicle while at McAlester Army Ammunition Plant, McAlester, Oklahoma, March 9. The 1048th picked up hundreds of tons of munitions from McAlester for delivery to another Army ammunition depot as part of Operation Patriot Bandoleer. (U.S. Army Photo by Sgt. 1st Class Jordan Werme, 130th Public Affairs Detachment, Connecticut National Guard.)



The 1048th Medium Transportation Company arrives at McAlester Army Ammunition Plant, McAlester, Oklahoma, March 9. The 1048th arrived at McAlester with more than 40 vehicles in order to transport hundreds of tons of Army munitions from McAlester to other munitions depots in the United States as part of Operation Patriot Bandoleer. (U.S. Army Photo by Sgt. 1st Class Jordan Werme, 130th Public Affairs Detachment, Connecticut National Guard.)

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Enlisted Update

Be Confident in Your Abilities as a Guardsmen



COMMAND CHIEF MASTER SGT.
 JOHN M. GASIOSEK

Greetings my fellow Guardsmen,

As I write this article, the state of Connecticut finds itself in the middle of yet another nor'easter – the third in two weeks.

The emergency operations center is in full swing, the joint operations center is sending updates to the field and our Connecticut National Guard resource teams are

staged. Yet another example of our Guard Always Ready, Always There!

During the most recent Air National Guard drill weekend, I had the privilege to have lunch with four of our best and brightest Connecticut Air National Guardsmen. Coincidentally or not, all four had just returned from their deployment to the Middle East.

Their stories of interaction with the active duty and reserve Air Force while deployed not only made me smile with pride but it made such an impression on me I had to talk about it within this article.

The common theme among us as Guardsmen was that we routinely sell ourselves short when we think about our contributions to the war fighting mission. One E-5, who at the time was deployed as an E-4, spent time at two different locations during a six-month deployment. Upon arrival at one location, the Guardsman was immediately placed in charge of a certain mission related to their career field. The Airman jumped in without hesitation and successfully executed the mission. Another E-5 Airman arrived to the area of operations and was able to provide advice to active duty personnel. He found his experience somewhat humorous after spending his redeployment time worrying about deploying alongside brothers and sisters from the active component.

The National Guard trains Airman and Soldiers to their specific MOS while also covering an overview of an entire career field, whereas, some active duty training tends to hone in on one aspect of a career field. This obviously gives our National Guard an advantage, bringing a different perspective to the fight, destroying the inaccurate perception some people still affix to guard units.

These four Airmen and NCOs were essentially

ambassadors for the Connecticut National Guard. The active duty asked many questions about what the National Guard was all about.

Always remember: YOU, the Guardsman, are the National Guard's best recruiter. Please take full advantage of every opportunity to tell your story to the right people and potential future members of our National Guard.

During the month of February there were two very significant changes to a Department of Defense Instruction and a Department of Defense Policy which will impact us all in one way or another. The first was Department of Defense Instruction 1020.03 Harassment Prevention and Response in the Armed Forces. The second was the DOD Policy on the Retention on Non-Deployable Service Members.

The first which I find the easiest to discuss is DOD Instruction 1020.03. Specifically as it states on page 11, a. Hazing is evaluated by a reasonable person standard and includes, but is not limited to, the following when performed without a proper military or other governmental purpose:

1. Any form of initiation or congratulatory act that involves physically striking another person in any manner or threatening to do the same;
2. Pressing any object into another person's skin, regardless of whether it pierces the skin, such as "pinning" or "tacking on" of rank insignia, aviator wings, jump wings, diver insignia, badges, medals, or any other object;

Hazing is prohibited in all circumstances and environments including off-duty or "unofficial" unit functions and settings.

There are many other important topics with DODI 1020.03, however this is the one that could easily get us into trouble in relatively short order. As you all know the military is not a democracy and no one asks for anyone's opinion regarding this particular topic. Please familiarize yourself with this instruction sooner than later.

The change to the DOD policy is a little more difficult to discuss as there are so many variables which come into play and each will be evaluated on a case by case basis through proper procedures. Some of you may remember from July 2017, Secretary of Defense Jim Mattis authored a memorandum where he directed the Office of the Under Secretary of Defense for Personnel and Readiness to lead the department's effort to "determine changes to military personnel policies necessary to provide the military departments increased flexibility to organize, train, and equip more ready and lethal forces."

Excluding trainees, it appears that approximately 13 percent of the total force, Active, National Guard, and Reserve are currently non-deployable. The reasons

vary, but they are predominantly of a medical, legal or administrative nature.

Each non-deployable service member will receive a complete review of their background (time in service, skill set and potential duty locations) before a retention decision is made. The military departments will determine whether the needs of the service outweigh the needs of the individual as the department works to increase readiness and lethality.

First of all, know that your leadership is absolutely engaged in this policy and working diligently to ensure we take care of our people. From my own experience, 18 years ago, I was diagnosed with Hodgkin's Lymphoma with five tumors in my mediastinum. I was in excellent health, never smoked but was predisposed with genes which made me a prime candidate for cancer.

Thankfully I had a First Sergeant, a Commander, Wing Leadership and a Medical Group who absolutely did everything in their power to retain me. Obviously it worked as I am still here as I am able to meet my obligations and responsibilities should I be deployed to an austere environment. I will ensure I do my best to be involved in the process of retaining every viable person we can within the guidance.

I don't have to tell any of you that global affairs today are unpredictable. However, we can take steps to mitigate an unknown future by preparing and readying ourselves now. If you wait until you receive the order it is too late and the mission will have been compromised. If you allow this to happen you will have let your Battle Buddy and Wingman down. You have forced them to pick up your slack.

We absolutely have to be the very best we can be every day. This included being mentally and physically fit. This DOD policy change is real and I need all of you to do your part so we can retain you in our National Guard. If you cannot meet the minimum standards because you are lazy I can tell you this policy will affect you. If you cannot deploy and want to stay in because you want to retire at age 60, I can tell you this policy should concern you. If you are doing everything you possibly can, if you exceed the standards I can tell you there will be leaders stepping all over one another to keep you. If anyone has any questions or seeks further clarification please don't hesitate to reach out to me.

With the aforementioned being said, your senior leadership, my family and I are extremely impressed in all that you do! We are grateful. Be safe, enjoy, and thank you!

Bloom from page 7

is high so I have to raise the quality of my beer.”

Bloom said he prefers to brew alone, but sometimes an extra hand helps. “It gets hard with just two hands, especially when I have to hold vials for gravity readings.” He recommends the brewing hobby for people that are looking for a way to do something fun and therapeutic in their own house with their friends or alone. Starter brew kits are cheap and can be purchased online or at brewing stores around the state.

