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Calling In The Guard

Air, Army Guard Respond to Three Communities Following Storms

Members and equipment assigned to the 192nd Engineer Battalion, Connecticut Army National Guard, clear debris to help make roads passable for electrical crews and first responders in Brookfield, Conn., May 19. Connecticut Guardsmen from the 192nd Engineers and the 103rd Civil Engineer Squadron, Connecticut Air National Guard were called upon following severe storms that tore through the state on May 15. Storms damaged property, downed trees and left thousands without power. Guardsmen assisted the towns of Brookfield, New Fairfield and Bethany with debris and route clearance. (Photo by Maj. George Duggan, Public Affairs Officer, 143rd Regional Support Group, CTARNG)

Read the full story on pages 14-15



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The Heat is On - Stay Cool to Stay Safe

FROM WWW.FEMA.GOV

Extreme heat is defined as a period of excessively hot weather, with higher than average temperatures for a particular region, combined with high humidity. Extreme heat events can happen anywhere in the United States. Extreme heat commonly occurs in the summer; however the main season for heat waves may vary regionally. During the past 10 years, the National Oceanic and Atmospheric Administration indicates that heat waves have resulted in the highest annual average of deaths among all weather-related disasters.

The greatest risk factors for heat-related deaths are bed confinement due to medical illness, living alone, being socially isolated, and not having access to air conditioning.

Extreme Heat Safety Tips:

- Stay indoors, especially during the warmest part of the day (typically 11 a.m. to 2 p.m.), and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning or it fails, go to a public building with air conditioning such as a shopping mall, public library, or community center.
- Wear lightweight, light-colored, loose-fitting clothing.
- If you must be outside, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher. Avoid strenuous activity. If you must work, take frequent breaks.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others.

- *Check regularly on:*
- Infants and young children
- People aged 65 or older
- People who have a mental illness
- Those who are physically ill, especially with heart disease or high blood pressure
- Get to know symptoms for heat stroke, heat exhaustion, heat cramps and sunburn and how to respond immediately.

Heat-Related Illness and Treatment:

Heat-related illness is preventable. Heat-related illnesses include: sunburn, heat cramps, heat exhaustion, and heat stroke due to lack of sufficient indoor cooling from air conditioning or outdoor over-exposure. Early recognition of symptoms and accurate measurement of core temperature are critical to diagnosis, care, and timely medical treatment. See proper treatment for each illness below and in the Center for Disease Control and Prevention's Extreme Heat Guide and e-learning course Recognizing, Preventing and Treating Heat-Related Illness.

Heat Cramps:

Symptoms:

- Muscle pains or spasms, usually in the abdomen, arms, or legs, which may occur with strenuous activity.
- If these symptoms are observed:*
- Get the person to a cooler location and remove excess clothing.
- Give cool sports drinks containing salt and sugar, Do not give liquids with caffeine or alcohol, discontinue liquids if victim is nauseated.
- Seek medical attention if: the cramps do not subside

in an hour, the victim has heart problems, or is on a low-sodium diet.

Heat Exhaustion:

Symptoms:

- Heavy sweating, Paleness, Muscle Cramps, Tiredness, weakness, dizziness, headache, nausea or vomiting, fainting
- If these symptoms are observed:*
- Move victim to air-conditioned place and lie down. loosen or remove excessive clothing.
- Cool the victim by placing them in a cool shower or bath, or by applying cool, wet cloths.
- Give sips of water or cool sports drinks containing salt and sugar. Do not give liquids with caffeine or alcohol. Discontinue liquids if victim is nauseated.
- Seek immediate medical attention if there is no improvement, the victim is unable to take fluids, vomiting occurs, or any symptoms are severe.

Heat Stroke:

Symptoms:

- Extremely high body temperature, above 103°F
- Red, hot, and dry skin, without sweat
- Rapid, strong pulse
- Throbbing headache, dizziness, nausea, confusion
- Unconsciousness
- If these symptoms are observed:*
- Call 911 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal.
- Until the emergency medical personnel arrive on scene or during transport to the hospital, take the following measures:
- Move victim to a cooler environment, and remove the victim's clothing.

CTARNG's Newest Unit Prepares for Historic First Deployment

MS. ALLISON L. JOANIS
CTNG PUBLIC AFFAIRS OFFICE

WINDSOR LOCKS, Conn. - The newest unit in the Connecticut Army National Guard prepares to add another chapter to its history books just shy of its second birthday.

About 30 members of the CTARNG's Charlie Company, 3rd Battalion, 126th Aviation Regiment attended a formal send-off ceremony at the Windsor Locks Readiness Center, Windsor Locks, Connecticut, May 17.

The new unit was activated in September of 2016 and is charged with providing aerial command and control support, air movement and limited air assault.

The send-off ceremony gave Gov. Dannel P. Malloy, Lt. Gov. Nancy Wyman and Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard, the opportunity to thank the deploying Guardsmen for their service and to also thank families for their sacrifice and support.

"To receive your first medical evacuation aircraft in 2016 and be fully prepared for a deployment less than two years later is a testament to the hard work and dedication of those in our Aviation community," Maj. Gen. Martin said in a press release. "To be considered for selection to this unit is not easy, and I have full confidence that the time these Guardsmen committed to becoming fully qualified will pay off in defense of our nation."

Following in a long-standing Connecticut tradition, the unit was also presented with a state flag to fly over their base of operations overseas. The flag was received by 1st Lt. Matthew Barringer, commander of 3-126th and Staff Sgt. Danielle Marcue, acting senior noncommissioned officer.

The unit is the first and only aerial medical evacuation unit in the state and is made up of pilots, flight medics, flight crews, maintenance and support personal.

The detachment flies the HH-60M Blackhawk helicopter, a new generation of Blackhawks that are specifically outfitted for medical evacuation.

During their upcoming deployment in support of operations in Southwest Asia, the detachment s will be responsible for providing aeromedical evacuation, extensive en-route critical care and medical support while moving patients.



More than 30 Soldiers assigned to Charlie Company, 3rd Battalion, 126th Aviation Regiment, Connecticut Army National Guard hear from Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard at their formal send-off ceremony at the Windsor Locks Readiness Center, Windsor Locks, Conn., May 17. The 3-126th is responsible for aerial medical evacuation and it is the newest unit to the CTARNG. They will leave for Southwest Asia in the upcoming months where they will be responsible for providing aeromedical evacuation, extensive en-route critical care and medical support while moving patients. (Photo by Allison L. Joanis, State Public Affairs Office)



Soldiers assigned to detachments of Charlie Company, 3rd Battalion, 126th Aviation Regiment, Connecticut Army National Guard are presented with the Connecticut Flag by Guard and State leadership at their formal send-off ceremony at the Windsor Locks Readiness Center, Windsor Locks, Conn., May 17. From left to right; Command Sgt. Maj. Orlando Anderson, Command Sergeant Major of the 143rd Regional Support Group, Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard, Staff Sgt. Danielle Marcue, senior noncommissioned officer of the deploying element, 1st Lt. Matthew Barringer, senior officer of the deploying element and Gov. Dannel P. Malloy. (Photp by Allison L. Joanis, State Public Affairs Office)

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Another Successful Year for the CT Armed Forces Day Luncheon

AIRMAN 1ST CLASS SADIE HEWES
103RD AIRLIFT WING, PUBLIC AFFAIRS

PLANTSVILLE, Conn. – The Connecticut National Guard hosted the 69th Annual Armed Forces Day Luncheon at the Aqua Turf Club, May 18.

Over 940 guests attended, according to event organizers.

Among guests recognized in the official party were U.S. Senators Richard Blumenthal and Chris Murphy, Governor Dannel P. Malloy, and Maj. Gen. Thaddeus J. Martin, Adjutant General of the Connecticut National Guard. The event's keynote speaker was U.S. Army Brig. Gen. Jeffrey W. Drushal, Chief of Transportation.

Armed Forces Day was originally created to merge Air Force, Army, Navy and Marine Days. Beginning in 1949, Secretary of Defense Louis Johnson aimed to expand the public's understanding and support of the U.S. Armed Forces.

At the event, one local service member each from the Connecticut Air National Guard, the Connecticut Army National Guard, the Army Reserve, the Marine Corps Reserve, the Navy Reserve and the Coast Guard Reserve were honored for overall good conduct in their military careers.

Honorees included Sgt. 1st Class Tye V. Frazer (Connecticut Army National Guard), Master Sgt. Karen M. Sage (U.S. Army Reserve), Cpl. Felipe B. Viera (U.S. Marine Corps Reserve), Petty Officer 2nd Class Kirk A. Allman (U.S. Navy Reserve), Master Sgt. Crystal L. Reynolds (Connecticut Air National Guard), and Petty Officer 2nd Class Steven Gonzalez (U.S. Coast Guard Reserve).

Reynolds, Training NCOIC assigned to the 103rd Security Forces Squadron, has served in the Connecticut Air National Guard for 15 years, including a deployment overseas in the United Arab Emirates.

"I'm honored to receive this award today, and I hope I represent the Air National Guard well," Reynolds said.

Sgt. 1st Class Tye V. Frazer, 192nd Engineer Battalion, shared Reynolds' pride in being recognized at the event.

"This is my first time coming to an Armed Forces Day event," said Frazer, who has served in the military for the past 18 years, including three tours overseas. Frazer said he felt privileged, and a little overwhelmed by being honored at such a prestigious event.

"This is a really special time," Frazer said. "I'm very fortunate for the people I work with and for; a lot of great people have influenced me and I want to carry that over to other people."

In addition to the award ceremony and the keynote address, event organizers paid tribute to those Missing In Action with the Fallen Comrade Table. This table was set up in the front of the room to commemorate missing and fallen service members who made the ultimate sacrifice to their country.

On the table was a white table cloth to symbolize the purity of service members' intentions to respond to their nation's call. On top of the tablecloth lay a red rose, signifying the blood that has been shed in sacrifice to our country's security. An inverted glass and empty chair represented that the missing and fallen were not present and could not partake in the event. Finally, a service dress hat from each branch of service was set upon the table to signify their unity and sacrifice.

"Overall, we couldn't have been happier with the turnout," said Sgt. 1st Class William Blake, Deputy Chairman of the Armed Forces Day Luncheon Committee. "We came very close to last year's record of over 960 attendees, and obviously we couldn't do any of this without the incredible support we get from the community."

For more photo coverage of the event, visit www.facebook.com/103aw or www.facebook.com/connecticutnationalguard.



Sgt. 1st Class Tye V. Frazer (center), 192nd Engineer Battalion, Connecticut Army National Guard, is honored at the 2018 Connecticut Armed Forces Day Luncheon, at the Aqua Turf Luncheon, Southington, Conn., May 18. Frazer was among six service members honored at the event. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing, Public Affairs)



Master Sgt. Crystal L. Reynolds (center), 103rd Security Forces Squadron, Connecticut Air National Guard, is an honoree at the 2018 Connecticut Armed Forces Day Luncheon, at the Aqua Turf Luncheon, Southington, Conn., May 18. Reynolds was among six service members honored at the event. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing, Public Affairs)

JFHQ's Anti-Terrorism NCO Finds Niche in Crime Analysis

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

In case you have not met Sgt. Josh Quint during your time in the Connecticut National Guard, don't worry. There's a chance that he's seen you.

The Connecticut Army National Guard, Joint Force Headquarters Anti-Terrorism Security NCO works full-time at the Hartford, Conn. Police Department as a civilian Crime Analyst at the department's state-of-the-art Capital City Command Center. The center, opened in 2016, was built with grant and capital improvement funds, and, among many other features, can display the feeds of approximately 850 public-facing video cameras in Hartford. These video feeds enable Hartford Police officers to respond to crimes in progress and allow the department's detectives to investigate crimes already committed.

Quint said working in the Capital City Command Center is like working in the Joint Operations Center on steroids.

