



GUARDIAN *Connecticut*

VOL. 19 NO. 5

HARTFORD, CONNECTICUT

MAY 2018

Experience, Dedication Lead the Way for CTARNG's Best

Spc. Kaitlyn Wallace
130th Public Affairs Detachment, CTARNG

Soldiers from all parts of Connecticut gathered at Camp Niantic to compete in the 2018 Connecticut National Guard Best Warrior Competition, March 15 -18.

After three and a half grueling days, Spc. Morgan Doyle, 141st Medical Company, and Sgt. Ryan Curry, 14th Civil Support Team, were named Soldier and NCO of the year, respectively.

"It's still surreal," Curry said. "It's good though, it was close between a bunch of us."

Following a test of punctuality (doors closed to the competitors at precisely 4:00 p.m.), the competition began with the Army Physical Fitness Test. Any competitor failing to meet the APFT or height/weight standards was eliminated from the event; those passing earned the right to advance and endure an additional three days of physical and mental challenges.

Each competitor is permitted a mentor for the duration of the competition. The mentor is usually a more experienced service member from within the competitor's unit or chain of command, and provides coaching leading up to and throughout the event.

Competitors are divided into two groups: Soldier competitors are the rank of private through specialist,



A UH-60 Blackhawk Helicopter (left) and a CH-47 Chinook Helicopter (right), land at East Haven Rifle Range, a Connecticut National Guard training facility, March 16. The helicopters dropped off the next round of competitors for the Connecticut Army National Guard's annual Best Warrior Competition. During the four-day competition, both Soldiers and Noncommissioned Officers competed in a number of events designed to test their skills, abilities, and their physical and mental fortitude. At the end of the contest the winners earned the titles of CTARNG NCO of the Year and the Soldier of the Year. (Photo by Staff. Sgt. Richard Wrigley, 130th Public Affairs Detachment, CTARNG)

Continued, see **BEST WARRIOR** on page 4

In This Issue:



Hawaii Guardsman Joins CTNG BH
Page 5



CST and 102nd Train in Alaska
Pages 6-7



103rd Welcome Home Ceremony
Pages 14-15

Planning a Home Improvement Project This Spring? May is Building Safety Month

FROM [WWW.FEMA.GOV](http://www.fema.gov)

Each year at this time, millions of Americans celebrate the return of spring by reinvesting in the places and spaces where they work and live. Whether it's adding a new roof, a new room, or a new coat of paint, we get to work on projects big and small that help make our homes and businesses safer environments to make a life and living.

May 2018 marks the 38th year that National Building Safety Month highlights the essential role that safe building codes and standards play in decreasing the damaging effects of disasters and breaking the cycle of human suffering associated with repeated disaster damage and injuries.

To mark National Building Safety Month this year, FEMA is strongly supporting our partners who promote the importance of disaster-resistant building codes and standards that can help communities reduce the impacts of natural disasters, protect the environment, and save energy.

Building codes are important because they translate into tangible, actionable things you should do as a homeowner or a business owner to make our buildings more resilient. Here are some examples of actions to take:

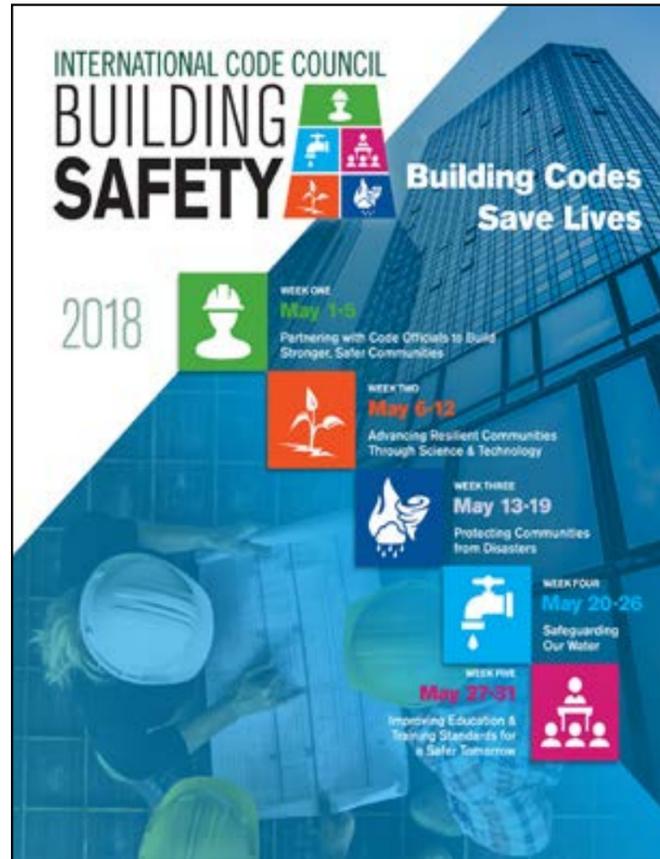
- Elevating your home or business property
- Using more resilient Construction Materials

- Employing safe and sustainable design methods
 - Making smart energy choices
- Throughout the month, there will be an array of community events, safety demonstrations, and educational outreach activities that are designed to promote awareness of the need for safe and sustainable structures where we live, work, and play.

Each week has a theme to show how "Building to Code" can have a profound on building and life safety:

- Week One (May 1-5): Partnering with Code Officials to Build Stronger, Safer Communities
- Week Two (May 6-12): Advancing Resilient Communities Through Science & Technology
- Week Three (May 13-19): Protecting Communities from Disasters
- Week Four (May 20-26): Safeguarding Our Water
- Week Five (May 27-31): Improving Education & Training Standards for a Safer Tomorrow

To learn more about important steps you can take to help better prepare your home or business property by building stronger, safer structures, visit, www.buildingsafetymonth.org for additional information and resources



103rd Firemen Receive Top-of-the-Line Training

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

For several years, the 103rd Airlift Wing Fire Department has teamed up with the Connecticut State Police Fire Marshall's Office for Structural Live Fire training.

The joint training effort enables both departments to train with the optimal number of re-sources in the most realistic environment possible. The Fire Marshall's Office creates true-to-life simulated fire emergencies, while 103rd firemen provide fire-fighting capabilities.

"The Connecticut State Police Fire Marshall's Office teaches classes throughout the year and they need someone to put out the fires that they start for training purposes," said Chief Master Sgt. Robert Cross, 103rd Fire Emergency Services Chief. "The Fire Department is required [to train for] one structural fire per year, so it does count towards that. It's been a coordinated effort between us and the Connecticut State Police now for eight or 10 years."

During the training, 103rd Firemen are faced with common scenarios, such as house and car fires. The ways in which the fires are started vary; after 103rd Firemen extinguish the fires, a team of detectives is called to the training scene to investigate.

"They'll go in there with different types of chemicals and have trailers and real couches and furniture and they'll start the fires, and then they bring their arson investigation teams in a day or two after the fire to try to figure out what started the fire," said Cross.

The training is valuable to the 103rd, because it



Connecticut National Guard firefighters Mike Arnold (kneeling) and Louis Manfredi hose down a burning structure as part of a training exercise while Lt. Craig Bein stands ready with a pike pole March 26, 2018, in East Granby, Conn. This training was a joint training event with the Connecticut State Police Fire Marshall's Office. (U.S. Air National Guard Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing, Public Affairs)

provides 103rd Firemen with training resources that they otherwise would not have access to during their normal training.

"The one key thing here is that, we're not allowed to use normal furnishings in our nor-mal training. In this type of fire, they use real furnishings, just like a house. So this gives us a better, realistic fire, as opposed to

our normal training; in a normal training fire you can only use wood or propane. So in this case, you have real couches, vacuum cleaners, microwaves and all that stuff, so it's a very realistic fire. Our coordination with the Connecticut State Police Fire Marshall's Office has helped us," said Cross.

Change Your Address

If you move and would like to continue receiving the *Connecticut Guardian*, change your address by contacting the editor by phone or email at (860) 524-4858 or allison.l.joanis.civ@mail.mil.

To change your home of record, please see the following:
CTNG Retirees: Contact Sgt. 1st Class Ericka Thurman at ericka.g.thurman.mil@mail.mil or 860-524-4813.

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

Any further questions or concerns about the *Connecticut Guardian*, contact the editor directly.

Connecticut Guardian

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

Captain-General
Gov. Dannel P. Malloy

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

Assistant Adjutant General - Army
Brig. Gen. Fran Evon

Assistant Adjutant General - Air
Col. Frank Detorie

State Command Chief Warrant Officer
Chief Warrant Officer 5 Daniel Bade

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

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

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

Connecticut Guardian Editor
Ms. Allison L. Joanis

Contributors
130th Public Affairs Det., CTARNG
1st Lt. Jennifer Pierce, 103rd AW/PAO
103rd Airlift Wing Public Affairs
103rd Air Control Squadron
First Company Governors Horse Guard
Second Company Governors Horse Guard
First Company Governors Foot Guard
Second Company Governors Foot Guard

The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. *Connecticut Guardian* is published monthly in accordance with AR 360-1 and is printed through the Government Printing Office. **Deadline for the June issue is May 8, 2018. Circulation: 7,800**

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

Master Sgt. Christopher Grizzle christopher.h.grizzle.mil@mail.mil (860) 292-2758

BEST WARRIOR from page 1

while NCO competitors are the rank of sergeant through sergeant first class.

Friday was an early start for competitors and mentors alike.

“Today is all about shoot, communicate and decontaminate,” said Command Sgt. Maj. John S. Carragher, State Command Sergeant Major, on his official Facebook page, where he updated fans with real time looks into the competition.

Competitors were transported to their respective competition sites: NCOs to East Haven Rifle Range for weapons tasks, and the junior enlisted to Stones Ranch Military Reservation for tests on their knowledge of Army Warrior Tasks. This year the AWT event tested Soldiers’ proficiency with radio communications, reaction to chemical weapons, and knowledge of hand signals.

East Haven Rifle Range hosted weapons qualification, an urban stress shoot event, and a challenge for each competitor to assemble a weapon from a collection of parts.

Upon completion, the Soldiers and NCOs boarded Connecticut National Guard aircraft and swapped locations to complete the other set of challenges.

Day three started early, with night land navigation beginning at Stones Ranch well before sunrise. Competitors also executed day land navigation and a 12-mile ruck march through East Lyme and Niantic, Connecticut.

“The ability to navigate dismounted under limited visibility is a critical task,” Carragher said. “It is also a perishable skill that you need to practice.”

Mentors did not follow their competitors onto either

land navigation course. According to Sgt. Luk Silk, a mentor for the competition and Connecticut’s 2017 Soldier of the Year, having the mentors out there with the Soldiers would take away from the mental challenge of being out in the woods in the dark.

“Mentors typically provide someone experienced in previous competitions,” said Sgt. Maj. Michael Collins, who led the coordination for much of the competition.

Mentors are often assigned months in advance to help competitors prepare for the competition.

“Before the competition, we met up multiple times a week, whenever I wasn’t in

school,” Doyle said about her mentor, Staff Sgt. Jamie Stone. “During the ruck, just constant motivation and calming of the nerves, very high anxiety.”

Doyle’s victory came in her second attempt at the Best Warrior Competition after her 2017 debut. To improve on her scores from last year, she found a mentor with experience in areas she was not confident in, such as weapons qualification and land navigation, which she struggled with last year.

Curry works full time with his mentor, Air Force Tech Sgt. Adam Sledge, at the 14th Civil Support Team, which gave them an opportunity to practice together regularly. Sledge helped Curry prepare for land navigation this year, including helping him locate a point he missed in last year’s competition.

After night land navigation, competitors were given time to rest and rejuvenate before diving back into the day land navigation course. The Soldiers were required to plot and locate four points in four hours. Curry only needed an hour, and was the first to find all of his points.

With two events down, the day was far from over. The Soldiers and NCOs loaded and weighed their rucksacks to ensure a load of at least 35 pounds, and began the 12-mile road



Sgt. Morgan Doyle, 141st Medical Company, passes the 10-mile mark of the 12-mile road march to Camp Niantic, March 17. Doyle was competing against other Soldiers for Soldier of the Year as part of the 2018 Connecticut Best Warrior competition. Following the four-day competition, Doyle earned the title of CTARNG Soldier of the Year. (Photo by Kaitlyn Q. Wallace, 130th Public Affairs Detachment, CTARNG)

march back to Camp Niantic from Stones Ranch.

Doyle’s favorite part of the competition was the road march, she said.