“It’s a great stress reliever. I’m home. My family is right here, and I’m doing it to help make people happy,” he said.

He has a few important brewing projects planned for the future. He wants to fashion a recipe in honor of his brother-in-law, Ray Gosselin, who passed away earlier this year.

“Ray introduced me to craft beer. I used to only drink domestic beer, and he talked me into trying something new.” He said the passion he developed for brewing may have never developed if not for his brother-in-law.

Bloom said he’d also like to create a beer that is made with 100% Connecticut organic ingredients. He said he can currently procure every component from local sources with the exception of yeast, and is even considering growing some of his own ingredients on his property.

He certainly has the type of disposition (spirit) that is able to make a lot from a very little. Bloom owns books about brewing, he asks lots of questions from his fellow brewers, he spends countless hours experimenting, but there is almost something subconscious about his methods, and his brewing process proficiency seems to arrive very naturally. Bloom is unassuming concerning his uncommon talents and would sooner attribute his growing brewing expertise to supernatural elements.

Westbrook’s rolling forests of white pine, oak and hickory were once home to the Hammonasset, Wangunks and later the Mohegans and their former camps are littered along the Menuketesuck and Patchogue Rivers. The woods surrounding Bloom’s home on Docs Hill Road are spotted with stone piles, effigies and walls and according to Bloom, there is always a distinct feeling in the air.

“If it helps the beer, that’s fine. I’ll take it,” he said, with a demure smile.

“Every variable is important.”

AROUND OUR GUARD

A Glimpse at Connecticut Guardsmen and Events



Brig. Gen. Fran Evon (left), Assistant Adjutant General of the CTNG, joins (from left to right) Capt. Paul Whitescarver, Commanding Officer, Naval Submarine Base New London, Connecticut Department of Veteran Affairs Commissioner Thomas Saadi and Connecticut Lieutenant Governor Nancy Wyman on a tour of the Sub Base on February 20, 2018. The tour, which included stops at various training sites on the installation, culminated with a tour of the USS HARTFORD, a Los Angeles-class, fast-attack submarine and the second ship of the Navy to be named for Hartford, Conn. Here, Lt. Gov. Wyman speaks with Cmdr. Matthew Fanning, Commanding Officer, USS HARTFORD. (Photo provided by Naval Submarine Base New London Public Affairs Office)

Cub Scouts from Pack 41, Berlin/Kensington, Conn., outside of the flight simulator at the Bradley Air National Guard Base, East Granby, Conn., March 3. The tour was organized by one of the members of the Pack in order to complete one of the requirements of moving on to become a Boy Scout.

The Scouts toured the base and a C-130H Hercules as well as getting the opportunity to get hands on inside the flight simulator. (Photo by Tech Sgt. Jeremy Bowcock, 103rd Airlift Wing, Connecticut Air National Guard)

To see more photos and videos about events like this one, follow and like the 103rd Airlift Wing on Facebook at <https://www.facebook.com/103aw/>



Inside OCS

Class 63 Hits the Halfway Point

OC SAMUEL SUROWITZ
OCS CLASS 63
1-169 REGT (RTI)

CAMP SMITH, N.Y. - Snow and ice clung to the fields and afternoon clouds turned to an evening rain for New York and Connecticut Officer Candidates gathered together for February’s drill.

The integrated training session began at 5:30 a.m. with a five-mile run, a trial and precursor to the eventual record five-miler that Officer Candidates must complete in 45 minutes. The run proved that while many candidates were at or above the standard, some still have some improvements to make.

After personal hygiene, the candidates ate chow and began a long day of classroom training. The topics of the weekend included Machine Gun Theory, Offensive Operations, Patrol Base Operations, Battle Drills, and Formations and Orders of Movement. Candidates also received refresher training on assembly, disassembly, and functions check of the M240 and the M249 machine guns.

Cadre broke the candidates free of the classroom in order to conduct practical exercises of crossing linear and open danger areas while using formations, and discussed where they might emplace machine guns during these actions. After the training was complete, Officer Candidates took the Tactics Exam.

Students who finished the exam early caught a glimpse of the Winter Olympics, which was playing on a break room T.V. While they waited to hear if they had passed, the candidates received hands on training in the use of a sand table and terrain model kit. Soon they received the good news – all candidates were a go!

Finally, the candidates conducted squad level training on troop leading procedures. Cadre briefed a warning order to the candidate squad leaders, and the students had approximately one hour to form a plan, prepare and brief an operations order, and conduct rehearsals.

After the long day of training they moved back to the barracks, toeing the line for a locker inspection at 11:00 p.m. With their lockers open, candidates stood at attention as cadre moved down the line swiftly and silently. Student leaders took notes, and the inspection went off with little excitement.

The following day, Connecticut candidates returned home, having just passed the halfway point in OCS.



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"

MENTAL GAMES

Just the Facts

What are "Mental Games" and how do I use them?

What is the skill?
Mental Games is a skill that compartmentalizes or takes your mind off of counterproductive thoughts so you can be more productive and focus on the task at hand.

3 Principles

- Mental Games must require your full attention
- Must be hard and fun
- Must be games or techniques you can do within a few minutes

The Games

Math games: Count back from 1,000 by 7s.
Alphabet games: Work your way through the alphabet, naming someone for each pair of initials.
Categories games: Name all the sports figures, war heroes, etc. you can in two minutes.
Army alphabet: Repeat it backwards.
Lyrics: Recite upbeat song lyrics.
Positive Imagery: Create a detailed positive image of a situation or memory that helps you to feel calm, positive, or confident.
*** What other mental games can you come up with??

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

National Suicide Prevention Conference Comes to Connecticut

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

CTARNG's R3SP Program will host National Guard Bureau and Army National Guard contractors from all 54 states and territories at for the National Suicide Prevention Conference at Camp Niantic, April 16-20, 2018.

Suicide Prevention Program Managers (along with their military points of contact) will receive a multitude of training opportunities to increase our ability to respond to Soldiers experiencing thoughts of suicide or engaging in high risk behaviors.

R3SP Program staff will be on hand to support the event and share the state's best practices with the participants and NGB leadership.

Over the past three years, CTARNG Suicide Prevention Programs, with support from R3SP, has worked diligently to increase awareness of risk factors for suicide as well as increase Soldier's access to resources to help address life stressors and is takes great pride in being selected to host the event.

R3SP is looking forward to networking with program leads to learn how other states have effectively implemented risk mitigation strategies and awareness campaigns to increase comprehensive Soldier fitness and mission readiness.

State ADCO and Suicide Prevention Program Coordinator
Meagan MacGregor
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



Tips From Your DTC

SGT. VICTOR MARTINEZ
CTARNG DRUG TESTING COORDINATOR

In order to maintain a ready and resilient force, the CTARNG conducts drug testing monthly at unit level in compliance with TAG Policy Letter 14 and AR 600-85.