"It reminds me of the television show, *CSI*," he said. "But it's hard to get a full grasp of the capabilities unless you see it in person."

The Central Connecticut State University graduate in criminology actually worked for a short time in the JOC at the Hartford Armory before getting hired to work for U.S. Immigrations and Customs Enforcement in Hartford in 2016. He was hired by the city of Hartford in 2017.

Quint, a jack-of-all-technology trades, said the center has numerous technologically innovative features, but its video playback features are extremely useful and fascinating. He said their programs can reduce items in video frames to specific search terms. He said it's like pressing command-f, but within a video.

For instance, if a person of interest by detectives happened to be a male wearing red, the program can eliminate all other persons in the video playback except for males wearing red. The same is true for vehicles and other search terms: video images can be reduced to white vans, brown trucks, etc.

Among other features, Quint and his fellow crime analysts can also merge frames from corresponding videos in order to patch together license plate numbers and other image pieces needed for investigative purposes.

Quint said that the number of cameras in the city will grow to approximately 1600 next year. The Capital City Command Center has full access to this feed, and have used bus videos to help make multiple arrests this year.

To put their capabilities into perspective, the city of Las Vegas has only 300 operational video monitoring cameras. Las Vegas has a total area of approximately 136 square miles. Hartford's area is 18 square miles "It's a force multiplier," Quint said. "If you're in Hartford, you're probably on camera."

He emphasized that all of the city's cameras are on public spaces and face public spaces only.

"We're not a giant surveillance center. We don't violate

4th amendment rights," he said.

Quint's duties are not limited to streaming video feeds. He also conducts open source intelligence gathering that could shed light on potential crimes.

"Hartford is doing its best to reduce ATV and dirt bike group rides," he said.

The HPD recently gained significant ground in this effort. An investigation that utilized the Capital City Command Center's capabilities led to the arrest of 10 riders on April 22.

Illegal ATV rides are a concern to the city due to the vehicle accidents, injuries and fatalities that often result, and Quint

said that the center's access to real-time information is certainly saving lives.

The city's ShotSpotter technology, which is essentially a series of high-tech recording devices, is deployed in two thirds of Hartford, making it the largest per capita deployment of this technology of any city the entire United States (it should be noted that cities like Chicago and New York also deploy this technology, covering a far-wider area). When a weapon is fired, ShotSpotter relays the information, including the number of shots fired and location, to the center at an 80 percent accuracy rate.

Quint said that, very often, there are no calls into the department when shootings occur.

"Our officers were recently able to save a shooting victims life due to ShotSpotter technology. We wouldn't have known about the shooting otherwise," he said.

At last year's Hartford Marathon, a child was reported missing in Bushnell Park. Within minutes, the Capital City Command Center spotted him on their video feed and relayed the location info to police officers on the ground who were then able to reunite the child with his family.

"We have a lot of wonderful stories like that. The technology here is not just for arresting people," he said.

Before Quint dipped his toe into the world of crime analysis and technology, he said he wanted to become a police officer.

Quint enlisted in the Connecticut National Guard in August of 2008, heading to Fort Leonard Wood, Missouri shortly after his high school graduation the



Sgt. Josh Quint operates one of the Capital City Command Center's video feed screens, May 7. The city of Hartford has approximately 850 cameras in place in Hartford's public spaces and has two thirds of the city covered with ShotSpotter (gun shot detection) technology which enables its police officers to immediately respond to events as they occur. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)

following year.

"I joined when I was a high school junior," Quint said. "I wanted to take full advantage of the Guard's tuition waiver, and at the time I wanted to have a career in law enforcement, so joining the Military Police seemed like a perfect fit.

"Plus the \$20,000 bonus as a 17-year old didn't hurt the cause," Quint quipped.

In 2012, as a member of the 143 Military Police Company, he deployed to Afghanistan in support of Operation Enduring Freedom. He said working in the Capital City Command Center as a civilian, however, has granted him more access to the world of police work than he had before anticipated was possible.

Quint also became the first Connecticut National Guardsman to attend the Crime and Criminal Intelligence Analysis Course at Fort Leonard Wood, completing the course as Honor Graduate.

He said working in crime analysis field has been an incredibly rewarding experience and recommends the career path for soldiers who have interests in both crime prevention and technology.

Do you know a Guardsmen, Retiree or Militia member with an interesting story to tell about their civilian career, interesting hobby, or life experience? We would love to highlight them. Please contact the editors with the information. michael.l.petersen.mil@mail.mil, allison.ljoanis.civ@mail.mil.

Connecticut National Guard Plays Role in National Prescription Drug Take Back Day

Personnel, Vehicles Help Transport Unwanted Prescriptions For Disposal

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

HARTFORD, Conn. – For the 12th time in eight years, the Connecticut National Guard helped Connecticut residents rid themselves of unwanted prescription medications during the Drug Enforcement Agency's National Prescription Drug Take Back Day, April 28.

The Connecticut National Guard Counterdrug Task Force partnered with the DEA, Connecticut State Police and local police departments to support the nationwide endeavor. Providing eight Guardsmen and four vehicles, the Connecticut National Guard helped to weigh, box and transport a portion of the over 8,500 pounds of unwanted drugs collected.

The event, held nationwide, provided Connecticut citizens with a safe, convenient and anonymous venue for disposing of prescription drugs, according to the DEA's Take Back Day website. The Connecticut National Guard's repeated participation has seen over 90,000 pounds of unwanted prescription drugs transported for disposal.

The service members engaged in Take Back Day were Guardsmen assigned to the 118th Multifunctional Medical Battalion, headquartered in Middletown, the 192nd Military Police Battalion (Niantic) and Alpha Company, 1-102nd Infantry Regiment (Danbury) and the 103rd Airlift Wing.

"Partnering with local, state and federal agencies to help make our communities safer is just another way the Connecticut National Guard provides support right here at home," said Maj. Gen. Thad Martin, Adjutant General and Commander of the Connecticut National Guard.

If you missed the Drug Take Back Day in April, but have prescription medications that you would like to dispose of, the next Drug Take Back Day is scheduled for October 27, 2018.

For more information about Drug Take Back Day, visit https://www.deadiversion.usdoj.gov/drug_disposal/takeback/.



Connecticut National Guard Soldiers load a vehicle with unwanted prescription drugs dropped off during National Prescription Drug Take Back Day in Norwich, Conn., April 28. This is the 12th time the CTNG has provided support to the Drug Enforcement Agency's Drug Take Back Day. The next Drug Take Back Day is scheduled for October 27, 2018. (Photo courtesy of the Connecticut National Guard Counter Drug Task Force)



Guardsmen with the Connecticut National Guard's Counterdrug Task Force box unwanted prescription drugs dropped off during National Prescription Drug Take Back Day in Norwich, Conn., April 28. The packed boxes were then transported by the CTNG for disposal. This is the 12th time the CTNG has provided support to the Drug Enforcement Agency's Drug Take Back Day. The next Drug Take Back Day is scheduled for October 27, 2018. (Photo courtesy of the Connecticut National Guard Counter Drug Task Force)

Legal Minds Take To Skies During Tour of CTNG Facilities

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Over 15 members of the legal community joined Connecticut National Guard leadership for a tour of facilities and an overview of our Guard's capabilities, April 18th.

Organizations represented included the Connecticut Veterans Legal Center, Yale Law School's Veterans Legal Service Clinic, and the Veterans' and Military Affairs Section of the Connecticut Bar Association.

The event, spearheaded by Col. Timothy Tomcho, Staff Judge Advocate for the Connecticut National Guard, was aimed at providing insight to a slice of the legal community that would not otherwise have an opportunity to see what the Guard does and what the Guard provides on a daily basis.

"The attendees were invited because they work for organizations that specialize in military and Veterans issues," Tomcho said. "They all know what the National Guard is, but like many civilians, we hoped to provide them with a greater appreciation for what the National Guard does."

Maj. Gen. Thad Martin, Adjutant General and Commander of the Connecticut National Guard, kicked



Members of Connecticut's legal community visit with Sgt. Glendon Hall and Military Working Dog Schurkje of the 928th Military Police Detachment, (MWD) during a static display and demonstration at Camp Niantic, Conn., April 18. Camp Niantic was only one of the stops during a day-long tour of Connecticut National Guard Facilities organized by Col. Timothy Tomcho, Staff Judge Advocate for the Connecticut National Guard, to provide insight to a slice of the legal community that would not otherwise have an opportunity to see what the Guard does and what the Guard provides on a daily basis. (Photo by Maj. Mike Petersen, State Public Affairs Officer)



Members of Connecticut's legal community joined Connecticut National Guard Leadership for a tour of CTNG facilities and an overview of capabilities, April 18. Individuals participating in the tour represented the Connecticut Veterans Legal Center, Yale Law School's Veterans Legal Service Clinic, and the Veterans' and Military Affairs Section of the Connecticut Bar Association. The tour included stops at the Windsor Locks Readiness Center and Camp Hartell in Windsor Locks, Conn., the Bradley Air National Guard Base, East Granby, Conn., and a flight to Camp Niantic, Conn., where participants interacted with static displays and demonstrations by members of the Connecticut Army National Guard. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

off the event at the Windsor Locks Readiness Center with an informal briefing that provided attendees with an overview of the Connecticut National Guard. He was then followed by Mr. Ben Neumon, Constructions and Facilities Management Officer, who delivered a brief

focused on the Guard's recent construction efforts. Neumon also provided a tour of Camp Hartell, pointing out the revitalized base's newer facilities.

"When people think of Hartell, they think of the old, dilapidated World War II-era buildings on the property," Tomcho said. "We wanted to show off all of the hard work that has gone into turning Camp Hartell into a training destination for our service members."

The tour then shifted its focus to the Connecticut Air National Guard, where Col. Stephen Gwinn, 103rd Airlift Wing Commander briefed the capabilities of a unit that only recently converted to the C-130H Hercules, a four-engine military transport aircraft.

After a short walk highlighting the Connecticut Air National Guard's rich history, tour participants were given the once-in-a-lifetime chance of riding to Camp Niantic in style – aboard a Connecticut Army National Guard UH-60 Blackhawk helicopter.

The brisk weather meant the windows

had to remain shut, but that didn't dampen the participants' enthusiasm, who experienced Connecticut from the skies in the short flight that touched down at Camp Niantic's parade field.

Briefings focused on the National Guard's legal community, Connecticut's efforts to support victims of sexual harassment and sexual assault, and gave the group a forum to discuss current challenges facing the Army's Judge Advocate General Corps.

"As lawyers who help veterans, all of us at Connecticut Veterans Legal Center were so grateful for the insight the tour gave us into what the National Guard is and what the National Guard does," said Margaret Middleton, Executive Director of the Connecticut Veterans Legal Center. "I'm confident our visit will improve our ability to serve veterans of National Guard service."

Middleton and her cohorts then took the opportunity to speak with over a dozen Guardsmen with subject matter expertise in various fields during an equipment demonstration on the parade field. From Military Working Dogs Handlers to Mountaineer-qualified Infantrymen, attendees got just a small glimpse into many different capacities Connecticut Guardsmen are capable of performing when called to duty.

After flying back to Windsor Locks, Col. Tomcho and his team wished attendees well in concluding the tour.

"It is so important to educate as many different people to who we are and what we do," Tomcho said. "We welcome all three organizations back anytime and look forward to conducting something similar on an annual basis."

CTARNG Intelligence Section Hosts First Mobile Training Team as Part of Foundry Program

CAPT. BENJAMIN HULL
INTELLIGENCE OFFICER, JFHQ, CTARNG

NIANTIC, Conn. – The Connecticut Army National Guard's Joint Force Headquarters G-2 (Intelligence) section hosted its first ever Mobile Training Team at the Camp Niantic Regional Training Institute, April 16-20, 2018.