“It’s all a mind game, and I like to push myself that way,” Doyle said. “Being able to finish it in time is very rewarding.” Doyle was the second Soldier to cross the finish line.

Curry has competed in the Best Warrior Competition twice before coming back to win it. He shed 20 minutes off his previous road march time this year.

Between the three events, many Soldiers finished the day walking almost 20 miles, and were on their feet for more than 15 hours. When the ruck march was completed, the competitors were released and prepared for a good night’s sleep before the final day of competition.

During the final day of the competition the Soldiers and NCOs saw a reprieve from the wind and snow, and dressed for success in their Army Service Uniforms. The morning included a written test, an appearance board, and a mystery task that challenged their preparedness and adaptability.

Both Doyle and Curry balance school with their military lives. Doyle is a full-time senior at Central Connecticut State University, studying biology and she plans to continue into medical school after she graduates.

Curry balances a full-time position in the National Guard, class work as a senior at Southern New Hampshire University, where he studies environmental science and being a father to two young daughters.

The state competition might be over, but the winners have a new challenge in sight. The Region 1 Best Warrior Competition is scheduled to take place at Camp Smith, New York, later this spring, and will include the Best Soldier and NCO from the six New England States, plus New York and New Jersey.

See more photos on the 130th Public Affairs Detachment Facebook page, <https://www.facebook.com/130thPublicAffairsDetachment/>.

Panui Leaves Island Life to Join CTARNG BH

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

After landing in Connecticut in late February, Capt. Yumi Panui was ready to start her new life on the east coast as the Connecticut Army National Guard’s Chief Behavioral Health Officer.

You would not blame her for second guessing the decision to leave her home state of Hawaii after staring down four Nor’easters throughout March. But she never wavered, and now, she’s getting settled in her new life, which consists of supporting the Behavioral Health needs of 3,500 Connecticut Army National Guardsmen.

“I am very excited to be here and to get to work,” Panui said with a wide smile. “This is a new adventure for me, and I look forward to starting this new chapter of my life.”

Moving from the island tropics to the frigid winters of Connecticut may seem unorthodox to some. But orthodox doesn’t seem to be a word in Panui’s vocabulary. She marches to the beat of her own drum, and the twists and turns her life and career paths have taken do not follow the “usual script.”

Growing up in what she calls a traditional Japanese-Korean household, Panui was the eldest daughter – just like her mom, who now lives in New York.

“I was the oldest child, just like my mom was, and in the traditional Asian household, that meant taking on a caretaking role,” Panui said. “I was good at it. Growing up in the family I did was my first real foray into taking care of others. That’s when I knew I had a future in helping others through trauma.”

After high school graduation, she didn’t immediately go to college, but higher education was always in her plan. She tended bar at three different locations – another caretaking role of sorts - in order to put herself through the University of Hawaii. While pursuing a double major in Sociology and Psychology, she began volunteering as a youth counselor for drug-addicted adolescents. She worked her way through the ranks after eight years, and by the time she left to pursue other opportunities, she was the organization’s clinical supervisor.

“I don’t know when I slept,” Panui said with a laugh. She then worked with a foster care/adoption agency that contracted with the government to place the most difficult/at-risk youths into homes.

“We took on kids that couldn’t be placed in foster homes,” Panui said. “It was tough, but rewarding, because often times, we were the last hope for a lot of these kids.”

Panui ended up fostering one of those at-risk kids, a pregnant teenager. It was the first of three fostering experiences she and her first husband took on in the hopes of offering just a few of Hawaii’s at-risk youths the opportunity at a better life.

“We sat down and looked at our situation at the time, and realized we could help,” Panui said. “We knew that a lot of these kids, especially teenagers, don’t get a lot of opportunities for adoption.”



Capt. Yumi Panui joins the Connecticut Army National Guard as the Chief Behavioral Health Officer after being a member of the Hawaii National Guard for seven years. (Photo provided by Capt. Yumi Panui).

But Panui herself has suffered loss, and it fueled her desire to help members of the military get the mental health care they need. In 2006, she lost a cousin to an IED while on his second deployment.

“There was trauma there and (my cousin) didn’t want to go (on a second deployment),” Panui said. “It got me curious on what services are available for those in the military that are suffering. It dawned on me that my specialties in addiction and trauma had application to what some service members go through.”

Panui hadn’t thought much of actually enlisting until she joined her husband on a visit to talk to a recruiter. While her husband spoke to the recruiter, she kept herself busy by answering some of the pre-screening questions on a computer designed to gauge how well recruits may score on an ASVAB (Armed Services Aptitude Vocational Battery).

It wasn’t until after she and her husband left that she received a phone call from the recruiter.

“The recruiter saw my scores and said I could do anything I wanted,” Panui said. I was fostering children at the time, and it wasn’t really an option, but he asked if I’d be willing to actually take the ASVAB.

So I took it for the heck of it and he said I could do whatever I wanted in the military. I asked if there was a way to translate my civilian experience in behavioral health in the Army and he confirmed that I could. So, at the age of 37, I sat down, talked with a recruiter, and decided to join the military.”

Panui’s experience made her eligible for a direct commission, but she turned it down, opting to go through basic training and accelerated Officer Candidate School.

“My intent was to come into the military and work in behavioral health, but I felt like I needed to have some context and a little bit of understanding (of what service members go through),” Panui said. “Since I couldn’t just go off to war, I felt like I needed to have some sort of relatable experience that would help me understand and connect with the men and women I would be working with. I wouldn’t have gotten that experience if I just slapped on some rank as a direct commission, so I decided to get the experience of basic training and OCS under my belt.”

Panui felt like a fish out of water the entire time she endured the challenges of Army training. As a delayed ship, she spent numerous drills in Hawaii’s Recruit Sustainment Program, but her commitment never wavered.

“It was a surreal experience taking the (Army Physical Fitness Test) on my 40th birthday, in OCS,” Panui said. “How many people can claim their grader wished them a happy 40th? I always had this internal drive to excel. It was fueled by my cousin’s death and kept me focused. I realized that this is a part of what service members go through.

“I’m not saying I enjoyed it, but I continuously reminded myself that there is a reason for the madness, and when I framed it that way in my mind, I was able to focus on excelling and exceeding.”

After OCS, Panui headed back to Hawaii and worked with active duty personnel at Tripler Army Medical Center and Schofield Barracks in a various number of capacities: Family Advocacy Program, Embedded Behavioral Health, Army Substance Abuse Program. As a National Guardsman, according to Panui, working for and with the Active Duty was a big deal; a feather in her cap that she is very proud of as she continued her journey helping others.

As a commissioned second lieutenant, Panui added to her toolbox by becoming a platoon leader in the 29th Brigade Support Battalion, Hawaii Army National Guard before becoming the Medical Detachment’s Behavioral Health Officer.

On the full-time side, Panui continued working with multiple programs, all with a focus on service members and veterans. She worked with homeless veterans at the VA Hospital as a contractor before becoming the Director of the Hawaii Air National Guard Psychological Health – all while serving as a drilling Army Guardsman. She sees a number of similarities between those she worked with on the civilian side and those she sees in uniform.

“A child abused or a soldier’s experience on the battlefield – it isn’t the same event, but you see a lot of the same variations that come out of a person that experiences trauma,” Panui said.

“I draw on my experience with trauma and addiction so often. When you work with people who have experienced trauma, it isn’t about the trauma event itself, it’s about the impact of that event,” Panui said. “I like to focus

Continued, See PANUI on page 9



Sgt. Ryan Curry (left), a Noncommissioned Officer with the 14th Civil Support Team, Connecticut Army National Guard, travels through downtown Niantic, Conn., during a timed 12-mile ruck march, March 17. Each competitor carried a 35-pound ruck through the event that was just part of the state’s annually held Best Warrior Competition this year. Curry had the honor of earning the title NCO of the Year, as he outperformed all of his competition. (Photo by Kaitlyn Q. Wallace, 130th Public Affairs Detachment, CTARNG)

Same Training Exercise, Two Very Different Objectives 14th CST, 102nd Infantry Share Their Arctic Eagle Experience

Making the Best of it: Utilizing Cold Weather Training Opportunities

1ST LT. JAKE CROCCO
CHARLIE COMPANY, 1-102ND INFANTRY
REGIMENT, CTARNG

“Get that Soldier to the warming building, now!”

I heard a First Sergeant give this order to one of his junior NCOs and as soon as I turned around, I saw a junior enlisted Soldier whisked away to the only heated building in the training area.

As it turned out, it was so cold that the moisture in the Soldier’s face had frozen to the buffer tube of his weapon. This scene played out on our second day in the field during Exercise Arctic Eagle 2018. Witnessing such an event reinforced what I had learned at the Army Mountain Warfare School and what I had been taught by my NCOs.

The Soldier in question was not exactly a stranger to the cold. Some Alaska National Guardsmen are from regions so remote, there are no roads leading to these small communities. Some are from counties and towns so cold that they have to plug their cars in overnight to ensure they will turn over in the morning.

I share this story with you to hopefully demonstrate how serious one mistake can be; how one misstep can take you out of the fight, perhaps at the precise moment your brothers-and sisters-in-arms need you most. Sure, it gets cold in Connecticut, and we have seen our fair share of snow this winter, but it pales in comparison to the communities far north of our borders.

In order to ensure the Soldiers of the Connecticut Army National Guard are prepared to answer our nation’s call, we need to make an effort to qualify every 11- and 12-series Soldier as a basic military mountaineer. Additionally, we



An arctic tent acted as sleeping quarters for members of the 102nd Infantry Regiment while they participated in Exercise Arctic Eagle 2018 in Alaska. Cold-weather preparedness is an integral part of being trained as a basic military mountaineer, a course taught at Camp Ethan Allen Training Site in Jericho, Vermont. (Photo courtesy of 1st Lt. Jake Crocco, Charlie Company, 1-102nd Infantry Regiment, CTARNG)



Members of the 102nd Infantry Regiment traveled to the site of Exercise Arctic Eagle 2018 in Alaska in February. The Infantrymen joined in the exercise alongside several national, state and local agencies during the statewide exercise involving national, state and local agencies designed to provide opportunities for participants to conduct sustained operations in arctic conditions. (Photo courtesy of 1st Lt. Jake Crocco, Charlie Company, 1-102nd Infantry Regiment, CTARNG)

need to ensure that our NCOs take every opportunity to master their equipment (even something as routine as clothing) and pass down their cold weather knowledge to the Soldiers subordinate to them.

As a brand new second lieutenant, I was fortunate enough to have fantastic NCOs who taught me the ropes of my issued cold weather equipment. Not only did they say, “Sir, you aren’t using that equipment properly,” but they took me aside, mentored me, and taught me how to properly layer my cold weather clothing. They taught me the concept of being, “comfortably cold,” and how to be a good, cold weather example for my Soldiers.

Furthermore, every unit needs to take advantage of the availability of cold weather for cold weather training when presented with the opportunity. In January 2018, the 1-102nd Infantry Regiment experienced this first hand, as temperatures at its training site in New Jersey dropped so low that it caused water buffaloes to freeze.

Seeing an opportunity, NCOs showed their subordinates the proper use of issued camp stoves and how to produce water from snow, instead of taking the easy route and filling water jugs from faucets in heated buildings.

Even though it was exceedingly cold with a sustained below zero wind chill, our unit, unlike many others scheduled to train that weekend, did not cancel our drill or reschedule. Our leadership at the battalion and brigade level reinforced the mantra that since we can’t control the weather when fighting the enemy, we won’t leave our Soldiers unprepared to do battle in those very same conditions.

Connecticut, Alaska Civil Support Teams Join Forces for Arctic Environment Training

STAFF SGT. MARIA DUGUAY
14TH CIVIL SUPPORT TEAM UPAR

Beginning on the morning of Feb. 24, the 14th Civil Support Team participated in Exercise Arctic Eagle, a full-scale training exercise identified by National Guard Bureau as a Special Focus Exercise which outlines vital Arctic Interest Council Strategic Goals.

The focal point of this year’s exercise, according to the Alaska National Guard staff, was the Chemical, biological, radiological and nuclear (CBRN) response enterprise component. Other key incident players included FEMA Region 10, Homeland Response Force, CBRN Enhanced Force Package, and the conduct of an Area CBRN Reconnaissance and Route Decontamination performed by an active duty unit.