Drug testing serves as not only a means to identify Soldiers using illicit substances, but also as a deterrent. In order to ensure your unit's drug test meets the Army standard and samples can be accepted for analysis be sure to follow the tips below from your Drug Testing Coordinator, Sgt. Victor Martinez:

1. Certified Unit Prevention Leaders must conduct the urinalysis test. The UPL conducting the test must begin the chain of custody form.
2. Only certified UPLs can drop off specimens to the Drug Testing

Coordinator.

3. Never open the envelope until the test commences.
 4. Schedule your drop off appointment with the Drug Testing Coordinator in advance.
 5. Limited Use protection expires once the envelope is opened.
 6. Soldiers enrolled in ASAP for treatment and aftercare must be added to testing roster under "OO" code.
 7. Please make sure to submit Appointment Memos for every UPL.
 8. Soldiers whose tests are invalidated must be tested at the next drill under the "OO" code.
- If you have any questions about the drug testing process or procedures please contact Sgt. Martinez 860-548-3298.

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@mail.mil
Jennifer Visone
Prevention Coordinator
(860) 548-3291 - jennifer.a.visone.ctr@mail.mil
Lt. Alex Long
R3SP Support
(860) 544-4926 - alex.m.long5@mail.mil

Raise Awareness Stay In Control of Your Drinking

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

April is Alcohol Awareness Month. Alcohol, though legal for consumption for adults 21 and older, has numerous detrimental side effects that deter mission readiness and overall Soldier fitness.

In 2012 the National Institute of Medicine, after being commissioned by the Department of Defense, found that service members consume alcohol at a substantially higher rate than their civilian counterparts. With this information it is critical that the Army implement prevention measures to reduce the risks that alcohol presents.

Soldiers involved in alcohol related incidents, including arrests related to alcohol (such as driving under the influence/while intoxicated), and events identified as a Commander's Critical Information Requirements (or CCIRs) related to alcohol are required by AR 600-85 to be command counseled for enrollment in the Army Substance Abuse Prevention program.

Soldiers can also be command referred to ASAP if their leadership has reason to suspect alcohol abuse. During Alcohol Awareness Month the National Council on Alcoholism and Drug Dependence invites people to participate in an Alcohol-Free Weekend and abstain from alcohol for 72 hours during the first weekend of April.

Participants that find it difficult to abstain for this period of time or have

APRIL is ALCOHOL AWARENESS MONTH

Help for Today
Hope for Tomorrow

negative side effects due to the lack of alcohol consumed are encouraged to contact local resources to discuss their alcohol use. The Alcohol-Free Weekend lasts about the same amount of time as a drill weekend.

Soldiers who find it difficult to abstain from alcohol during their drill are encouraged to utilize the Limited Use Policy and self-refer to their chain of command to be enrolled in ASAP and be assessed by a clinical provider for potential alcohol issues. As an organization we take pride in our Soldier's fitness, think includes not only physical fitness by mental fitness as well. Alcohol can have negative effects on the comprehensive fitness of our Soldiers which deters our mission readiness.

This April take some time to think about your alcohol use and its effects on your career and personal life. If you, or a fellow Soldier need resources for alcohol use talk to your leadership and call ASAP at 860-548-3291.

Get social with the CONNECTICUT NATIONAL GUARD

Official Pages - Managed by the CTNG PAO

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

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

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

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

Official Unit/ Leadership Pages

Maj. Gen. Thad Martin
Twitter - @TAGCTMG MARTIN

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

CTARNG Recruiting Battalion
Facebook - @CTArmyGuard
Instagram - @CTArmyGuard

CTANG Recruiting Team
Facebook - @CTAirGuard

103rd Airlift Wing
Facebook - @103AW

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

HHC, 169th Aviation Battalion
Facebook - @HHC169AVN

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

1109th TASMG
Facebook - @1109thTASMG

Joint Force Headquarters
Facebook - @CTJFHQ

CTATNG Recruit Sustainment Program
Facebook - @ConnecticutGuardRSP

CTNG Service Member and Family Support
Facebook - @CTNGFamilies

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

Don't see your unit's page here? Make sure it is
registered with the CTNG PAO.

Want to start a public page for your unit? Call the
CTNG PAO for information.
860-524-4857

Off the Bookshelf

with Staff Sgt. Simon

Wide Sargasso Sea

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

In 2017 a substantial social and cultural wave began taking shape, which has since exposed countless injustices perpetuated against women by people in positions of power. In 1966, the power paradigm that the world of literature had rested on for centuries was hit by a similar wave. Jean Rhys' (pronounced reese) published "Wide Sargasso Sea" following her decades-long abandonment and estrangement from the 20th century male-dominated literary world.

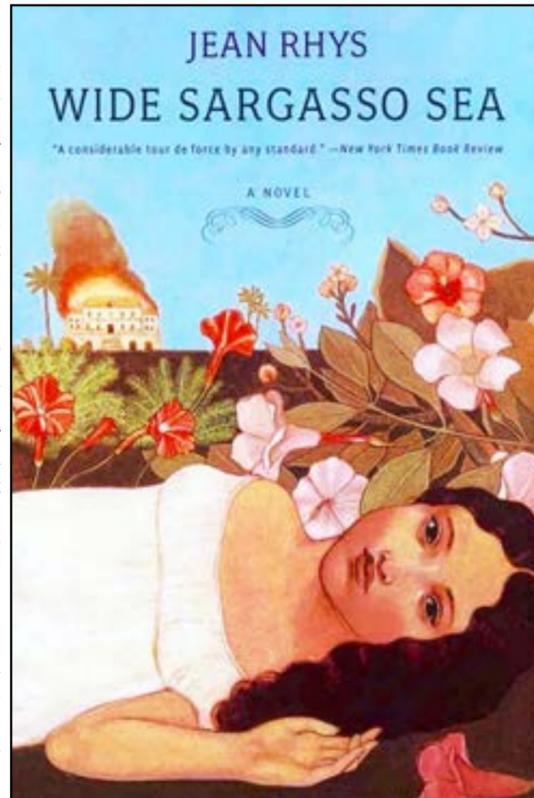
"Wide Sargasso Sea," is the unofficial prequel to Charlotte Bronte's classic novel, "Jane Eyre," published in 1847, but it is also Rhys' fictionalized retelling of her own poor treatment by the men who purportedly victimized her, particularly a number of important and infamous English authors and publishers who helped facilitate Rhys' writing career in exchange for a significant personal price.