Eighteen soldiers assigned to units across the CTNG attended the five-day course administered by the Threat Tactics Course Mobile Training Team. The trainers are based out of U.S. Army Training and Doctrine Command G2 at Fort Leavenworth, Kansas.

The purpose of the training is to understand and apply opposing force (or, OPFOR) tactics in support of US Army training objectives. An OPFOR is a combination of traditional and irregular forces, criminal organizations, or terrorist elements that represent varying capabilities of actual worldwide adversaries in doctrine, tactics and techniques, organization, and equipment.

The OPFOR is tailored to replicate realistic, robust, and relevant hybrid threats in operational environments as presented in U.S. Army Regulation 350-2 and the US Army Training Circular 7-100 series. The MTT uses the U.S. Army's Decisive Action Training Environment to provide consistency in a tactical setting of OE variables and OPFOR. Over the week long training students conducted numerous practical exercises developing scenario based enemy courses of action using the OPFOR doctrine in the DATE OE.

This MTT was made possible due to 2018 being the first year that the CTARNG has participated in the "Foundry Program." Foundry is a training program designed to sustain and enhance technical expertise in military intelligence skills and capabilities and provide regional focus, technical training and functional expertise for the tactical MI force via classroom training as well as Live Environment Training and Mobile Training Teams.

In less than a year, the Connecticut Army National Guard's Intelligence training infrastructure has steadily grown.

With senior leader support and improved federal

funding, the state had added a new full-time G2 officer that has enhanced the staff of traditional (one weekend per month) Guardsmen, building the intelligence training and readiness abilities of the CTARNG.

Newer initiatives include Connecticut's participation in the U.S. Army Foundry Program, the Federated Intelligence

Program, and a re-energized effort to ensure operations are synchronized with Connecticut Air National Guard Intelligence units to bring relevant intelligence down to the lowest level.

Foundry supports the 2004 Army Chief of Staff's mandate for, "MI to maintain contact with the enemy." The intent is to provide operational level intelligence experience throughout all phases of the Army Force Generation Model. Foundry increases intelligence readiness, provides required accreditation and technical certification, enhances mission command proficiency, improves unit readiness and provides a venue to collectively certify MI individuals and units (team and higher) in full support of the Army Force Generation cycle.

Another recent initiative for the CTARNG G2 is participation in the Federated Intelligence Program (FIP) which is a Training Strategy that utilizes ARNG/



Members of the Connecticut Army National Guard attend a Threat Tactics Course administered by a Mobile Training Team at Camp Niantic's Regional Training Institute, April 16-20, 2018. The purpose of the training is to understand and apply opposing force (or, OPFOR) tactics in support of US Army training objectives. (Photo by Sgt. Joshua Amaro, B Co., 1-102nd Infantry Regiment, UPAR)

ANG M-day Intelligence Soldiers in a, "reach back," capacity to support Combatant Commands and Army Service Component Commands. The Commands benefit by receiving the results of their work, and the ARNG analysts gain valuable real-world training. The CTARNG G2 kicked off the FIP program at its bi-annual Intelligence Working Group at the Hartford Armory April 7-8, 2018. A trainer from Special Operations Command J2 staff visited from Florida to train the intelligence soldiers on the program and how they can support real world SOCOM requirements during their drill weekends.

The FIP program is a great opportunity that requires minimal resources. This program improves CTARNG MI Solider readiness and retention and supports the Sustainable Readiness Model and provides a strategy to achieve individual and combined readiness objectives for the total Army force.

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.



Connecticut Better Business Bureau Offers Scholarship to Military Affiliated Students

CHIEF WARRANT OFFICER 3 CHRISTOPHER McCARTY
RECRUITING & RETENTION, CTARNG

Better Business Bureau serving Connecticut's Military Line program is offering a Student Ethics scholarship for students entering their freshman or sophomore year of college. The Student Ethics Scholarship is awarded annually by the CT BBB, since 2013 and is now entering its' sixth award season.

Interested students should, "personify high ethics demonstrated through leadership, community service, and overall personal integrity (CT BBB, 2018)." In addition they must demonstrate high academic integrity and success.

Military affiliation needs to be indicated and verified. Dependents and spouses are eligible, and students applying must submit an application by Friday July 20th. In addition each applicant must be a resident of Connecticut and plan to attend an accredited college in the United States. Details on eligibility and method of submission can be found at the BBB website.

The Connecticut Better Business Bureau Military Line functions as a well-positioned program aiding military affiliated consumers and their dependents delivering education, advocacy, and services to a demographic prime for target by unethical business practices and scams. Mrs. Nicole Ando, the lead for CT BBB Military Lines, partnered with the Connecticut Army National Guard to provide financial readiness education and real world skills to the newest members at Recruit Sustainment drills. This partnership fostered further connections between the ARNG and the BBB, mutually benefiting each organization while striving to improve the quality of life for Service Members in Connecticut.

If interested complete the online packet at bbb.org/connecticut/get-involved/scholarship-entries or mail the complete packet by 20 July to:

CT BBB Student Ethics Award
Better Business Bureau
29 Berlin Road
Cromwell, CT 06416

For any further information please call 860-740-4500 ext. 123.



CONNECTICUT'S BBB MILITARY LINE®
STUDENT ETHICS
2018 SCHOLARSHIP

SCHOLARSHIP GUIDE AND APPLICATION

Eligibility

BBB Military Line Student Ethics Scholarship recognizes high school student or adult learners who is in a military family, which includes being a dependent or spouse. The applicant must be entering his/hers freshman or sophomore year in 2019 to an accredited school. The student should personify high ethics demonstrated through leadership, community service, and overall personal integrity and academic history.

The winner will receive a scholarship to an accredited college or university of his or her choice. Scholarships must be applied within four years of receiving the award. The funds will be distributed directly to the school upon verification of the student's college enrollment. The scholarship must be applied toward school related expenses including: tuition, books, room and/or board, or other related items.

Guidelines

Entries for BBB Student Ethics Scholarship Award will be reviewed by the Selection Committee comprised of business leaders and members of the academic community. Judges will select the scholarship recipients based on their leadership, contributions to their communities and schools, personal integrity, academic accomplishments, and written essay. Decisions of the judges are final.

The applicant must be a resident of Connecticut. The applicant must plan to attend an accredited college or university in the United States. The applicant must be entering their freshman or sophomore year in 2019, and have a desire to continue his/her education.

Procedure

Complete the application online at bbb.org/connecticut or mail completed application packet to:

CT BBB Student Ethics Award
Better Business Bureau
29 Berlin Road
Cromwell, CT 06416

Deadline

The official deadline for submitting entries is **Friday, July 20, 2018.**

The Scholarship winner will be announced in fall of 2018. For additional information on the awards, contact BBB at 860-740-4500 ext. 123.



Nominate Your Employer for a Boss Lift

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

If you are a member of the Army or Air National Guard who is employed by a civilian employer, that employer may be wondering what you do during drill weekends or annual training and why you are obligated to attend. The Boss Lift, a program offered by the ESGR (Employer Support of the Guard and Re-serve), can put your civilian employers curiosity to rest.

A recent Boss Lift event held by Connecticut ESGR gave civilian employers the opportunity to see what Army and Air National Guard members do during drills and annual training. The event was comprised of a full-day of activities, which included tours of the C-130 Hercules, the aircraft engine shop and training facilities, as well as a ride on a UH-60 helicopter, and a military working dog demonstration.

"This program is important, because it gives them an idea what their employers do when they're a member of the Nation-al Guard," said Lt. Col Charles Jaworski, Deputy G1 for the Connecticut Army National Guard and Commander of the 192nd Engineer Battalion. "We do this to explain what we do, why your employee has to come here for the weekend and for annual training."

For Guardsmen and Reservists, balancing military commitments with the responsibilities of a civilian job can be especially challenging if their civilian employer does not understand Guard and Reserve duty requirements; the employer may resist allowing time off for their employees to perform military duty. Through programs like the Boss Lift, ESGR educates employers on applicable laws regarding military service and promotes employer support for Guard and Reserve members.



Civilian employers and Connecticut ESGR staff members pose for a photo during a Boss Lift event April 26, 2018, at Bradley Air National Guard Base, East Granby, Conn. The Boss Lift is an ESGR program that educates civilian employers about the U.S. Army and Air National Guard and Reserves and serves to build good working relationships between employers and their Citizen Soldier employees. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing, Public Affairs)

"ESGR is specifically there to assist when situations arise between the employee and the employer," said Jaworski. "There may be an employer who is resistant to let their employee go to drill on the weekend or for annual training. ESGR will get involved and try to mediate a situation. I think it opens their [employers] eyes to see the different jobs that we have and the different specialties that we have in the National Guard and it gives them and idea to see how busy the [military members] are and how

much work they do."

Benedikt Kraus, Boehringer Ingelheim Head of Regional Governance-U.S., was impressed by the activities demonstrated during the Boss Lift.

"I was invited, because one of our staff members is serving in the National Guard regularly and he organized the event and invited us for it," said Kraus.

"I'm very proud to be invited and very impressed by all the activities. I had no idea of all of the support that the National Guard is giving, all the training development, and how our employees, one the one hand, help and serve the nation, but on the other hand, learn while being on those assignments."

According to Kraus, an employee's military experience could be valuable to a company in a variety of ways.

"There's the topic of work experience-diverse work experience, and technical subject matter expertise, but I would say, more importantly, that it's the discipline and leadership and managerial skills that he has learned and grew here," said Kraus.

Lt. Col. Jaworski wants to encourage members of the Connecticut Army and Air National Guard to nominate supportive employers for the Boss Lift Event and other ESGR recognition.

"If you're happy that your employer supports you for drills and ATs, if you're happy that your employer always gives you the freedom you need to come to drills and attend your training, nominate them for an award, nominate them for a boss lift."

Members of the Connecticut Army and Air National Guard who are interested in nominating their employer to participate in the Boss Lift can contact Connecticut ESGR at (860) 548-3295.



Civilian employers and Connecticut Employer Support of the Guard and Reserve staff visit one of the many Connecticut Army National Guard static display onhand during a Boss Lift event at Camp Niantic, Conn, April 26. The Boss Lift is an ESGR program that educates civilian employers about the U.S. Army and Air National Guard and Reserves and serves to build good working relationships between employers and their Citizen Soldier employees. (Photo by Sean Britzell, Connecticut ESGR)

Wing Team Provides Care For Airmen and Families

AIRMAN 1ST CLASS SADIE HEWES
103RD AIRLIFT WING, PUBLIC AFFAIRS

Inevitably, everyone goes through rough patches, as an individual or even as a family. Sometimes the pressures of life can just become too much. As a military member you may feel like you should be able to handle all of you and your family's obstacles yourself. This may lead to internalizing struggles or ignoring them until they become uncontrollable. Thankfully, Wing Care Team of the 103rd Airlift Wing wants to know that there are a plethora of resources available to Airmen to aid in overcoming life's struggles.

"Even if you're wondering 'Is this something for the WCT?' We'd be more than happy to discuss that and to let you know which of us can help with an issue," said 103rd Airlift Wing Director of Psychological Health Linda McEwen.

The WCT is a full-time resource available both on drill weekends and during the regular work week. The team consists of the Airman and Family Readiness Center, the base Chaplain's staff, the Equal Opportunity Office, and the Sexual Assault Prevention and Response Program.

Linda McEwen and Kasey Timberlake of the Airman and Family Readiness Center are available to aid with an array of problems, from financial inquiries regarding things like home loans and student loans, to aiding in the transition from military service to a civilian life, to psychological or family counseling.

Timberlake, who has been working with military families for over a decade, wants to inform more people about the resources that are available to them at Bradley, regardless of their status in the deployment rotation.