During Exercise Arctic Eagle, both the 103rd and 14th Civil Support Teams (of Alaska and Connecticut respectively) conducted a joint task force mission to identify any threats in the designated threat area and recommended mitigation actions as well as public safety measures to further minimize any second and third order effects posed from those hazards.



Members of the 14th Civil Support Team, Connecticut National Guard conduct training operations at Exercise Arctic Eagle 2018 in Valdez, Alaska in February. The 14th CST joined several national, state and local agencies during the statewide exercise that offers participating forces the opportunity to operate in a joint, interagency, intergovernmental and multinational environment; assess ability to conduct sustained operations in arctic conditions, and integrate new and emerging capabilities. (Photo courtesy of First Sgt. Zane Barber, 14th CST, CTNG)

Both Civil Support Teams responded to a notional crash of a satellite that fell back to the Earth’s surface where teams had to react to situations involving a potential radiation contamination hazard over a large area in and around Valdez, Alaska.

Part of the exercise was to highlight the potential impact to a chemical storage facility known as, “Ammunition Island,” locally in Valdez. Other notional results of the crash included a Toxic Industrial Chemical / Toxic Industrial Materiel (or TIC/ TIM, for short) release.

The subject matter expertise of CST personnel was obvious, as members provided safety guidance on standoff distances, checkpoint locations, and operational exposure guidelines to mitigate the risks of radiation in just two downrange entries. Sgt. Ryan Curry and Staff Sgt. Maria Duguay, 14th CST Members, successfully completed downrange mission objectives by retrieving critical downrange radiological spectrums and hazards.

“I was extremely impressed with the junior members of the team on this exercise,” said Capt. Steve MacSweeney, 14th CST Operations Officer. “They outperformed the exercise every step of the way. We were operating out of rental vehicles in the darkness of the Arctic before sunrise, but their performance was never hindered by the conditions, effortlessly they rose to the challenge.”

First Sgt. Zane Barber, 14th CST Senior Enlisted



Members of the 14th Civil Support Team, Connecticut National Guard, at Exercise Arctic Eagle 2018, Valdez, Alaska in February. During the exercise, the Connecticut CST worked alongside the 103rd CST, Alaska National Guard to identify threats, recommended mitigation actions and public safety measures for a simulated crash of an orbiting satellite. Arctic Eagle 2018 is a statewide exercise involving national, state and local agencies designed to provide opportunities for participants to conduct sustained operations in arctic conditions. (Photo courtesy of First Sgt. Zane Barber, 14th CST, CTNG)

Leader, also had nothing but praise for his team members. “Due to the multitude of assets used and the level of interagency operations, Operation Article Eagle will remain as one of the most influential experiences for even our most veteran Soldiers or Airmen,” Barber said. “Arctic Eagle 2018 was a much larger exercise than just the venue in Valdez and it was a career highlight for many. To be involved in an exercise of this magnitude is not something to be taken lightly or glossed over.”



Members of the 14th Civil Support Team, CTNG, conduct training operations at Exercise Arctic Eagle 2018 in Valdez, Alaska in February. The 14th CST joined several national, state and local agencies during the statewide exercise involving national, state and local agencies designed to provide opportunities for participants to conduct sustained operations in arctic conditions. (Photo courtesy of First Sgt. Zane Barber, 14th CST, CTNG)

JR Chef Boot Camp Whips Up Interest in Culinary Arts for Military Kids

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

Learning to cook with the flare of a master chef; having memorable conversations over a delicious meal; developing bonds with your peers, sparked by the love of good food; this is the premise of JR Chef, a culinary arts program for youth offered through Nourish My Soul, non-profit organization.

Alicia Newton, Nutritionist, Founder and Executive Director of Nourish My Soul, came up with the idea of a youth culinary program when she noticed how difficult it was for her adult clients to break their unhealthy eating habits.

"I was a nutritionist for many years in private practice and I got really frustrated with our system of trying to repair people's health after they've had years of bad habits," said Newton. "I started looking at programs that could help youth develop healthier habits, so that we prevent the need for intervention later down the road."

In 2018, JR Chef Boot Camp, which is a JR Chef program designed for the children of current and former military members, became the first culinary arts program



Connecticut Military Kids cut parsley at the JR Chef Boot Camp at the East Granby Community Center, East Granby, Conn., April 9. The boot camp was held in East Granby April 9-13 and another session of the camp will be held in June. (Photo by Michelle McCarty, Lead Child & Youth Coordinator, CTNG Service Member & Family Support Center)

to be awarded a grant by the Hartford Arts Council. JR Chef is unique, because of what it offers to youth and the communities that they live in. In addition to culinary skills, the program is designed to teach the importance of leadership and facilitate healthy relationships. JR Chef also supports farmers by using locally grown produce, which is often more nutritious than factory produced food. Finally, as the JR Chef tagline "Stirring up Change one Community at a Time" suggests, each JR Chef cooking session ends with a community outreach project.

"We try to give them a space where they (JR Chef participants) belong and where they can really flourish," said Newton. "We also mandate that they give back to their communities, so it connects them back into the community at a time when they may be trying to pull away. It empowers them to show that they can become leaders in their communities."

JR Chef Boot Camp combines the benefits of JR Chef with Veteran mental health initiative, Resilience Grows Here. It is the goal of both programs to provide a nonthreatening and nontraditional environment for participants to develop certain attributes that help build resilience. Newton hopes to offer the children of current and former service members a unique opportunity to bond and build resilience while having fun and honing their cooking skills together. The program includes events similar to the popular television show "Chopped" in which participants are able to compete like the chefs who they've seen on the show. Newton plans to have psychology experts, as well as mentors from the culinary field visit participants during program sessions.

"It's not only cooking," said Newton. "We're going to be playing games and engaging in conversation about being resilient."



A Connecticut Military Child puts his newly learned culinary skills to use at the JR Chef Boot Camp at the East Granby Community Center, East Granby, Conn., April 9. The boot camp is a JR Chef program designed for the children of current and former military members to build their resilience skills while learning about culinary arts. The camp was held in East Granby April 9-13 and another session of the camp will be held in June. (Photo by Michelle McCarty, Lead Child & Youth Coordinator, CTNG Service Member & Family Support Center)

Kasey Timberlake, Airman and Family Readiness Program Manager, agreed with Newton, saying that the program offers a natural environment for youth to bond and build resilience.

"I come from a large Irish and Italian family, so food equals love to us," said Timberlake. "To me, that's the most exciting part about this program. There is so many conversations that happen while you're cooking and so much learning about people and their experiences. It's not only learning a skill, it's learning about the people you're working with and sharing stories. It's a very natural environment to start addressing resilience issues."

To learn more about Nourish My Soul and the JR Chef program visit www.nourishmysoul.org.

Alicia Newton will be hosting a JR Chef Boot Camp for military kids currently experiencing a deployment. Dates for this camp will be held on June 18-22 at the East Granby Community Center from 9:00 a.m. to 3:00 p.m. each day. To register please visit <https://jr-chef-bootcamp.eventbrite.com> Password: JCBC18

PANUI from page 5

on what I call post-traumatic growth. Part of the thing with trauma is understanding that it is part of who you are and that it's okay. You can recognize that part of you is a part of who you are, but doesn't have to rule everything that you are.

"That post-traumatic growth... it helps people to understand that there is an ability to move on and be better."

In 2014, she lost a second family member to war—a nephew deployed to Afghanistan. She finds herself having to gather and compose herself when she speaks about either family member, but uses their memory to fuel her need to excel.

Her approach to her new position has been to help educate. Panui believes there is a stigma Soldiers must overcome

when it comes to accessing Behavioral Health resources.

"Leaders need to lead from the front. We're all human beings and we all have stuff that we go through, regardless of the rank on our chest," Panui said. "Part of reducing the stigma is understanding that you can use (BH resources) just like you do other resources. When you have a common cold, the first thing you do is go to the doctor, or pharmacy, to get better.

"Why don't folks do the same when it comes to their mental health? We go out of our way for medication and professional insight for something as simple as the common cold. Why wouldn't you do the same to stay mentally and emotionally fit?"

Except for the weather, Panui has found the transition to the northeast to be a smooth one. While her husband ties up the last loose ends on his career as a Honolulu Police Officer, she leans heavily on her newfound Guard family as she makes her way around Connecticut.

"I'm so fortunate and appreciative that I have had a group of strong, female officers to surround myself with," Panui said. "I'm a strong woman, and need other



Then-1st Lt. Yumi Panui poses for a photo while assigned as a platoon leader to Charlie Company, 29th Brigade Support Battalion, Hawaii Army National Guard. Panui served as both a platoon leader and Behavioral Health Officer in the unit before assuming the role of Behavioral Health Officer in the Hawaii National Guard's Medical Detachment (Photo provided by Capt. Yumi Panui).

strong women in my life that help as a support system. I've met some really amazing, phenomenal women in just my short time here."

Panui will find herself all over the state as she takes over a position that can offer a lot to Connecticut's Guardsmen and she's here to help reduce the stigma by changing the culture surrounding how some think about accessing Behavioral Health resources.

"I want the Connecticut National Guard to know Behavioral Health isn't just about diagnosing someone with a mental health disorder. It is about education people on a number of different topics" Panui said. "Maybe you do have an issue, or you're in a place where you're drinking too much, deep in debt or going through a divorce – and we're here to help you.

"But coming to us doesn't mean you'll walk out with a diagnosis. There are confidentiality laws and rights that you have that protect you from adverse action for just visiting Behavioral Health. Unless in very specific instances, like you're a danger to yourself or others, your information is protected, and Connecticut's

Guardsmen need to know that their confidentiality is of the utmost importance."

From a sleep-deprived, bartending undergrad to a foster mother to a military behavioral health professional, there isn't much Panui hasn't seen, and she understands the value of self-care. She advises people to, "fill their tank," by identifying activities that help bring stress levels down and provide an outlet when things start to get a little rough. For her, that includes dealing with compassion fatigue.

"I'm a big supporter of self-insight and self-care. You have to come to grips with your own humanity because that's where you will become the strongest," Panui said.

"If I can't overcome something myself, how can I help someone else overcome? It doesn't mean

I'm perfect, but you have to be willing to work on your own personal issues if you're going to help others."

Helping others has been a lifelong mission for Panui's, and one she will continue here in Connecticut.

"It doesn't matter how strong you are, your mind has to be healthy," Panui said. "What I really appreciate about the Army is that we are at the forefront and some of the things the Army has done to advance in the mental health field is championed in the civilian world. A lot of the policies set have evolved to make sure our service members are not just physically capable, but mentally, socially and emotionally healthy as well.

"I want our service members to know that you're a whole person. You aren't just an APFT score, or an expert on the weapons range, or a fantastic ruck marcher. You are a whole person with multiple sides, and I'm here to help with those other sides that aren't scored on a test."

Looking for more information on Connecticut's Behavioral Health Program? Call 1-855-800-0120.

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.

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.



From Victim to Survivor Through SAPR

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

Since 2009, the Connecticut National Guard has worked assault among members through the Sexual Assault Prevention and Response program.

Sexual assault is a serious problem that has affected thousands of service members, including some members of the Connecticut National Guard. The SAPR program helps people on their journey from victim to survivor.

“Most military sexual predators have 11 to 13 victims. They’re opportunistic predators,” said Maj. Katherine Maines, Joint Force Headquarters Sexual Assault Response Coordinator for the Connecticut Army and Air National Guard.

“I want to make sure that they’re not welcomed here and that we can successfully and quickly remove them from our force. Then, I want to make sure that those victims feel empowered and cared for and respected and believed.”

The purpose of the SAPR program is to work in the best interest of the victim. Victim advocates, people who support and work on behalf of sexual assault victims, are highly trained and credentialed. Per Air Force SAPR training policy, victim advocates must complete a 40-hour course that includes training on trauma, ethics and legal proceedings. Upon completion of the course, victim advocates go through credentials, which is done through the National Organization of Victim Advocates, and must pass a background check that goes back ten years. The process of becoming a qualified victim advocate takes approximately six months.

In order to maintain their credentials, victim advocates must complete 32 hours of additional training every 24 months. The Connecticut National Guard puts on a two-day, 16-hour victim advocate refresher training every year, during which members of the medical community, local and federal law enforcement and social workers are brought in from all over the country to speak.

The Sexual Assault Coordinator and victim advocates work together as a liaison, providing both advocacy and referrals for people who have been sexually assaulted. The services are available to Title 5 and Title 32 employees, as well as traditional and M-Day Guardsmen, military spouses and dependents who are 18 years of age or older.