The plot of "Wide Sargasso Sea" is simple and Rhys' metaphor is very clear (like much of the water of its namesake).

In Rhys story, before the mad woman in the attic in the novel "Jane Eyre" married that novel's leading male character, the notorious Edward Rochester, her name was Antoinette and she was a daughter of former wealthy land owners on the island of Dominica. Rochester's family had become rich from the slave trade in Rhys novel, which left the young man with a fortune to spend and an island of women from which he could choose. Rochester marries Antoinette and they depart the Caribbean for his family's estate in England, where she is quickly discarded as a wife and forced to spend her life as a castoff in the estate's attic.

"Wide Sargasso Sea," is as much an archetypal story about a person's desire for freedom and liberation from oppression as it is a blatant rejection of colonialism; Rhys' metaphor is extended further. Her book's sparse but powerful plot illuminates the often neglected and overlooked residual effects of the 19th century world powers' plot to collect and run the world's less-powerful land masses, its people, and its women. Rhys was one of the first writers of fiction to declare the treatment of the world's inhabitants by colonialists as immoral, corrupt and iniquitous, while declaring that her own treatment as an individual woman in the world equally abhorrent.

Readers of "Jane Eyre" will remember the horrifying fate of Thornfield Hall. In Rhys' novel, Antoinette embodies the anguish and passion of the world's victims of colonialism and sexual oppression, and as if acting



on behalf of millions of other sufferers, she incinerates Rochester's estate.

Like her fictional creole protagonist, Antoinette, Rhys was also born on the island of Dominica. She spent her young adulthood in Europe and eventually began her writing career there, which was a deplorable uphill battle. She did not become well-known until 1966, when "Wide Sargasso Sea" was published following her decades-long hiatus.

The Sargasso Sea is a northern portion of the Atlantic Ocean and is named after the seaweed that calls it home: Sargassum. This large portion of the Atlantic is enclosed by significant ocean currents. As a result, its hallmark is its relatively calm and unassuming surf. However, Sargassum covers much of the sea's surface and was notorious for slowing and even consuming the ships of colonialists and explorers from the old world to the new.

Rhys' metaphor is clear—as clear as the shifting of the world's social and cultural paradigm in the 120 years that lapsed between Bronte's book and her own. In 2018, the world's power paradigm continues to shift.

Military History

The Battle of Ridgefield

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

Failing to save Danbury from the disastrous attack on April 2, 1777, the Connecticut militia under Generals Benedict Arnold, David Wooster and Gold Selleck Silliman now concentrated on making the enemy's trip back to their fleet in Long Island Sound as painful as possible. Knowing that they were being pursued, the British could not retrace their steps back to Compo Beach.

Just a few miles south in Ridgefield, Arnold and Silliman were engaging the British from behind their hastily constructed blocking positions. Using stones and logs, they threw up a crude fortification between the Stebbins house and a rock ledge on Main Street. General Arnold had 400-500 militia under his command, facing a British force of close to 2,000 soldiers. The British column stretched out for a half a mile back towards Danbury. At the height of the fighting at the Battle of Ridgefield, General Arnold had a horse shot out from under him. After the battle, the horse was skinned, revealing nine wounds from musket balls. As the General tried to free himself from the stirrups, a Tory from New Fairfield named Coon rushed from out of the tree line and ordered, "Surrender – you are my prisoner." Arnold replied, "Not yet," and pulled a pistol from his waistband and shot him dead. General Arnold freed himself from being entangled in the dead horse's stirrups and then fled into the relative safety of an adjacent swamp as the enemy fired at him.

Knowing that they could not hold the British forever, Arnold and Silliman withdrew. Casualty estimates for the Battle of Ridgefield were eight American and

sixteen British killed. Keeping ahead of the advancing enemy, Arnold and Silliman established another blocking position at 9:00 a.m. on the 27th about two miles above the bridge over the Saugatuck River. Here they had about 500 men with them. As the enemy approached, the patriots engaged them with cannon fire. The British commander, seeing that a protracted fight would be required to take the bridge, had

his troops ford the river about a mile above the heavily defended position. The enemy force then quickly marched down the eastern bank of the Saugatuck River towards their ships lying at anchor off Compo Beach. The Americans had one last chance to disrupt the British withdrawal from Connecticut. Like a swarm of angry hornets, they chased the invaders back to Compo Hill. General Arnold nearly cut off the British 4th Regiment as he moved from position on Old Hill to Compo Hill. At this point, the militia outnumbered the Redcoats. Colonel Jedidiah Huntington and five hundred more militia joined Arnold and Silliman. Lieutenant Colonel Eleazer Oswald and two companies of artillery also joined the fight after a sixty mile ride from Southington.



Fight at Ridgefield – Connecticut Historical Society

The British were running low on ammunition and had to be re-supplied by the sloop Senegal waiting offshore. Finally, a counterattack by the 4th, 15th, 23rd and 27th Regiments led by British General Erskine turned back the patriot assault. The militia which had been fighting and moving continuously for over 48 hours finally crumbled in the face of this bayonet attack. The invaders re-embarked their vessels without further incident.

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.

BECOME A VETERANS AMBASSADOR

ATTEND THE FREE TWO-DAY TRAINING COURSE

APRIL 21-22, CAMP NIANTIC, CT

Volunteer Opportunity open to all
Seats limited, reserve early

What is the Veterans Ambassador Program?

The VAP is a nation-wide U.S. Army Heritage and Education Center initiative to train citizens as volunteer oral historians to collect Army Veteran stories for inclusion in the Army's historical archives.

MORE INFORMATION, VISIT [HTTPS://USAWC.LIBGUIDES.COM/VAP](https://usawc.libguides.com/vap)
TO SIGN UP EMAIL, KARL.K.WARNER.CIV@MAIL.MIL



Training Circulars for TY18 Are Now Available

Contact Your Chain of Command for More Information

| Course | Course # | Action Officer | Start Date | End Date |
|--|-----------|--|------------|-----------|
| 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. Ben 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 | Ms. Meagan MacGregor | 15-May-18 | 16-May-18 |
| Ask Care Escort- Suicide Intervention (ACE-SI) | 350-17-29 | Ms. 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 |
| Army National Guard Annual Substance Abuse Prevention Training Course for AGR & FTSP | 350-17-04 | Mr. Dennis Tomczak | 24-May-18 | 24-May-18 |
| Bus Driver Training Course (Train the Trainer Course) | 350-17-21 | Master Sgt. Thomas Ahearn | 28-May-18 | 1-Jun-18 |

Highlighted Courses:

• **Threats Tactics Course:** This Mobile Training Team (MTT) provides a tailored Threats Tactics Course, based on unit-activity requirements, with a purpose to understand and apply an opposing force (OPFOR) in support of US Army training, professional education, and leader development learning objectives. The OPFOR is tailored to replicate realistic, robust, and relevant hybrid threats in operational environments (OEs) as presented in US Army Regulation 350-2 and the US Army Training Circular (TC) 7-100 series. The MTT uses the US Army's Decisive Action Training Environment (DATE) to provide consistency in a tactical setting of OE variables and OPFOR in products by the US Army's training and education proponents. 16 – 20 April 18. 24 Soldiers Max, See your unit training NCO for current availability

• **Unit Finance Course:** This training ensures that the unit Readiness Non-Commissioned Officer (RNCO) or designated individual are provided with the knowledge on how to increase soldiers' financial readiness and overall unit auditability. Training will emphasize regulations, reports, preventative and reconciliatory measures, and key supporting documents/entitlements. In addition, it will cover interconnected departments, applicable systems, schedules, inspections, submittal procedures and inquires. Full Time RNCOs or designated individuals responsible for payroll submittal at the Unit/Battalion/MACOM level are highly encouraged to attend. 17-20 April 2018; 25 Seat Max per class; See you unit training NCO for current availability.

• **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. 28MAY-01JUN 18. 16 Soldiers Max, See your unit training NCO for current availability.

Maj. Michael Jakobson - G3-FTB, Training Specialist - michael.p.jakubson.mil@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 schedule voids. Be conservative of follow orders and only schedule an appointment once your uniform is 100% to standard.
 - Incomplete or inaccurate uniforms DO NOT justify a re-schedule. Your uniform must be complete and accurate before scheduling your appointment.

SCHEDULE AN APPOINTMENT IN VIOS

- 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.

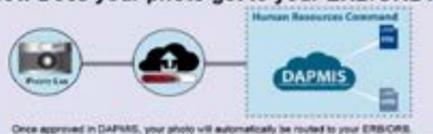
SHOW UP AT SCHEDULED TIME

- 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 603-20, Photographers will not alter the photograph, to include adding new rank, ribbons, stars or award citations or emblems. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
 - Per AR 603-20, the photo 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 (Enlisted)
 - 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.ARMY3.ARMY.MIL/DA/UNIFORM

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



CONNECTICUT NATIONAL GUARD FULL TIME EMPLOYMENT OPPORTUNITIES

Army & Air Technician,
Army & Air AGR positions available.
Title 10 opportunities available (CAC access).

For a full listing, visit
<http://ct.ng.mil/Careers/>

FOR MORE INFORMATION, CONTACT,
Maj. William Warner, AGR Tour Branch Manager, (860) 613-7608,
william.s.warner1.mil@mail.mil
Sgt. 1st Class Laura Hernandez, Senior Human Resource Sergeant,
(860) 613-7617, laura.hernandez3.mil@mail.mil

NGACT 2018 Scholarships
For more information log onto
our website WWW.NGACT.ORG



The application deadline is 1 June 2018 and
must be postmarked NLT 1 June 2018

Dependency and Indemnity Compensation

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

Dependency and Indemnity Compensation is a tax-free annuity payable by the Veterans Administration to eligible survivors of military Service Members who died in the line of duty or eligible survivors of Retired Service Members whose death is determined to be the result of a service-connected disability. In order for the DIC to be payable, the Retired Service Members death must result from:

1. Disease of injury incurred or aggravated in the line of duty while on active duty or active duty for training.
2. Injury incurred or aggravated in the line of duty while on Inactive Duty for Training status.

DIC is authorized for surviving spouses and unmarried children under the age of 18 (and those between 18 and 23 years of age if attending a VA-approved school) of certain Veterans who were totally service-connected disabled at the time of death and whose death was not necessarily the result of a service-connected disability if:

1. The Veteran was so rated for a period of at least five years if awarded immediately upon discharge from military service
2. The Veteran was continuously rated totally disabled for a period of 10 or more years, if not awarded immediately upon retirement; or in the case of a surviving spouse of a Veteran/Retiree, the marriage to the Veteran must have been in effect for at least one-year immediately preceding the death of the Veteran.

DIC payments are tax-free and not subject to seizure by creditors of either the Retirees or the beneficiary. Receipt of DIC has no relation to a family member's receipt of Social Security. However, if the surviving spouse is receiving Survivor Benefit Plan, it will be reduced by the dollar amount of the DIC payment. There is one exception for the SBP offset, which I'll mention further on in this article.

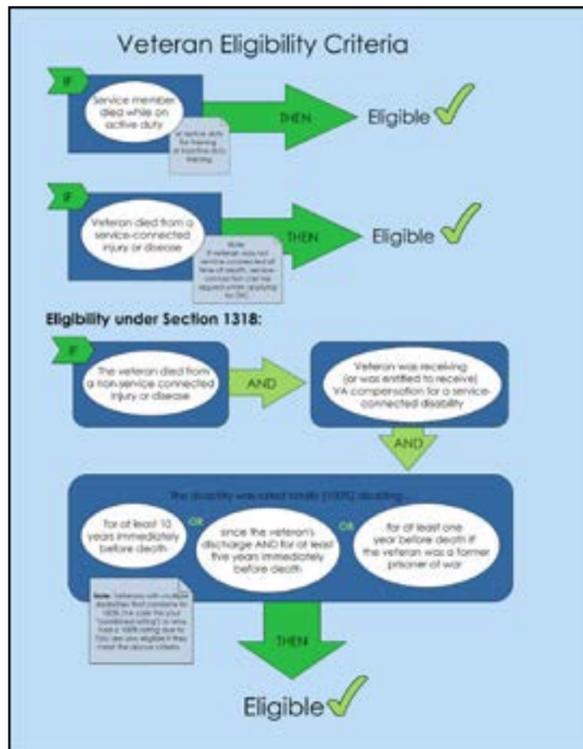
The VA will make monthly DIC payments to the eligible surviving spouse of the Retired Service member whose cause of death is service-connected. Payments are in addition to any other income received by the surviving spouse. But keep in mind, that SBP payments will be offset dollar-for-dollar. Any DIC payment for eligible children will be added to the DIC payment to the surviving spouse.

The one exception to the SBP offset involves the remarriage of the surviving spouse. If the surviving spouse is eligible for both SBP and DIC, and he/she remarries after age 57 and after 2004, then he/she will receive both benefits with no offset. Surviving spouses over the age of 57 who have not remarried, the offset remains. If the surviving spouse remarries before age 57, the DIC payments will terminate. But if that marriage ends in death or divorce the surviving spouse can re-apply to start receiving DIC again.