"We're a resource that is mobile," Timber lake said. "We're very interested in getting out into the squadrons and making sure we're present. Depending on the needs of the squadron, we would like to work with them as



Members of the 103rd Wing Care Team pose for a photo April 8, at Bradley Air National Guard Base, East Granby, Conn. The team is comprised of the Wing Chaplain Team, the Sexual Assault Response Coordinator, the Director of Psychological Health and the Airman and Family Readiness Program Manager. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing, Public Affairs)

individuals instead of treating the entire wing as a whole. We really want to get down into what the leadership of each squadron believes are the most important aspects of care in that particular work section."

Another realm of Comprehensive Airman Fitness that the WCT addresses is spiritual fitness. When seeking spiritual guidance or even just non-religious life advice, the base Chaplains' "fundamental role is to walk with people through whatever they're going through," said Maj. Eric Wismar, Wing Chaplain. Wismar can be reached via his personal cell or office number, and they are always happy to have people drop by if they need to talk. Worship services are offered on a drill to drill basis for anyone interested in attending.

The Wing Care Team also coordinates many of the events that happen around base. On April 8, a Yellow

Ribbon Ceremony was held to thank the Airmen who deployed last year and their family members. Linda McEwen also gave briefs for stress management, relaxation, and marital relationships at the ceremony.

Additionally, McEwen holds group meditation and relaxation exercises on base. During drill weekends, these sessions are normally on Sunday afternoons at 3:30 p.m. During the work week, they are on Wednesdays at 3:30 p.m. The locations of these sessions vary, and Linda can be contacted at linda.u.mcewen.civ@mail.mil for more information for anyone who would like to attend.

Another event coordinated by the WCT was the Deployment Discovery Day May 19. This event, coordinated by Kasey Timberlake, hosted children of guardsmen from kindergarten to 8th grade.

"The kids [came] in early in the morning and [we] put them through a [Physical Fitness] test and an obstacle course," explained Timberlake. "Once the kids [were] 'cleared for deployment,' [we deployed]them to the flight line, where [they had] an opportunity to see a C-130, a Chinook, a Black Hawk, a military working dog demonstration, and eat some MRE's."

Finally, the Chaplains plan to hold a Strong Bonds event in September of this year. This event is slated to be a married couple's retreat. More information on this event will be released in the near future.

No problem is too big or too small a problem for the WCT, and they encourage anyone who needs guidance to reach out.

"When you don't know where to turn, turn to us," Wismar said. "We're here for you, and I think that I can say that on behalf of all of our Wing Care Team members."



Be The Force Behind The Fight

CT SHARP & SAPR are Looking for Victim Advocates

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

What is the role of a victim advocate?

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

How to become a victim advocate:

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

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

Health & Fitness

Focus on Form for Improved Strength, Endurance

STAFF SGT. SILAS HOLDEN
1109TH TASMG
MASTER FITNESS TRAINER

Form is everything when it comes to resistance training, athletics, and fitness. Without proper form the window for injury is opened up.

I have touched on this in the past and would like to dive back into the subject since getting my latest certification with the NSCA (National Strength and Conditioning Association). The human desire to lift more weight than those around you will always be at the forefront of feeding the human ego. The ego will often even push us to test the limits after injury to prove to ourselves or others that we can do it. This is a very dangerous trend that must be remedied before it wreaks havoc on our overall readiness in the military and civilian sector.

Recently, during a five-set back squat sequence, I was paired with an individual complaining of shoulder pain before even starting to perform the exercise, and I could see why almost immediately: I witnessed some of the worst form I have ever seen for a squat. The bar was resting on the cervical spine section of the neck when proper form would have the bar resting on the top of the shoulder blades in the middle of the upper back. To make things worse, when descending into the squat the individual's head would tilt back and look upward instead of staying at a 30 to 40 degree angle looking forward and down. After each set was performed this way the individual would grab their shoulder and try to stop the pain that was being felt.

The one surefire way to limit the risk of injury and ensure you get the most out of a workout is to keep form on point. If an individual cannot keep proper form then they should not be adding weight to a movement. You will often hear about a person "cheating" to get one last repetition, this is far from the danger of doing a set with improper form. A "cheat" repetition does not throw away the fundamentals of form but rather modifies the form a little bit to get that one last rep without provoking injury. This is how professional Olympic lifters achieve their personal records and world records, but they do not compromise the fundamentals of form.

So what does this mean to me, a Soldier or Airman? Readiness and retention, two of the keys to success in today's Armed Forces. In order to function in the military you must be strong, so of course resistance training is a necessity. You must also have endurance to sustain a level of performance needed over duration of time, and you must stay agile so that the body can adapt to any given situation or environment. To top it off you must



Sgt. 1st Class Jason Lee, a U.S. Army Reserve Soldier assigned to the 200th Military Police Command and a certified Master Fitness Trainer, shows proper form in weight lifting to a group of Soldiers participating in a Performance Triad program organized by him, hosted on Fort Meade, Maryland, May 12, 2017. Applying proper form to your exercises is one of the surefire ways to limit the risk of injury and to ensure that you are getting most out of your workouts. (U.S. Army Reserve photo by Master Sgt. Michel Sauret, <https://www.army.mil>)

fuel your body properly to perform at maximum levels and recover to continue the next day.

In order to have these three variables work together you must stay injury free to the best of your ability. This is accomplished through smart choices, consistency in your fitness routines, and always keeping proper form and function. To combat the plague of injuries and get our ranks to the forefront of readiness we must all grow our knowledge base and pass it on. If we don't teach an individual the correct way to perform an exercise whether under load or not, then we have no right to be surprised when they are injured and sidelined. We have far too many individuals who are in top physical shape and have knowledge to share for us to keep down the road of failing physical readiness.

When performing PRT I witness many individuals performing the drills wrong and when trying to correct them they shrug it off as PRT will do nothing for their body anyway. We must change this culture and it can only be done through teaching and true science based knowledge. Until we accept that there is a culture change

needed as a whole, then we will continue to see poor form, improper training, poor nutrition choices, and injuries that degrade our readiness.

I invite everyone to push themselves to meet the prerequisites for Army Master Fitness Trainer Course and get with your training NCO to enroll you into the course. Only through taking action can we improve our National Guard and its capabilities to overcome adversity and face every challenge while limiting our injury risk. Until next month, stay motivated, stay hydrated, and stay fit.

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

The Background on the Boom

2ND LT. KEVIN MILLS, OPERATIONS OFFICER
643RD MILITARY POLICE COMPANY

"Fire!"

The command pales in comparison to the roar of the Howitzer as the lanyard is pulled. The breech block lets out a metallic clink as it's ripped open to allow for the next round.

"Fire!"

Another round shakes quickly clear the cannon, close the trails and hurry off the field so the first pitch can be thrown.

Although disbanded and re-organized during this period, what is now known as the 192nd Military Police Battalion served as an artillery battalion for over 300 years until it was re-organized in 2003 into the 192nd Chemical Battalion. In 2008, it was once again consolidated with the 143 Military Police Company to look like the 192nd Military Police Battalion we know today.

What started in 1672 as a militia, the 192nd Military Police Battalion has a long lineage. From gathering militia men who turned into, "Red Legs," (Artillerymen) and created an artillery unit, the unit went on to fight in the Revolutionary War, Civil War, and both World Wars.

Although it has been 15 years since the 192nd has been an Artillery Battalion, the tradition still carries on. Tucked away in the Niantic Readiness Center is one of the four M101A 105MM howitzers left in the state - a tribute to the history of the battalion. Every spring the cover is

removed and the parts are checked so the cannon can conduct ceremonial fire missions throughout the state. Although there are a handful of Red Legs still in the Connecticut Army National Guard, the tradition is carried on through the Military Police Officers that are trained on the system.

"It's always an amazing experience to carry on the lineage of the unit," 1st Lt. Daniel DePasquale, Training Officer assigned to the 192nd Military Police Battalion said. "We have had everyone from Privates to Majors fire and it always brings a smile out, no matter the rank."

Although the system is antiquated, it represents the history. It is a living, working piece that will hopefully continue conducting fire missions long after we all retire. From firing on the green in New Haven, to the outfield



Members of the Connecticut Army National Guard fire M101A 105MM howitzer's at inauguration of Gov. Dannel P. Malloy, on the grounds of the State Capitol, Hartford, Conn., Jan. 7, 2015. The howitzers were part of a 19-gun salute, a prescribed military honor for Governors who serve as commanders of their state's National Guard. The Connecticut Army National Guard Howitzers are currently used for ceremonial purposes at official and community events around the state. (Photo by Staff Sgt. Jerry Boffen, CTNG)

at Hartford's Dunkin' Donuts Park, the Howitzer not only represents the history of the 192nd, but the history of Connecticut. With proper care for both tradition and the Howitzer itself, the cannon will continue to bellow its mighty roar for many years to come.

Detorie Promoted to Brigadier General



Brig. Gen. Frank Detorie, left, retakes the oath of office, administered by his son, 2nd Lt. Tyler Detorie, at his promotion ceremony at the Bradley Air National Guard Base, May 6. Second Lt. Detorie is a Space Operations Officer with U.S. Air Force Space Command, Peterson Air Force Base, Colorado Springs, Col. (Photo courtesy of the 103rd Airlift Wing Public Affairs Office, CTARNG)



Brig. Gen. Frank Detorie, center, gets pinned by his wife, Darci, left, and daughter Erin, at his promotion ceremony at the Bradley Air National Guard Base, May 6. Brig. Gen. Detorie has been the Assistant Adjutant General (Air) for the Connecticut Air National Guard since November 2017. Before his current assignment, he, was the Commander of the 103rd Airlift Wing for nine years. (Photo courtesy of the 103rd Airlift Wing Public Affairs Office, CTARNG)

Guard Supports Post-Storm Cleanup Efforts

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Towns throughout southern Connecticut experienced weather conditions not seen in years, leaving thousands without electricity, May 15.

With winds more powerful than those brought by Super Storm Sandy in 2012, according to a local electricity company, hundreds of trees felled miles of power lines, leaving neighborhoods cut off and some state parks closed indefinitely.

After two days of intense cleanup, the Connecticut National Guard was called in to support agencies already engaged in cleanup, arriving in multiple locations on Friday, May 18.

Civil Engineers assigned to the Connecticut Air National Guard's 103rd Airlift Wing and Engineers assigned to the Connecticut Army National Guard's 192nd Engineer Battalion worked through the weekend in Bethany, Brookfield and New Fairfield.

"A class 1 tornado touched down in the town of Bethany, they called us up last night and we all responded," said Master Sgt. Jim Mele, 103rd Civil Engineering Squadron. "We got a crew together of experienced chainsaw people, equipment operators, dump trucks, everything that you need to clear the roads and make the roads safe and the town safe for the people to pass through."

Meanwhile, the 192nd Engineer Battalion found itself sending elements into Brookfield



Members and equipment from the 103rd Civil Engineer Squadron, Connecticut Air National Guard clear debris, in the neighborhoods of Bethany, Conn., May 18. Connecticut Guardsmen from the 103rd CE and the 192nd Engineer Battalion, Connecticut Army National Guard were called upon following severe storms that tore through the state on May 15. Storms damaged property, downed trees and left thousands without power. Guardsmen assisted the towns of Brookfield, New Fairfield and Bethany with debris and route clearance. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing, Public Affairs, Connecticut Air National Guard)



Members from the 192nd Engineer Battalion, Connecticut Army National Guard, clear debris to make roads passable for electrical crews and first responders in Brookfield, Conn., May 18. Guardsmen from the 192nd Engineers and the 103rd Civil Engineer Squadron, Connecticut Air National Guard were called upon following severe storms that tore through the state on May 15. (Photo by Staff Sgt. Benjamin Simon, Joint Force Headquarters Public Affairs, CTARNG)

and New Fairfield throughout the weekend, identifying teams to conduct similar route clearance tasks.

"This is what we're trained for, this is what we do, regardless of the location," said Lt. Col. Charles Jaworski, Commander of the 192nd Engineer Battalion.