“We want to make sure our victim advocates are best prepared to work with a victim to understand what a court proceeding looks like, to understand what sitting with a victim when they’re talking to the police looks like, to understand what a forensic exam looks like and what a nurse is looking for to find evidence of a sexual assault, so that when they are meeting with that client for the first time, nothing is new,” said Maines.

A common concern of many victims of sexual assault is that they may not be able to report their assault because of how long ago the assault may have happened.

The SAPR program supports service members who have been sexually assaulted, regardless of when the assault occurred. Additionally, the SAPR program can help victims of sexual assault in mitigating personal problems that are related to the physical and mental trauma. The goal is to help the victim heal and retain them as a valuable member of the Connecticut Air National Guard.

Maines says that no two cases are the same and she reaches out to other CTNG programming to provide the best care to affected Guardsmen. “We can mitigate collateral misconduct, if there’s substance abuse, if there’s mental health things, if they need a hardship discharge, if they’re facing administrative adverse action, we can work with the command to try to give that service member the best opportunity for healing and retention.”

The services provided to survivors of sexual assault through the SAPR program are extensive.

“We can also help them in court cases,” said Maines. “We provide advocacy. We help them with victim impact statements, so that they’re looking at us when they’re telling their story and not having to look at the person who committed the crime. We take them for medical exams, to the police department. We walk with that person through their journey from victim to survivor.”

Since the SAPR program began, it has evolved to be more victim oriented. Most notably, changes have been made to the guidelines that govern restricted and unrestricted reporting.

“I think that there’s still confusion over restricted and unrestricted,” said Maines. “If somebody doesn’t want an investigation, they could choose a restricted option and they would only talk to a victim advocate, a chaplain, a SARC, and a HIPAA-certified provider. They could still get a JAG (Judge Advocate General) and we would refer them to community resources. If they want to go unrestricted, that opens up the investigation. They can now choose to go from restricted to unrestricted at any time, as long as they’re in the military. It used to be they (victims) had one year.”

Maines, who has been a clinical social worker for 18



Capt. Gary Wallace of the Middletown Police Department presents an overview of civilian law enforcement during a two-day Sexual Assault Prevention Response / Sexual Harassment/Assault Response and Prevention Continuing Education Training Workshop at the Middletown Armed Forces Reserve Center, Middletown, Conn., March 28. Capt. Wallace was one of a number of guest speakers for a group of over 35 Guardsmen who received the training. Blocks of instruction included information on support services, ethics training, and available resources for survivors. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

years, wants to make it clear to survivors of sexual assault that it is not their fault that a crime has been committed against them.

“With sexual assault, people start saying, ‘If I hadn’t gone there’, ‘If I hadn’t had that dinner’, ‘If I hadn’t been friendly to that person, this crime would not have been committed,’” said Maines.

“If your car was robbed, you wouldn’t say to yourself, ‘Oh, why did I buy a nice car?’ or ‘Why did I park it in the parking lot?’. You would know that your car was stolen or broken into, because of a criminal.”

The ultimate goal of the SAPR program is to help survivors of sexual assault heal so that they are able to be productive members of their units. According to Maines, the SAPR program is a command asset that builds the mental and emotional resilience of service members during the difficult and complicated process of healing.

“They’re struggling with trying to understand the court system, police, whether to tell people and the trauma,” said Maines. “Sometimes that impacts their ability to function at work or to be a vital military member. We’re just taking care of our own and giving them a chance to feel good about them-selves and that’s why I think this program is vital. We hope that with unconditional support, they have an opportunity to heal.”

CTNG Sexual Assault Prevention and Response Program Presented to CT Bar Association

CAPT. ALAN MERRIMAN
SPECIAL VICTIM COUNSEL

The Veterans and Military Affairs Section of the Connecticut Bar Association hosted an event entitled, “Overview of Military Sexual Trauma,” at the CBA Law Center in New Britain, Connecticut, March 12.

As part of the event, Maj. Katherine Maines, Sexual Assault Response Coordinator for the Connecticut National Guard, presented an overview of the CTNG Sexual Assault Prevention and Response Program.

VMAS is a special section of the CBA that focuses on legal matters affecting Connecticut veterans, as well as active-duty, reserve, National Guard, and state military personnel. The section also coordinates legal assistance for veterans and service members that are Connecticut residents or stationed in Connecticut, and participates in the legislative process regarding laws effecting Connecticut’s military community.

Maines’ presentation included an overview of the history and development of the SAPR program, and a detailed discussion of the roles the SARC, Victim Advocates, and the Special Victims Counsel play as part of the CTNG’s strategic response team. Additionally, Maines explained the scope of resources available to assist victims, such as medical care and access to behavior health specialists. She also highlighted the complexity of legal status issues that arise due to the unique legal status of Soldiers and Airmen of the National Guard who serve under both federal and state authority.

Maines concluded her presentation by providing a historical case study analysis to illustrate how the CTNG team, including command elements, supports a victim through the criminal or administrative disposition of a sexual assault case.

The presentation was well attended and feedback from the meeting attendees was very positive. The VMAS Chairwoman Emily Trudeau, an attorney in the Appellate Division of the Office of the State’s Attorney and former Navy Judge Advocate, said that the presentation gave the section a lot to think about regarding how to best assist our Connecticut military members and veterans. Cindy Johnson, Staff Attorney for the Connecticut Veterans Legal Center, said that Major Maines’s passion for her work and her compassion for victims of sexual assault is obvious and inspiring; and she is proud that Major Maines is helping Connecticut lead the military community in responding to and combatting sexual assault.

Maines’ outreach efforts as the SARC, in conjunction with the Special Victims Counsel Program, continues to enhance the overall efficacy of the CTNG’s SAPR Program. The presentation to VMAS successfully generated yet another connection to resources and advocacy-based support for victims in Connecticut. The CTNG SAPR and SVC Programs’ ongoing efforts to develop strategic relations throughout the community reinforces the Connecticut’s efforts to address military sexual assault as top rate and unique in the nation.



Be The Force Behind The Fight *SHARP & SAPR Looking for Victim Advocates*

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

What is the role of a victim advocate?

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

How to become a victim advocate:

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

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

Did you know?

In 2016 14,900 U.S. military members both men and women experienced sexual assault.

Of those 14,900 assaults: 57 percent were service member ON service member, 20 percent were unidentified subject on service member victim, 19 percent were service member on non-service member victim, and 4 percent were non-service member on service member victim.

Health & Fitness

Upgrade Your Workouts Using the TRX System

STAFF SGT. SILAS HOLDEN
1109TH TASMG
MASTER FITNESS TRAINER

The Total Resistance eXercise Suspension System has been out for quite some time, and until attending Master Fitness Trainer Course I dismissed it as just another trend.

The TRX system is one of the most versatile, burn inducing workout systems that I have come across. So as we welcome spring and begin to get our workouts back to the great outdoors, let's take a look at this go-anywhere system.

First, the TRX app works for any smartphone or other electronic device. The app will take some personal information so that it can tailor workouts to your personal interest and fitness needs. There are workouts on the app that focus on all aspects of fitness to include: suspension training, running, HIIT (High Intensity Interval Training), cycling, flexibility, and functional training. The app also breaks training sessions down by time so that everyone can find something that fits their schedule, which is a great feature for those looking to start out slow or who are pressed for time.

TRX is the trademarked brand name for this style of workout system. Randy Hetrick who is a former Navy Seal developed Total Resistance eXercise equipment and the bodyweight exercises associated with suspension training in the early 1990s.

One of the greatest qualities of a workout with a TRX system is that every stabilizer (helper) muscle is put into play for balance. This will enhance the level of workout you get, I can personally say that 20 pushups on a TRX system have the same feel as doing 50 to 100 normal pushups. Because the body is partially suspended when doing the workouts the core is brought into play more than with most other workouts.

There is an entire core routine that when done properly provides a level of burn that is not often replicated in any other workout system. As with everything fitness related, "you get out of it, what you put into it." If you are looking to put a new fitness system to work for you take a look at the TRX system. I think you will be pleasantly surprised at the next level workout you can get no matter your current level of fitness. Be sure to get outside and enjoy the warmer weather once Mother Nature decides to turn the corner toward summer, but always think safety first. Until next month, stay motivated, stay hydrated, and stay fit. "No Excuses, No Limits! Break the Box and Motivate!"

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

UPPER BODY

- 01 TRX Back Row:** Strengthens upper back and improves posture. Tip: Keep knees on TRX throughout movement. Step forward to increase intensity. **TRX MID LENGTH FACE TRX**
- 02 TRX Chest Press:** Strengthens chest and improves shoulder stabilization. Tip: To prevent TRX from rubbing against arms, keep hands at shoulder level or higher. Step backward to increase intensity. **TRX LONG FACE AWAY FROM TRX**
- 03 TRX Back Fly:** Improves posture by strengthening upper back and rear shoulders. Tip: Do not turn exercise into a row. Keep elbows at constant angle throughout movement. Reduce body weight from back foot to front foot on forward movement. **TRX LONG FACE TRX**
- 04 TRX Biceps Curl:** Builds strength in biceps and shoulders. Tip: Point elbows straight ahead, in line with shoulders. Step forward to increase intensity. **TRX MID LENGTH FACE TRX**

LOWER BODY

- 05 TRX Balance Lunge:** Develops leg strength and challenges core stability. Tip: Maintain leg strength by lifting one movement. Point one foot to decrease intensity. **TRX MID LENGTH FACE TRX**
- 06 TRX Side Lunge:** Increases side-to-side mobility by strengthening legs and stretching lower thighs. Tip: Use TRX to maintain balance. **TRX MID LENGTH FACE TRX**
- 07 TRX Hamstring Curl:** Improves hamstring, core and hip strength. Tip: Keep feet pressure on heels to prevent TRX from sliding. **TRX LONG FACE TRX**
- 08 TRX Hip Press:** Improves lower body strength by simultaneously activating hamstrings and glutes. Tip: Feet/knees at 90 degree angle. Feet/knees are over straight. **TRX LONG FACE TRX**

CORE

- 09 TRX Plank:** Increases stabilizer strength of core and entire body. Tip: Before lying on TRX, make sure you can perform plank with feet on ground for 30-60 seconds. **TRX LONG FACE AWAY FROM TRX**
- 10 TRX Resisted Leg Raise:** Gets at hard-to-reach lower abs while increasing core stabilization. Tip: Fully activate core and support and lower back, pull head into spine. **TRX LONG FACE TRX**
- 11 TRX Overhead Back Extension:** Improves posture by strengthening back muscles along spine. Tip: Begin by identifying "lead" position. Contact core to avoid leading movement with hips. **TRX LONG FACE TRX**
- 12 TRX Hip Drop:** Strengthens obliques, abs, hips and core. Tip: Make sure hips are aligned with ankles joint throughout movement. **TRX LONG SEPARATE TO TRX**

Connecticut Rolls Out the Red Carpet for "Sgt. Stubby: An American Hero" Premiere

Right: Sgt. Glendon Hall and Military Working Dog, Schurkje from the 928th Military Police Detachment (MWD), CTARNG visit with Richard Lanni, director of the animated film, "Sgt. Stubby: An American Hero," at the movie's Connecticut premiere at the Bow Tie Criterion Cinemas, New Haven, Conn., April 8. The film, released to the public on April 13, is based on the true story of Sgt. Stubby and his World War I experience with the 102nd Infantry Regiment who served in France with the 26th Yankee Division. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)



Members of the Connecticut National Guard and their families walk the red carpet at the Connecticut premiere of "Sgt. Stubby: An American Hero," at the Bow Tie Criterion Cinemas, New Haven, Conn., April 8. The film was released to the public on April 13 and is based on the true story of Sgt. Stubby and his World War I experience with the 102nd Infantry Regiment. "Sgt. Stubby: An American Hero," is currently playing at theatres worldwide. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs, CTARNG)

102nd Army Band 2018 Summer Concert Tour

Guests are invited to bring lawn chairs and picnic baskets. All shows are FREE to the public.