If there is not a surviving spouse entitled to DIC it may be paid to the children of a Retired Service member, provided they met the conditions previously outlined. To be eligible for payments, the child must be:

1. Unmarried
2. Under the age of 18 (unless permanently incapable of self-support before age 18 or 23).
3. Pursuing a full-time course of instruction at an approved educational institution. A child who qualifies in this category may continue to receive the payments until he/she reaches the age of 23, terminates the education, or marries, whichever occurs first.

Surviving spouses who qualify for DIC may be granted a special allowance for aid and attendance if they are patients in a nursing home, helpless or blind, or so nearly helpless or blind that they require the regular aid and



attendance of another person. Additionally, spouses who are not so disabled as to require the regular aid and attendance of another person but who, due to the disability, are permanently housebound, may be granted a special monthly allowance in addition to the DIC.

Additional information and details about DIC may be found at the VA's website, https://benefits.va.gov/COMPENSATION/types-dependency_and_indemnity.asp.

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

Tavarez, Genesis M.
Sanchez, Felix M.
Tanner, Carissa J.
Grigos, Jeffrey D. Jr.
Lima, Moroni V.
Seyfried, Marc M.
Camacho, Jonathan S.
Medina, Aaron M.
Scherfner, Erin C.
Mendoza, Alejandro M.

Charlestin, Jean P.
Michaud, Justin J.

To Specialist

Bernard, Richard A.
Evanoski, Brent A.
Yonjan, Jeny
Peasley, Brenden L.
Mercer, Zachary T.
Graff, Caleb
Schmitt, Eric C.
Hawkins, Samantha L.
Thomsen, Conor J.
Carrasquillo, Nathan R.
Cherko, Dylan F.
Rowold, Jonathan P.
Frassinelli, Logan M.
Chalk, Aaron J.

To Private First Class

Zea, Diego
Dacosta, Carolinne D.
Fowler, Joshua L.
Starsiak, William J.
Valentin, Louis M.
Boone, Tyler C.
Almeidaperez, Leandro

To Sergeant

Chamberlain, John A.

To Staff Sergeant

Major, Matthew

To Sergeant First Class

Barquin, Candace M.

To 2nd Lieutenant

Sin, Dru V.

To Captain

Emmens, Christopher D

To Major

Barker, Christopher J.
Roy, Eric S.

AIR

To Airman First Class

Leach, Kyle B.

To Senior Airman

Donlon, Andrew J.
Phelan, Eric M.
Pagan, Gabriel E.
Maldonado, Guillermo A.
Dejesus, Omaira
Wallace, Razulallah O.

To Sergeant

Dziewaltowski, Amy T.
Stone, Ashlynn J.
Dolan, Carley K.
Cerri, Matthew R.
Lalor, Owen P.

To Technical Sergeant

Salcedo, Michael P.

Congratulations to all!

Promotions as of March 1, 2018

Calendar

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

June

June 5

July Guardian Deadline

June 6

D Day, WWII

June 14

Flag Day

June 14

U.S. Army Birthday

June 17

Father's Day

June 21

First day of summer

CONNECTICUT ARMED FORCES DAY LUNCHEON



MAY 18, 2018 ★ 11:00 A.M.
AQUA TURF CLUB, SOUTHLINGTON, CT



WITH SPECIAL GUEST SPEAKER
BRIGADIER GENERAL JEFFREY W. DRUSHAL
CHIEF OF TRANSPORTATION
U.S. ARMY TRANSPORTATION CORPS

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








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

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Connecticut Family

GUARDIAN

VOL. 19 NO. 4 HARTFORD, CONNECTICUT APRIL 2018

April Focus: Month of the Military Child

[HTTPS://MILITARYBENEFITS.INFO](https://militarybenefits.info)

April is designated as the Month of the Military Child; a time to honor the sacrifices made by military families worldwide, with an emphasis on the experience of the dependent children of military members serving at home and overseas.

April is Month of the Military Child
U.S. Navy photo by Mass Communication Specialist 1st Class Gretchen M. Albrecht

A 2015 military demographics report listed on Defense.gov counted nearly two million “total-force dependent children” including more than 900 thousand Army dependents, 400 thousand Air Force dependents, nearly 300 thousand Navy and approximately 118 thousand Marine dependents.

According to a report by the Department of Defense there are 700 military child development program facilities around the world, running approximately 155,000 child-care spaces, with another 3,000 Family Child Care homes which provide.

It’s estimated that military child development centers welcome around 200,000 children daily. There are 300 youth and teen centers worldwide serving more than 645,000 youth through a variety of educational and recreational programs.

Evolution of the Month of the Military Child
Defense Secretary Caspar Weinberger was responsible for establishing April as the Month Of The Military Child in 1986, and the Department of Defense has honored his initiative ever since.

The month of April is an important one for children who have one or both parents serving in uniform; since 1986 there have been an increasing number of awareness campaigns aimed at recognizing the needs of military children in all areas from coping with the deployment of parents to war zones to education of military dependents at on-base Department of Defense Dependent School System (DoDDS) campuses around the globe.

Since the debut of the original Month of The Military Child, there are a growing number of activities both on military bases and in local military communities. The U.S. Department of Defense Education Activity (DoDEA), which operates 166 schools for military children worldwide, instructs its school administrators





KEEP CALM AND BE MILITARY KID STRONG

Purple symbolizes all branches of the military - combining; Army Green, Coast Guard Blue, Air Force Blue, Marine Red and Navy Blue. Wear purple on Saturday April 13th to show your support for the strength and sacrifices of our Military Youth! Share your photos on social media - #CTNGPurpleUp2018



FACEBOOK:
[Facebook.com/CTCYF](https://www.facebook.com/CTCYF)



INSTAGRAM:
[@CTNO_CYP](https://www.instagram.com/ctno_cyf)



PINTEREST:
[@CTCYP/Michelle](https://www.pinterest.com/ctcycp)



TWITTER:
[@CT_NO_CYP](https://twitter.com/ct_no_cyf)

to “plan special events to honor military children and have administrators and principals incorporate the themes of this month into their everyday duties and responsibilities” according to the DoDEA official site.

Who Are Military Dependent Children?
The familiar Hollywood trope of the “military brat” brings to mind the notion of military families who constantly move from base to base, overseas and stateside, experiencing a seemingly never-ending series of short-term homes, jobs, and schools.

That can and sometimes is the experience of military families, but the “hidden” side to military life includes “with dependents” assignments at bases in Japan, Germany, and elsewhere. Some military children never attend a stateside K-12 school; they grow up getting their education via DoDDS schools on the same military bases their parents live and work at.

The military child experience also includes situations where the family itself never leaves the United States, but the military parent(s) still serve overseas and at remote bases in Alaska, North Dakota, and Montana. Sometimes the entire family packs up and moves, other times the military member goes on assignment or a deployment

without the family.