Heavy route clearance included debris removal from roadways, which helped provide power companies and other agencies access to downed powerlines and neighborhoods with no egress. This type of mission isn't new to Connecticut's Guardsmen, who have supported weather-related cleanup in the past.

"There were no shortage of volunteers to step up and support the mission," Jaworski said. "A lot of our people have first-hand knowledge of what the support we provide means to people who need help."

Although supporting communities in need through debris removal was the most

visible part of the Connecticut National Guard's efforts, there were service members behind the scenes playing an important role.

"We had liaisons in each town, working with local and state agencies so we could stay in constant communication with the needs those we were supporting," Jaworski said. "It was great to have such a level of dialogue, because it focused our efforts and ensured we maximized the time of our guys on the ground."

Guard support wrapped up on Sunday afternoon, but that does not mean Connecticut residents are in the clear just yet. As of May 22, local power companies were reporting upwards of 10,000 outages still affecting Connecticut residents. That number, however, is just a percentage of the outages that initially hit the state the week prior.

"It makes me feel proud to come out here and support Connecticut, support not only the guys I'm working with, but the local community," Mele said while on the ground in Bethany. "I'd just like to tell the community that the Air National Guard and the Army National Guard is out here, we're doing our best, we're going to try to get all the roads clear and help as much as we can."



Above: Members from the 192nd Engineer Battalion, Connecticut Army National Guard, clear debris to make roads passable for electrical crews and first responders in Brookfield, Conn., May 18. The 192nd Engineers and the 103rd Civil Engineer Squadron, Connecticut Air National Guard were called upon following severe storms that tore through the state on May 15. (Photo by Staff Sgt. Benjamin Simon, Joint Force Headquarters Public Affairs, CTARNG)



Right: Members and equipment assigned to the 192nd Engineer Battalion, Connecticut Army National Guard, clear debris to help make roads passable for electrical crews and first responders in Brookfield, Conn., May 19. Connecticut Guardsmen assigned to the 192nd Engineers and the Connecticut Air National Guard's 103rd Civil Engineer Squadron were called upon following severe storms that tore through the state on May 15. Storms damaged property, downed trees and left thousands without power. Guardsmen assisted the towns of Brookfield, New Fairfield and Bethany with debris and route clearance. (Photo by Maj. George Duggan, Public Affairs Officer, 143rd Regional Support Group, CTARNG)



Left: A resident surveys the road clearing progress by members from the 103rd Civil Engineer Squadron, Connecticut Air National Guard in Bethany, Conn., May 18. Connecticut Guardsmen from the 103rd CE and the 192nd Engineer Battalion, Connecticut Army National Guard were activated to assist local and state crews to clear roads made impassable by severe storms that tore through the state on May 15. Storms damaged property, downed trees and left thousands without power. Connecticut Guardsmen assisted the towns of Brookfield, New Fairfield and Bethany with debris and route clearance. (Photo by 1st Lt. Jen Pierce, 103rd Airlift Wing, Public Affairs, Connecticut Air National Guard)

See more photos on Facebook, @ConnecticutNationalGuard, @103AW.

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CONNECTICUT NATIONAL GUARD

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*photos are representations only, actual items and bonuses are subject to funding and availability.

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Enlisted Update



COMMAND CHIEF MASTER SGT.
 JOHN M. GASIOREK

Greetings My Fellow Guardsman, Benjamin Franklin once said, "By failing to prepare, you are preparing to fail."

During both February and March 2018 training periods, Lt. Col. Tara Hood of the 103rd Medical Group, offered multiple Heartsaver CPR courses to members of the 103 Airlift Wing.

As National Guardsman it may sometimes feel like all we do is train and prepare. We sometimes may feel we rarely have the opportunity to put our training into action unless we deploy. The truth of the matter is we only have today to train for tomorrow's next necessity at both stateside and overseas locations.

On Thursday, March 22, Tech Sgt. Jennifer Starrett of the Connecticut Air National Guard Joint Force Headquarters, left work for home and needed to stop for gas and a few groceries. As a recent graduate of Hood's Heartsaver CPR class, the furthest thing from her mind would be she would ever have the opportunity to use the CPR training she recently received. She did believe it was a nice thing to have should something happen at home with a family member or otherwise.

In TSgt Starrett's words: "I got out of my car and I noticed some commotion and it took me a bit to understand what was going on. At first glance I assumed it was a domestic dispute. I saw a woman yelling frantically while hitting her husband seated in the driver seat of their minivan. I was in my uniform and a few people asked me if I was a nurse. (Usually I get asked if I fly planes so being asked if I was a nurse was a new twist.) Quickly I reacted not as a nurse but as someone that has received some CPR training with the National Guard. I worked with a volunteer firefighter and another gas station bystander to pull the man from his car, checked him over and

quickly realized he was not breathing. I administered compression on the man and the volunteer firefighter administered some breaths. Soon after beginning CPR, State Police arrived and we alternated giving compressions to the man. A short time later the Stafford Ambulance crew arrived, they applied the defibrillator and administered a shock. The man gasped for air several times and a pulse returned.

"The training provided to me by the National Guard matters and has relevance in our daily lives. I joined the National Guard as a way to serve in the military that also allowed me to remain a member of my local community. It affords me the opportunity to serve our neighbors in a time of need. The countless hours of training we accomplish each year matters and helps us be prepared to spring into action when those around us need us the most. I could have pumped my gas, got my milk and just returned home. However I knew that I needed to help in some way. It is easy to think that some of the training we do here will never be utilized or is just a check in the box for an inspection item but the core values that I've learned here in the military and the training that I received here helped prepared me for this very type of situation."

The victim recovered medically and is doing fine. I can't think of a better example of our Connecticut National Guard exemplifying the motto: Always Ready, Always There.

On April 27, Command Sgt. Maj. John Carragher and I were invited to be panel members and answer questions from behavior health professionals who serve all of you. We were afforded the opportunity to witness firsthand the type of training the people looking out for your mental health needs are receiving. The training was both refreshing and rewarding knowing such caring and resourceful civilians are so passionate to help all of you who have giving so much to Connecticut and our country with your selfless service.

It truly takes a person of character, strength and honor to ask for help. Each and every one of you are so important to our National Guard and we need everyone in our family healthy physically AND mentally so we can execute our mission free of distraction.

During the first week of May, Connecticut Air National Guard staff joined me at the Air National Guard Senior Leadership Conference where Lt. Gen. L. Scott Rice,

Director of the Air National Guard, outlined his newest Air National Guard Priorities and Lines of Effort.

The three priorities focused on "Readiness: Today's Fight, 21st Century Guard Airman, and Build for Tomorrow's Fight." When discussing readiness, he focused on both effective manning and end strength. The focus is also on training and resources. When discussing the 21st Century Guard Airman, he focused on the Airman's Time and affording Airmen time to accomplish their duties, while also talking about innovation, agility and resilience.

When discussing Building for Tomorrow's Fight, he focused on Recapitalization, Modernization and Missions and Concepts. These broad concepts provide a roadmap to where our Air National Guard is heading. For additional details please reach out to me, any of your Chiefs or First Sergeants who have been provided electronic copies of the document for reference. I hope you are having discussions within your units on how your squadron fits into the strategic picture.

One my priorities is continuous self-improvement and the deliberate development of our future enlisted leaders. The 2019 Air National Guard Senior Enlisted Development Opportunities announcement has just been issued, and some of the courses being offered for E-7 and E-8 include the following: International Leadership Development (INLEAD Seminar), NATO NCO Orientation Course, Sister Service SNCO Academy, Joint Special Operations University Senior Enlisted Academy (JSOFSEA), and Reserve Component National Security Council Course (RCNSC).

There are also additional opportunities available for senior enlisted leaders. For additional information about these courses and others can be found at the Senior Enlisted Development Opportunities Portfolio <http://www.ang.af.mil/Careers/Force-Development/>. NOTE: The application process is incredibly stringent and all completed packages need to be uploaded by September 13. An individual suspense will be dictated in the near future so if you are interested in attending please have conversations with your leadership today.

I would like to thank you all for what you do each and every day. Your senior leadership, my family and I are extremely impressed in all that you do! We are grateful. Stay Safe!



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

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





WARRANT OFFICER

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CONNECTICUT NATIONAL GUARD

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CW2 Lisa Chipman
 WARRANT OFFICER STRENGTH MANAGER
(203) 410-0828
lisa.a.chipman.mil@mail.mil

OCS Class 63 Celebrates at Annual Dining Out

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

ROCKY HILL, Conn. – After nearly a full year of hard work, the Candidates of Officer Candidate School Class 63 took an evening to reflect on their accomplishments during the annual OCS Dining Out at the Sheraton Hartford South Hotel Grand Ball Room, May 5.

For the remaining 27 Candidates and cadre assigned to the 1/169 Regional Training Institute (Regiment), it was a welcome reprieve and a chance to let their hair down without losing sight of the ultimate goal: a commission to Second Lieutenant in the United States Army.

And just because the evening was a celebration, the Candidates, who are currently in the second of a three-phase program, understand they have not earned anything yet.

“Getting to this point means you’re one step closer, but in no way does it represent the finish line,” said Officer Candidate Jaime Cabezas. “Even [the Dining Out] was treated like a mission. Every detail was meticulously planned.”

Over 100 attended the Saturday evening affair and heard Brig. Gen. Christopher M. Burns, Commander, Special Operations Command, North, remind Candidates to celebrate, but to stay focused.

Burns, a former Connecticut National Guardsman



Brig. Gen. Christopher M. Burns, Commander, Special Operations Command, North, right, shakes the hand of Officer Candidate Zachary Flashman, OCS Class 63, at the Class 63 OCS Dining Out at the Sheraton Hartford South Hotel Grand Ball Room, May 5. Burns, the keynote speaker for the event, encouraged the officer candidates to think critically, learn as much as they can and to love what they do. (Photo by Maj. Mike Petersen, State Public Affairs Officer)



Brig. Gen. Christopher M. Burns, Commander, Special Operations Command, North, left, is saluted by an Officer Candidate at the Class 63 OCS Dining Out at the Sheraton Hartford South Hotel Grand Ball Room, May 5. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

whose bio includes an assignment as the Executive Officer of B Battery, 2nd Battalion, 192 Field Artillery, 26th Infantry Division in Danbury, Connecticut, told Candidates to understand the commitment of what they are doing, and the hard challenges they will face in order to uphold the standards. He also stressed that Candidates should not compare themselves to Active Duty counterparts, but to think critically about what skill sets they as Reserve Component officers bring to the table.

“It was enlightening, for sure,” Cabezas said. “Hearing from someone with such a vast wealth of experience was both informative and inspiring.”

The next day, Burns spent even more time with the Candidates to further discuss the points he emphasized during his speech.

Burns closed his speech by asking Candidates to do three things: Lead by doing the “hard right,” learn as much as they could and love what they do.

Upon completion of Phase II, Candidates will then conduct a two-week third phase before officially commissioning into the United States Army.

Interested in becoming a commissioned officer? Reach out to the Connecticut National Guard Public Affairs Office at 860-524-4857 for more information!

Inside OCS Field Training Exercises

OFFICER CANDIDATE ANGEL G. BAEZ
OCS CLASS 63, 1-169 REGT (RTI)



From this point forward, Candidates of OCS Class 63 will be testing our bodies and our minds while conducting field training exercises.

Our mission is to advance and refine our troop-leading abilities. Teamed up with our fellow candidates from New York, we conducted April training in Camp Smith, NY.

Candidates hit the ground running. In what felt like no time we had formation, marched our rucks and duffel bags over to the staging area, drew necessary training equipment, and prepared for the arrival of UH-60 helicopters, which would fly us to training.

Right after we landed, the tempo picked back up as we cross loaded equipment and meals with New York candidates for the weekend, then received our operations order. Following receipt of the mission, we marched several miles up and down hilly Camp Smith to our training site. After establishing a patrol base, we conducted priorities of work in preparation for field training and settled into what would be our home until the completion of training.