Date	Location	Time	Band
June 2	Stratford Main Street Festival, 1000 W Broad St.	10:15 - 11:15 a.m.	Rock Band
July 17	Hartford Armory, CARA Cookout for the Troops	11:00 a.m. - 1:00 p.m.	Rock Band
July 23	New Britain, Walnut Hill Park, 184 W Main St.	7 - 9:00 p.m.	Full Band
July 24	Plainville, Norton Park, 197 S. Washington St.	6:30 - 8:00 p.m.	Patriotic Band
July 25	Ansonia, Center, 253 Main St.	7 - 8:30 p.m.	Rock Band
July 26	Vernon, 120 South St.	7 - 8:30 p.m.	Rock Band
July 26	Old Lyme, Senior Center, 26 Town Woods Rd.	7 - 8:30 p.m.	Patriotic Band
July 27	Yale New Haven Hospital, Main Lawn	12 - 1:30 p.m.	Rock Band
July 27	Woodstock, Roseland Cottage, 556 Route 169	7 - 8:30 p.m.	Patriotic Band
July 30	Manchester Community College	7 - 9:00 p.m.	Full Band
July 31	Bristol, Rockwell Park, 238 Jacobs St.	7 - 8:30 p.m.	Patriotic Band
Aug. 1	New London, Ocean Beach Park, 98 Neptune Ave.	8 - 9:30 p.m.	Rock Band
Aug. 2	Canton, Mills Pond Park, 10 East Hill Rd.	6:30 - 8:00 p.m.	Rock Band
Aug. 2	Rocky Hill Veteran's Hospital	11:00 a.m. - 12:00 p.m.	Patriotic Band
Aug. 12	Moosup VJ Day Parade	1:00 p.m.	Marching Band
Sept. 29	Naugatuck, Fall Festival, Church St.	4 - 10:00 p.m.	Rock Band

We have openings and are taking auditions.

For more information please visit our FB page: @102dArmyBand or contact us at 860-375-1801

CTANG Officially Welcomed Home

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

HARTFORD, Conn. – Governor Malloy, Lt. Governor Wyman and a host of other leaders joined Maj. Gen. Thad Martin in officially welcoming home nearly 400 members of the Connecticut Air National Guard at the William A. O’Neill Armory, April 8.

Joining the Governor and Lieutenant Governor were U.S. Senator Richard Blumenthal and U.S. Congressman Joe Courtney at the Freedom Salute ceremony for the largest deployment of Connecticut Guardsmen since 2011.

“Since November 2016, we have watched hundreds of Connecticut’s Airmen deploy in service to their nation,” Martin said in a press release prior to the event. “Now, we have the opportunity to thank not only them, but their families, for the hard work and sacrifices they endured as a consequence of answering this call to duty.”

The ceremony marked the completion of the Wing’s first large-scale deployment since undergoing conversion to the C-130H Hercules air frame in 2013. The Connecticut Air National Guard’s history includes three decades flying the A-10 Warthog and 85 total years as a fighter group.

Based in East Granby and Orange respectively, the 103rd Airlift Wing and 103rd Air Control Squadron served throughout Southwest Asia, responsible for supporting ongoing Expeditionary Combat Support operations in the CENTCOM, AFRICOM and PACOM areas of responsibility – including air battle management, airspace management, tactical airlift, maintenance, security and logistics support.

In his speech, Martin noted that many of the recent



Nearly 400 members of the 103rd Airlift Wing are officially welcomed home from deployment at a Freedom Salute Ceremony at the William A. O’Neill Armory, Hartford, Conn., April 8. U.S. and state officials were on hand to thank the Airmen for their service and to recognize the accomplishments of the wing’s first large-scale deployment since undergoing the conversion to the C-130H Hercules air frame. (Photo by Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs, Connecticut Air National Guard).

returnees also supported relief efforts after hurricanes swept through the southeastern United States and the Caribbean in 2017. The unit flew more than 100 C-130H

sorties as over 120 Connecticut Guardsmen delivered personnel and equipment to Texas, Florida, Puerto Rico and the Virgin Islands.

During the ceremony, Gov. Malloy and Chief Command Master Sergeant John Gasiorek joined Maj. Gen. Martin to individually recognize 29 members with Meritorious Service Medals and Air Force Commendation Medals.

“Although we work hard and train hard, there are still a lot of unique situations that you encounter when you deploy that you don’t necessarily train for,” said Master Sgt. Lisa Todaro, 103rd Airlift Wing. “So, it was definitely a learning experience and it was really great and I wouldn’t’ve trade it for the world”

In recent history, the Connecticut Air National Guard has deployed members and equipment to support multiple missions in the Middle East, providing support in Iraq, Afghanistan, Qatar and the United Arab Emirates. View more photos and video on the 103rd Airlift Wing Facebook page, <https://www.facebook.com/103AW>.

Left: Members of the 103rd Airlift Wing salute during the National Anthem at a Freedom Salute Ceremony at the William A. O’Neill Armory, Hartford, Conn., April 8. U.S. and State Officials were on hand to thank the nearly 400 Airmen for their service and to recognize the accomplishments of the wing’s first large-scale deployment since undergoing the conversion to the C-130H Hercules air frame. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs, Connecticut Air National Guard).



Above: Members of the 102nd Army Band’s Brass Quintet perform at the Freedom Salute Ceremony for nearly 400 members of the 103rd Airlift Wing at the William A. O’Neill Armory, Hartford, Conn., April 8. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs, Connecticut Air National Guard).

Right: Gov. Dannel P. Malloy and Maj. Gen. Thad Martin, Adjutant General of the CTNG, present distinguished military awards to select members of the 103rd Airlift Wing at a Freedom Salute Ceremony at the William A. O’Neill Armory, Hartford, Conn., April 8. Five members were awarded the Meritorious Service Medal and 24 members were awarded the Air Force Commendation Medal. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs, Connecticut Air National Guard).



Left: U.S. Senator, Richard Blumenthal officially welcomes home more than 400 members of the 103rd Airlift Wing, at a Freedom Salute Ceremony at the William A. O’Neill Armory, Hartford, Conn., April 8. Other distinguished guests on hand to honor the Airmen were U.S. Congressman Joe Courtney, Gov. Dannel P. Malloy, Lt. Gov. Nancy Wyman and Maj. Gen Thad Martin, Adjutant General of the Connecticut National Guard. The ceremony marked the completion of the Wing’s first large-scale deployment since undergoing conversion to the C-130H Hercules air frame in 2013. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs, Connecticut Air National Guard).

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

STAY GUARD

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

Re-Enlist for 6 Years
 Receive a \$12,000 Bonus and a Gerber or tactical flashlight

CONNECTICUT NATIONAL GUARD

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

CONNECTICUT NATIONAL GUARD

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

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

2nd Lead to Enlistment
 Tactical Backpack**

3rd Lead to Enlistment
 Fleece Jacket or Hoodie**

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

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

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

Camp Niantic

An Affordable Waterfront Getaway



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

Who's Eligible?

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

Post MWR Facilities

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

Local Attractions

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

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

Enlisted Update



COMMAND SGT. MAJ. JOHN S. CARRAGHER

Greetings and welcome to Spring! At least I hope so, as I penned this piece in late April during yet another bizarre spell of cold weather!

The beginning of May marks the beginning of what is traditionally the busiest time of year for us – the annual training period. Over the next few months, our units will conduct

motorcycle safety program, please ask any experienced rider in your formation, or any leader.

As we move through the Spring and Summer months, we will not only be busy with our normal training cycle, we will be sending off several of our units in the mobilization and deployment cycle.

Charlie Company, 3rd Battalion, 126th Aviation, elements of the 192nd Engineer Battalion, and a detachment from the 1109th TASM-G and Headquarters Company will all mobilize over the next several months. If you thought our operations tempo was going down, it is not! Our Soldiers continue to train for full spectrum operations in support of our State and Federal missions. I ask you to keep all of these Soldiers and their families in mind as they move through the deployment cycle.

As your National Guard continues to train, mobilize, and deploy in support of the warfight, we additionally support our Army with forces required to conduct other operations in support of the National Military Strategy. One of those missions is Atlantic Resolve. Brig. Gen. Francis Evon, Assistant Adjutant General, CTNG, Col. Craig Nowak, 143rd Regional Support Group Commander, Command Sgt. Maj. Orlando Anderson, 143rd Regional Support Group Senior Enlisted Leader and I had the unique opportunity to visit with Task Force Bishop, otherwise known as your 143rd Combat Sustainment Support Battalion, in Poland.

Task Force Bishop is a multi-component task force led by Connecticut's own CSSB. TF Bishop is responsible for all logistics support to units conducting training exercises across Eastern Europe. It is an immense mission and your Soldiers are executing it to perfection. As always, your Soldiers make us proud with their experience and expertise. We could not be more impressed with the job they are doing and we look forward to their safe return to their loved ones.

Earlier this Spring, we conducted our annual Best Warrior Competition. The purpose of the competition is to determine the best of the best of your Connecticut Soldiers and NCOs. In addition, we strive to show our Soldiers and NCOs what well planned and executed training looks like. The end result is an inspiring several days of training that includes major training events that would normally be conducted over the better part of a year in a typical unit.

After three and a half days testing our competitors'



Command Sgt. Maj. John Carragher, State Command Sergeant Major, spoke at a town hall meeting with members of the 143rd CSSB in Powidz, Poland. The CSSB has been in Poland supporting Operation Atlantic resolve since November 2017. Carragher visited the unit in early April along with Brig. Gen. Francis Evon, Assistant Adjutant General, CTNG, Col. Craig Nowak, 143rd Regional Support Group Commander, and Command Sgt. Maj. Orlando Anderson, 143rd RSG Senior Enlisted Leader. (Photo courtesy of the 143rd CSSB)

limits, it was our pleasure to announce the winners of a very tight competition. Spc. Morgan A. Doyle of the 141st Medical Company, is your 2018 Best Warrior (Soldier) and Sgt. Ryan P. Curry, 14th Civil Support Team, is your Best Warrior (NCO). I look forward to accompanying both of them to Camp Smith, New York to represent you in the Region 1 competition later this spring. I have no doubt they will excel!

Our Army, and by extension our Army National Guard, continues to struggle with physical fitness and body composition. The TRADOC Command Sergeant Major recently stated that physical fitness is the greatest single impediment to eliminating our NCO Professional Development System backlog. I have struggled with this issue personally and professionally my entire career. It took me a long time to realize that I have to get out there and do PT for myself, no one can do it for me or make me do it. What I discovered was I enjoyed it and I felt better! The added benefit of not stressing over meeting the minimum Army standard every time a test came around was priceless! Forget for a moment the Army requirements. Do it for yourself! You will feel better and live longer! The Army gets the benefit of your expertise and experience. We get to send you to school to increase your lethality and professional skills. Your Soldiers get the benefit of having you as a leader, the best job in the Army! If you want or need help starting or restarting your individual physical fitness program, just ask. I am not an expert, but I know some experts!

I look forward to seeing you out there getting after collective training over the next few months. Train hard but train safe. Don't waste a second!

Army Strong, but Always Go Guard!!

WARRANT OFFICER

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

CONNECTICUT NATIONAL GUARD

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

HERE IT COMES

Share the Road
 Your turn signal could save a life. Always use signals when changing lanes or merging into traffic. #MotorcycleSafety

READY ...OR NOT?

May is **Motorcycle Safety Awareness Month**, and now is a great time to evaluate your personal risk for the year ahead.

The U.S. Army Combat Readiness Center has the tools to keep you and your Soldiers safe, both on and off duty. Visit us online at <https://safety.army.mil>.

So are **YOU** ready ... or not?

<https://safety.army.mil>

CTARNG State Safety Office
 CPT Matthew P. Soucy, 860.292.4597, matthew.p.soucy.mil@mail.mil
 CW2 Todd M. Columbus, 860.292.4599, todd.m.columbus.mil@mail.mil

Inside OCS
King of Battle Month

OC JAMIE F. CABEZAS
 OCS CLASS 63, 1-169 REGT (RTI)



The month of March for OCS began as candidates arrived early enough to set up the barracks according to the Standard Operation Procedures.

At this point, Candidates know that preparation is the key to mission success. As drill kicked off, two important tasks that required different forms of preparation were on everyone's minds: the call for fire written exam and the Army Service Uniform inspection.

With Friday's preparations complete, the class moved on to the Operation Order brief, a key part of our drill weekend, as it requires the Officer Candidate Platoon Leader to brief the upcoming weekend's plan. The PL began by covering weather forecasts, the mission statement and requirements to execute the plan. At this point, we have seen other candidates go through this process and the bar has been raised higher to ensure we are able to come up with a detailed plan.

Immediately following the brief, we went back to the barracks to prepare for an ASU inspection. Attention to detail is critical, as uniform deficiencies were noted by instructors. No major errors were found – a credit to the extensive preparation conducted by the student leadership and each candidate.