There are many situations that fall somewhere between these two examples; the military child is expected to support the mission by understanding the needs of the parents to deploy, to relocate, and to put the family’s needs second to the call of duty.

Children bear a difficult burden as Department of Defense dependents; they don’t always fully understand what’s going on when the parents deploy or get re-assigned, but they are always part of the military’s attention when it comes to supporting these families at the same time as accomplishing the mission

FIND MONTH OF THE MILITARY CHILD EVENTS NEAR YOU

CTNG Service Member and Family Support Center: 1-800-858-2677

U.S. Department of Defense Education Activity: <http://www.dodea.edu/dodeaCelebrates/MilitaryChild/2015.cfm>

Joining Forces: <http://www.whitehouse.gov/joiningforces>



CATHERINE GALASSO-VIGORITO

Put All Anxious Thoughts Aside

St. Francis de Sales offered to us one of the great principles of life when he stated,

“Do not look forward to what might happen tomorrow; the same everlasting Father who cares for you today will take care of you tomorrow, and every day. Either He will shield you from suffering, or He will give you unflinching strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginations.”

Pause for a moment, inhale, then exhale, and realize that God loves and cares for you.

In the quiet and stillness, remember that no matter how challenging your circumstances are at the moment, God will walk with you and guide you through each step of your journey.

There are times when we are overwhelmed by the frustrations and stresses of life. But it tells us in the Bible that God was with David during his darkest hours of despair. And so He will be with you. God was with the children of Israel, as He delivered them out of Egypt. Likewise, He will never leave or forsake you. And as Daniel sat in the den of lions, he was kept from harm. Similarly, there is no situation that is too tough for our God to turn around for our great good.

Psalms 55:22 says, “Cast thy burdens on the Lord and He shall sustain thee,” and “The Lord is close to the brokenhearted; He rescues those who are crushed in spirit,” Psalm 34:18. Therefore, let us reflect on God’s word, instead of our worries, keeping our focus on Him, our unflinching, unchanging source of strength.

I’ve heard it said to have peace of mind is to repeatedly

fill your mind with peace. Prayer is a strong antidote in easing anxiety and can help to restore our inner harmony. So let’s convert worry-time into prayer-time. For when we pray through a problem, the burden can be totally lifted. Last year, I received a letter from a reader who described how she was anxiously waiting MRI results for her daughter who was having severe headaches. She prayed for some sort of sign that her daughter would be okay. Then, one day, while driving to work, a car pulled out in front of her and the license plate read, “Hopeful.” She was full of joy and appreciation, as she knew this was the sign for which she had prayed. Sure enough, her daughter’s MRI tests were normal. It was a sinus infection that was causing the pain and that was treatable. “I truly believe that God is listening,” she noted.

Thus, set aside moments to pray and with a heart full of gratitude, give continual thanks to God. One lady wrote to me and told that every night she sits at her desk at home and writes in what she calls her, ‘Thankfulness Diary.’ She jots down at least three things for which she is so grateful and then meditates on these blessings. This lady reported that when she does this, her mind and body becomes relaxed. And the more she thanks and draws near to God, the more He takes care of all her problems, bringing her perfect peace.

“Draw near to God, and He will draw near to you.” James 4:8.

Regular exercise, with your doctor’s approval, can help to defuse worry and clear your mind. I find that even 10 minutes of exercise here and there throughout a busy day, can be beneficial, leaving me in a calmer state. A gentleman that I know says that he takes early morning walks outdoors to melt away stress. With each step he takes, he visualizes that he is walking ‘past’ each of his difficulties; step by step, onward to victory. After that, he affirms to himself, “I will not be defeated” “I’m more than a conqueror” “I am strong in the Lord and in the

power of His might,” and “God is with me.”

Much anxiety is due to what we ‘tell ourselves.’ Turn away from discouraging voices. If we catch ourselves in negative self-talk, we must immediately replace it with a positive reflection. Push away extraneous thoughts. If we’re inclined to think of the worst scenario, let us train ourselves to shift things around and think on only the best possible outcome. Always try to put the emphasis on the positives of life. God is closely watching us and what kind of outlook we have, especially when things don’t go our way. Similar to a diamond in the making, let’s face the pressures we encounter with grace, faith and courage. And soon, like the diamond, we will emerge with a new luster, a new brilliance and new clarity.

A few weeks ago, I drove by a house and saw a variety of household items scattered all over their front lawn. “This must be a tag sale,” I thought to myself; as the car in front of mine slowed down to get a look. Next, I noticed a large sign in front of the house that read, “It’s Free!”

That is what our heavenly Father is saying to us: “Come to Me, dear child. Let Me handle your worries, and the price? It’s Free!”

Take to God everything that concerns you. His power is far greater than we can imagine, and He stands ready to perform miracles beyond our comprehension.

So put aside all anxious thoughts. Whatever you need today, God is there for you.

Catherine Galasso-Vigorito is a nationally-syndicated columnist and author from Connecticut who donates a monthly inspirational column to demonstrate her appreciation of U.S. Service Members and their families. The content is her own and does not express the official views of the Connecticut National Guard, the U.S. Government or the Department of Defense. You may write to Ms. Galasso-Vigorito in care of the Connecticut Guardian, 360 Broad Street, Hartford, CT 06106-3795 or e-mail her directly at cgv@anewyouworldwide.com. Visit her website at www.anewyouworldwide.com. © Catherine Galasso, 2017

CONNECTICUT NATIONAL GUARD HELPLINE

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.

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

For additional behavioral health resources, visit pages 20, 21



Military OneSource

The New Parent Support Program

MILITARY ONESOURCE

The New Parent Support Program helps military parents, including expectant parents, transition successfully into parenthood and provides a nurturing environment for their children. The program offers support and guidance by helping parents:

- Build strong, healthy bonds with their infants and toddlers that will lay the foundation for their social and emotional development
- Manage the demands of parenting, especially when impacted by deployments and other military operations
- Remain flexible and responsive when navigating daily life
- Build a strong support network
- Respond to infant and toddler behavior sensitively and be attuned to their developmental needs
- Find services in the local community in time of need.

Types of services provided

The New Parent Support Program’s staff consists of nurses, social workers and home visitation specialists, and is supervised and monitored at the installation level by the Family Advocacy program manager. The program focuses on providing one-on-one support for new and expectant parents through home visits, but some installations may offer parenting classes and groups. Services vary by service branch and by installation, but they can include:

- Home visits — As a new parent, you may feel more comfortable asking questions and expressing your concerns about parenthood, including sleep, nutrition, behavior management, breastfeeding and other concerns, in the privacy of your own home.
- Referrals to other resources — Home visitors can help you find and take advantage of additional services offered through the military health care system, your installation or the local community that best suit your needs.
- Prenatal classes — Prenatal classes help parents know what to expect when the baby comes home from the

hospital. Topics include feeding and nutrition, bathing and preventative health care.