On Saturday, cadre evaluated individual candidates on their abilities to lead squad level lanes. Lanes included missions like knocking out a bunker and conducting reconnaissance and Candidates gained valuable perspective and experience on the troop leading procedures.

After our evaluations, we moved on to familiarization with night vision goggles and conducted training patrols to experience leading teams in the dark while using hand and arm signals to maintain noise discipline.

Sunday morning flew by as we packed up the patrol base and conducted recovery operations to clear our training site and return for our flight back to Camp Niantic.

Returning home did not equal the conclusion of our training period, but it sure did feel good to be back in Connecticut. After equipment maintenance and leadership evaluations, training for the month was over and it was time to be with our loved ones, the final and most important part of every mission we conduct as service members.

Think You Have What it Takes to Lead as a Commissioned Officer?

Find out if the CTARNG Officer Candidate or Warrant Officer Candidate Schools are right for you at the

1-169th Regiment (RTI) OCS & WOCS Open House & Information Brief

August 25, 2018

10:00 a.m.
RTI, Camp Niantic



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

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



Please RSVP through your chain of command and to:

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

VALUES IN ACTION

Identify Character Strengths to deepen your awareness of your Signature Character Strengths and how you use your Character Strengths as a Leader, a Warrior, and a friend/family member.

Identify your top (signature) character strengths by registering to take the free *VIA Survey of Character Strengths* at:
<https://www.authentic-happiness.org/user/register>

THE 24 CHARACTER STRENGTHS

Appreciation of beauty/excellence	Humor and playfulness
Bravery and valor	Industry, diligence, and perseverance
Capacity to love and be loved	Judgment and critical thinking
Caution, prudence, and discretion	Kindness and generosity
Citizenship, teamwork, and loyalty	Leadership
Creativity, ingenuity, and originality	Love of learning
Curiosity and interest in the world	Modesty and humility
Fairness, equity, and justice	Perspective (wisdom)
Forgiveness and mercy	Self-control and self-regulation
Gratitude	Social intelligence
Honesty, authenticity, genuineness	Spirituality, sense of purpose, faith
Hope, optimism, future-mindedness	Zest, enthusiasm, and energy

What is the skill?
Knowing *your* Character Strengths and the Character Strengths of *others* allows you to recognize the best of yourself and the best of others.

KEY PRINCIPLES

- Know your Character Strengths: Knowing your Character Strengths is as important as knowing your weaknesses.
- All 24 won't be Signature Character Strengths: Some Character Strengths come more easily to you than others.
- Non-signature Character Strengths: Some situations require that you pull on Character Strengths that are not your Signature Character Strengths.

Critical Days of Summer Warning: Mixing Heat and Alcohol Makes a Bad Cocktail

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER



As the weather warms and leisurely activities move outdoors it is important for Soldiers to keep in mind the dangers of mixing summer activities and alcohol.

Many of the side effects of alcohol are exacerbated by heat exposure. The Betty Ford Center cites that the use of alcohol while participating in hot weather activities such as swimming, boating, fishing, and other physical activities can present risks and potentially serious, if not lethal, situations.

Alcohol's effects include loss of coordination and impaired judgement, both of which will be exacerbated by heat and sun exposure. You may feel the effects of alcohol after fewer drinks than normal when you are in the sun. This means you may be putting yourself at risk without realizing it. On top of reduced judgment and coordination alcohol is a diuretic, which means it dehydrates

the body.

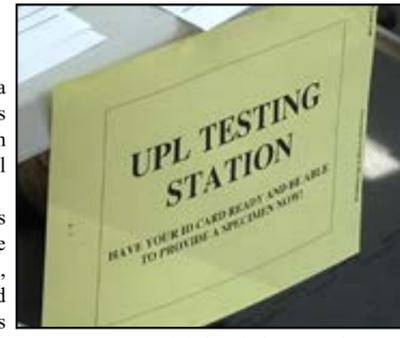
This effect is also exacerbated by heat and sun exposure. Dehydration can become a serious medical issue which may go overlooked if a Soldier's judgment is impaired by alcohol and cannot notice the signs and symptoms. Soldiers are encouraged to hydrate with non-alcoholic, low sugar drinks to mitigate the risks and be sure to alternate alcoholic and non-alcoholic beverages.

Soldiers should be mindful about the amount they are drinking and spending prolonged periods in the sun. Summer should be a relaxing time to enjoy the nice weather and outdoor activities. By adhering to low-risk drinking guidelines and being mindful of sun and heat exposure Soldiers can reduce the likelihood of negative consequences.

R3SP - Resilience, Risk Reduction & Suicide Prevention

Looking for Qualified UPL Observers

SGT. VICTOR MARTINEZ
CTARNG DRUG TESTING COORDINATOR



The Drug Testing Program is a meticulously run program that serves as a means to identify Soldiers with potential substance use issues as well as deter substance use.

While the Drug Testing Coordinator is the face of the program and responsible for the implementation of the program, it takes a team of trained and dedicated Soldiers to ensure the program operates to standard. The test observers play an important role in ensuring the legitimacy of the urinalysis tests conducted at unit level. The observer acts as the eyes for the Unit Prevention Leader. These are the responsibilities of the observer, as spelled out within Army Regulation 600-85 (para 4-9c):

- Be an E-5 or above with good moral character
- Must keep the specimen container in eyesight at all times from the moment the Soldier is issued the container to the

moment it is handed over to the UPL

- Must watch the Soldier's specimen leave the body and fill the container
 - Must report any suspicious activity during testing to the UPL immediately
- Observers are an integral part of the Drug Testing Program and there adherence to the rules and regulation ensures the validity of the program at state level. If you have questions about the Drug Testing Program or are interested in becoming an observer please contact Sgt. Victor Martinez at 860-548-3298.*

Substance Abuse Issues? Get Help Now!

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

CTNG Substance Abuse Program Staff

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

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

Jennifer Visone
Prevention Coordinator ASAP/SPP
(860) 548-3291 - jennifer.a.visone.ctr@mail.mil

Lt. Alex Long
R3SP Support
(860) 544-4926 - alex.m.long5@mail.mil

NEVER GIVE UP IF PLAN DOESN'T WORK, REMEMBER THAT THE ALPHABET HAS MORE LETTERS.

THE CONNECTICUT NATIONAL GUARD HAS RESOURCES AVAILABLE TO HELP MAKE A PLAN THAT WORKS!

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

Suicide prevention is everyone's responsibility. Contact Meagan Macgregor, SPPM for more information: 860-524-4963 or meagan.e.macgregor.ctr@mail.mil

Resilience Resources:

Outward Bound
www.outwardbound.org/veterans

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

Military OneSource
www.militaryonesource.mil



Off the Bookshelf

with Staff Sgt. Simon

I am a Doughboy

STAFF SGT. BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

The etymology of the term, “doughboy,” is ambiguous. There are many stories about its origin, but the oldest stems from the Revolutionary War, when continental Soldiers utilized clay to whiten the piping on their uniforms. When it rained, the clay inevitably clumped into doughy globs.

The affectionate term, of course, became the preferred moniker for all U.S. Soldiers during World War I and, contrary to popular historical memory, was used until it was replaced by the standard acronym, (and tougher-sounding) G.I., during World War II.

“I am a Doughboy,” was a military introductory booklet, published by the U.S. Office of War Information, and distributed to American Soldiers attending Infantry Replacement Training Centers during World War II.

IRTWC was typically a 15-week training program (varying based on the Army’s needs) that supplied new draftee Soldiers to units serving in the Pacific and European fronts requiring replacements. Camp Croft IRTWC in South Carolina, for instance, prepared more than 200,000 Soldiers for World War II. Other camps included Camp Robinson, Camp McClellan (now Fort McClellan), Camp

Fannin, Camp Wolters (now Fort Wolters), Camp Hood (now Fort Hood) and Camp Roberts.

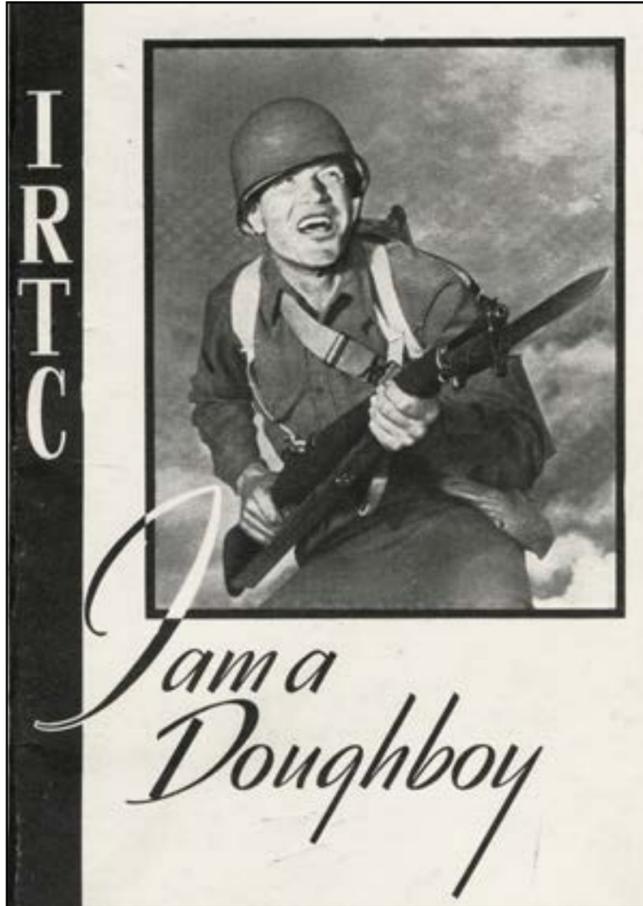
Regional Training Centers were also created to train Soldiers entering additional occupational specialties: finance, field artillery, chemical warfare, and ordinance among others.

These booklets were not training manuals. They are layered with motivational quotes, majestic warzone pictures and detailed job descriptions. They are organized by job classification, and each section begins with the powerful, “I am a member of a...” which is followed various infantry classifications: rifle company, heavy weapons platoon, mortar section, antitank section and others.

One of the booklet’s most notable quotes is from Gen. George S. Patton, Jr.: “A thousand years ago it was the foot soldiers who won and held territory and I will be the same a thousand years from now. Look at em’, the doughboys, god bless em’.”

Although these booklets are rare, they are still readily available and affordable online. Many are signed by their original owners and have signatures on their pages, presumably from peers.

Funding for the U.S. Office of War Information ceased at the end of World War II, and many of the office’s duties were transferred to other internal U.S. Government agencies.



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tyler.j.sams4.mil@mail.mil
860.595.9962

Military History

Patriot Physicians

COL. (RET.) RICHARD YOUNG, M.D.
GUEST HISTORICAL COLUMNIST

“Listen, my children, and you shall hear, of the midnight ride of Paul Revere.” – The Midnight Ride of Paul Revere, by Henry Wadsworth Longfellow.

Every student in America knows about the daring ride of Paul Revere on April 18, 1775. However, few Americans know that it was 34-year old physician, Dr. Joseph Warren, who issued the command to alert the Minuteman.

The following morning, Dr. Warren fought in the Battles of Lexington and Concord. Warren was nearly killed when a musket ball struck the hairs of his wig. His mother pleaded with her son not to return to the fight, but Warren replied, “Where danger is, dear mother, there must your son be. Now is no time for any of America’s children to shrink from hazard. I will set her free or die.” Joseph Warren was born in 1741 and educated at Harvard University. He was recognized as an excellent physician, but also well known as a patriot and a close friend of Samuel Adams and Paul Revere.

Warren is celebrated as the, “hero of Bunker Hill.” A physician with no prior military experience, Warren was commissioned a Major General of the Army. As the Americans prepared to fight at Bunker Hill, Warren recognized he was a neophyte, and ceded command to Major General Israel Putnam of Connecticut and Colonel William Prescott. Instead, Warren picked up a musket and fought as a Soldier.