After the inspection was complete, candidates immediately put their focus on the upcoming written exam by using their last few hours to study prior to getting a good night's sleep.

Right after morning physical fitness training, Candidates ate breakfast and headed to the classroom.

"This day will be a long day of instruction about the King of Battle," said one of the cadre members, a Field Artillery officer. The candidates are put at ease knowing that our cadre has a plethora of knowledge in different fields. Here, we learned about the different roles in a call for fire such as Forward Observer and the Fire Direction Control. These two roles are what make the rounds go down range. Forward observers send three transmission that include the information needed to accurately rain steel on the enemy. The FDC is the one that relay the commands to the guns to fire rounds down range. In these transmissions you can find distance and direction. There are calculations needed to relay your position in relation to the target and/ or known points.

Once we had finished the classroom instruction and the exam (which all Candidates passed). We were given instructions on how to operate call for fire simulators. The learning value was astronomical since we could see the rounds impacting and what all the calculations resulted in. This simulation training was realistic and helped to answer any questions or doubts we had about the call for fire process. The OCS class 63 now has completed all the written exams. On to tactics now, to prepare for the culminating event in June.

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

RSVP Online

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

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

August 25, 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"

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

Just the Facts

How can "Real-time Resilience" help me?

What is the skill?
Real-time Resilience (RTR) is an internal skill used to shut down counterproductive thinking, build motivation, and focus on the task at hand.

Key Principles

- Accuracy over speed; does your statement pass the "gut test?"
- RTR takes practice
- Pitfalls are common
- Optimism is a primary target of Real-time Resilience

1. Real-Time Resilience involves proving your thoughts false (*fighting back*) with evidence, thinking optimistically, & putting the situation in perspective.

FIGHT BACK!

SITUATION: You're about to give a big presentation to your Command. You must *fight back* against any counterproductive thoughts that you might have:

- "I feel unprepared to do this."
- "That's not completely true because I have my notes and outline ready to go."
- "They aren't going to care about what I have to say."
- "A more optimistic way of seeing this is that if they didn't care, they would not have given me time."
- "What if I forget to talk about a key point?"
- "The most likely implication is that I may get off-track, but I can use my notes to find my place."

REAL-TIME RESILIENCE

Alcohol's Effect on Physical Fitness

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

Physical fitness is an important aspect of Army service. Soldiers of the Connecticut Army National Guard are required to maintain appropriate levels of physical fitness in order to be mission ready.

Binge drinking specifically can lead to muscle deterioration as it has been shown to decrease testosterone levels while increasing cortisol levels. Cortisol is a hormone that can destroy muscle mass. Alcohol must be used in moderation to limit its negative effects on not only physical fitness but comprehensive Soldier health. Avoid drinking immediately before and after physical training instead hydrating with water or nutritionally balanced sports drinks. Limit alcohol intake to two drinks per day and be sure to alternate with water to avoid the dehydrating effect of alcohol. If you have concerns about your alcohol use or your ability to limit your intake contact ASAP or your Unit Commander to discuss your options to assess your use and attend treatment.

While exercise and diet are often the focus of physical fitness regimens, alcohol consumption can cause detrimental effects on Soldiers physical fitness. Alcohol is a diuretic which means that it can speed up the loss of fluids and electrolytes in the body which are critical for muscles to recover and mitigate the lactic acid produced during work outs. By drinking after working out, you are more likely to experience fatigue and muscle soreness. The University Of Michigan School Of Integrative Medicine warns that drinking alcohol before or after working out also inhibits protein synthesis, a process by which muscles are developed and maintain, and over time can lead to muscle deterioration.

Resilience Resources:

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

#bethere

Be there for your buddy.

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

R3SP - Resilience, Risk Reduction & Suicide Prevention

More Tips From Your DTC How To Command Direct a Soldier to a Test

SGT. VICTOR MARTINEZ
CTARNG DRUG TESTING COORDINATOR

Drug testing serves not only as a deterrent against using illicit substance but also as a method of identifying Soldiers requiring rehabilitative treatment for substance use. The names of the Soldiers selected for testing are randomly generated by the Drug Testing Portal and provided to the unit. If a commander is considering directing a Soldier to test use the following steps need to be taken to ensure compliance with regulation:

1. The commander must be directing the Soldier to test based off of concern for competence or fitness for duty or has a reasonable suspicion that the Soldier is using a controlled substance. If the commander is unsure if their suspicion meets the level of "reasonable suspicion" they are encouraged to discuss the situation with JAG prior to directing the test.
2. Commander must speak with the Soldier and tell them why they are being directed to test. If the Soldier admits to substance use and is willing to receive treatment they will be protected by Limited Use Policy.
3. The Soldier's name will be added to the test under the CO code.
4. Commander must tell the DTC that a Soldier was command directed to test. The DTC will provide a Memorandum for Record that must be completed and returned. The DTC is available to answer any questions you may have about random or directed testing.

Substance Abuse Issues? Get Help Now!

Call 911 in the event of an emergency.
National Helpline for Substance Abuse Prevention - 1-800-662-4357

CTNG Substance Abuse Program Staff
Ms. Meagan MacGregor
SPP & Alcohol and Drug Control Officer
860-524-4962 - meagan.e.macgregor.ctr@mail.mil
Sgt. Victor Martinez
CTARNG Drug Testing Coordinator
(860) 548-3298 - victor.m.martinez179.mil@mail.mil
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

Pain Isn't Always Obvious

Emotional pain does not look the same in everyone... neither do the warning signs of suicide. Do you know what to look for?

The Connecticut National Guard has resources available to help those struggling release their negative feelings.

In an emergency, always call 911

Military Support Programs 866-251-2913	CTARNG Suicide Prevention Program 860-524-4962
Military Crisis Line 800-273-8255	Behavioral Health Careline 855-800-0120
State Support Chaplain 860-883-7748	National Guard Peer Support Line 844-357-7337

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

The Real Facts about Ethiopia

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

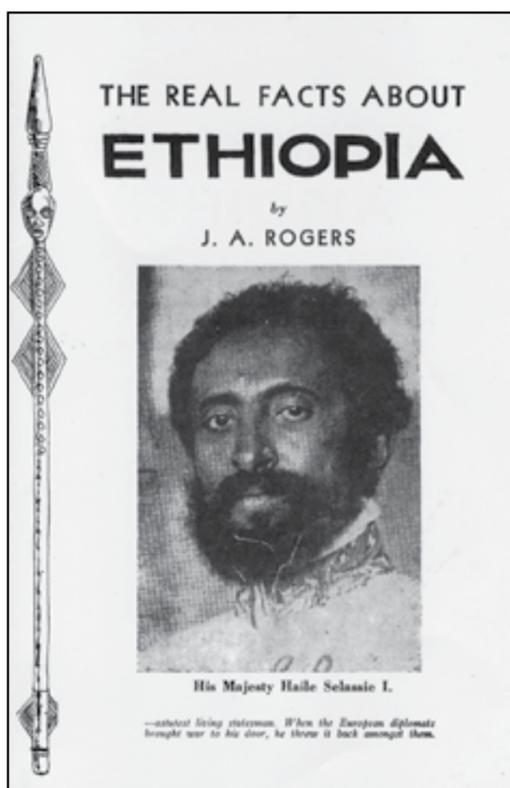
The increasingly popular 20th century historical author, journalist and American World War 2 news correspondent, J.A. Rogers' books have recently returned to printing presses and bookstores across the U.S.

Rogers' work highlighted nuance and details commonly discounted in traditional historical documentation, and his recent regained popularity reflects a resurgence of interest in the finer points of the African continent's history and its population's diaspora.

Rogers was employed in Ethiopia in the 1930s as a journalist with the "Pittsburg Courier" and was granted access to Ethiopia's emperor, Haile Selassie, as well as the nation's historical records. His East African sojourn also provided him with a close look at the war plaguing the region. Rogers, "The Real Facts about Ethiopia," published in 1936, is a 33-page pamphlet focused around the armed conflict between Italy and the African nation. Ethiopia was victorious against Italy in their first war in 1896 and the second Italo-Ethiopian War, (1935-1939) Rogers' ascertained, was its direct aftereffect.

Here a few interesting facts about Ethiopia detailed by Rogers in his text.

- Ethiopia is one of the oldest nations in the world. Formally known as Cush (or Kush), it was founded in approximately 6280 B.C. Part of ancient Ethiopia was also referred to as Abyssinia, and for many years, the kingdom as a whole extended from northeastern Africa to the Indian subcontinent.
- In 1270 B.C., an army of 200,000 men followed the Ethiopian King Memnon to fight in the Trojan War. Memnon, who died in the war (attributed in legend to Achilles) was the nephew of the Trojan King, Priam.
- In 981 B.C., the Queen of Sheba visited King Solomon in Judea, and in 955 B.C., their son Menelik became the emperor of Ethiopia. Ethiopia had since maintained a substantial population of Jews. [In 1991 A.D., the nation of Israel conducted Operation Solomon to transport approximately 15,000 Ethiopian Jews to Israel to protect them from potential persecution.]
- In 70 A.D., Ethiopia became the first nation to declare Christianity as its official religion.
- In 1896 A.D., during the first Italo-Ethiopian War, the Italian Army was defeated by Ethiopia in the Battle of Adwa due to the actions of the Ethiopian General, Ras Alula. According to Rogers, 12,000



Italian soldiers were killed and over 7,000 were taken prisoner during the battle. As a result of the war, the Italian government nearly collapsed and its Prime Minister, Francesco Crispi, was forced to resign, Rogers states, by an angry mob of Italian mothers.

- In 1923 A.D., Ethiopia became the first African nation to enter the League of Nations, the forerunner to the United Nations.
- The Ethiopian Emperor, (Tafari Makonnen Woldemikael) Haile Selassie, could trace his lineage to King Solomon. Selassie's rule of Ethiopia spanned nearly six decades in the 20th century A.D., but he is better known contemporarily as the central figure in the Rastafarian religion, which developed in Jamaica in the 1930s. The followers of this religion adopted a hairstyle common with worshippers of the Hindu god Shiva in India. The word, "Ras," is an Ethiopian title, meaning prince or chief.
- Ethiopia was not victorious against Italy in the second Italo-Ethiopian War, and Ethiopia did not regain its sovereignty until Italy's defeat by the Allies in World War 2. Rogers left the country unharmed to continue his war correspondence work. In addition to his journalism, he published dozens of historical texts, pamphlets and novels in the 20th century until his death in 1966.

Military History

The First Purple Hearts

[HTTPS://HISTORY.ARMY.MIL/FAQ/PURHRT.HTM](https://history.army.mil/faq/purhrt.htm)

In 1782, Gen. George Washington devised two new badges of distinction for enlisted men and noncommissioned officers.

To signify loyal military service, he ordered a chevron to be worn on the left sleeve of the uniform coat for the rank and file who had completed three years of duty, "with bravery, fidelity, and good conduct." Two chevrons signified six years of service.

The second badge, for, "any singularly meritorious Action," was the, "Figure of a Heart in Purple Cloth or Silk edged with narrow Lace or Binding." This device, the Badge of Military Merit, was affixed to the uniform coat above the left breast and permitted its wearer to pass guards and sentinels without challenge and to have his name and regiment inscribed in a Book of Merit. The badge specifically honored the lower ranks, where decorations were unknown in contemporary European Armies. As Washington intended, the road to glory in a patriot army is thus open to all.

Three badges were awarded in the waning days of the Revolutionary War, all to volunteers from Connecticut. On May 3, 1783, Sgts. Elijah Churchill and William Brown received badges and certificates from Washington's hand at the Newburgh headquarters. Sgt. Daniel Bissell, Jr., received the award on June 10, 1783.

Churchill was a 32-year old carpenter from Enfield who entered the 8th Connecticut Regiment as a private on July 7, 1775. On May 7, 1777, he re-enlisted for the duration

of the war as a corporal in the 2d Continental Light Dragoon Regiment, later the 2d Legionary Corps, and was promoted to sergeant on October 2, 1780. He was cited for gallantry in action at Fort St. George near Brookhaven on Long Island, at Coram, New York, in November 1780, and at Tarrytown, New York, in July 1781.

A native of Stamford, Brown enlisted in the 5th Connecticut Regiment as a corporal on May 23, 1775, and re-enlisted as a private on April 9, 1777, for the duration in the 8th Connecticut. He was promoted to corporal on May 8, 1779, and to sergeant on August 1, 1780, transferring with the consolidation of units to the 5th Connecticut on January 1, 1781, and to the 2d Connecticut on January 1, 1783. No record of his citation has been uncovered, but it is believed that he participated in the assault on Redoubt No. 10 during the siege of Yorktown.