- Parenting classes — Hands-on classes for both parents of infants and toddlers focus on a variety of parenting issues, ranging from discipline to feeding. Classes for new fathers help them adjust to life with a new baby and support them to be an active parent.
- Playgroups — Structured activities in program play groups help children improve their social and motor skills. The playgroups also help new parents get to know one another and develop a support system within the military community.

The New Parent Support Program home visitors assess the strengths and needs of participating families with a variety of tools to understand a family’s unique environment. Most participating families use only the basic services, including:

- Parenting basics
- Resource materials
- Playgroups
- Visits with a home visitor

On occasion, families may be struggling with multiple challenges. These families may qualify for a higher priority or intensive services. What classifies as an intensive service varies from one installation to another, but it generally refers to:

- Frequent (more than three) home visits
- Formal engagement with other support agencies
- Follow-up by a provider in the Family Advocacy Program

Confidential standards

Anything you share with a program staff member is confidential, including health-related information (the Health Insurance Portability and Accountability Act protects that). Feel free to discuss personal issues with the staff so that they can better help you with your parenting concerns.

There is one exception to confidentiality: The registered nurses and licensed social workers of the New Parent Support Program are obligated to report maltreatment or suspicion that you may harm yourself

or others under the duty to warn.

Eligibility and enrollment

The New Parent Support Program’s services are free to active-duty service members and their families who meet one of the following criteria:

- Expecting their first child
- Have at least one child younger than 3 years old (Army, Navy and Air Force)
- Have at least one child younger than 5 years old (Marine Corps).

Service members who have separated from active duty may still be eligible for the program depending on the nature of the separation. If you have access to a military treatment facility, you may be entitled to program benefits on a space-available basis.

If you would like to participate in the program, you can enroll through your installation’s:

- Family Advocacy Program
- Military and Family Support Center, in Connecticut, 1-800-858-2677.

To find the program nearest you, go to the MilitaryINSTALLATIONS locator and select New Parent Support Program from the drop-down menu of programs and services.

If you don’t live near a military installation, there are similar programs for new parents available in many locations. You can find new parent support programs by:

- Calling Military OneSource at 800-342-9647 for more information
- Visiting Military OneSource’s non-medical counseling page for information about free, confidential non-medical counseling sessions
- Locating additional resources about parenting and childcare on the Military OneSource website.

Parenthood is like any other job – there’s a lot of learning at first, and the more guidance you get, the more confident you feel in carrying out your duties. The New Parent Support Program provides that extra help in launching you into parenthood so that you can enjoy your child and relax in your role as mom or dad.



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 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.

CONNECTICUT NATIONAL GUARD

Family Assistance Center Locations



Family Assistance Centers are an information and referral hub for all Branches of Service

Our Programs Include:

| | | |
|---------------------------|---------------------------|--------------------------------------|
| 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 |

Support is available 24/7 by calling (800) 858-2677

**Centers are open part-time on a regular, weekly schedule.
Please call ahead to confirm times or to make an appointment.*

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

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.c.baber.mil@mail.mil | (860) 548-3276 (desk)/(860) 883-2515 (cell) |
| Family Assistance Center Coordinator | Anne Reed | anne.reed.ctr@mail.mil | (860) 524-4938 (desk)/(860) 883-6934 (cell) |
| Family Assistance Center Specialist | Rita O'Donnell | rita.m.odonnell.ctr@mail.mil | (860) 493-2797 (desk)/(860) 883-6949 (cell) |
| Family Assistance Center Specialist | Jason Perry | TBD | (860) 524-4969 |
| Family Readiness Support Assistant | Linda Rolstone | linda.b.rolstone.ctr@mail.mil | (860) 524-4963 (desk)/(860) 680-2209 (cell) |
| Family Readiness Support Assistant | Wendy Hagen | wendy.m.hagen.ctr@mail.mil | (860) 524-4920 (desk)/(860) 883-4677 (cell) |
| Family Readiness Support Assistant | Kelly Strba | TBD | (860) 548-3283 |
| ARNG Yellow Ribbon Program Coordinator | SSG John Cummings | john.t.cummings.mil@mail.mil | (860) 493-2796 (desk)/(860) 538-5639 (cell) |
| Lead Child & Youth Program Coordinator | Michelle McCarty | michelle.m.mccarty4.ctr@mail.mil | (860) 548-3254 (desk)/(860) 883-6953 (cell) |
| Survivor Outreach Specialist | Megan O'Shaughnessy | megan.loshaughnessy.ctr@mail.mil | (860) 548-3258 (desk)/(860) 394-8748 (cell) |
| Military OneSource Consultant | Vacant | | (860) (cell)/(860) (desk) |
| Personal Financial Consultant | Brian Deal | pf.c.ct.ng@zeiders.com | (203) 233-8790 (cell) |
| State Support Chaplain | CH (MAJ) David Nutt | david.c.nutt.mil@mail.mil | (860) 548-3240 (desk)/(860) 883-7748 (cell) |
| Transition Assistance Advisor | Jay Braca | jonathan.j.braca.ctr@mail.mil | (860) 524-4908 (desk)/(860) 748-0037 (cell) |
| Employer Support for the Guard and Reserve | Sean Britnell | sm.s.r.britnell.ctr@mail.mil | (860) 548-3295 (desk) |
| Connecticut Military Relief Fund | Russell Bonaccorso | russell.bonaccorso@ct.gov | (860) 524-4968 (desk) |
| <i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 - Open Monday-Friday</i> | | | |
| Family Assistance Center Specialist | Sean Carey | sm.s.c.carey.ctr@mail.mil | (860) 292-4602 (desk)/(860) 883-2704 (cell) |
| Family Assistance Center Specialist | Lisa Middlebrook | lisa.a.middlebrook.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 | Timothy Hesney | timothy.j.hesney.ctr@mail.mil | (860) 772-1422 (desk)/(860) 221-5540 (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.b.timberlake.civ@mail.mil | (860) 292-2730 (desk)/(860) 462-0379 (cell) |
| Family Assistance Center Specialist | Lisa Middlebrook | Lisa.a.middlebrook.ctr@mail.mil | (860) 292-2595 (desk)/(860) 883-2704 (cell) |
| <i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open Monday - Friday</i> | | | |
| Family Assistance Center Specialist | Jay Jansoff | TBD | (860) 739-1637 |
| Personal Financial Consultant | Rhona Heyl | pf.c.ct.ng@zeiders.com | (860) 287-7552 |