A statue of Dr. Joseph Warren is located at Forest Hills Cemetery, Boston Mass. (Photo by Joseph Lapin, <https://www.walkbostonhistory.com/dr-joseph-warrens-dedication1.html>)

Warren rallied his fellow Soldiers, “These fellows say we won’t fight! By Heaven, I hope I shall die up to my knees in blood.” When the British made their final assault on the hill, Warren was killed. His body was identified by an artificial tooth which had been fashioned for him by Paul Revere.

To commemorate Dr. Warren’s bravery, a statue of Warren greets visitors at Bunker Hill National Monument. His memory is enshrined by numerous towns including Warren, Connecticut. Five ships in the U.S. Navy were named after Dr. Joseph Warren.

Born in 1746, Benjamin Rush was educated at Princeton University. He was a pre-eminent physician in the young United States, a member of the Sons of Liberty, delegate to the Continental Congress, and signer of the Declaration of Independence. As a Surgeon General in the Continental Army, Rush fought at the Battle of Princeton (1777). His book, “Directions for Preserving the Health of Soldiers,” was required reading for Army surgeons. Dr. Rush was an enlightened man who opposed slavery, encouraged development of free public schools, and advocated education for women.

In 1804, President Jefferson sent Capt. Meriwether Lewis to Rush for medical training. Dr. Rush instructed Lewis in how to bleed a patient and purge their bowels.

Rush was a pioneer in mental health, publishing “Medical Inquiries and Observations, Upon the Diseases of the Mind (1812).” He advocated occupational therapy for patients with mental illness: “those who assist in cutting wood, making fires and digging in a garden... or... are employed in washing, ironing, and scrubbing floors, often recover.”

Dr. Rush was a Professor of Medicine at the University of Pennsylvania and during his career, he instructed 3,000 medical students. Dr. Rush lived long enough to see the United States defeat the British in two wars and discover a path to the Pacific Ocean.



A portrait of Dr. Benjamin Rush, by Charles Willson Peale, 1783, hangs in the Winterthur Museum, Winterher Del. (<http://www.smithsonianeducation.org>)

Get social with the
CONNECTICUT NATIONAL GUARD

Official Pages - Managed by the CTNG PAO

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

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

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

FICKR
<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 Sgt(MaJ)

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. 860-524-4837

CTARNG TY18 Training Circulars

Course	Course #	Action Officer	Start Date	End Date
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
Engagement Skills Trainer II (EST II), Laser Marksmanship Training System (LMTS)	350-17-22	1st Sgt. Corey Lewis	5-Sep-18	7-Sep-18
Annual Government Purchase Card (GPC) Refresher Course	350-17-39	Sgt. Kyle Stafford	11-Sep-18	11-Sep-18
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Meagan MacGregor	12-Sep-18	13-Sep-18
Army National Guard Annual Substance Abuse Prevention Training Course for AGR & FTSP	350-17-04	Dennis Tomczak	13-Sep-18	13-Sep-18
Company Level Pre-Command and First Sergeant's Course	350-17-24	Maj. Michael Jakubson	14-Sep-18	16-Sep-18
Annual Government Purchase Card (GPC) Refresher Course	350-17-39	Sgt. Kyle Stafford	19-Sep-18	19-Sep-18
Annual Government Purchase Card (GPC) Refresher Course	350-17-39	Sgt. Kyle Stafford	27-Sep-18	27-Sep-18

All Training Circulars for TY18 can be located on GKO at G3 > Training circulars > Training (TR) > TY18 or in DTMS. Contact Your Chain of Command for More Information

Highlighted Courses:

• **High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course:** This training opportunity provides training for soldiers to set-up, operate, troubleshoot and perform minor PMCS on the HEAT rollover trainer. These individuals may have ADOS opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating the system to provide training their own units. August 18, 2018. Course maximum: 12 Soldiers.

• **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. September 5-7, 2018. Course maximum: 5. Limited ADOS funding available for students; See your unit training NCO for current availability.

• **Note:** TY19 Training Circulars will be published June 1, 2018. See GKO or your unit training NCO for training available for TY19.

Maj. Michael Jakubson - 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 below standards 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**
 - MO Monica Rose
 - Armed Forces Reserve Center
 - 375 Smith Street
 - Middletown, CT 06457
 - Room 322
 - Be on time and fully dressed at the scheduled time
 - Locker rooms available on the first floor if you wish to carry your uniform on a hanger

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

- Per AR 600-30, Photographers will not alter the photograph, to include adding new rank, ribbons, stars or award citations or emblems. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 600-30, 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, disk or copy WILL NOT be issued to the Soldier.

How Does your photo get to your ERB/ORB?

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

What to Wear for a DA Photo

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

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

Reconnect with friends!!!

Cookout starts at Noon

Retiree Benefit Update at 10:30 a.m.

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 Events

For more information visit:
<https://ngact.org/>

2018 NGACT Special Event Dates:

EANGUS Conference: August 11-16 Charleston, WV

Retiree/Full Time Picnic: August 23 Niantic, CT

NGACT Work night: August 29 Hartford, CT

NGACT Golf Tournament: August 31 Southington, CT

2018 NGACT Board Meeting Dates:
June 20, July 18, August 15, October 17, November 14, December 19

All NGACT Board Meetings are held in Hartford and begin at 5:30 p.m., unless otherwise noted

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

CTARNG Funeral Honors Team
Now Accepting New Members

HONOR GUARD

Call today to schedule your training!
203-568-1741

New Medicare Cards are Coming

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

Beginning in April 2018, Medicare started mailing new, safer Medicare cards to the approximately 58 million beneficiaries currently with Medicare.

Each card will have its own unique, randomly generated 11-character Medicare Beneficiary Identifier, or MBI. Each MBI or number will be unique to you, instead of using your Social Security Number as is now the case. The MBI will look something like this: 1EG4-TE5-MK72.

Cards are being randomly mailed over a 12-month period; from April 2018 thru March 2019. If you are a Medicare beneficiary, the new card will automatically come to you.

You do not have to do anything, as long as your address is up to date. If it is not, all you need to do to update your address is to visit your, "mySocial Security account," online or visit your local Social Security office.

Mailing does take time. Your card may arrive at a different time from your spouse, friend or neighbor. Don't panic. Again, as long as your address is up to date, you will get your new card.

Your Medicare benefits do not change with this new card – they remain the same. These new cards are red, white and blue, looking very much like the current Medicare cards. They will continue to show whether you have Part A (Hospital Insurance), Part B (Medical Insurance) or both, and it shows the date your coverage starts.

Once you receive your new Medicare card with your new MBI number, destroy your old Medicare card by shredding it and begin using the new card right away. If you are enrolled in a Medicare Advantage Plan (like an HMO or PPO), your Medical Advantage Plan ID Card is

your main or primary card for Medicare, so you should still keep and use it whenever you need medical care. If you have a Medicare drug plan, be sure to keep that card as well. Even if you use one of these other cards, it is always possible that you may be asked to show your new Medicare card, so keep it with you.

Only give your new Medicare number to doctors, pharmacists, other health care providers, insurers, or people you trust to work with Medicare on your behalf.

Eliminating the displayed Social Security numbers is aimed at deterring scammers from opening fraudulent financial accounts, filing bogus tax returns or otherwise stealing your money and identity.

Watch out for scams! Medicare will never call you uninvited and ask you to give them personal or private information, or to send money in order to get your Medicare Number and card. Scam artists have been known to call and try to get personal information (like your current Medicare Number). If someone does call and asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227) to report the incident.

What if your Medicare card is lost, stolen or damaged? If it is, you can get a new one simply by contacting Social Security and ask for a new one. Social Security will mail your new card to the address that they have on file for you. Your new Medicare card should arrive in the mail in about 30 days. Should you need proof that you have Medicare sooner than 30 days, you can request a letter from Social Security. The letter will arrive in the mail in about 10 days. If you need immediate proof of Medicare coverage, visit your local Social Security office.

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 to schedule appointments online using RAPIDS at <https://www.dmdc.osd.mil/rsl/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

Copela, John P.
Samuels, Cardell
Tilton, Joseph S.
Pagan, Jquan A.
Trigo, Keri L.
Rivera, Anthony F.
Santosparedes, Luis A.
Alicca, Eric A.
Mercadimirabal, Yasell
Bullis, Jordan R.
Barnes, Cailin M.
Keating, Timothy J.
Torres, Angel M.
Taylor, Douglas E.
Pierce, David A. II
Bristow, Timothy J. Jr.

To Private First Class

Rivera, Melvin J.
Ennis, Justin D.

Dorr, Alexis R.
Storrs, Samuel T.
Toth, Alexander J.
Weah, Joshua M.
Riveraalcazar, Alfredo
Ferriolo, Lilliana L.
Ryan, Douglas J.
Sirimark, Ekkaphop

To Specialist

Armstrong, Thomas J.
Tirado, David L.
Changanaqui, Luis E. Jr.
Desgraves, Jean R.
Fillmore, Sadesia M.
Grissler, Katelyn F.
Thomas, Adrian T.
Coulombe, Christopher A.
Sihabout, Arthitphon
Bernier, Jayde M.
Tennant, Christopher J.

Corella, Brandon E.
Marini, Enrico Jr.
Roman, Miguel M.
Moody, Nathan R.
Sarfo, Nicholas T.

To Sergeant

Smith, Chaz A.
Callahan, Stephen P.
Mckelvey, Courtney E.
Tomlinson, Brandon A.
Forbes, Khalil K.
Spooner, Eric S.

To Staff Sergeant

Finn, Chad M.
Bouteiller, Alex D.
Fabaspicer, Alexander M.
Herndon, Joseph Jr.
Osmanu, Rashid

To Sergeant First Class

Ethier, Nathan J.
Schadtle, Richard M.
Stone, John B. Jr.
Stone, Margaret A.

To Master Sergeant

Martin, Jacqueline A.

To Sergeant Major

Martin, John K. Jr.

To Captain

Vilcinkas, Sarunas
Sullivan, Benjamin L.

To Airman First Class

Hippolyte, Justin J.

To Senior Airman

Major, Andrew M.
Roscover, Brian T.
Acosta, Christopher
Campbell, Shawn A.
Laluna, Stephen A.

To Sergeant

Dibacco, Angelina E.
Krumenacker, Christopher
Theroux, Evan P.
Hamel, Joseph A.
Lopez, Juan C.
Pronovost, Kimberly L.

To Master Sergeant

Lorenzini, Sarah

Congratulations to all!

Promotions as of May 1, 2018

Calendar

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

August

August 4

Coast Guard birthday

August 7

Purple Heart Day

September Guardian Deadline

August 8

Victory over Japan Day

August 23

Retiree & Military Department Picnic

(details on page 25)



102nd Army Band 2018 Summer Concert Tour



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

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

The 102nd Band has openings and are taking auditions. For more information please visit their FB page: @102dArmyBand or contact them at 860-375-1801

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Connecticut Family GUARDIAN

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HARTFORD, CONNECTICUT

JUNE 2018

Want to Keep Your Kids Busy This Summer? Look to Military OneSource, CTNGCYP For Some Ideas

MILITARY ONE SOURCE

Department of Defense Summer Camps
Have some activities planned to keep your kids busy, engaged and having fun when school lets out. Department of Defense summer camps may be a great addition to your child's summer lineup. Make it a summer to remember by checking out these potential camping experiences:

Teen adventure camps
These camps can be a great option for a teen interested in adding some excitement to their summer. Understand that:

Teens ages 14-18 can enjoy adventure camps partnered with universities around the country.

- There are multiple camps to choose from.
- Camps include fantastic wilderness excursions like sailing, kayaking and survival camp.
- Camps aren't just for summer anymore. There are winter camps, too, if your summer schedule is already slammed.