Bissell, from East Windsor, enlisted on July 7, 1775, as a fifer in the 8th Connecticut Regiment, and on April 1, 1776, signed on for the duration as a corporal in the 5th Connecticut. He became a sergeant on September 1, 1777, and ended the war with the 2d Connecticut. Under Washington's direct orders he posed as a deserter in the city of New York from Aug. 14, 1781, to Sept. 29, 1782, relaying valuable information to the Continental command.



Left, An early version of the Badge of Military Merit, first devised by Gen. George Washington in 1782 to recognize individuals who exhibited instances of unusual gallantry in battle. Right, the modern day Purple Heart Medal presented to Soldiers who are wounded or killed while fighting enemies of the United States. (Images from <https://history.army.mil/faq/PurHrt.htm>)

The award fell into disuse following the Revolution and was not proposed again officially until after World War I. In 1931, Gen. Douglas MacArthur sought to revitalize interest in the badge to commemorate the bicentennial of George Washington's birth. The War Department redesigned the award to include an enameled purple heart and a profile of George Washington. The redesigned medal was also renamed the "Purple Heart."

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

Training Circulars for TY18 Are Now Available

Contact Your Chain of Command for More Information

Course	Course #	Action Officer	Start Date	End Date
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffery Colvin	10-May-18	10-May-18
Call for Fire Trainer (CFFT)	350-17-40	1st Sgt. Corey Lewis	14-May-18	17-May-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	15-May-18	16-May-18
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Meagan MacGregor	16-May-18	16-May-18
Engagement Skills Trainer II (EST II), Laser Marksmanship Training System (LMTS)	350-17-22	1st Sgt. Corey Lewis	18-May-18	20-May-18
Army National Guard Annual Substance Abuse Prevention Training Course for AGR & FTSP	350-17-04	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
The Adjutant General's Marksmanship Competition	350-17-25	Sgt. 1st Class Jonathan Cuebas-Marrero	3-Aug-18	5-Aug-18
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Christopher Wichrowski	14-Aug-18	15-Aug-18
High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	1st Sgt. Corey Lewis	18-Aug-18	18-Aug-18
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffery Colvin	23-Aug-18	23-Aug-18
Ask Care Escort- Suicide Intervention (ACE-SI)	350-17-29	Meagan MacGregor	24-Aug-18	24-Aug-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	25-Aug-18	26-Aug-18

Highlighted Courses:

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

• **Engagement Skills Trainer II (EST II) Training Course:** This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II, and the LMTS. These individuals may have Active Duty Operational Support (ADOS) opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating and taking responsibility of the system to provide training their own units. This is a 4 day course available twice during TY-2018. Attendees must attend both days of instruction to be considered certified on any Training Aids, Devices, Simulator and Simulations (TADSS) device. 18-20 MAY 2018; 15 Seat Max for this class; Limited ADOS funding available for students; See your 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. 28 MAY-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?

- 1** Must be SSG or above. And at least one of the following:
 - No photo on file
 - Current photo over 5 years old
 - Promoted since last photo
 - Received ARCOM or higher
- 2** REVIEW YOUR ERB/ORB
 - Check records for accuracy
 - Determine which awards you are authorized to wear for your photo
 - DO NOT Wear awards not listed in your record
 - ERB/ORB accuracy is an individual responsibility
- 3** PREPARE YOUR UNIFORM
 - Ensure your uniform is up to AR 670-1 standards before scheduling an appointment
 - Uniform preparation is an individual responsibility
 - Last minute cancellations due to incomplete uniforms create available slots. Be conservative of follow Soldiers and only schedule an appointment once your uniform is 100% to standard
 - Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment.
- 4** SCHEDULE AN APPOINTMENT IN VIOS
 - www.vios.army.mil
 - Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details.
 - Only available time slots are shown. If your first choice is unavailable, choose another time.
- 5** SHOW UP AT SCHEDULED TIME
 - Be on time and fully dressed at the scheduled time
 - Locker rooms available on the first floor if you wish to carry your uniform on a hanger.

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

- Per AR 640-30, Photographers will not alter the photograph to include adding new rank, ribbons, stars or missing ribbons or symbols. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 640-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, link or copy WILL NOT be issued to the Soldier.

How Does your photo get to your ERB/ORB?

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

What to Wear for a DA Photo

- Must Wear Unit Crests (Emblaz)
- NO Infantry cords or blue discs
- NO Green leadership tabs
- Wear RDE if affiliated
- Only wear PERMANENT awards listed in your records
- Wear only Unit Crests 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 CSIB, if authorized
- No headgear worn for DA photo

FOR MORE INFORMATION, VISIT: WWW.ARMY1.ARMY.MIL/DA/UNIFORM/

Reconnect with friends!!!

Cookout starts at Noon

Retiree Benefit Update at 10:30 a.m.

CONNECTICUT NATIONAL GUARD ASSOCIATION

NGACT RETIREES' & FULL TIMER PICNIC
THURSDAY, AUGUST 23, 2018
CAMP NIANTIC, NIANTIC CT

Mark your calendar
\$25.00 by Friday, August 10, 2018 & \$30.00 at the Door
Register & Pay Online at WWW.NGACT.ORG

2018 NGACT Calendar of Events

Scholarship application deadline: June 1 (Postmarked NLT June 1)
<https://ngact.org/2018/03/01/ngact-2018-scholarships/>

2018 NGACT Special Event Dates:

Retiree/Full Time Picnic: August 23 Niantic, CT
EANGUS Conference: August 11-16 Charleston, WV
NGACT Work night: August 29 Hartford, CT
NGACT Golf Tournament: August 31 Southington, CT

2018 NGACT Board Meeting Dates:
April 18, May 16, June 20, July 18, August 15, October 17, November 14, December 19
All NGACT Board Meetings are held in Hartford, CT and begin at 5:30 p.m., unless otherwise noted

CONNECTICUT NATIONAL GUARD

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 HR 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

Defense Enrollment Eligibility Reporting Systems

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

DEERS, or the Defense Enrollment Eligibility Reporting Systems, is the computerized database of all active-duty and retired military members.

It determines all benefits eligibility of military members, their families, and certain others who are eligible for military benefits, including military ID cards, commissary and exchange privileges, Morale, Welfare and Recreation Programs, transfer of education benefits, and TRICARE. You and your dependents will not receive any military benefits without being enrolled in DEERS. It is vitally important that your DEERS information be kept up to date. Gray area retirees are eligible for some benefits even though they are not yet receiving retirement pay.

All members of the Connecticut Army and Air National Guard and retirees of the organization are automatically enrolled in DEERS. However, it is up to the service members to register your family members and make sure your information is accurate and up to date. Individuals should check their DEERS information on a regular basis. This can be done through the milConnect website or www.dmdc.osd.mil and update information at <http://www.tricare.mil/DEERS>.

Service members, including retirees, are expected, as the sponsor to update DEERS with any changes to their status. These changes include changes in contact information, service status, or change in family status. Adding or deleting a family member or updating a Social Security Number must be done in person.

Options for updating include: Visiting in person a military ID card facility, by phone at 1-800-538-955w or 1-866-363-2883, by fax at 1-831-655-8317, and by mail to Defense Manpower Data Center Support Office, 400 Gigling Road, Seaside, CA 93955-6771. The easiest is

to visit your nearest military ID office.

Correct documentation is needed to make any changes to your DEERS file. To report the death of a spouse you will need a certified copy of the death certificate. In the case of a divorce, the fastest way is to take a copy of your final divorce decree to the closest military ID card issuing facility.

To register a new family member into DEERS, the sponsor must bring a completed DD Form 1172 and other documentation depending on who is being added. To add a spouse, the sponsor will need to bring a marriage certificate, new spouse's birth certificate, Social Security Card, and spouse photo ID. If the spouse is going to get a dependent's ID card, they also must be present.

Biological, Adopted, stepchildren, and fulltime students up to the age of 23 may also be added as family members to DEERS. In addition to the child's birth certificate and Social Security card, for a stepchild the marriage certificated is required. For a child over age 21 up to 23, a letter from the registrar's office verifying fulltime enrollment is needed. Enrolling an adopted child in DEERS requires that the sponsor provide a Final Adoption Decree signed by the judge (original or certified), and two forms of sponsor ID, one of which must be a photo ID.

You can also add a dependent parent or ward to your DEERS account with a DFAS letter of approval. For a dependent parent, the service member's birth certificate and photo ID, and the parent's photo ID and Social Security card. Adding a dependent ward requires in addition to birth certificate and Social Security card, a court document placing the child in the sponsor's home for at least one year.

DEERS is key to all military benefits for both the sponsor and family, and should be validated and updated if necessary on a regular basis

Military ID Offices in Connecticut

Middletown Armed Forces Reserve Center
375 Smith Street
Suite 111
Middletown, CT 06457
(860) 613-7619

CTANG 103rd Airlift Wing
100 Nicholson Rd.
East Granby, CT 06026-9309
(860) 292-2368

CTANG 103rd Air Control Squadron
206 Boston Post Rd
Orange, CT 06477
(203) 795-2934

Navy Submarine Base New London
PSD Bldg. 83
I.D. Cards Rm # B1
Groton, CT 06349-5088
(860) 694-3022

Coast Guard Academy
I.D. Card Section, Munro Hall
15 Mohegan Ave.
New London, CT 06320
(860) 444-8208

Find additional locations and schedule appointments online using RAPIDS at <https://www.dmdc.osd.mil/rsi/appj/site?execution=e1s1>

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

Norvang, Peter N.
Gravelle, Sylvia J.
Molina, Zorina N.
Garciaahazard, Elijah J.
Jankowski, Michal
Behnen, Clara E.
Chilingarashvili, Daviti
Aviles, Ironeida E.
Xu, Xiaochen
Alvaradodejesus, Yashira
Addison, Robert F.
Colochoruano, Mario F.
Tanner, Phillip A. Jr.
Perez, Juan I.
Ocasio, Britney M.

Kao, Charis S.
Vasquez, Andre E.
Cherney, Colton J.
Taylor, Mark E.
Way, Benjamin I.
Hall, Natahlie K.
Aponte, Kristen D.
Diaz, Franklin A.
Armestofernandez, Silvia
Spence, Alexis S.
Zirkelbach, Julia A.
Diaz, Ojeda C.

Martinez, John M.
Rival, Valdes M.
Riczu, Charles R.
Kegley, Trevor T.
Knopf, Aric D.
Roberson, Earnest K. Jr.
Larrea, Jose M.
Ogazi, Magnus I. Jr.
Wood, Jacob M.

To Sergeant

Dinse, Brian A.
Mohammad, Wali
Karch, Aaron M.
Clark, Joshua A.
Palmer, Spencer C.
Marolda, Daniel J.
Sousa, Daniel J.
Petroni, Ross A.
Gutierrez, Orlando L.
Olivero, Amanda L.
Cimmino, Katie J.
Odell, Joshua T.
Onofrio, Joshua M.
Paternoster, Collin M.
Cammatt, Nicole E.

To Staff Sergeant

Matviyenka, Yuriy
Gerrish, Neil G.
Zetah, Jennifer L.

To Sergeant First Class

Delgado, David
Fleming, Ramell W.
Kassa, Seifu

To Master Sergeant

Leach, Steven A.
Grenier, Daniel L. II
Schultz, David T.

To Chief Warrant Officer 4

Wilson, Brett W.

To Captain

Panui, Yumi K.

To Colonel

Chicoski, Raymond S.

AIR

To Senior Airman

Masella, Emilio A.
Christensen, Keith M.
Wycoff, Nicholas E.

To Sergeant

Preston, Gregory J.
Blazzi, Stephanie

To Technical Sergeant

Garcia, Gabriel Y.
Strid, Michael S.
Walsh, Ryan L.

Congratulations to all!

Promotions as of April 1, 2018

Calendar

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

July

July 4

Independence day

July 10

August Guardian Deadline

July 27

Korean War Veterans Armistice Day



ALL ACROSS AMERICA



CONNECTICUT ARMED FORCES DAY LUNCHEON

MAY 18, 2018 ★ 11:00 A.M.
AQUA TURF CLUB, SOUTHINGTON, 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 or [facebook.com/CTArmedForcesDay](https://www.facebook.com/CTArmedForcesDay)

CHANGE SERVICE REQUESTED

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



Connecticut Family GUARDIAN

VOL. 19 NO. 5

HARTFORD, CONNECTICUT

MAY 2018

Confidence Building in STEM for Students at STARBASE CT

MELISSA VANEK
STARBASE CT DIRECTOR

STARBASE Connecticut opened their week-long Science, Technology, Engineering and Math (STEM) program to three new schools this academic year: International Magnet School for Global Citizenship in South Windsor; Museum Academy in Bloomfield; and South School in Windsor Locks. With the addition of these schools, STARBASE CT has a full schedule of classes this year.

STARBASE CT is a part of Department of Defense STARBASE, which is a premier educational program, sponsored by the Office of the Assistant Secretary of Defense for Reserve Affairs. At DoD STARBASE



A Windsor Locks student conducts a science experiment at STARBASE Connecticut in Windsor Locks, Conn. STARBASE CT is a part of the Department of Defense education program that provides fifth-grade students with challenging, "hands-on, mind-on," activities in Science, Technology, Engineering, and Math. This year, STARBASE CT opened up their program to three new schools, International Magnet School for Global Citizenship in South Windsor; Museum Academy in Bloomfield; and South School in Windsor Locks. (Photo courtesy of Melissa Vanek, STARBASE CT)



Local students conduct a science experiment at STARBASE Connecticut in Windsor Locks, Conn. STARBASE CT is a part of the Department of Defense educational program that provides fifth-grade students with challenging, "hands-on, mind-on," activities in Science, Technology, Engineering, and Math. This year, STARBASE CT opened up their program to three new schools, International Magnet School for Global Citizenship in South Windsor; Museum Academy in Bloomfield; and South School in Windsor Locks. (Photo courtesy of Melissa Vanek, STARBASE CT)

students participate in challenging, "hands-on, mind-on," activities in Science, Technology, Engineering, and Math (STEM). They interact with military personnel to explore careers and observe STEM applications in the "real world." The program provides students with 25 hours of stimulating experiences at National Guard, Navy, Marine, Air Force Reserve, Army and Air Force bases across the nation.

At STARBASE CT, located in Windsor Locks, students participate in robotic programming, chemistry experiments, physics and engineering challenges and much more. Every class receives three hours of time reserved for learning how to design like professional

engineers on a CAD program called Creo.

While the students are building their skills in STEM, they are also enhancing their confidence in what many fifth-grade students refer to as "hard stuff," math and science. The reason that DoD chose to work with fifth grade students is that research shows fifth grade is the year that many students close off to math and science saying due to struggles with the subject matter. STARBASE brings in confidence building to show the students that they are capable of achieving even the material the students originally thought they would not be able to, through experiential techniques and a low student to teacher ratio.



CATHERINE GALASSO-VIGORITO

It's Not What You Gather, But What You Scatter that Matters Most

Once, I heard a story about a gorgeous, stately tree. With open, airy and tall, free-flowing branches and adorned with willow, green leaves, the tree made an elegant statement. The aura it exuded was impressive. It was one of the most splendid, grand and remarkable trees among the landscape.

Through the years, the magnificent tree overlooked children playing beneath it. People often had picnics under the glorious tree. And many sat on a blanket and relaxed under its superb shelter.

The majestic tree was home to various types of birds. They built their nests and even hatched their precious eggs within the luxurious leaves and graceful, sweeping branches.

"This tree is very useful," and "it's so grand," those who frequented it said clearly. Each time voices elaborated those kind compliments, the tree was delighted.

But, as time went on, the tree began to not feel well. Its lush leaves became thin. Twisted by the sometimes strong winds of the storms, the tree was not as stately. The branches were dry. So birds didn't seem to build their nests there anymore. People did not visit as much or sit under the tree for shelter. The tree began to feel unworthy. A wave of terror washed over the tree, as the prominence that the tree once had appeared to be fading away.

Pausing to gather its strength, the tree called out, "God, why is this happening?" A million sad thoughts ran through the tree's mind. "I'm lonely," "I am not valued," and "No one is coming close to me anymore," it sighed, and it prayed for help.

The tree dreamed of the day when it would be needed again. It wanted to stand tall; it longed to be appreciated, to have a purpose and to be around those who loved

it. Yet, day by day, nothing changed, and the tree felt worthless and inadequate. "I have nothing to offer anywhere," it uttered, drearily and discouraged.

Tears ran down its dried-out tree trunk, and the tree sobbed loudly, "Just cut me down, so I don't have to bear this suffering." Panicked at what its voice was saying, the tree felt its best days were over and done.

Maybe you're going through a difficult season of life. Or you could feel that somewhere along the way, you've lost your value and worth.

Then, I wonder how many of us are conditioned to believe the same thing; that our best days have passed.

But don't ever doubt yourself and what God can do for your future. Soon, you're going to move past difficult situations. Don't lose hope. In an instant, God's hand will move. And circumstances will turn around for your great good.

Well, the next season came, and the tree was still sad and lonely. However, early one morning the tree heard a familiar sound. It perked up. It was the song of a bird. A few minutes passed, as the tree listened closely. "Chirp, chirp..." it heard. Quickly, the tree realized the chirping was from a newly hatched baby.

Before long, the tree was bustling with three new baby birds. Thereafter, other amazing birds flew to the tree to build new nests. Daily, there were countless types of birds that visited, and the tree was happy with their sweet presence. Moreover, other trees began to sprout up around it, and the tree had a renewed sense of purpose. The tree wasn't lonesome anymore. And its heart was overflowing with joy.

The point of this fictional story is the tree thought it had lost its value. It assumed that its dreams were over, and there was nothing in the future for which to look forward. Yet, God was still at work in the tree's life. And God is working in every area of your life as well.

No matter how difficult your situation seems to be, God sees your value and potential. So never belittle yourself. Perhaps what happened to you wasn't right or fair, yet God still has a great purpose for you. It's not

over. You're not finished or all washed up. Be patient with yourself. There are many options for you. Your life is still full of countless possibilities. You're one-of-a-kind, and you are worthy of success and happiness. So, think bigger, be bolder and pursue the impossible. God has every intention of bringing your dreams to pass. And what God has in store for you will amaze you. So keep helping others. Offer loving words and kind actions to those with which you come into contact. Show affection. Tell people how much you care. Focus your thoughts on all of the good things and people you have in your life. And always be grateful for all that God has done for you in the past. Then, only expect God's goodness for your future.

It's not what you gather, but what you scatter that matters most. A while back, I received a letter from a reader who told that despite all the good things in his life, this man felt like a complete failure with nothing to live for. "My mom passed away a few years ago. But she had always followed you in the press," he wrote.

The man described that he was praying to God for guidance. A short while later, coincidentally, he was looking through a box of his Mom's belongings. She had some papers in a book. He looked at the papers, and they were some of my past columns. So he began to read them "I want to let you know that while many times it's difficult to know if what we do is truly helpful or is helping anyone at all, what you do does help. In this case, you made a difference for my Mom and have indirectly offered me some bolstering via these older articles you wrote."

God used faded columns to remind this man of God's great love and faithfulness. And I hope He uses this column to remind you of His love and faithfulness as well.

My prayer for you today, dear readers, is that you have a thousand times more peace, a thousand times more wisdom and a thousand times more joy. You are special. God has blessings in your future. For I know that as you are blessed, you will then be a blessing!

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 - 1-855-800-0120.

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

HELPLINE - 1-855-800-0120

For additional behavioral health resources, visit pages 20, 21



Military OneSource Family Fitness with Young Children

MILITARY ONESOURCE

As a parent of young children, your time may not always feel like your own. Despite your best efforts, it may seem like there's always another mess to clean. Finding time to exercise ... well, let's just say it might not make it to the top of your to-do list.

But here's the thing: you don't have to choose between spending time with your children and physical fitness. Regardless of your current fitness level, there are ways to include your family in your active lifestyle, which ultimately sets a positive, healthy example for your kids.

Try these ideas for exercising if you have young children.

Fitness with a baby:

- Put your baby in a stroller and take a brisk walk. You'll get some exercise, your child will enjoy a change of scenery, and you'll both get some fresh air.
- Invest in a jogging stroller. Once your child is old enough, a jogging stroller is a great way to pick up the pace and improve your cardiovascular fitness.
- Check out upcoming walks, fun runs or races. See if your community or Morale, Welfare and Recreation

program offers a stroller-friendly option.

- Hike with a baby carrier. There are numerous options on the market that allow you to safely strap your child to your chest or back, so you can enjoy a hike.
- Look for a parent and baby fitness class. Check with your installation's fitness center to see if it offers classes designed for parents with young children.

Fitness with a toddler or young child:

Take a trip to the park. Visit the playground on your installation or find a park in your surrounding community where you and your child can run, climb, swing and jump.

- Go for a bike ride. Attach a child's seat to your bike and get ready for a good time. Make sure you have the proper safety equipment (like a helmet) before you set out.
- Rent sports equipment. Check with Morale, Welfare and Recreation on your installation to see what equipment is available if you aren't yet sure of your child's unique interests. This is a way to introduce your child to a wide range of sporting options without spending a lot.
- Go bowling. Not only does bowling provide a great

way to get some activity, but your installation's bowling alley may even offer a family discount.

- Go for a swim. Spend an afternoon splashing around with your child and teaching them swimming basics, like floating and treading water. You can even check with Morale, Welfare and Recreation about swimming lessons.

Have a dance party. Fitness doesn't have to be a formal activity to be good for your body. Turn on some music and have a family dance party at home.

Remember, every little bit of activity counts — whether it's doing jumping jacks during television commercial breaks or playing a game of tag with your children in the backyard. Use whatever time and equipment you have at your disposal to prioritize your fitness while still spending time with your family. Not only will your family's health improve, but your children will learn the types of healthy habits that last a lifetime.

For more information about health and fitness or services available through Military OneSource, visit <http://www.militaryonesource.mil/health-wellness-coaching>.

Connecticut National Guard Foundation

2018 Scholarship Information Coming Soon!

Check back in June for details about how to apply or contact the CTNG Foundation:



(860) 241-1550
or (860) 524-4892
ctngfi@sbcglobal.net

The CTNGFI is a non-profit, 501(c)(3) organization that was established in April of 2003 for the purpose of providing emergency financial assistance for Connecticut National Guard members and their families.

SAVE THE DATE!

Operation Military Child Intelligence Summer Day Camps

The CT National Guard Child & Youth Program is excited to announce there will be TWO summer day camps this year! Save the dates are below and details will be forthcoming!

July 16-20, 2018 from 9 AM-3 PM at the Windsor Locks Readiness Center

August 21-24, 2018 from 9 AM-3 PM at the Southington Armory



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 Statt 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

William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860)493-2795 -Open Monday-Friday			
Director, Service Member and Family Support Center	Kimberly Hoffma	kimberly.j.hoffma.ch@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyenne.c.baber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.s.reed.ctr@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	berita.m.odonnell.ctr@mail.mil	(860) 493-2797 (desk)/(860) 883-6949 (cell)
Family Assistance Center Specialist	Jason Perry	jason.t.perry.ctr@mail.mil	(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 Seba	kelly.a.seba.ctr@mail.mil	(860) 548-3283
ARNG Yellow Ribbon Program Coordinator	SPC Mango SPC Matt Yotla	shaunna.a.mango.mil@mail.mil	(860) 493-2796 (desk)
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.l.oshaughnessy.ctr@mail.mil	(860) 548-3258 (desk)/(860) 394-8748 (cell)
Military OneSource Consultant	Diana Dash	diana.dash@militaryonesource.com	(860) 493-2722 (desk)
Personal Financial Consultant	Brian Deal	pfc.ct.ag@zoiders.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 Braco	jonathan.j.braco.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britell	sean.r.britell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 -Open Monday-Friday			
Family Assistance Center Specialist	Sean Carey	sean.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)
Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 -Open Monday-Friday			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
New London Armory: 249 Bayonet Street, New London, CT 06320 -Open Monday-Friday			
Family Assistance Center Specialist	Timothy Henney	timothy.j.henney.ctr@mail.mil	(860) 772-1422 (desk)/(860) 221-5540 (cell)
103 rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday			
Alrman 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)
Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open Monday - Friday			
Family Assistance Center Specialist	Jay Jannett	jay.s.jannett.ctr@mail.mil	(860) 739-1637
Personal Financial Consultant	Rhona Heyl	pfc3.ct.ag@zoiders.com	(860) 287-7582