Deployment support camps
The camaraderie of deployment support camp might be just what your children need to deal with having a deployed parent.

- Deployment can be an adjustment for military kids, so deployment support camps can provide a safe space while teaching skills to navigate the ups and downs.
- Your child can build a support network of other military youth who may have similar experiences.
- These camps support all military youth, regardless of service branch, whose parents are deployed, deploying or recently returned from a deployment.

Installation camps
You may not have to go far to give your children a positive camp experience. In fact, camp fun may be just around the corner from you. To find a local camp or

summer activity at a nearby installation, contact Michelle McCarty, Lead Child & Youth Coordinator, CTNG Service Member & Family Support Center at 860-548-3254, michelle.m.mccarty4.ctr@mail.mil.

Additional Resources
Check out the 4-H Military Partnerships at www.4-hmilitarypartnerships.org.

4-H offers a wealth of resources in STEM subjects, healthy living, citizenship, public speaking and other military core program areas providing valuable life skills, curriculum and resources for military youth and teens across the country and around the world.



CATHERINE GALASSO-VIGORITO

Let Go of Negative Thoughts, Focus on Positive to Ease Worry

In today's world, it can be easy to fall into the trap of worry, fears or insecurities. Perhaps, one innocent decision brought you heartache. With unsettled emotions, you could have pressures on every side, and you see no relief in sight. Mourning lost time or missed opportunities, rather than thriving, you're just surviving, as you just

don't know what to do anymore. And, you look back and with extreme sadness and think, "I didn't get the life I really wanted."

Yet, in the midst of chaos, God has a place of security for you. I don't know where you find yourself, but God knows what you are going through:

- God's eyes are not too dim that they cannot see you.
- God's ears are not deaf that He can't hear your prayers.
- God's arms are not too short that they cannot reach you.

You have suffered and struggled long enough. God is saying to you, "It's time to move forward into a new life." The odds may be against you, but God is for you.

Once, there was a woman who was overwhelmed with difficulties, so she went to church and took her problems to God in prayer. She walked to the front of the church, and she imagined putting her problems down on the altar. Then, she walked away. However, the woman came back in only five minutes. Imaginarily, she took her problems down off the altar and worried over them again. Days passed, and she went back to church. She walked to the front and once again imaginarily placed her problems on the altar. Yet, she returned minutes later, took them back and worried about them once again.

The woman repeated this same scenario for thirty days. Finally, frustrated and discouraged, the woman asked God, "Why haven't you taken care of all my worries?" Within her heart, God replied, "If you would have just left them totally with me...they would have been solved in three days."

Could you take better care of your worries than God?

Having done all you can, leave your worries with Him, for somehow, in some way or through someone, He will provide what you need. At a shopping mall, I saw a white tee shirt with black lettering on a mannequin in a store window. The words on the tee shirt read: "Why worry? It will probably never happen."

Thus, never let your imagination run wild and focus on the negative, or live bitter, worried or afraid, until you give up on your heart's aspirations. If an unconstructive thought comes into your mind, imagine you are putting that negativity on a conveyor belt. Let it go by and make a conscious effort to choose to think on thankfulness, focusing on the good you intend to manifest. Don't get distracted, criticize or be against yourself. Be disciplined in your thought-life. See yourself strong, healthy and successful. I recall at my daughter's ballet class, the dance instructor was teaching the ballerinas how to do pirouette turns. The students were attempting to spin and whirl to the classical piano music. However, many of them lost their balance. So the teacher told the class, "Fix your gaze on a single spot as you turn," and she stated, "Your mind goes where you look."

Similarly, continually look at all the positive aspects of your life. Try this: As soon as you wake up in the morning, think about your top five blessings. And then thank God for each one. Remember, the more you turn your mind in positive ways and on the good things for which you aspire, the right opportunities, people and circumstances will be produced and unfold before you.

Believe for a miracle. God is going to exchange your sorrow for joy. He is going to transform your weeping for dancing. God is going to step into your life in an extraordinary way. And He will turn your sadness to gladness and exceed your expectations. What you have been looking at that seems impossible; is possible with God.

Are you fearful or concerned about an ongoing challenging situation? What you have been looking at that seems impossible; is possible with God. Hence, don't focus on the problem. Rather, pray and cast your cares on God. Be courageous. Stand strong. God has seen the unfair circumstances that have occurred. So surrender control of your life to Him. God is a God of miracles, and He will turn the situation around for your good. And before long, you will be blessed with God's

best. "No weapon formed against thee shall prosper." (Isaiah 54:17).

Did a circumstance not work out the way you planned? What you have been looking at that seems impossible; is possible with God. So stop looking back sitting on the sidelines of life. God has something better for you up ahead. He will use the setbacks you faced as stepping stones to take you higher, further and faster. For soon, a new door of love and opportunity will open. "I know your deeds. See, I have placed before you an open door that no one can shut. I know that you have little strength, yet you have kept my word and have not denied my name." (Revelations 3:8).

Have you been hurt? And now are you lingering in the status quo? What you have been looking at that seems impossible; is possible with God. You have too much ability, talent and strength to waste any more of your precious time thinking about the pain of the past. Let it go, so you can make room for the new, exciting things God is going to do in your future. All things are possible with God. "Forgetting what is behind and straining toward what is ahead, press on toward the goal to win the prize for which God has called you..." (Philippians 3:13-14).

Resist discouragement. Let go of those who wronged you, abandoned you, and mistreated you, so you can make room for the 'new' people and situations God wants to bring into your life. It is like a dresser drawer. If you keep stacking it high, continually, with old worn-out shirts, torn shorts, and pants, you will not be able to make room for 'new' things.

A while back, I bought a beautiful ceramic bench with an inscription on it that reads, "Be still... and know that I am God." (Psalms 46:10). It serves as a reminder to me that when we face tough times that challenge everything, we believe that we can find strength in God. And as we trust Him through our hardships, forgiving those who have wronged us, making the decision to cherish our days regardless of difficult situations, we can, "Be still..." and at peace... and "know that He is God."

Remember, whatever your struggle today may be, you have a God who will help you. Turn to Him and receive His love, for no matter the condition; be in peace knowing that God is working situations out for your good.

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.

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

Service Member and Family Support Center
2018 **MUSE** Adventures

July 15

Travel to Boston to see the Red Sox play the Blue Jays!

\$70 per ticket includes bus fare and bleacher seat.
Meals, snacks and beverages are on your own.

9 am departure from Hartford for a 1:05 pm game.

55 tickets available on a first come first served basis.

****PLEASE BE ADVISED****

Alcohol is likely to be consumed by some participants to and from the event.

Purchase Tickets:
PayPal: Send money to: ct.smfsc@gmail.com
Cash/Check Payable to: Family Program Special Projects by July 6th.

Service Member and Family Support Center
2018 **MUSE** Adventures

August 17

Lake Compounce
NEW ENGLAND'S FAMILY THEME PARK!

Join us for an all day adventure!
\$58 per ticket includes free parking and an all day pass to the park.

Enjoy a lunch and the Fantastic Feast Dinner where you have a variety of food options to keep you powered up!

Purchase Tickets by July 6:
PayPal: Send money to ct.smfsc@gmail.com
Cash/Check Payable to Family Program Special Projects



Connecticut National Guard Foundation, Inc. 2018 Scholarships

The Connecticut National Guard Foundation, Inc. announces its 2018 scholarship program.

This year the Foundation will award six scholarships.

One \$2,000 scholarship and Five \$1,000 scholarships will be awarded to select Connecticut National Guard and Organized Militia members, their children and their spouses.

Application forms may be requested by contacting Michelle McCarty at: michelle.m.mccarty4.ctr@mail.mil or by calling the Connecticut National Guard Service Member & Family Support Center at: 1-800-858-2677.

Completed application packets must be postmarked no later than **June 30, 2018** and mailed to:

CT National Guard Service Member & Family Support Center

**Attn: Scholarship Committee
Gov. William A. O'Neill Armory
360 Broad Street
Hartford, CT 06105**

The selection committee will choose students based on achievement. Must be a U.S. Citizen and enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program.

For more information, contact: CTNG SMFSC at (800) 858-2677 or e-mail the Foundation at 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.

William A. O'Neill Armory
360 Broad St. RM 112
Hartford, CT 06105

Service Member and Family Support Center
(800) 858-2677
Fax: (860) 493-2795

Child and Youth Program
(860) 548-3254

Yellow Ribbon Reintegration Program
(860) 493-2795

Military OneSource
(800) 342-9647
(860) 502-5416

Survivor Outreach Services
(860) 548-3258

Open Mon.-Fri.

Windsor Locks Readiness Center
85-300 Light Ln.
Windsor Locks, CT 06096
(860)292-4602
Open Mon.-Fri.

Veterans' Memorial Armed Forces Reserve Center
90 Wooster Heights Rd.
Danbury, CT 06810
(203) 205-5050
Open Mon.-Fri.

CONNECTICUT NATIONAL GUARD

Family Assistance Center Locations



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

Our Programs Include:

Budget Counseling	Community Support Options	Financial Assistance and Relief
Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)
Legal and Pay Information	Outreach	Family Readiness Groups (FRG)
TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance

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

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

New London Armory
249 Bayonet St.
New London, CT 06320
(860) 772-1422
Open Mon.-Fri.

103rd Airlift Wing
100 Nicholson Rd.
East Granby, CT 06026
(800) 858-2677
Open Tues.-Fri.

103rd Air Control Squadron
206 Boston Post Rd.
Orange, CT 06447
(800) 858-2677
By Appointment

Niantic Readiness Center
38 Smith St.
Niantic, CT 06357
(800) 858-2677
By Appointment

Norwich Armory
38 Stott Ave.
Norwich, CT 06360
(800) 858-2677
Wednesday or By Appointment

Waterbury Armory
64 Field St.
Waterbury, CT 06702
(800) 858-2677
By Appointment

Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860)493-2795 -Open Monday-Friday</i>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.ch@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melody.cheyenne.c.baber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Anne Reed	anne.s.reed.ctr@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Rita O'Donnell	rita.m.odonnell.ctr@mail.mil	(860) 493-2797 (desk)/(860) 883-6949 (cell)
Family Assistance Center Specialist	Jason Perry	jason.t.perry.ctr@mail.mil	(860) 524-4966
Family Readiness Support Assistant	Linda Rolstone	linda.l.rolstone.ctr@mail.mil	(860) 524-4963 (desk)/(860) 680-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk)/(860) 883-4677 (cell)
Family Readiness Support Assistant	Kelly Strba	kelly.a.strba.ctr@mail.mil	(860) 548-3283
ARNG Yellow Ribbon Program Coordinator	SPC Mingo SPC Matt Yotla	shauna.a.mingo.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.ug@zeiders.com	(203) 233-8790 (cell)
State Support Chaplain	CH (MAJ) David Nutt	david.c.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braco	jonathan.j.braco.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britnell	sean.r.britnell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
<i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Sean Carey	sean.c.carey.ctr@mail.mil	(860) 292-4602 (desk)/(860) 883-2704 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.n.middlebrook.ctr@mail.mil	(860) 292-4601 (desk)/(860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
<i>New London Armory: 249 Bayonet Street, New London, CT 06320 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Timothy Henney	timothy.j.henney.ctr@mail.mil	(860) 772-1422 (desk)/(860) 221-5540 (cell)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i>			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.b.timberlake.civ@mail.mil	(860) 292-2730 (desk)/(860) 462-0379 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.n.middlebrook.ctr@mail.mil	(860) 292-2595 (desk)/(860) 883-2704 (cell)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open Monday - Friday</i>			
Family Assistance Center Specialist	Jay Jannett	jay.s.jannett.ctr@mail.mil	(860) 739-1037
Personal Financial Consultant	Rhona Heyl	pfc3.ct.ug@zeiders.com	(860) 287-7582